

The Bowen Technique NST is one of the world's leading Bowen therapy, a gentle and holistic form of bodywork dating back to the life work of the successful Australian osteopath Tom Bowen (1916-1982). NST creates an environment in which we can use the natural self-regulation of the body.

Application of the Bowen Technique NST Acute and chronic disorders of the musculoskeletal system:

Back pain, lumbar syndrome, BWS syndrome, whiplash syndrome Tension in the back, shoulders and neck
Shoulder-arm problems, tennis and golfers elbow Headache Pelvic and hip problems symptoms of pelvic obliquity, leg length of different knee, ankle and foot problems Muscle pain, rheumatism, movement restrictions, Fibromyalgia Teeth grinding (bruxism), jaw cracking, discomfort after dental treatment After accident and sports injuries Furthermore:

Stress, emotional stress, depression Acute and chronic fatigue Premenstrual syndrome (PMS), menopause Digestive and intestinal problems How does a NST treatment? After a preliminary discussion and more accurate diagnosis of certain key parts of the body with gentle and precise NST-typical "movements are treated." These are best described as a rollover of muscles, tendons, ligaments and nerves across the grain. The procedure is gentle, powerful without pressure or manipulation. The treatment can be performed directly on the skin or on clothing and is customized to the complaints and needs of the receiver.

Pauses between the individual sequences are followed to give the body time to respond to the received pulses. May already start during the treatment, a process of natural self-regulation, the basis of the spine compensates, the whole body. The organism is invited, tension, relieving posture, pain, cramps and give up. It is often reported after the meetings on a "Energiehoch and tangible well-being.

How does Bowen Technique NST work? Tom Bowen was convinced that the body will regulate itself as soon as muscular imbalances are resolved. The specific treatment manual muscle and nervous system are addressed directly. The nerve impulses then oversee a process of "unraveling a" way back in the body to a new equilibrium and the optimal structure tried. By user observations of this Neueinstellungsprozess these acts not only on the muscles and the motor system, but can also affect the internal organs and the hormonal and emotional balance. The exact mode of action remains to be investigated scientifically.

For whom is an NST treatment? Since NST respond in a gentle way the entire body-energy system and the body's natural self-invites, this form of therapy for a variety of complaints and all age groups, be applied even in small children and the elderly. NST can be used as targeted therapy for existing complaints but also be used for regular health care.

How often should you be treated with the Bowen Technique NST? For acute complaints may be reasonably sufficient 2-3 treatments. It is often reported after the first session on a noticeable effect. Described as the "Entwirrungsprozess" can last from a few minutes up to seven days is recommended between the first two treatments, a distance of one week. During this time there should be no other (body) therapies are carried out, as not to disturb the regulation process. In chronic and degenerative diseases are a regular treatment is recommended for a longer period.

History and origins of the Bowen Technique NST About Tom Bowen, who described himself as an osteopath, is little known. After the Second World War grew in him the desire to alleviate the suffering of the people. Without the basis of a formal medical education developed by the former employees of a cement plant in the 50s of the 20th Century, with its unique mode of treatment, the execution of technology with no other form of body work is comparable. He referred to his abilities as a gift from God. Bowen was known for his extraordinary talent with therapeutic nearly 100% success rate. Saturday was his practice of paying patients closed. This day he reserved for the free treatment of disabled people and injured football player. An

