

Bowen Therapy

...and how it may effectively relieve a range of conditions.



First Edition

By Louis Attard (Dip BT, Bach. Comp Sci)

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Disclaimer

Whilst I believe it's excellent to be involved with your own health, it's important to know only medical doctors can perform a medical diagnosis.

Information on additional ailments not available at the time of the publication of this book is available at www.louisattardbowen.com

Table of Contents

Copyright Notice	2
Disclaimer	2
Free E-Book To Share.....	4
...But Consider A Donation To The Tom Bowen Legacy Fund.....	4
Acknowledgements	4
Introduction.....	5
Back Pain.....	6
Lower Back Pain	7
Hip Pain.....	9
Sciatica	10
Trochanteric Bursitis.....	12
Arthritis.....	13
Shoulder Pain.....	15
Subacromial Bursitis	16
Frozen Shoulder (Adhesive Capsulitis)	18
Neck Pain	19
Headaches	21
Migraines.....	22
Elbow Pain	23
Tennis Elbow.....	24
Golfer's Elbow.....	25
Carpal Tunnel.....	27
Knee Pain	29
Osgood-Schlatter's Disease	30
Foot Pain.....	31
Plantar Fasciitis	32
Gout.....	34
Morton's Neuroma	35
Fibromyalgia	37
Irritable Bowel Syndrome (IBS).....	38
Hay Fever	40
References & Acknowledgements.....	42

Free E-Book To Share

This e-book is free for all, to help spread the word about the Bowen Technique and it's incredible effectiveness in treating a wide range of conditions, with the aim of encouraging those in pain to try Bowen Therapy which is so often a means to ease (or frequently completely stop) their pain.

Anybody is welcome to have it freely downloadable from their own website, facebook page or other social media, or even to print and bind a copy and leave it in their clinic for their clients to view.

This work is licensed under the Creative Commons Attribution-NoDerivatives 4.0 International License. For more information about what you can and can't do with the content please see page 2 of this book.

...But Consider A Donation To The Tom Bowen Legacy Fund

If you find this book helpful, please donate \$10 to the Tom Bowen Legacy Fund. Tom Bowen generously treated disabled children free of charge for 26 years, and since 2003 the Austrian Tom Bowen legacy trust fund has continued to help children by providing electronic communication and mobility aids to those in need.

[You can donate \\$10 through the BAA website here,](#)
or [contact the BTFA through this link to donate \\$10 here](#)

Acknowledgements

This book is dedicated to the Bowen Therapy Community around the world as a 'pay it back' for all those who have helped me through my journey as a Bowen Therapist, but most of all to Tom Bowen.

Tom has left us with this fantastic technique that is highly effective at helping relieve people's pain, along with it being exceptionally efficient so that we may treat several clients in an hour and improve the lives of so many people.

Introduction

I hope you find the information on the ailments that have been researched here as helpful as I have. I didn't come from a medical background (I was a Software Engineer, an English Teacher then a Bus Driver!) and so when I became a body worker, trying to heal all these different ailments I had never heard of before, I felt like I was thrown in to the deep end to say the least!

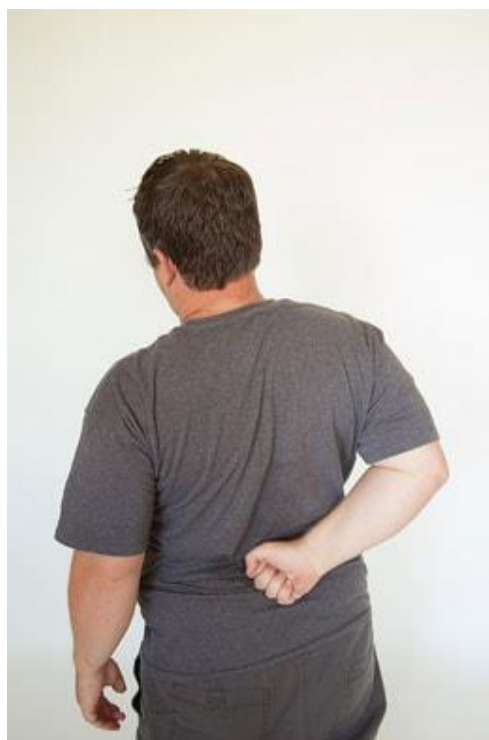
This book was inspired by a series of very popular blog posts I wrote, initially to increase my knowledge about different ailments I could work with, and later to reach out to a wider variety of clients about the conditions I could help relieve.

You're welcome to share this book in it's current form with anybody you like, or as I have done, print it out and bind it as an information handbook kept with the magazines in my clinic waiting room for my clients to view. The header for each section is also a link to the associated original blog post available online, so if you would like to share these online to any potential clients about the types of conditions you may effectively relieve, it makes it very easy for you to share these posts from these links on your websites, Facebook pages, or other social media pages. I certainly noticed that my old clients started to look at me in a higher regard when they started seeing information about some of the less widely known ailments on my Facebook page. I guess it was the turning point where people stopped asking me 'What is Bowen?' and instead asked 'Do you think you could help my Bursitis?' or whatever their complaint may be.

Back Pain

Whether it is your lower, mid, or upper back, it is likely that you will have some type of back pain in your lifetime. Bowen Therapy is very gentle, safe and effective at treating many different types of back pain,

Because there are no forceful movements there is no risk of doing any damage to any of the body structures. And by working with the nerves, the muscles that hold the bones in place are corrected, so that muscle and bone alignment is addressed. By addressing both muscles and bone alignment, relief can be experienced for longer, making Bowen Therapy one of the most cost effective treatments for back pain around.



Some of the back complains Bowen Therapists commonly relieve are:

- Disc Bulges or Herniations
- Muscular strains or ligament strains
- Pinched Nerves
- Facet Joints
- Arthritis
- Sciatica Pain
- After car accident
- Scoliosis
- Sacroiliac joint pain
- During pregnancy or after giving birth
- Muscle spasms
- From playing sports

Stretching, yoga, or walking are things you can do at home to help relieve back pain to begin with.

Image by

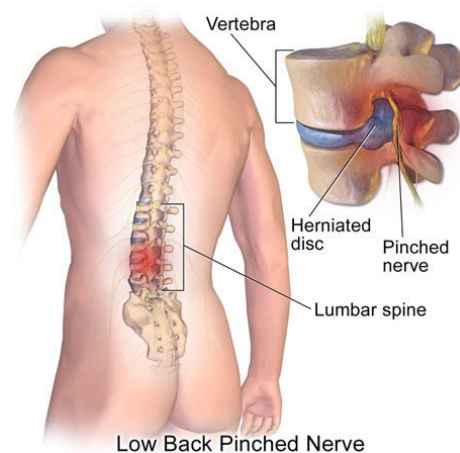
www.sandiegopersonalinjuryattorney.net

If back pain is persistent it's a good idea to get some treatment without leaving it too long. The earlier back pain can be treated, typically the faster lasting relief will be experienced. Back pain may be treated effectively by Bowen Therapy, since it works to increase circulation to the damaged structures and tissues to facilitate faster healing and relieve the pain.

