

ARE YOU AS HEALTHY AS YOU COULD BE?



With the festive period behind us it's time to hang up our glad-rags and turn our attention to a healthy start. Lately, in the UK, we have become very concerned with outer beauty, but what about what really counts: inner beauty and inner SMILE??

Fitness is the ability to adapt to your environment with ease and imagination

Sometimes we lose our way or forget what is really good for us, although deep down we do already know. Having a thorough check and being reminded of those vital feelgood factors can really improve our direction and wellness.

Where do I start?

You may be surprised to find that the latest methods in natural medicine are now available to you right here in Danbury. When you are assessed for Feelgood Factors, I am able to draw on 30 years of clinical experience and numerous major wholistic therapies, before we decide together which combination of treatment is individually suited to you. Therapies at my fingertips are Osteopathy, the Bowen Technique, Cranio-Sacral Therapy and Naturopathy. I also had training in Ian White's Australian Bush Flower Essences, Reiki, Dry Needling and EFT.

The Bowen Technique Safe, gentle, effective.

The Bowen Technique is fast becoming the most popular complementary health technique in the UK.

Considering it only arrived in the UK in 1993 this is a staggering feat!

As a Registered Osteopath, one is of course required to complete Continual Professional Development and it is interesting to explore new approaches. This is how I came across the Bowen Technique in 2002. My Homoeopath mentioned to me how this new fascinating therapy seems to have great results so always interested to learn the latest methods, I took myself along to an introductory course in London and got hooked!

The body heals itself, the physician is on nature's assistant" Hippocrates

The brilliant thing about Bowen is that it treats the whole person. As I am originally also trained as a Naturopath this makes complete sense to me. So for example if you come with the most common presenting symptom of low back pain you will get you neck, arms and legs treated as well as your low back.

So what can Bowen do for you?

With the Bowen Therapy we get the body working together as a dynamic whole, finely tuning and realigning it through the soft tissues (the fascia) to improve structure and function. So although we treat individuals, the whole persons not just the symptoms are treated. To give you an idea, it is extremely effective for a vast number of ailments such as Asthma, Frozen shoulder (Shoulder Cuff Tendonitis), Fibro-myalgia, ME, Arthritis, muscular tension and ligamentous strains (wonderful during pregnancy) and many many more.

Also it is not surprising that it is an excellent aid to top athletes, and has been shown to significantly improve their performance! I recently met a colleague, Rob Rowe on a Bowen Course in Warwick who has been treating the Rugby League in Leeds with great results!

How does it work?

Each treatment is as individual as the presenting

symptoms on the day. The Bowen move is applied by the therapist with gentle pressure to the soft tissue (superficial fascia) with fingers and thumb. During treatment most patients achieve a very deep state of relaxation as they experience alpha brain wave patterns. In this state the brain is more receptive to make changes to established postural and circulatory patterns. In recent studies it has been found, that our connective tissue communicates at the speed of sound through water, a rate of 720 mph(!) linking up with the brain.

The unusual aspect of the therapy are the breaks. The therapist allows the patient to rest between the Bowen moves applied, thus enabling the brain the chance to process the information and make necessary changes.

It is incredibly gentle. There are no contraindications and it is safe to use on tiny new-borns to the frailest of adults.

Adverse reactions are rare, although most people report a feeling of positive dynamic well being. I remember one of my first Bowen patients, a mother of four children, who presented with low back pain and stress saying that she felt like cart wheeling in the fields after her treatment!

Further details on www.thebowentechnique.com.

I am registered with the General Osteopathic Council, the British Osteopathic Association, the Sutherland Cranial Society and the Bowen Therapists European Register.

I have worked in Essex for 28 years and founded Backbones Clinic in Benfleet. Currently I practice Bowen Therapy in Benfleet and Danbury. If you are ready to take a look at yourself and try new methods, or if you would like to talk to me, please give me a ring on 01245 226007.



**FEELGOOD
FACTOR**
not just OSTEOPATHS

Healthy Body Happy Mind

- *Gentle Osteopathy
- *The Bowen Technique
- *Cranio Sacral Therapy

All age groups 0-100!!

Are you as healthy as
you would like to be?

If you would like to improve
your feelgood profile or ask further details
please call

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