

Bowen News

December 2022 – Issue 85



Editor's Column

Well, it's hard to believe that it's been 10 months since the last magazine and I do apologise for that. It's been a life-changing summer for me that has seen me move to Brighton Marina to start a new chapter in my life. This has meant that my Bowen life has been put on hold for a little while but I am intending to resume in the New Year.

Having said that, though, I have had the need to apply Bowen to a client who has Epilepsy and Lupus, high anxiety and possibly ADHD as well. I'd be interested to hear from anyone who's also treated clients with any or all of these. During several fits, I did notice that pressing on a certain point between the shoulder blades stopped the fits. I eventually had a look at the Meridian lines and it seemed to correlate with Bladder Meridian UB15. Now I just need to find a good acupuncturist in Brighton and see if my client would be willing to go see them.

Winter Prize

The prize is donated by Helen Perkins. This month it's 'Crystals Treat' gift bag, which includes 200g Bexters Bath and Soda Crystals with exfoliation glove and gift tag, see photo. (Retail price £9.95, trade price £4.95]



By the way...

I Struggled to fill this edition, so many thanks to Paul Dunn for providing a lot of the material. This magazine...your magazine, only exists if you, the members, provide me with enough material to keep it going and make my time and others worth the while of spending our time and effort editing it and sending it out.

Please send through any articles, stories, case studies, thoughts, experience, questions that can be used in the magazine.

Thank you,

Dave Riches

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Bowen Association Chair Report

We had a very enjoyable AGM early in October. It was good to connect with so many of you, via Zoom. The post-AGM workshop, "The PsychoSocial Aspects of Health" was well attended too, with a very useful session run by Gini Dellow.

We are all very much looking forward to getting together in person at last for next year's AGM in Huddersfield, on Saturday 17th June.

This autumn the Beauty and Wellness Industry was approached by an All Party Parliamentary Group (APPG) to learn more about the value of complementary therapies, how its preventative and supportive approach to healthcare may help reduce pressure on the NHS and how the NHS may be better integrated with the sector.

The Bowen Association provided input to this request on behalf of Bowen therapists generally and we await a response in the early part of 2023. Hopefully, this is the start of greater awareness and acceptance within government of complementary therapies to help with the challenges they face with the nation's health and we look forward to build on this through next year.

Thoughts from the Chair

Amongst all the hours of programming of shared experiences in the days after Her Majesty the Queen's death, one simple example helped me get clearer about what made her seem so exceptional and remarkable. It was the comment of the producer of the 2021 Christmas Speech who, when she stopped and restarted the recording due to the noise of an aeroplane

flying over Windsor Castle, observed that the Queen had carried on from where she paused as if nothing had happened. There was no resistance, no judgement, just completely going with the flow of everything.

It required being present and accepting, totally focused on the job in hand, not herself.

To me it epitomised the complete alignment of The Queen's whole self with her purpose and life. That alignment is something I believe we all consciously or unconsciously aspire to in our own ways in our lives. Her Majesty will, no doubt, have learned how to do this over many years, accepting her role in this country and the world.

Acceptance of all that is removes fear and judgement. It leaves a peaceful mind and a joyful heart and I wish you and your loved ones both of these this Christmas and beyond.

I wish you well.

Fiona Wells

Chair of BA UK



Committee Report

Office Request

A reminder for everyone that it is your responsibility to check your website and contact details every now and again; and, also, to ensure that the Office is aware of any change.

The Office regularly gets emails returned, especially with the mass emails, when we have been overlooked if someone has moved house etc. We get the same thing with texting and can spend a lot of time chasing about to find someone. Then you'll hear "I wondered why I hadn't heard from you..."

Polo Shirts

The Bowen Association has been looking at the design of polo shirts for members. Some

students had requested them via Helen Perkins and around the same time Paul Dunn found a local producer and created one for himself to wear at community events. BAUK used to have polo shirts for members to buy years ago but the cost/space involved in holding stock meant we stopped doing this.