In very severe cases, the nerve endings in the spine can be frozen by doctors to provide relief, and in extreme cases, surgery might be performed which involves fusion of joints.

Lower Back Pain

Around 80% of the population suffers from Lower Back Pain at some stage in their life. This is where people experience cramping, stiffness and muscle spasms in addition to pain in the back region. If the pain is as a result of nerve-root pressure, one can experience pain that radiates to the buttocks and even down the legs. The two major categories of Lower Back Pain depends on which area of the spine is affected.



Blausen.com staff (2014). "Medical gallery of Blausen Medical 2014". WikiJournal of Medicine 1

Facet joints are small stabilizing joints located between and behind adjacent vertebrae of the spine. In people experiencing facet joint based lower back pain, the saddle like base which is covered by a synovial lining, becomes inflamed. This results in extra pressure when one bends backwards, leading to immense amount of pain. In this case, bending forward generally provides relief as the forward flexion decompresses the facet joint, relieving pressure and pain.

On the other hand, intervertebral disc based lower back pain is a result of a tear in the discs; soft cushion-like structures in the spine. This results in a protrusion or bulging of the disc structure which can compress certain nerves, leading to pain that is experienced in the hip

region, legs, ankles and feet. Unlike, facet joint pain in the back, disc pain intensifies in nature when one bends forward as this exerts pressure on the back of the disc structure where the nerve exists the spine.

What Causes Lower Back Pain?

Facet joint motion in the lower back can be disrupted by injury, leading to stiffening of the back caused by bone spurs, joint capsule scarring or thickening and muscle spasms or hypermobility of the joint due to fractures, dislocations, overstretched ligaments etc. Various factors can lead to disc damage in the lower back like age, obesity, lack of exercise, poor posture etc. One can either experience degenerative disc disease due to holding the same position for a length of time or a ruptured disc where the disc develops tears and causes the fluid to irritate surrounding structures leading to pain and even sciatica. Osteoarthritis or degeneration of the spine can be a cause of lower back pain also. According to the book 'Campbell's Operative Orthopaedics: Adult Spine Surgery', MRI evidence has shown that 100% of people over 50 years old have lumbar (lower spine) degeneration, however clearly, 100% of those 50 years or over do not experience constant lower back pain, so degeneration of the spine does not always mean one has to live in pain.

When to Seek Treatment for Lower Back Pain?

If lower back pain is persistent it's a good idea to get some treatment without leaving it too long. The earlier back pain can be treated, typically the faster lasting relief will be experienced. Lower back pain caused by muscles, tendons, pinched nerves, facet joints, arthritis or disc problems may be treated effectively by Bowen Therapy. Bowen works to increase circulation to the damaged structures and tissues to facilitate faster healing and relieve the pain.

Hip Pain

The symptoms of hip pain can vary greatly between clients, The pain may be experienced around different areas of the hips, and may radiate out to different areas, depending on the underlying cause of the pain.

Some of the more common causes of hip pain Bowen Therapists relieve are:

- Sciatica
- Groin strain
- Arthritis
- Trochanteric bursitis
- Pinched nerves
- Sacroiliac joint pain
- Disc Bulges or Herniations
- Muscular strains or ligament strains
- Pregnancy



Treatment for Hip Pain

If one is to ignore hip pain and continue activities that cause pain, after time, hip issues tend to progressively get worse, and the pain can become more severe. As with most injuries, earlier treatment leads to faster recovery times.

Using Bowen Therapy we work to correct the alignment of the hip and surrounding structures to correct the underlying cause of hip pain. Since the hips are the base that holds your entire upper body, it is important that they are aligned correctly to prevent compensations and associated pain higher in the body,

Sciatica

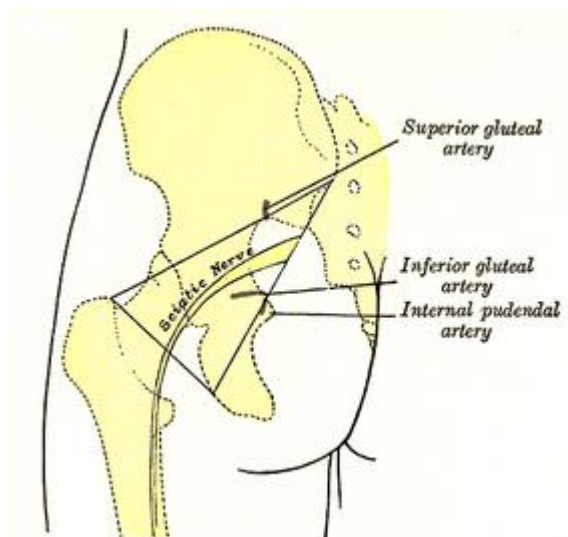
What is Sciatica?

Do you have pain in your buttock? Sciatic pain can run from your lower spine, through your buttock, down the back or side of your thigh and into your calf. Depending on the severity of the inflammation of the sciatic nerve, pain tingling or numbness may be felt only partially, or along the whole nerve pathway. The sensation can range from mild discomfort to intense pain. The image to the right shows the most common area where sciatic pain is felt.

Usually only one side of the body is affected, however it is not uncommon in clients for the sciatic pain to move around periodically, or even completely change sides to the other buttock.



By BruceBlaus



By Henry Vandyke Carter - Henry Gray

What causes Sciatica?

Sciatic pain occurs when the sciatic nerve becomes inflamed. This can be due to an issue in your lower back, or tight muscles compressing the nerve.

In 17% of the population the sciatic nerve actually runs through, instead of around the piriformis muscle. This population may be more susceptible to experiencing sciatic pain, as the sciatic nerve may become more easily inflamed due to a tight or spasming piriformis muscle. By following

(1918)

the exercises in the first link containing additional content below, you can work out if your piriformis muscle is contributing to your sciatica and stretch it to reduce the inflammation.

When to Seek Treatment for Sciatica ?

If you are experiencing sciatic pain, it's best to seek treatment earlier rather than later, since early treatment facilitates a speedy recovery. Leaving sciatic pain untreated for extended periods increases recovery time, as well as contributing to new musculo-skeletal problems. As people start getting in the habit of walking with a limp to accommodate their sciatic pain it starts throwing other parts of the body out, and creating additional problems.

It is advisable that those suffering from sciatica should begin to take corrective actions at home on their own as soon as they begin feeling sciatic discomfort. The sooner you do some basic stretching, the more likely it will get better on it's own without any treatment. Below is some additional content that can help people improve their sciatica at home on their own.

