

Bowenwork can help a variety of conditions including

Headaches and Migraines
Back, Hip, Knee and Neck Pain
Frozen Shoulder
Sciatica

Sprain and Strain Injuries
Scoliosis and Postural Issues
Digestive Imbalances
Asthma & Respiratory Illness
Vertigo, Jaw Pain, TMJ
Tennis Elbow, RSI, Carpal Tunnel
Sports Injuries
Hernias

Infertility, Pregnancy & Labor
Infant Colic
Bed-wetting and Incontinence
Arthritis and Joint Pain
Plantar Facsitis
Insomnia
Fibromyalgia, Chronic Fatigue
Post Surgical Rehabilitation
Routine Wellness and Balance

American Bowen Academy is the only internationally recognized organization in the U.S. that offers certification training for Bowen Practitioners. In order to maintain certification, practitioners are required to complete 32 hours of continuing education every two years, 16 of which must review the hands-on work.



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Bowenwork is a gentle, yet powerful part of any health and well being plan. Let us help you get out of the pain cycle, holistically and without invasive procedures.

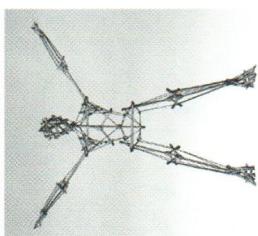
You can find more information about Bowenwork technique from the American Bowenwork Academy www.AmericanBowenworkAcademy.com

Bowenwork is not a cure for any health condition. Rather, it is an activation of the body's natural healing resources. This therapy is not a substitute for medical treatment and it is recommended that you contact a medical doctor for acute symptoms of a physical ailment.

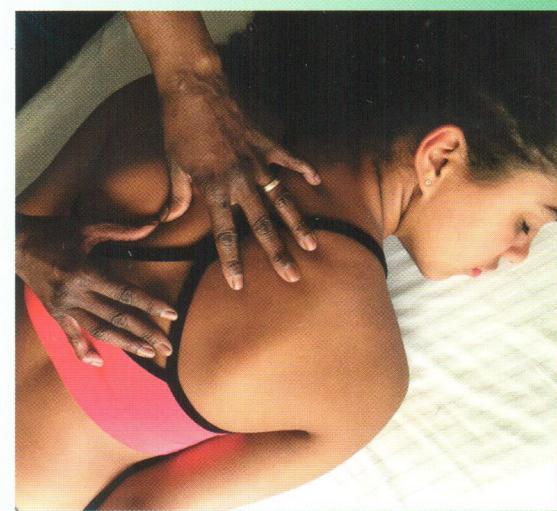
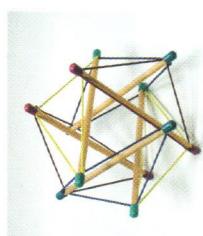
Less is more...

What is Bowenwork?

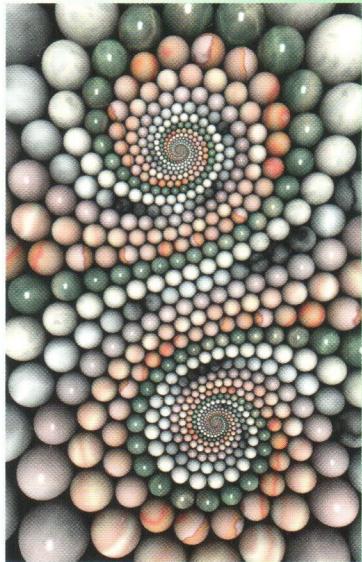
What to Expect ...



We believe that Bowenwork is the cornerstone of any comprehensive and holistic health program. By giving your body only what it needs to stimulate healing, it is not overwhelmed. This allows your body to naturally achieve balance and, in turn, you regain your sense of well being.



The basic Bowen "move" distorts a muscle or tendon that is not under load and then rolls over it without sliding on the skin thereby down-regulating the muscle's resting tension level. The fascia becomes less solid and more fluid; thus allowing greater movement of blood and lymph through the tissue and enhancing nutrition to-and waste removal from- the site of injury. The lack of distracting skin stimulation and the limited number of precise moves focus the nervous system's attention on the essential points.



Bowenwork is neither derived from nor similar to any other hands-on modality. The mechanisms for action work primarily through the nervous system on both structural and energetic levels. Healing occurs through the response of the body's autonomic nervous system to the Bowenwork moves. Simply stated, Bowenwork allows the body to reset and heal itself.



The practitioner will take a health history and ask the reasons for your visit to determine the best course of action for the day.



Wear or bring light weight, thin, and loose fitting clothing that your practitioner can work through.



After each series of moves, the practitioner will leave the room to allow your body to respond.



After the session, changes may be noticed right away, such as reduced pain, increased range of motion, and a sense of deep relaxation.

You may notice changes over the next several days as your body continues the process begun in your session. You may experience sound sleep and increased energy. It is important to stay hydrated and follow any instructions that your practitioner has given you for this time.

The work consists of several series of gently rolling, connective tissue moves. There are important pauses between sets of moves, which give the body time to benefit from each set. By selecting appropriate combinations and sequences of moves, the practitioner is able to address the body as a whole, and/or target one or more specific problems. The practitioner discerns stress build-up in muscle groups and utilizes moves to release that stress. Bowenwork addresses the body as a whole unit rather than just the presenting symptoms. The physical, chemical, emotional and mental aspects of each person receiving Bowenwork can all respond as needed.