The advantage of the producer that Paul has found is that there is no minimum order and, through him, we have arranged the following agreement:

The producer is Elmcroft Business Services, based in Swanley, Kent. Chandra Sharma, chandra@elmcroftbusiness.co.uk. tel: 07775 743630, has agreed to provide shirts to BAUK members as follows:

- Chest legend only: £9.50/£10.50 + VAT & P&P
- Chest legend and sleeve logo: £11.50/£12.50 + VAT P&P.

These prices are not expected to change for at least 6 months.

The BAUK version will be finalised early in the New Year and shared with you as soon as possible.



Individuals can, of course, design their own shirts if required. Obviously, there is a set-up cost to cover of digitising your design if you wish to go with your own business logo and wording. For example, Paul's design, above, has "Bowen Therapy the gentle touch technique!" on the chest, with the BAUK Logo on the sleeve. "

Post-covid advice

Or any time you contract a virus of any type...

Government guidance these days on returning to work after covid, or what to do when you contract it these days, is not great - and ours hasn't really changed since Covid first appeared - if you are safeguarding, then you are safeguarding. As far as returning to work is concerned, the best governmental

link we could find is this one: Reducing the spread of respiratory infections, including COVID-19, in the workplace - GOV.UK (www.gov.uk)

We would advise you to do a deep clean of your treatment room when you are clear of Covid - not before. Wash all towels and couch covers at 60 degrees. Minimise paper or other items that people may touch (magazines etc), and ensure a through draft of air via open windows.

Wear a mask/visor and ask clients to wear one too - if they choose not to it must be at their own risk. If you explain the reason when asking them to wear one, they will be happy to comply. And of course have hand sanitiser available for clients to use, and also ensure they actually see you use it too, to give them confidence.

Your committee is here to support you. Do contact us if you have any queries or concerns.

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Bowen and Science

At a Zoom session nearly a year ago, people were asking for information that gave them confidence that Bowen could be doing something useful or some science that backs up our assertions. Paul has done some research and the following article summarises that work [Ed. It didn't take him this long, it's just my tardiness!]

So, this short article brings together some theories and some references that may be 'googled' for further reflection. When we do look at healing, or helping with healing, we are bombarded by causes such as psychosomatic illness, poor nutrition and lifestyle, depression, accidents, getting old and so much more. Some healing modalities train in addressing Muscle, Mind and Chemistry and this is not a bad way to reflect on things and it makes one aware that the answer to a problem may lie in one or multiple aspects of the 'person'.

Tom Bowen stated that our work is working with "the body's innate ability for self-recovery". Hippocrates argued that "the body heals itself; the physician is only Nature's assistant". And so, we might ask - what are we doing as a therapist?

Firstly, we come with a positive intent as we believe in Bowen; we then touch gently and with care, and above all we listen to the client. Therefore, a session probably does affect the client through muscle, mind and some chemistry changes.

The human object is totally an electrical circuit and all cell changes, messages, emotions (pain, pleasure) occur as a result of electrical reactions. When people talk about diets that are acidic or alkaline, they are using the pH range and proposing to affect the bodies balance (fair enough) because cells work best (react, maintain integrity) when the pH value is around 7.44 and 7.88, helping to make new cells.

However, the pH scale is just a calculated logarithmic value of the cell voltages presented simply; the real value at which cells are created is -25 millivolts and -50 millivolts. Cancer cells appear when a cell

is around +30 millivolts. The plus and minus values relate to cells getting electrons and being stripped of electrons. Saliva and urine are useful tests for cell health as they will each be at 0.8pH units less than the cell or the fluid around cells respectively.