Additional Content

Video #1:

[Dr. Evan Osar's from Chicago, USA, founder of Fitness Education Seminars helps us understand sciatic pain and gives us a good stretch for the piriformis muscle.](#)

Video #2:

[FitnessBlender.com provides an excellent short stretching routine to help with sciatic pain due to issues in the lower back.](#)

Video #3:

[Suzanne Waterworth, who is a resistance stretching trainer in the UK trained by Bob Cooley of Massachusetts, in the United States shows us how we can get more from our stretching.. Bob has appeared on GMA, NBC, and Fox, and has been featured in articles in NY Times, Sports Illustrated, Self, Elle, Outside Magazines, and professional TCM medical journals.](#)

If after 2 weeks your symptoms are not improving, or are getting worse it's best to get

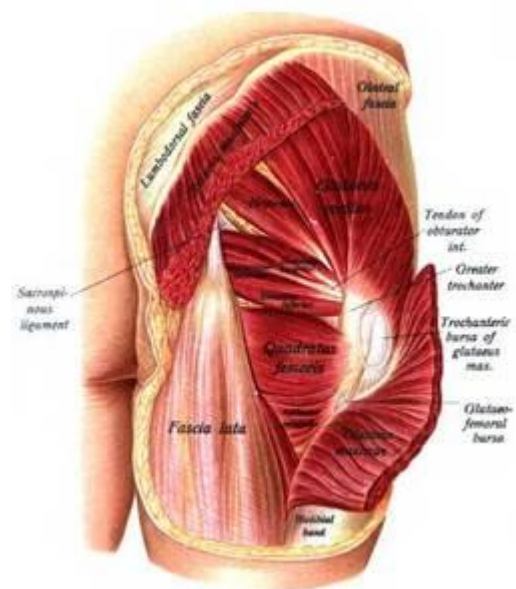
somebody to look at it early, When people seek professional treatment in the early stages, usually the pain is resolved quite quickly, however leaving sciatic pain untreated for extended periods increases recovery time, as well as contributing to new musculo-skeletal problems. As people start getting in the habit of walking with a limp to accommodate their sciatic pain, it starts throwing other parts of the body out, often causing back or neck pain.

Trochanteric Bursitis

What is Hip (Trochanteric) Bursitis?

A bursa is a sac positioned where the muscles and tendons pass over the bones in a joint. The sac contains a lubricating fluid which cushions and provides for lubrication of the joint.

Trochanteric Bursitis is experienced as pain in the hip or buttock that can run down the outside of the leg, even down to the knee. Putting stress on the bursa, by moving the hip joint, putting weight on it through walking, running or laying on the effected side can increase the level of pain. There could be some swelling or redness around the area.



By Dr. Johannes Sobotta - Sobotta's Atlas
and Text-book of Human Anatomy 1909

What causes Hip (Trochanteric) Bursitis?

Trochanteric Bursitis can be caused by repetitive trauma through excessive walking, running or cycling, where muscles or tendons have been rubbing over the Trochanteric Bursa causing too much friction. If posture, gait or running technique is incorrect, the Bursa is more likely to become inflamed since the muscles or tendons will not be rubbing over the Bursa as they should.

A fall or sudden impact through sports may also damage the Bursa and cause Hip Bursitis. Other diseases such as arthritis, calcium deposits in the tendons, weak hip muscles or a tight ITB that leads to improper posture can also cause Trochanteric Bursitis.

When to Seek Treatment for Hip Bursitis?

As with most conditions, earlier treatment will allow a faster recovery and reduce the chance of re-occurrence. Also, as somebody with hip pain starts to walk differently, other parts of their body (ie. back) can go out of alignment too from improper gait.

Bowen Treatment for bursas may be very effective at reducing the pain, and significantly improve the rate of healing.

Without treatment and continuing the activity that is aggravating the bursa, the pain will likely get worse. Tendons or muscles rubbing over a damaged bursa that no longer provides protection or lubrication may also become damaged.

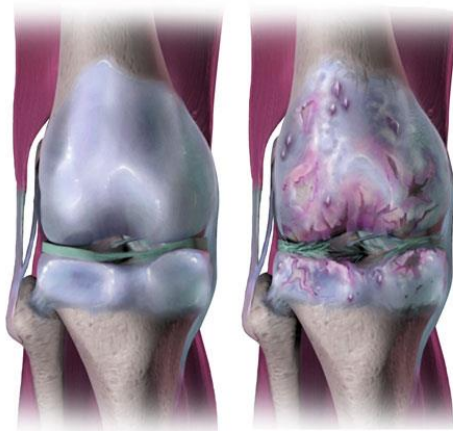
Arthritis

What is Arthritis?

Arthritis is said to occur when inflammation affects the joints, causing stiffness and pain in the joint area. There are two main types of Arthritis that might affect an individual; namely Osteoarthritis and Rheumatoid Arthritis.

One is said to be suffering from Osteoarthritis, the most common form, when cartilage in the joint region wears out. Normally, this wear and tear happens with age and over several years.

Rheumatoid Arthritis, on the other hand, is an autoimmune condition targeting the lining of joints called synovium and can be found to occur in a matter of weeks or months.



By BruceBlaus

What Causes Arthritis?

Cartilage is the hard coating found at the end of the bones which meet at a joint. Due to wear and tear of the cartilage, those diagnosed with Osteoarthritis have a situation where their bones are grinding against one another when the joint is being moved which can result in restricted movement of the affected joint and pain. Normally this occurs with age, over

years, but there can be a sudden onset after an injury as well.

For those suffering from Rheumatoid Arthritis, the body's immune system attacks the lining present in the joint capsule. This is a tough membrane that encloses the entire joint and is known as the synovial membrane which provides lubrication to the joint. When it becomes inflamed, the bone and cartilage of the affected joint can become damaged through the un-lubricated grinding of the adjoining bones as the joint moves.

Family history, age, sex and previous joint injuries are various factors that can predispose someone towards Arthritis.

When to Seek Treatment for Arthritis?

With rheumatoid arthritis, the earlier one seeks treatment the better. Since the lack of synovial fluid in the joint is causing a lot of wear and tear to the cartilage within the joint, the earlier proper functioning is restored to the joint, the less structural damage that will be sustained to the cartilage and bony structures within the joint. Bowen Therapy can be very effective, as it works through the body's fascial system, an extension of the nervous system to help correct the root cause - the nervous system attacking the lining of the joints.

If one is suffering from osteoarthritis, Bowen Therapy is unable to restore the damaged joint cartilage or underlying bone damage, however it can be effective at relieving the pain associated with osteoarthritis as well as improve joint functionality and mobility. Other treatment options that may be offered by a doctor to provide relief from joint pain and functionality are analgesics which can relieve pain but not provide any relief from inflammation, or NSAIDs (Nonsteroidal anti-inflammatory drugs) that can be prescribed that target both symptoms. NSAIDs may have side-effects though, like increasing your risk of heart attacks or stroke. Creams and ointments can also be applied to help alleviate symptoms caused by Arthritis. Corticosteroids may also be administered to suppress the immune system.

When conservative measure prove to be ineffective. Surgery can involve joint repair where the surfaces of joints are made smooth to improve function, joint replacement like that of the hips or knees or joint fusion for smaller joints to stop the joint moving all together.

Shoulder Pain

Although the shoulder joint has the largest range of motion in the body, it is also the most unstable, and this can render it as one of the most problematic areas of our bodies.

When shoulders become aggravated, they can become very painful. Effective, lasting pain relief requires addressing the underlying causes. The root causes can be varied, but by using advanced assessment methods we often find there are several contributing issues that need to be corrected before lasting relief can be experienced.



