

The Bowen Technique

Dr. Lise Maltais N.D.

Developed in Australia by Tom Bowen, Bowen Technique involves a gentle yet dynamic system of muscle and connective tissue moves, which balance the body and stimulate energy flow.

Bowen Technique restores the body's innate capacity for self-healing. The gentle rolling moves affect the autonomic nervous system and help to create homeostasis at the cellular level. Many moves are performed on the tendons. These structures contain a reflex that, when excited, signals to the brain to bring the muscle back to its normal state. Bowen is a bit like playing a string instrument. When we play guitar, a string is strummed and the vibration created is the music we hear. The Bowen moves are similar, sending a subtle vibration through the entire body, bringing about homeostasis.

Bowen Technique is unique. The less is done, the more impressive the results. A typical session lasts about 30 minutes. A few moves are done and the therapist leaves the room for two minutes. The therapist returns, does a few more moves and leaves again. These moves are gentle yet very powerful and it is necessary for the brain to process a few minutes before continuing. The moves can also be done through clothing.

During a session, the patient will feel remarkably relaxed. The autonomic nervous system has two components, the sympathetic and the parasympathetic system. The sympathetic system takes care of the flight or fight response, our capacity to deal with stress and the secretion of adrenaline. We often see patients in this state of stress when they come for a first session. During and after the session, the parasympathetic system takes over. This system allows for sleep, digestion and relaxation to occur. The body needs to be in this state for healing.

The results tend to be permanent, reprogramming the body back to its original blueprint. Usually, as few as three to six sessions are needed to achieve optimal wellbeing. Tom Bowen had remarkable success, with most of his patients needing only one to three sessions. Near the end of his life, he saw in excess of 13,000 patients per year!

Most likely, you will see immediate positive results when you begin using the technique. People gain impressive relief from back pain, pelvis and coccyx problems, sciatica, TMJ syndrome, knee pain, frozen shoulder, tennis elbow, headaches, hay fever and much more.

Bowen Technique is new in Alaska, but not new in the United States. Since 1982, many therapists have been trained in this wonderful healing art.

Dr. Lise Maltais is a Naturopathic Physician in practice since 1992. She will be teaching in Anchorage November 19 through 22. Contact Caroleen Montserrat for details at 907-335-8225. Or, visit our website: www.bowenwork.com