



Bowen Therapy ®

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What is Bowen Therapy? Operation of Bowen Therapy The ISBT-Bowen Therapy ® is a holistic, gentle, manual therapy, which is similar to osteopathy. Enforcement of pulses by means of so-called "Moves" (by hand) at certain key points of your body, several effects occur:

There is a reorganization of existing local disturbances in muscle function, and the blood and lymphatic flow. This is especially significant to improve the function of the fascia (connective tissue structures), which is crucial for the smooth interaction of the coated structures from them. Tension, muscle tension and misalignment of joints can be resolved smoothly.

A profound, regulatory effect on the autonomic nervous system (vegetative) was detected by U.S. researchers. This is the entire body (respiratory, circulatory, digestive, endocrine, psychological mood) influenced towards a new orientation. In natural medicine, this is also called "retuning" means.

It is a harmonization of the interaction of energetic polarities (Yin and Yang). The body is invited to a deep relaxation. The body reacts to stress and pressure to perform is no longer with overtightened function. The synergy of these effects makes up the very good and sustained effectiveness of Bowen Therapy. There are not only symptoms but also treats the causes of formation of your symptoms.

Indications The benefits of Bowen therapy is by its profound effect on the organism is not restricted to certain disease states. There are no contraindications (except for a few attacks in the course of pregnancy and states in need of immediate medical treatment), ie Bowen therapy is almost always used. However, there are of course areas for which this form of therapy is special. These include:

Back pain of any origin (due to maintenance, scoliosis, stress, sciatica, etc.) Tension and so-called myogeloses (eg shoulder / neck) Arthritis, (sports) such as whiplash trauma, etc. Complaints of the upper extremities, such as tennis elbow, carpal tunnel syndrome, frozen shoulder, etc. Disorders of the lower extremities particularly the feet, such as hallux valgus, hammer toes, ankle injuries, knee pain, leg length discrepancy, etc. Hip functional and structural nature, after surgery, lymphatic congestion "ISG-blocks", coccyx pain, pain during pregnancy and after childbirth, menstrual cramps, etc. Fibromyalgia, rheumatic complaints Neuralgia (including sciatica and tic douloureux, etc.) Headache, migraine, torticollis, TMJ problems, may Tinnitus Asthma, chest tightness Impaired lymph flow Visceral problems (internal organs) with respect to digestive and urological system, such as incontinence, nocturia, and detoxification (kidney, spleen) as adjunctive therapy Adynamia, Chronic Fatigue Syndrome (CFS), autonomic imbalance Basically, Bowen therapy can be applied not only curative or palliative, but also concomitant prophylactic. Regular use in adolescents has an excellent health care and development proved favorable effect.

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