

Upper Back movements cover the following:

- headaches,
- migraine,
- asthma,
- sinusitis,
- hay-fever,
- shoulder tension,
- neck pain and tension,
- upper back pain,
- shoulder stiffness,
- frozen shoulder,
- rib and chest pain,
- R.S.I. elbow and wrist problems.
- Post nasal drip,
- hay fever,
- allergies,
- thyroid problems
- Jaw (TMJ problems),
- dislocated jaw,
- clicky-jaw,
- poor bite,
- post dental problems
-

Lumbar and kidney moves cover the following:

- Chronic/severe/persistent/ long-standing pain in the lumbar area.
- High blood pressure
- Kidney & bladder diseases
- Recurring migraines
- Tight buttocks

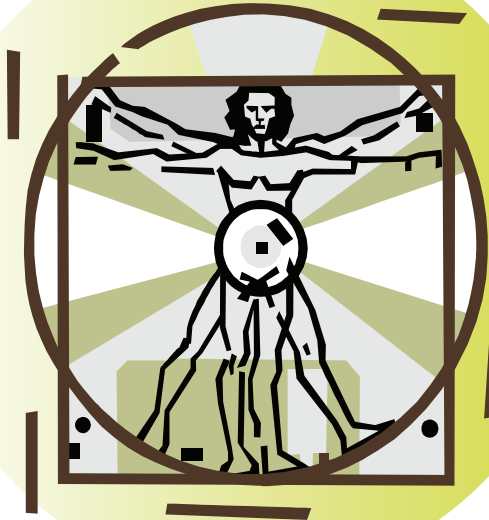
- coccyx problems
- Sciatic pain in buttocks and legs
- Groin pain and/or tightness
- Frozen shoulder
-

Diaphragm moves cover the following:

- Hiatus Hernia, Indigestion, asthma, pleurisy, other recurring respiratory conditions.
- Migraines
- Recurring lower back pain
- Acute torticollis and other recurring neck conditions
- Upper arm, elbow (tennis elbow), wrist, thumbs, plus problems including tingling & numbness
- Hip Problems
- Legs (hamstrings, cork thigh, gluteal tension)
- Knees (pain, swelling, inflammation, weakness, clicking)
- Ankle, feet, bunions

For chronic or long term problems a history of the person's past injuries or health problems is essential at the 1st consultation

Bowen Therapy



Homeopathic Healing Centre Bulimba

9 Cambridge Street
Bulimba Qld 4172
Tel: 07 3399 5330
Fax: 3399 ????
info@healthyoz.com

BOWEN TECHNIQUE

Is a process of releases that nourish the structures around the spine, which then nourish the corresponding structures. The technique is a process that balances the fluid around the spine and brain, e.g. Epilepsy is known as a decrease of fluid around the brain, migraine is known as increase of fluid around the brain.

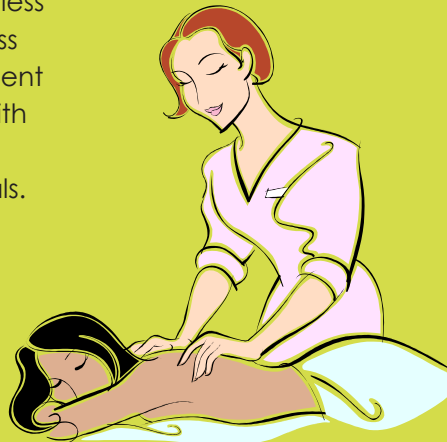


It is recommended that a minimum of three (3) treatments be given for most disorders. 1st Treatment: is to balance the fluid, as described above, i.e. to assist the body to nourish the muscles and joints by improving the blood flow and nerve flow from the spine to the muscles and internal organs. 2nd Treatment: must be done with the 5 to 7 days of the first treatment. This is the optimum time for the body to receive the second input of nourishment. When the body

is receiving optimum nourishment via blood and nerve pathways, then the structures will be held in the desired position for better functioning.

3rd Treatment: is optimally done within 7-14 days after the second treatment. This treatment is done to complete the nourishment to the whole of the body's structures, and to ascertain where the potential weaknesses are in the body that cause discomfort and pain.

Further Treatments are important for the prevention of further degeneration of structures, eg. Where there is a degenerative joint space, regular monthly treatments are required, or if the client is still experiencing pain and discomfort, or if a new problem should arise. However even in chronic cases we find with this technique, that the body needs less and less treatment and with further intervals.



Conditions that respond well to Bowen

The Bowen Technique is CORRECTIVE, and does not need continued repetition to keep the bodily structures in balance and healthy.

The client may feel no benefit from the treatment while they are still on the table. When gravity takes over fully, action takes affect fully. The benefits will be felt on a daily basis. It is highly recommended that the Bowen Technique is not done in conjunction with other therapies, such as massage or chiropractic adjustment.

The following conditions respond well to Bowen Treatment:

Lower back movements cover the following:

- Lower back pain,
- leg pain,
- leg cramps,
- headaches,
- knee/ankle/foot and toe problems,
- enuresis,
- infertility.