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WHAT IS BOWEN THERAPY?

Bowen technique is a gentle hands-on treatment to help balance the body, relieve tension and stress, and reduce inflammation. This therapy is popular in Australia where it was founded by Tom Bowen in the 1960's. He was inspired by the principle that the body has the ability to self-regulate and heal itself.

In today's fast-paced society, few people have the opportunity for deep relaxation. We are constantly bombarded by computers, TV, radio, crowds, work, and our busy schedules. When there is an array of psychological and emotional stressors in our personal and professional lives, our sympathetic nervous system remains in a state of high alert. Thus, it is difficult to relax. With the help of the Bowen technique, the parasympathetic nervous system is activated, inducing a deep state of relaxation. This, in turn, helps reduce tension in the body and can improve digestion, headaches, and sleep. This technique most commonly affects systems such as respiration, digestion, sleep, circulation, as well as arterial pressure and pulse, lymphatic circulation, and the endocrine and immune systems. Thus, the Bowen technique is beneficial to everyone, and there is no need to wait until one is ill to receive a Bowen treatment.

The Bowen technique includes a series of gentle hands-on "moves" over specific areas of the body. These "moves" challenge the muscles and soft tissues for a few moments before they are released. The two minute pauses between each series of moves are frequent and important because these pauses afford the body time to fully respond to the moves. With the client lying face down, the therapist begins to work on the client's lower back and then proceeds to work on the back of the legs and the upper back and shoulders. The client will then turn over and the therapist will perform "moves" to release the neck muscles. Depending on the nature of the client's ailment, the therapist will then concentrate on more specific areas of the body, all the while mindful of the alternation between "moves" and "pauses". Despite the subtlety and gentleness of the treatment, astonishing results can occur. I have seen patients who suffered for years with stress-related tension in a particular area of the body be pain free after just a few treatments. The treatments last 45-60 minutes and include deep breathing exercises. It is recommended to have at least three weekly treatments for most effective results.

Try treating yourself to this new technique for your overall health and well-being, especially if you suffer from back, neck, or jaw pain, tension headaches, fibromyalgia, or digestive problems.