

CASE STUDY

The Bowen Technique



CASE STUDY: *Camelia Pop*

The Bowen Technique is a gentle treatment that offers relief for many conditions

The Bowen Technique is a versatile and effective holistic therapy which offers significant help for many conditions. It was first developed in Australia by Thomas Bowen and verified by the 1975 Government Inquiry into alternative health care professions.

A classic Bowen Treatment is very gentle; there is no vigorous 'pulling about'. Gentle rolling moves are made on skin, muscles and tendons which elicit an effect on the body. Treatment takes place through light clothing, with the client usually lying on a bed or treatment couch, although it is possible to be treated while sitting.

Manchester-based Bowen Technique practitioner Camelia Pop's client, Martina, 27, works as a personal assistant. And like many people these days, Martina spends a lot of time in front of a computer.

"When Martina first contacted me in 2011, she had Lyme disease and was suffering numbness in her legs and hands, as well as work-related shoulder pain and headaches," says Camelia. Martina was in a bad way, suffering twice weekly flare ups and often needing to sit down quickly if she was out and about, as she would lose control of her arms and legs. It was not only debilitating, but frightening too.



After four sessions of the Bowen Technique, Martina reported that "the intensity and frequency of the pain and numbness reduced with each treatment. Now I have no numbness at all and I feel really well." After six sessions, most of the shoulder pain had gone. Two more and the headaches disappeared too.

Martina also believes that her immune response has improved. She continues to see Camelia for 'top up' sessions to maintain wellbeing – and because she feels so great afterwards. "The Bowen technique changed my life," she says.

Another client of Camelia's, 41-year-old former nurse Anjali, came to her suffering from fibromyalgia, chronic fatigue, stomach spasm, nausea and bloating. "I contacted Camelia following a deterioration in my fibromyalgia," says Anjali, "I really enjoy the knowledge and clarity that Camelia shares in the session. I can't remember when I last felt this well since my diagnosis four years ago. I have even started a bit of dancing again and feel excited about life. I regularly recommend Camelia and the Bowen Technique."

Sheila Whyles, Executive Secretary of the practitioners' professional association, The Bowen Association UK, says: "I hear many stories like Martina's and Anjali's; the Bowen Technique has an excellent track record, and The Bowen Association UK is widely viewed as the gold standard professional register for therapists of the Bowen Technique," she explains.

"We believe our experience here at The Bowen Association UK demonstrates Bowen's benefit for people of all ages as a tool for treating ailments and injuries, although many healthy people simply come along to enjoy treatments, maintain balance and wellbeing."

"We always suggest to people that they have a word with their GP before embarking on any complementary therapy, not just Bowen, especially if they have an underlying health concern," says Sheila. "They should make sure that there is no potential conflict if they are receiving medical treatment."

To find your nearest Bowen Technique practitioner, visit the 'Find a Therapist' page at bowen-technique.co.uk, call 01205 319100 or email office@bowen-technique.co.uk. All their listed registered practitioners are trained to Bowtech's

high standards, are fully insured, are required to undertake 16 hours of CPD training every year, hold valid First Aid and a further qualification in anatomy and physiology.

Camelia Pop works from Remedy Lounge in Deansgate Manchester and from The Little Haven in Droylsden. Call 0161 285 7727 / 07530 284930, or email: info@bowen-backonyourfeet.co.uk, bowen-backonyourfeet.co.uk