So, when someone does themselves damage (hit their finger with a mallet) the cell in the finger will jump from idling at -25millivolts to +50mV and be red and pulsing. But this jump is necessary to provide the voltage and all the nutrients, with their respective electron exchange values, in the damaged area. The vessels dilate and dump proteins, carbs, fats, vitamins and minerals into the area and nature does its thing. This is a big topic but it is important to say that the body needs to be able to create the electrical energy and if it cannot then the human will have a chronic illness develop.

Needless to say that, stopping the throbbing of the finger by putting ice on it is counterproductive but for a few reasons (following burns perhaps) and generally people should not do this – even though it is still taught in First Aid classes for handling such things as sprains. Where did RICE treatment come from?

The answer is from Doctor Gabe Mirkin MD who in 1978 made came to prominence with his book which advocated RICE. It was a popular book and has been used by sports therapists and the medical profession, every since. However, he later retracted the advice and on his own website in 2014 he wrote that RICE might actually delay healing as the ice will stop the blood and nutrients being delivered to the damage and if this happens for more than around 30 seconds cell death can take place – never to be recovered. A weakened structure (tendon, bone, nerve etc.) may exist after a recovery.

This could explain why many sports people who RICE'd an injury never really recovered and would be known for having a “weak” whatever; footballers in the 70s/80s were referred to as having a weak ‘hamstring’ and that would shorten their career.

The new acronyms on the block are MEAT (Move, Exercise, Analgesics, Treatment) and ‘Peace and Love’ (Google it!). Interestingly, Mirkin MD is now also cautious of using

anti-inflammatory drugs too early, particularly where there is bone damage.

Last year (2021), the Association of Physiotherapists was reported in the Daily Telegraph of seeking to have RICE removed from guidance but, so far, they have not made an impact on the St Johns Ambulance service who advises HSE on First Aid Standards.

Why is all the above relevant?

Because it underpins a couple of things. The human body in all its actions is electrical and so any treatment action will be creating an electrical storm (or maybe just a vibration). Doing it in various places around the body will send vibrational messages through tissues and this will affect anything it hits (organs, bones, nerves etc). and they will all make use of the electrical power to reset and derive balance.

We need to work with the body and its natural attempts to balance and correct. And if we listen to the client and they visualise everything that is going on (electrical mind processes) and we tell them to drink water before and after the treatment (chemical input, especially Oxygen from the H₂O) then something must surely happen for the client, right? Have you ever had a client say well you didn't fix the knee but my constipation or dizzy spells or whatever suddenly cleared up!? You sent some good vibes – they just may not have been right or enough to change the knee but something else used your ‘Nature’s assistant’ vibrations.

So, the above was a long way of saying the body is connected and electrical. We know that acid and alkaline are just electrical charges of differing strengths. Fats and carbs as with everything are turned into energy somewhere (Krebs Cycle etc. – anatomy classes?) but some fats are bad fats and cannot be used, often called plastic fats, so it matters to eat good foods and not processed foods and to find a balance. It is tempting to break-off here and to mention homeopathy, Bach flowers or even why a pregnant woman will suddenly have wild cravings like eating coal or soap, and what the use is of these ingested vibrations – nah! another time. Back to Bowen.

Ok, so what might Bowen Technique be doing?

Bowen therapists softly, gently touch the client. So, what are we touching? Well directly we are touching skin or a tee-shirt and the moves then lead to discussions around rolling over muscles, changing fascia, sending a message up a meridian and many other things. All are probably true but we know that change is about electrical reactions so when we touch someone (hug someone even) there will be an electron exchange; the positive charge will always leave the positively charged body to make up/balance a deficit in another.

Experiments have been done on newborn babies where a sample group were held in the early weeks and another group had no such touch. Those that received the hugs and rocking grew much more quickly – i.e., the cells were able to receive the electrical energy needed to die and regrow in a shorter time. The therapist's touch is likely to exchange some good electrons. Don't panic we can recharge ourselves by bouncing up and down or gently tapping our bodies. Pets do this, they sit on you and allow you to take their positive electrons and then will bound off you and start moving and running around (I am not including parrots or such pets in this but..).

