

# The Bowen Technique



**"Quite simply one of the most straight-forward and effective 'hands-on' therapies available"**

The practitioner uses thumbs and fingers to perform unique sets of rolling type moves to stimulate the muscles and soft tissue of the body. The treatment is very gentle, subtle and relaxing and is not a form of massage. It is carried out through light clothing and is safe for anyone from birth onwards.

## Why does it work?

The brain emits 600,000 signals per second. It sends out signals to the body and receives information from the body. The brain needs to receive a signal telling it what is happening and what to do next. This forms a kind of looping circuit. It is believed the Bowen move, followed by breaks at certain intervals, interferes with this signal, creating another set of parameters for the brain to examine. The brain starts to re-order the signals and can re-interpret the information coming from other areas, which often set off reactions in areas that have not been treated. This prompts the body to reset, repair and balance itself and so relieve pain, restriction and imbalance.

## How Bowen may help

The Bowen Technique uses a gentle rolling action over soft tissue to potentially create a signal to the brain. 21st century science is beginning to demonstrate a non-intrusive approach with no adjustment or manipulation can aid a balance in the body.

Bowen has been observed to help with pain management, sports injuries, acute and chronic back pain, general aches and pains, sciatica, frozen shoulder and tennis elbow.

Whiplash, jaw discomfort (TMD/TMS), asthma, hayfever, headaches/sinus, stress and tension, Digestive, chronic fatigue, relaxation, heel and foot pain.

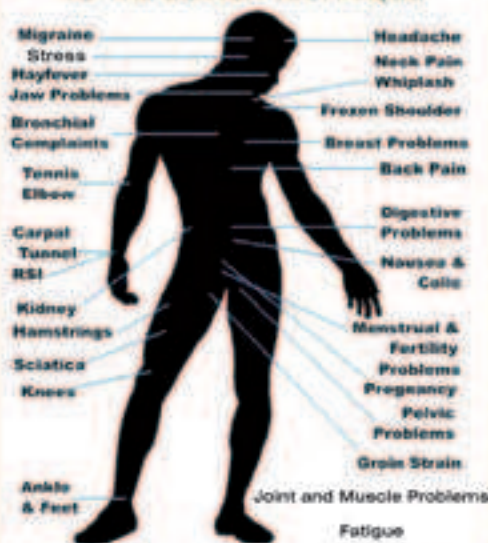
To learn more about Bowen Therapy or for further details contact Nicholas Tobin Cert. ECBS in Heswall on 0749 659 6969 or alternatively visit: [www.wirralbowentherapy.co.uk](http://www.wirralbowentherapy.co.uk)



## ARE YOU IN PAIN OR SUFFERING WITH STRESS?



### SYMPTOMS REPORTED TO RESPOND TO THE BOWEN TECHNIQUE



- The Bowen Technique is gentle, subtle and relaxing hands-on treatment.
- Not a form of massage; there is no manipulation or adjustment of hard tissue.
- Safe for people of all ages; promotes healing, pain relief and recovery of energy.

Three or four treatments at weekly intervals are usually sufficient to achieve lasting relief from even long standing pain.

**Treatment Costs £40 for an individual session or £105 in ADVANCE for a series of three.**

**93%**  
OF PEOPLE SURVEYED BENEFITED FROM BOWEN THERAPY

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