

What is Bowen Technique or Bowen Therapy?

The Bowen technique was developed from the amazing work of the late Mr Tom Bowen of Geelong, Victoria. Taught and practiced all over the world since the 1980's, Bowen Therapy is now one of the fastest growing natural therapies of current times.

The Bowen technique is a holistic approach to pain relief and healing that is based on the recognition that the underlying cause or source of many musculoskeletal, neurological, neuromuscular and other health or pain problems can be found in the form of an imbalance of the energetic and facial systems of the body.

Fascia is a specific type of connective tissue that forms a three dimensional web surrounding every tissue in the body. Considered the body's connecting web, Fascia embraces all nerves, bones, arteries, veins and muscles. Fascial dysfunction can affect every structure, muscle, nerve and organ in the body and has therefore become the subject of increasing research and recent studies, showing it to be the largest sensory organ in the body.

The Bowen Therapy technique is a very gentle and non-invasive, but extremely powerful, soft connective tissue hands-on therapy that addresses whatever is out of balance within the body. It works so well and quickly because it works on stimulating the flow of water throughout the body - water which carries energy around the body through the soft connective tissue (Fascia). This energy has been referred to by many names from many cultures for thousands of years; Chi, Life Force, and Prana to name a few. It is not important to label it, but simply to understand that without a free

uninterrupted balanced flow of this energy, and water, throughout your body, you will have health challenges of varying kinds and severity.

The Bowen technique addresses pain and restriction anywhere in the body. Some of the most common ailments helped are:

So what conditions may Bowen help with?

- Allergies
- Arthritis
- Asthma and other respiratory problems
- Babies – baby colic, unsettled baby, restlessness, sleep issues
- Back and neck problems
- Bell's palsy
- Constipation and diarrhoea
- Digestive upsets IBS, Crohn's, acid reflux, indigestion
- Children – growing pains , ADHD, bedwetting, sleep issues, anger
- Dizziness
- Ear Problems
- Fluid retention
- Foot problems (such as plantar fasciitis and bunions)
- Frozen shoulder
- Headaches (migraine, sinus)

- Improving – posture, flexibility, energy levels, sleep, stress/anxiety
- Bedwetting, incontinence
- Jaw problems (grinding of teeth, misalignment etc)
- Knee and hip restrictions
- Menstrual and other female problems
- Pelvic tilt, leg length, hip imbalance
- Repetitive Strain Injury
- Sciatica
- Skeletal and muscular problems from lumbar to neck
- Sports injuries
- Tennis/golfer's elbow

...To name but a few.

Theories on how Bowen work include:

Meridian lines and the connection with acupuncture points. There is considerable thinking that most Bowen moves are done over acupuncture points and indeed many Bowen therapists are also acupuncturists.

The correlation between meridian lines and fascia emerged as part of Tom Myer's work on Anatomy Trains who began mapping muscles through the fascia. After this initial work he realised that there were many earlier iteration of similar ideas in the meridians of acupuncture, but also in the sketches of Leonardo, in Hoepke, a German anatomist of the 1930's, and in the work of Françoise Mezière in France. He then went on to correlate this with the work of Ida Rolf.

These points can be triggered to bring about both local and distant changes leading to an improvement in health

Biotensegrity is a relatively new term whereby the principles of tensegrity can be applied to biological organisms in order to better understand the body's structure-function relationship. At the cellular level there is a conversion of mechanical signals into biochemical changes.

An osteopathic basic principle is that structure governs function and vice versa. In layman's terms, *if the structure of the body is out of alignment it will affect the functioning of organs in the body, and vice versa*. For example, tensions in the chest will restrict the ability of the heart and lungs to function properly, tensions in the tissues of an organ will affect not only its function but also the wider structure by pulling the body in around the tension whether by lines of tension or by virtue of the pain being felt in the area.

Press Articles on Bowen Therapy

<https://www.bowentherapy.org.uk/bowen-articles.php>

Research Studies on Bowen therapy

<https://www.americanbowen.academy/library/research-articles>

Testimonials from UK Bowen association

<https://www.bowentherapy.org.uk/testimonials.php>