We are putting some level of energy into the client's body and then our actions are also creating vibrations, which in turn will change the cell state and areas around it. The moves that we perform will be transferred through all the underlying tissues (nerves, muscle, fascia etc).

But why so soft and gentle? Well, around 1993 something known about in animals were discovered in humans using high-powered microscopes and other technology. These are called CT-afferent nerves, that lay close to the skins surface and have a very thin myelin (fat based) sheath compared to other nerves. As a result, the messages do not move very quickly from the touch point to the 'insular cortex' of the brain. These afferent nerves are associated with pain messages, homeostasis, temperature and the like. Research in the early 2000's showed that touch, as little as 2.2 millinewtons (eyeball pressure anyone!),

would be communicated by CT-afferent nerves but that they fatigue quickly and may take up to 2 minutes to deliver the message. This may explain the pauses that we give a client of at least 2 minutes and why we should not complete too many moves or mix in other treatment methods; it now makes more sense with the information from these tests.

We also know that when we complete the moves there is a slight stretch on the skin and a gentle tension and roll over the underlying body part (muscle, tendon, fascia etc). This is made more interesting by the work of Dr Helene Langevin who since 2015 (and still reporting her results in 2020 if not later) has presented the results of her tests which involved gentle stretch on tissues and the chemical releases that occur. Among the chemicals is 'Resolvin' which has anti-inflammatory and potential curative benefits. Her tests included mice with tumours which were injected with the chemical and then saw diminishing tumour activity; she was not able to say that this alone was the reason but argued that the chemical may have contributed and this needed further investigation, along with better research into body stretching and body work reactions (e.g. yoga and massage techniques). So again, there is something of interest to be examined around the Bowen Technique and raising the question: are we assisting the body to generate useful chemicals by our gentle stretch moves?

Recently (2021) the Nobel Prize for Chemistry (Medicine) was awarded for joint working on the nature of soft touch (deforming skin moves) and temperature change. This is a big step forward in the global recognition of how the body reacts to gentle stimulation. Search for David Julius and Ardem Patapoutian for their discoveries of receptors for temperature and touch

What else do we know about brain & body connections?

Interoception, seen as internal responses, is where a given signal will use diverse neural pathways to inform the brain of the bodily state. It can be argued that these pathways are plentiful in fascia and this is important as fascia is a continuous connective tissue that enwraps organs, bones, nerves and lies

between cells and so much more. We should then expect changes to happen somewhere, right?

Proprioception is the nerve messaging that allows us to know where spatially we are and where our body parts are at any point in time and the strength or speed of movement (e.g. grasping, kicking). Receptor nerves in muscles (myotatic reflex) inform the extent of a stretch and tension and these nerves are affected by brain signals to further contract or relax. When we have a stiff neck or a pulled back it may be that we are feeling the pain messaging of a reflex which is either locked on or at least believes it is. The Bowen moves, being gentle and soft may provide an alternative message for the problem area that allows the body the opportunity to reset.

All of the messaging and electrical exchanges work so much better when there is water and the body is hydrated and so we can see the importance of hydrated clients prior to and after treatments. Dr Batmangheldj states in his book “Your body cries for water” that one is not sick but thirsty. There is evidence of asthma, allergies, high cholesterol, hiatus hernias, blood pressure and other problems being better when hydration is improved.

Dr Ramachandaran conducted a well-known study “Phantoms in the Brain” with amputees using a mirror box to reflect one limb as if it was the amputated limb and proved that the brain responded on the amputated side. So, a question might be, does the Bowen Technique that is usually applied symmetrically – best side first – suggest that we are messaging and awakening neural plexuses for both sides using the brains gullibility/intelligence?

So what? What can we conclude?