Louis Attard treating a Shoulder issue

Because Bowen Therapy addresses the nerves that control both the muscles and joint alignment, relief can be experienced for longer, making Bowen Therapy one of the most cost effective treatments for shoulder pain around.

Some of the shoulder complains we commonly relieve with Bowen Therapy are:

- Rotator cuff tears
- Supraspinatus tendonitis
- Shoulder bursitis
- Frozen shoulder
- Arthritis
- Shoulder Sprains
- AC Joint Pain
- Tingling feeling down arms

If you are experiencing increasing pain and reduced movement or function in your shoulder joint, you shouldn't delay in seeking treatment. When one moves their shoulder joint less because of pain, it may contribute to the developing of frozen shoulder which, once developed takes a lot longer to resolve.

Subacromial Bursitis

What is Shoulder (Subacromial) Bursitis?

Subacromial Bursitis is intense pain in the shoulder which worsens with repeated movements of the shoulder joint.

The body is laden with small fluid filled sacs called bursae, which act like cushions between moving parts of the body like joints and muscles or tendons. Shoulder Bursitis occurs when the subacromial bursa in the shoulder swells up with more than a usual amount of fluid. Due to this condition, the bursa prevents muscles and tendons in the shoulder joint, called the rotator cuff, from functioning properly. Those diagnosed with Subacromial Bursitis experience shoulder stiffness and pain accompanied with swelling and redness. The shoulder is usually sore to touch and difficult to move. In severe cases, the shoulder might be immovable completely and this condition is known as Frozen Shoulder.



By Lengerke

What Causes Shoulder (Subacromial) Bursitis?

An injury to the bursa in the shoulder can lead to Shoulder (Subacromial) Bursitis as can extensive use of the shoulder muscles. People who are in jobs doing overhead lifting of heavy objects and performing a lot of pulling are especially prone to this condition. The same can go for sports professionals involved in throwing or pitching. It is also believed that a slouching posture can increase the risk of being diagnosed with Shoulder (Subacromial) Bursitis.

When To Seek Treatment For Shoulder Bursitis?

As with most conditions, earlier treatment will facilitate a faster recovery and reduce the chance of re-occurrence. Also, if the pain in a shoulder due to bursitis restricts the shoulder's movement for an extended period of time, this could then potentially lead to frozen

shoulder. Without treatment and continuing the activity that is aggravating the bursa, the pain will likely get worse.

A doctor generally will confirm symptoms by examining the shoulder, typically looking for swelling and warmth in the region, and stretching the arm to determine range of motion. An x-ray can also reveal signs of Shoulder (Subacromial) Bursitis as it gives a clear image which doctors can use to rule out other conditions with similar symptoms, an example being Arthritis. An MRI can also be performed to determine whether the subacromial bursa is abnormally filled with fluid or not. In some cases, an infection might be the lead cause of fluid filling up in the shoulder bursa and this can be diagnosed with the help of a blood test.

When diagnosed with Shoulder (Subacromial) Bursitis, rest is recommended to allow the shoulder to heal. Bowen Therapy can increase blood circulation to the bursa and surrounding structures to increase the rate of healing and speed up recovery. This usually means that significantly less resting time is needed than if left untreated. Bowen Treatment for bursas is very effective at reducing the pain, along with a range of stretching and motion related exercises for the arm can also help the shoulder bursa to heal, and keep the shoulder mobile, Antibiotics might also be prescribed by a doctor if infection appears to be the leading cause of bursitis. In some cases, steroid injections might be administered by a doctor to provide relief from pain.

As with most conditions, earlier treatment will facilitate a faster recovery and reduce the chance of re-occurrence. Also, if the pain in a shoulder due to bursitis restricts the shoulder's movement for an extended period of time, this could then potentially lead to frozen shoulder.

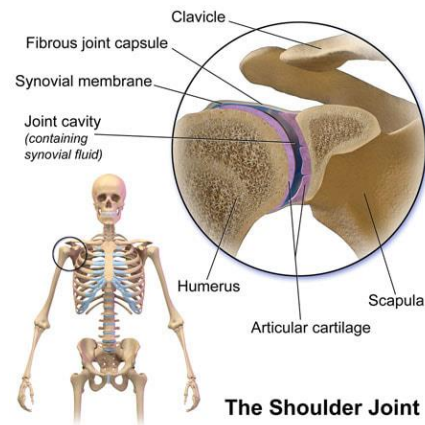
Without treatment and continuing the activity that is aggravating the bursa, the pain will likely get worse. Surgery might be a last resort if Shoulder Bursitis fails to heal after some time, wherein the inflamed subacromial bursa is removed so that a healthy one can grow in its place.

Frozen Shoulder (Adhesive Capsulitis)

What is Frozen Shoulder?

The shoulder joint is made of bones, tendons and ligaments that are surrounded by a capsule of connective tissue. Frozen shoulder, scientifically known as Adhesive - Capsulitis, is the thickening and tightening of this capsule that leads to the formation of scar tissue, making shoulder movements painful and restricted.

The symptoms of frozen shoulder generally occur in three stages, each stage lasting for several months. In the freezing stage, one experiences sharp pain which starts to limit the motion of the arm. The frozen stage is marked by a decrease in pain but an increase in stiffness which restricts movement of the arm and shoulder even further. Finally, in the thawing stage, the range of motion of the arm begins to improve.



Blausen.com staff (2014). "Medical gallery of Blausen Medical 2014". WikiJournal of Medicine 1

What Causes Frozen Shoulder?

Frozen Shoulder is found to occur in those who have had to restrict the movement of their arm for a long period of time either due to injury, pain, surgery like mastectomy or chronic health conditions such as diabetes or a stroke. People between the ages of 40 to 70 years old are more prone to getting diagnosed with Frozen Shoulder and the condition affects postmenopausal women more than men.

When to Seek Treatment for Frozen Shoulder?

Bowen Therapy treatment can be very effective at reducing the pain experienced with frozen shoulder, improving the range of movement, and considerably shortening the recovery period. Bowen therapy works to release the layers of connective tissue (fascia) that are sticking together, causing the frozen shoulder, and improvement is usually experienced after the first session.

In a Study done on the effectiveness of Bowen Therapy on Frozen shoulder by the Clinical

Page 18

Nursing Practice Research Unit at the University of Central Lancashire in Preston (UK), the Median 'worst pain' pre-therapy score reduced from 7 (mean 7, range 1-10) to a median 'worst pain' score of 1 (mean 1.45, range 0-5) post-therapy. It was found that all participants of the trial experienced improvement in their daily activities, even those with a very longstanding history of frozen shoulder.

Most cases of Frozen Shoulder get better on their own and usually take anywhere from 12 to 36 months to heal. In such cases, doctors may prescribe anti-inflammatory drugs and corticosteroid injections administered to the affected area to provide relief from pain and swelling.

With Bowen Therapy treatment, the recovery time is usually much faster. Usually treated cases of frozen shoulder last 6-8 months.