I have attempted to introduce ideas that may inform and change perceptions on how the body responds, in doing so I raise a lot of positive questions – I hope. It is best if you now read and consider the information sources given and decide how it changes or reinforces your treatment activities. But I do hope that it is clearer to see that our treatment sessions allow us to engage with people on so many levels that it is important to credit the total treatment experience to an

outcome. I hope that it also provides the confidence for Bowen Therapists to explain to a client “we create an opportunity for the body to self-heal by the attention, intention and moves that we make” as there is evidence now and coming through that our interventions could be providing multiple reactions supporting the mind, body and body functions.

Let’s hope the Nobel Prize winners and the others mentioned create intrigue in others, such that the ideas and concepts are developed and provide us with an even better justification and explanation of why Bowen Technique, well, just works.

Paul Dunn, London

Lucky Prize Winner...

...is Paul Dunn, who will receive his prize very soon. Contribute an article to the next edition and you’ll be in with the chance of winning.

Letters to the Editor

The amazing ability of the body to heal when it is allowed to using Bowen

A young man, who I shall call Paul, came to see me for treatment. He was constantly needing to have his hip alignment corrected by a chiropractor for his back pain and his mouth was not straight.

After several Bowen treatments to get him into balance generally, including BRMs, Respiratory, Pelvic Proc, Coccyx and UR/TMJ and identifying a tight Psoas, he told me about the difficulties there were when he was born as told by his mother. He did the

Pelvic exercise daily but found it difficult and would lie in the Constructive Rest Position (CRP) to relax his Psoas.

Paul rang after the next treatment where, on this occasion, having repeated the Pelvic

Proc, I had done a UR/TMJ + Additional moves. He went for a swim after work that day then lay in the CRP with his calves on a seat with the radio on. As he lay there his face started to twitch violently and the radio stated to crackle at the same time. This continued for some minutes and then both stopped at the same time. His body tingled all over and he felt that all weight and pressure had been released and free. He feels better now than he has for years.

I have since treated the same young man several years later for a new injury. His mouth is straight, and he has a broad smile and a new life. The CRP position is one I regularly get my clients to use when their backs are troubling them. When they have become familiar with the aspect of the body healing itself with Bowen many of them find it invaluable as a recovery from strenuous activity and others find it allows their back pain to ease whilst awaiting treatment.

Hilary Herd

Success Story

Recently I had a 36-year-old lady who had had a very painful lower back, around L4/L5, for 13 years. She described that if she drives for 30 minutes, the next day she can't move because the pain was that bad and would wake her up at night.

In the first session, I performed all BRMs + Hamstring. Afterwards, she felt so tired she slept through the night.

Second session: all BRMs + Hamstring + Pelvic. Afterwards, the pain was reduced and she didn't take any painkillers.

Third session: repeated all + coccyx. Afterwards, she could not believe she was free of pain!

During the third week, she went into London by train for a meeting and didn't feel any discomfort or pain after sitting for 1h 20min!

She is very pleased.



Mariana Caitaz

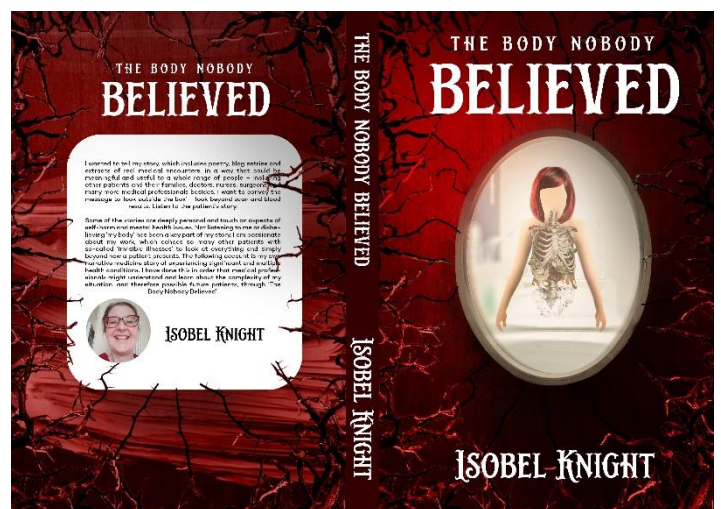
The Body Nobody Believed

Our very own Isobel Knight, a former Bowen Association UK Chair, has written a book about her experiences living with a debilitating illness, [Ehlers-Danlos Syndrome](#). Her book is now available on all Amazon platforms, and here's a link to the [Smile version of Amazon](#) where you can nominate a charity to receive donations every time you purchase from Amazon.