In some cases of Frozen Shoulder, surgery might be performed in order to loosen the tight connective tissue. This can be done in two ways; one where a patient's arm is stretched when under the influence of a general anaesthetic or via an arthroscope which cuts through scar tissue. Both of these procedures can be performed simultaneously as well.

Neck Pain

Whether if you've got a sore neck because you slept funny, have tension in your neck and shoulders from sitting at a computer, or have experienced whiplash, neck pain's a real pain in the neck! Bowen Therapy is very gentle, safe and effective at treating many different types of neck pain,



By Aidan Jones

Because there are no forceful movements or cracking of bones there is no risk of doing any damage to any of the body structures. And because we work with the muscles and their controlling nerves in Bowen Therapy, the muscles that hold the bones in place are

corrected, so that muscle and bone alignment is addressed. By addressing both muscles and bone alignment, relief from your sore neck can be experienced for longer, making Bowen Therapy one of the most cost effective treatments for neck pain around.

Some of the neck presentations commonly relieved with Bowen Therapy are:

- Chronic neck pain
- Whiplash after car accident
- Neck & Shoulder pain
- Neck cracking or grinding
- Stiff neck leading to headaches or migraine

Additional Content:

Video #1

[David Wilson, a Physiotherapist from Adelaide, SA tells us about how our posture will effect our neck pain](#)

Video #2

[Dr. Evan Osar's from Chicago, USA, founder of Fitness Education Seminars tells us how we can retrain our minds to use the bigger muscles in our thorax to stabilize our bodies instead of our necks.](#)

Video #3

[FitnessBlender.com provides an excellent short stretching routine to help with neck pain.](#)

Video #4:

[Suzanne Waterworth, who is a resistance stretching trainer in the UK trained by Bob Cooley of Massachusetts, in the United States shows us how we can get more from our stretching.. Bob has appeared on GMA, NBC, and Fox, and has been featured in articles in NY Times, Sports Illustrated, Self, Elle, Outside Magazines, and professional TCM medical journals.](#)

Headaches

Headaches are when pain occurs in any region of the head. It can affect one or both sides of the head, can occur in a particular region, and can radiate across the head from one point as well.

The pain might be classified as being sharp, throbbing in nature or a dull lingering ache. Lasting for an hour or at times many days, a headache can develop gradually or suddenly. Commonly, migraines are confused with headaches and vice versa. Migraine is a type of headache which is characterised by sharp, localised pain of the head accompanied with other symptoms like nausea, sleep disruption, over-sensitivity to stimuli etc. It's important to note all migraines are headaches but not all headaches are migraines.



By Phee - Pixabay

What Causes a Headache?

There are two types of headaches. Primary headaches are caused due to excessive activity of the pain-sensitive parts in the head. Examples include cluster headaches, migraine, tension headaches etc. A secondary headache on the other hand, is a symptom of a disease that activate the pain-sensitive nerves in the head. For example, acute sinusitis, blood clots, brain tumour, concussion etc. can cause a secondary headache.

When to Seek Treatment for Headaches

Headaches are usually managed by people with OTC pain relief medications like Panadol, Ibuprofen, Codeine etc. once the headache has already started.

If you are somebody who uses pain relief medication 2-3 times per week or 10 days per month, the pain relief medication can stop helping with the pain, and can actually cause headaches. These repetitive headaches are known as 'Medication Overuse Headaches (MOH)'. In these cases it could be especially helpful to seek an alternative method of reducing your headaches.

Bowen Therapy has proven to be very successful in treating many different types of headaches. Tension often builds up around the neck, head and jaw, causing the pain. Sometimes there can also be misalignments elsewhere in the body that can be contributing to re-occurring headaches.

If headache is of a very severe nature, it could require emergency medical attention as it could be a sign of serious conditions like a stroke, meningitis or encephalitis.

Migraines

Migraines can become debilitating, and needing to frequently hide in dark and quiet places, away from daily life activities is not a healthy way to live. Although clients present with different triggers to their migraines, using Bowen Therapy we can release tension in the neck, upper back, and jaw to help relieve migraines for longer lasting relief.

The great thing about using Bowen Therapy to relieve migraines is that it can work where other treatments may have failed, simply because the way in which Bowen works through the nervous system and fascia is a different approach.

Elbow Pain

Elbow pain is quiet common, and something we can effectively relieve with Bowen Therapy. In most cases, a sensation of pain, aching or discomfort felt in the elbow area is associated with the soft tissues that attach the muscles to the bones. Bowen Therapy works with the soft tissues, including nerves, tendons and muscles to bring about lasting pain relief.



By Yahia.Mokhtar

To get the lasting pain relief that Bowen Therapy is famous for requires addressing the underlying causes of the pain. The root causes can be varied, but by using advanced assessment methods we often find that there are several contributing issues that need to be corrected before lasting relief can be experienced.

Some of the elbow complains commonly treated with Bowen Therapy are:

- Tennis Elbow
- Golfer's Elbow
- Arthritis
- Tendonitis
- General pains in and around the elbow

Once the underlying problems are corrected using Bowen Therapy, gentle exercises can help to strengthen the muscles around the joint and help to prevent re-injury.

Tennis Elbow

What is Tennis Elbow?

Tennis Elbow, scientifically known as lateral epicondylitis, is a characteristic stress injury found to occur in the outside of the arm where the forearm meets the bony bump in the elbow.

Tendons, which connect muscles to bones, tear due to repetitive and stressful motions of the arm. These tears result in inflammation in the region, making normal activities like opening a door, holding a coffee mug and gripping objects a painful and an agonising task.

The symptoms of a Tennis Elbow usually involve radiating pain, originating from the outside of the elbow that travels down the forearm and wrist.



By BruceBlaus

What Causes Tennis Elbow?

Surprisingly, Tennis Elbow only occurs in 5% of people who play tennis. It is commonly found to occur in people who are involved in jobs where they are required to perform repetitive types of motion. For example, cutting trees, playing a musical instrument, carpentry, rowing a boat, cutting meat etc. Due to the constant to-and-fro of the arm, the tendons that connect the extensor carpi radialis brevis muscle to the elbow, develop rips and cause pain.

Apart from sport and certain occupations, age also seems to play a role in those who may be predisposed to developing a Tennis Elbow. The condition is found to mostly occur in adults who are between the ages of 30 and 50.

When to Seek Treatment for Tennis Elbow?

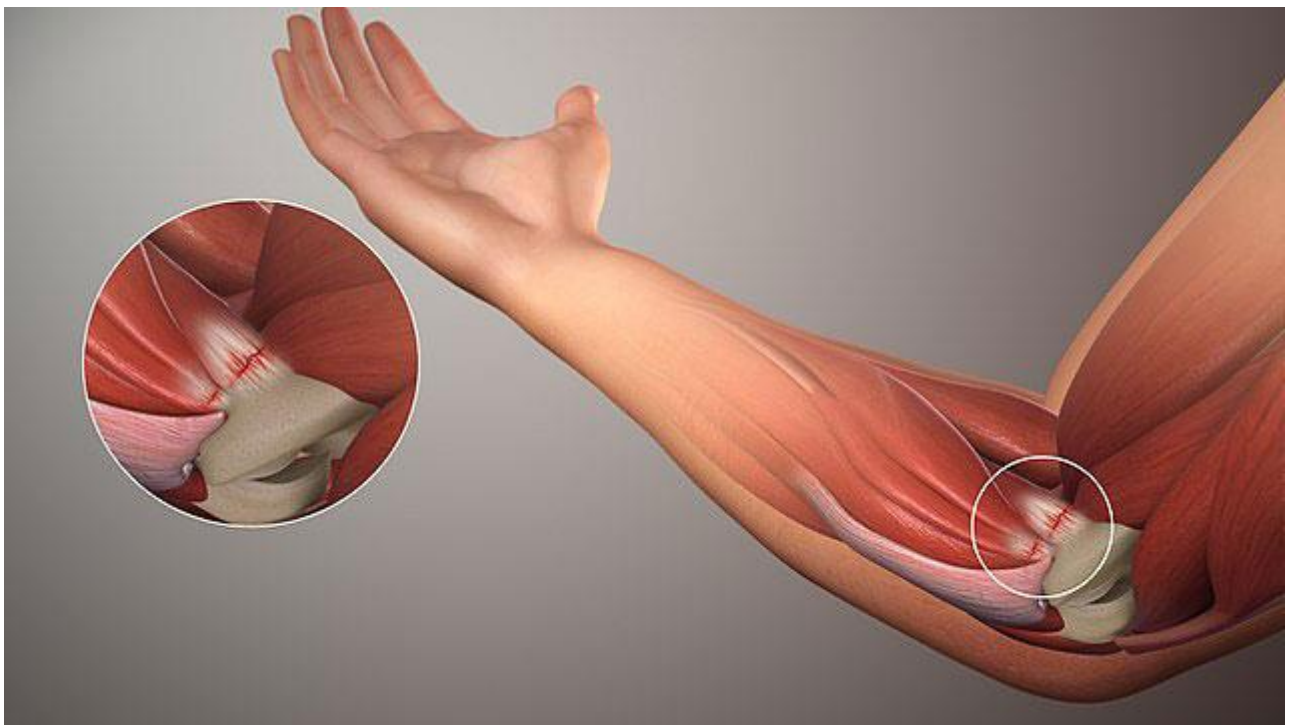
To alleviate the pain caused by Tennis Elbow, people usually rest and make use of over-the-counter pain killers. Normally, with rest the condition subsides on its own and stretches of the forearm muscles can help to build resistance to re-injury.

A brace or a strap may be used as well to reduce stress. If the cause of Tennis Elbow is as a result of playing tennis, it might be worth seeing an expert who can evaluate one's tennis techniques to ensure minimum stress is applied to the arm and wrist.

In cases where Tennis Elbow pain persists beyond a couple of weeks, Bowen Therapy can help to increase blood flow to the area to increase the rate of healing and speed up recovery. Bowen can also help by working to release tension in the extensor muscles of the forearm which could be putting additional stress on the tendons of the elbow and preventing recovery. With Bowen Therapy treatment, the resting period required before relief from the pain is experienced tends to be significantly less than without treatment.

As with most conditions, earlier treatment will facilitate a faster recovery and reduce the chance of re-occurrence. Without allowing the injury to heal, and continuing the activity that is aggravating the tennis elbow, the pain will likely get worse. In some extreme cases, medical procedures or surgery might be required.

Golfer's Elbow



By www.scientificanimations.com CC BY-SA

4.0.

What is Golfer's Elbow?

Golfer's Elbow, scientifically known as epicondylitis, is a condition where the tendons that connect the forearm to the elbow become inflamed. The pain initiates from the bony bump-like structure of the elbow and travels down the inside of the forearm.

The name is a misnomer, in that it doesn't just affect golfers. Golfer's elbow is different from Tennis elbow in that, tennis elbow affects the tendons on the outside of the elbow, while Golfer's Elbow is caused by damage to the tendons on the inside of the elbow. It is also less common than tennis elbow.

What Causes Golfer's Elbow?

The condition gets its name from an overused hand motion, like that of a golfer. Golfer's Elbow is caused by forearm muscle overuse due to repetitive movements like flexing, gripping or swinging. These movements can cause tiny tears in the tendons. Overuse of tools like hammers, rakes and paintbrushes can cause Golfer's Elbow as well.

When to Seek Treatment for Golfer's Elbow?

To alleviate the pain caused by Golfer's Elbow, people usually rest and make use of over-the-counter pain killers. Normally, with rest the condition subsides on its own and stretches of the forearm muscles can help to build resistance to re-injury.

A brace or a strap may be used as well to reduce stress. If the cause of Golfer's Elbow is as a result of using hand tools it might be worth evaluating one's own technique to ensure minimum stress is applied to the arm and wrist.

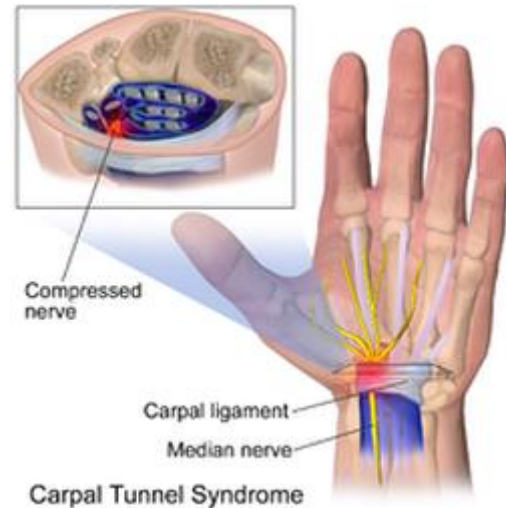
In cases where Golfer's Elbow pain persists beyond a couple of weeks, Bowen Therapy can help to increase blood flow to the area to increase the rate of healing and speed up recovery. Bowen can also help by working to release tension in the flexor muscles of the forearm which could be putting additional stress on the tendons of the elbow and preventing recovery. With Bowen Therapy treatment, the resting period required before relief from the pain is experienced tends to be significantly less than without treatment.

As with most conditions, earlier treatment will facilitate a faster recovery and reduce the chance of re-occurrence. Without allowing the injury to heal, and continuing the activity that is aggravating the golfer's elbow, the pain will likely get worse. In some extreme cases, medical procedures or surgery might be required.

Carpal Tunnel

What is Carpal Tunnel?

Carpal Tunnel Syndrome is an ailment of the forearm, wrist and hand, and it causes numbness, pain, tingling or weakness in these regions. Most noticeably the thumb, index and middle fingers are usually affected, since the main nerve (median nerve) that runs through the carpal tunnel is connected to these fingers and the thumb. Most people feel the effects of carpal tunnel syndrome most when they clench their hand into a fist, or are holding onto objects. Women are often affected by carpal tunnel during pregnancy. Later, after pregnancy carpal tunnel can be a problem after holding children for long periods.



Blausen.com staff (2014). "Medical gallery of Blausen Medical 2014". WikiJournal of Medicine 1

What causes Carpal Tunnel Syndrome?