Here is some detail about her book...

"I wanted to tell my story, which includes poetry, blog entries and extracts of real medical encounters, in a way that could be meaningful and useful to a whole range of people – including other patients and their families, doctors, nurses, surgeons and many more medical professionals besides. I want to convey the message to 'look outside the box' – look beyond scan and blood results. Listen to the patient's story.

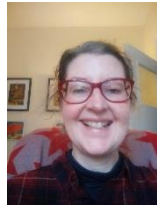
Some of the stories are deeply personal and touch on aspects of self-harm and mental health issues. Not listening to me or disbelieving 'my body' has been a key part of my story. I am passionate about my work, which echoes so many other patients with so-called 'invisible illnesses' to look at everything and simply beyond how a patient presents.



The following account is my own narrative medicine story of experiencing significant and multiple health conditions. I have done this in order that medical professionals might understand and learn about the complexity of my situation, and therefore

possible future patients, through 'The Body Nobody Believed'.

Isobel Knight



[Ed. This book is well worth the read. Bowen is referenced several times and it also provides both a succour to those going through similar experiences and an inspiration to persevere.

Palliative Care Congress 24/25th March 2022

Well, I was fortunate to have been allowed to present the outcome of my Bowen treatments at a London hospital at the recent PCC. As I had written a formal BMJ submission with abstract, showing statistically that Bowen had made a contribution to the wellbeing of palliative patients, I was allowed to present a poster on the Bowen Technique and the study results.

The conference was at Telford International Conference centre and is attended by many research and medical professionals involved in palliative care and chronic illness. Each day there were several presentations on various subjects ranging from the law and consent through to medical topics such as breathlessness or non-malignant disease. I attended as many as possible before returning to the poster at break times to speak to people showing interest in the study subject; of which there were many.

I used some of my free time to meet people in research and was asked to make contact with a few organisations after the event to see if they could support introductions and more extensive studies where it may be possible to measure certain bio-markers pre, during and post treatment (e.g. glucose, saliva, enzymes). One consultant who supports a research organisation is based at the hospital where I have been volunteering and so this may prove very useful; others are linked to universities.

I shall be following up with these connections and hopefully one or two may prove fruitful for BAUK and our membership. I will keep you posted.

One other interest during the two-days – the British Alpaca Society was showing in another part of the conference centre. As well as seeing several very nice animals, I ended up speaking with a very knowledgeable man on one of the side stands. He seemed to have everything covered from nutrition to quantum physics and more! He is a sales manager for Timac Agro a company that creates special and highly nutritional foods for farm animals and soil improvement products, so that the natural foods e.g. grass, grow with better content. Any of our members with farms may be interested in checking their products at uk.timacagro.com – I met with Matthew Bell and he had even heard of Bowen for use on horses!

So, a good time had at PCC and with the alpacas and I will let people know if anything should develop from the research contacts, some other potential working opportunities and when and where the abstract I wrote will appear – as it should be being published as part of the British Medical Journal (BMJ) specialist PCC supplement.

Paul Dunn

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Deadline for the next edition – 1st Mar 2023

Send your articles to magazine@bowen-technique.co.uk

We are always eager to hear from you, for example interesting case studies, ways you have found to run your business, charity work you may be involved in, unusual circumstances you have done Bowen in, work on animals or children, events or shows you have been to – also please send in your pictures or post information on our Facebook site.

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