The carpal tunnel is the name for a structure in your wrist, a narrow passageway made of bone and ligaments that protects the nerve and tendons that run to your hand and fingers. When the nerve running through the carpal tunnel is pinched or compressed, one begins to experience the pain, tingling or weakness of carpal tunnel syndrome. The anatomy of the carpal tunnel can be different in different people leaving those born with a narrow carpal tunnel potentially more susceptible to this problem. The width of the carpal tunnel can also be affected through wrist fractures or arthritic conditions which can cause a narrowing of the carpal tunnel, also increasing the likelihood of experiencing this condition.

However often clients suggest carpal tunnel syndrome is experienced after repetitive overuse of the muscles of the forearms and wrists. A type of repetitive strain injury (RSI) of the muscles and tendons in this area. Bowen therapists often find by relaxing and softening the soft tissues in the area usually brings considerable relief.

Carpal Tunnel Syndrome can be common in women who are pregnant or going through

menopause because they tend to have fluid retention that can cause a narrowing of the carpal tunnel. Often the condition resolves on its own once the pregnancy is over.

When to Seek Treatment for Carpal Tunnel?

As with any ailment it's best to begin treatment as early as possible to reduce discomfort and recovery time. Bowen Therapy treatments work to loosen the soft tissues that compress the nerves responsible for carpal tunnel pain, and increase blood flow to the area to facilitate healing for long lasting relief. Bowen has been very successful in the past with relieving Carpal Tunnel pain with a range of different causes.

If the symptoms of carpal tunnel have been experienced over 10 months, and the pain is very severe, abstaining from activities that aggravate the condition for a couple of weeks will greatly improve the rate of success of treatment.

Beyond taking short breaks from repetitive tasks that aggravate carpal tunnel syndrome, there are medically proven exercises, and splinting options to help heal carpal tunnel syndrome faster, that are explained by medical experts in the following Youtube videos or instructional sheets.

Additional Content

Instructional Sheet #1

[Dr. Housang Seradge at the University of Oklahoma Orthopaedic & Reconstructive Research Foundation has developed exercises, and studies show that allow two out of three patients with mild to moderate carpal tunnel symptoms were able to avoid surgery by doing these exercises.](#)

Video #1

[Dr Monty Palo, an orthopedic surgeon from California, USA discusses wrist splinting and different over the counter options.](#)

Video #2

[David Kuckhermann, a famous world percussionist who suffered from Carpal Tunnel Syndrome through repetitive hand drumming discusses how he overcame his carpal tunnel problem.](#)

It's important to see your doctor about very serious carpal tunnel syndrome symptoms, or if

the condition is persistent because if it is left untreated long enough, permanent muscle and nerve damage can occur.

Knee Pain

The symptoms of knee pain can vary greatly between clients, however a common problem is where the knee joint is out of alignment, and as the knee bends, the joint of the knee doesn't track properly as it was designed to.



Image by Steven Depolo

The toughened tissue that is designed to take the repetitive flexing and extending of the knee while performing vigorous activities like walking or running is no longer taking the full load due to the misalignment. The movement of this misaligned knee during activity causes additional stress on the surrounding tissues which quickly become inflamed during activity.

Luckily those who are frequent walkers or runners usually are fit, healthy people, so when they stop the activity that is aggravating the knee it soon recovers and feels better, however because the alignment of the knee joint has not been corrected, next time they begin vigorous activity the pain flares up once again.

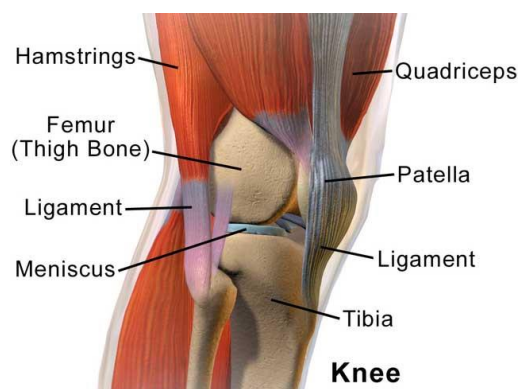
If one is to ignore the pain and continue activities that cause knee pain, after time these knee issues tend to progressively get worse, and the pain becomes more severe. This can lead to leg muscle weakness and worsening mobility, potentially causing weight gain which adds further stress to the knee. Using Bowen Therapy we work to correct the alignment of the knee, so that the joint tracks properly, therefore correcting the underlying problem so that you get lasting relief from your knee pain while performing your physical activities.

Osgood-Schlatter's Disease

What is Osgood-Schlatter's Disease?

Osgood Schlatter disease can cause an increased sized lump on the shin, just below the knee cap. Pain can be felt in the knee while extending the knee, running or jumping. Anything that puts additional strain on the patella tendon's anchor (tibial tuberosity) can cause pain.

The pain can last from weeks to months, continuously or intermittently. It can usually be treated effectively with Bowen Therapy, but will also usually stop on it's own after a child's bones stop growing. 13% of knee pain in teenagers is linked to Osgood – Schlatter disease, and the most common age is between 11-14 year olds.



Blausen.com staff (2014). "Medical gallery of Blausen Medical 2014". WikiJournal of Medicine 1

What Causes Osgood-Schlatter's Disease

As a child has a growth spurt, the bones sometimes grow faster than the muscles. The quadriceps can then become tighter, putting more strain on their anchor points on the bones. Small fractures can occur at the tibial tuberosity, that holds the quadriceps onto the tibia, and the body responds by increasing the bone mass and density at the anchor site, increasing the size of the tibial tuberosity.

Previous knee injuries may make a child more susceptible to Osgood – Schlatter's disease

When to Seek Treatment for Osgood-Schlatter's

If Osgood-Schlatter's disease is preventing your child from participating in sport it may be worth getting it treated. Knee pain or swelling may become chronic if the tibial tuberosity is not treated and allowed to rest from being continuously stressed. Without treatment or rest, as the body reinforces the tibial tuberosity with additional bone the child may develop a bony protrusion from their shin beneath their knee cap. This will usually remain for life.

Bowen Treatments work to relax and lengthen the quadriceps muscle group so that it puts less stress on the anchor point.

Foot Pain

The feet contain 26 bones and 33 joints, interconnected with 126 muscles, ligaments and nerves, making them a complicated body structure. This explains the numerous causes of foot pain that can be experienced.

Some of the common foot complains we see in clinic are:

- Plantar Fasciitis
- Bunions
- Hammertoes
- Burning Heel
- Morton's Neuroma
- Achilles Tendonitis
- Gout
- General foot pain

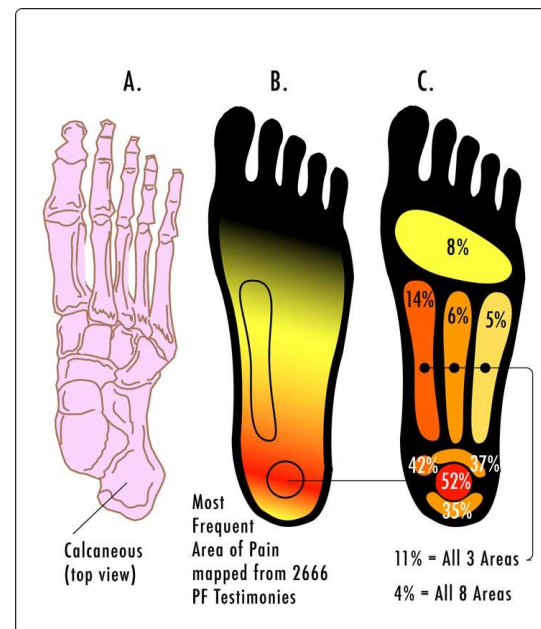


To achieve the lasting pain relief that Bowen Therapy is famous for requires addressing the underlying cause. The root causes can be varied, but by using advanced assessment methods it is often found that there are several contributing factors that need to be corrected so that lasting relief can be experienced.

Plantar Fasciitis

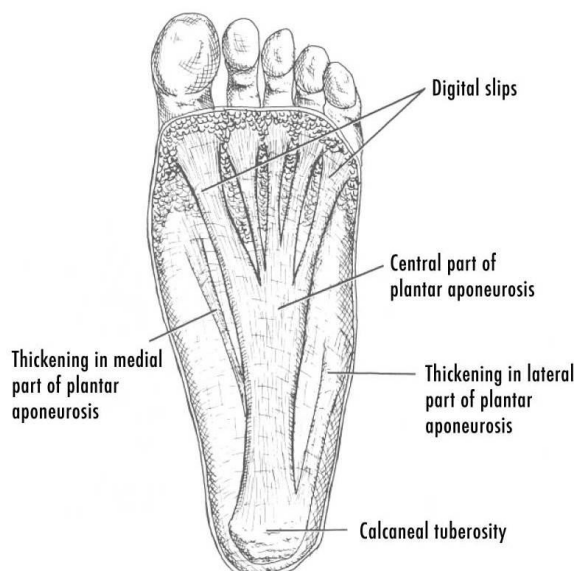
What is Plantar Fasciitis?

Plantar Fasciitis is one of the most common causes for pain on the bottom of a foot. There is a thick band of connective tissue, called the plantar fascia, that runs along the bottom of your foot and connects your toes to your heel. When this connective tissue becomes inflamed it becomes sore, and this is plantar fasciitis. Usually clients report that they feel the plantar fasciitis pain most in the morning when they first get up out of bed, but then as it warms up it can begin to feel better. Often the pain is around the heel area, although it can be felt anywhere along the plantar fascia as show in the diagram to the right. Runners and athletes commonly get plantar fasciitis because of the additional stress they put on their plantar fascia.



By Kosi Gramatikoff

What causes Plantar Fasciitis?



By Kosi Gramatikoff

Plantar Fasciitis is caused when physical stress is applied to the bottom of the foot and small tears start developing in the plantar fascia. It is normal for this to happen through our daily activities, but when the plantar fascia isn't given a chance to rest and heal, these small tears start building up and the plantar fascia then becomes inflamed and sore.

Runners, athletes, people who are overweight, or those who regularly wear thongs or high heels are all putting additional stress on their plantar fascia,

and are more likely to develop some inflammation there.

When to seek treatment for Plantar Fasciitis?

It's best to begin treating plantar fasciitis as early as possible, because the worse it gets, the longer it takes to get better. Some people's plantar fasciitis pain gets so bad that they can barely walk, so this is one that you really want to get under control as early as possible. By the time plantar fasciitis gets to the stage where one can barely walk, it can take a few weeks or months to resolve, and will require a change of lifestyle pace so that the plantar fascia has more opportunity to heal without applying additional stress to the tissues.

Besides taking longer for the plantar fascia to heal, in the meantime people with a sore foot adjust the way they walk to compensate for the foot pain, and this can lead to knee, hip and back problems. Often clients find that plantar fasciitis pain is aggravated by tight calves. Usually resolving the tightness in the calves goes a long way towards relieving foot pain. Additionally taping the affected foot can also bring relief, and provide additional support for the inflamed plantar fascia, giving it greater opportunity to rest and heal. Both professional foot taping and medically proven calf stretches are covered in the additional Youtube videos below which clients can follow along with at home.

Additional Content:

Video #1:

[Jim Whitesel, former legendary trainer of the NFL Seattle Seahawks shows us how to tape a foot to help relief Plantar fasciitis.](#)

Video #2:

[Dr Alan Mandell of Florida, USA shows us some medically proven exercises that improve Plantar Fasciitis.](#)

Video #3:

[Bruce Mandel Baum, Accupuncturist for the New York Olympic Development Committee, shows us massage can do at home to release and soften painful fascia on the bottom of your foot.](#)

Because Bowen Therapy works differently to other therapies, and it has frequently helped clients relieve their plantar fasciitis pain where other treatments have failed.

Gout

What is Gout?

Gout is said to occur when one experiences sudden and sharp pain along with the appearance of redness and tenderness in body joints, especially below the base of the big toe. The affected joint becomes inflamed and so hot that sometimes even light weight can seem intolerable. Gout is also known to be a complex form of arthritis that can affect anyone.

The symptoms of Gout often appear when one is asleep and can include piercing joint pain, discomfort, swelling and limited range of motion.



You can see gout in the joint of the big toe
- By Hellerhoff

What Causes Gout?

When levels of uric acid in the blood increase, it can lead to the formation of urate crystals which can accumulate in the joints. This can further lead to swelling and an intense gout attack. Uric acid is produced when the body breaks down purines, substances found naturally in the body and some food types like steak and seafood. Other food types that can lead to high levels of uric acid in the body can include beer, drinks with fructose etc. Even though uric acid is excreted out via the kidneys, if excessive levels are being produced by the body, it can be retained in the blood nonetheless. When this occurs, sharp, needle-like uric crystals can appear in the tissue surrounding joints and causes Gout.

Gout can be influenced by other factors like obesity, medical conditions like high blood pressure, diabetes etc, certain medications, heredity, age and sex as well.

When to Seek Treatment For Gout

Bowen Therapy can be effective at any stage during a gout attack. If used in the early stages, Bowen therapy may diffuse the intensity of the gout attack.

Bowen can still be very effective in the very painful stages of gout, by helping to loosen the tissues in the calf, ankle or around the foot that often tighten up during a gout attack of the toe. Increasing circulation to the area may help the body to flush out the uric crystals

causing the pain, and reduce the severity of the inflammation in the joint.

In the final stages, the inflammation following a gout attack can sometimes linger around for weeks or months, which Bowen Therapy can help clear up.

If a client feels like the beginnings of a gout attack are starting to occur, they should begin to drink plenty of water to help dilute and clear out the uric acid in the body.

Medical doctors usually prescribe medication to help treat Gout. The drugs can be of various types, like nonsteroidal anti-inflammatory drugs which can be taken over the counter.

However, such medications can have side effects like stomach pain and ulcers. Other drug-types can be prescribed by doctors to reduce the pain.

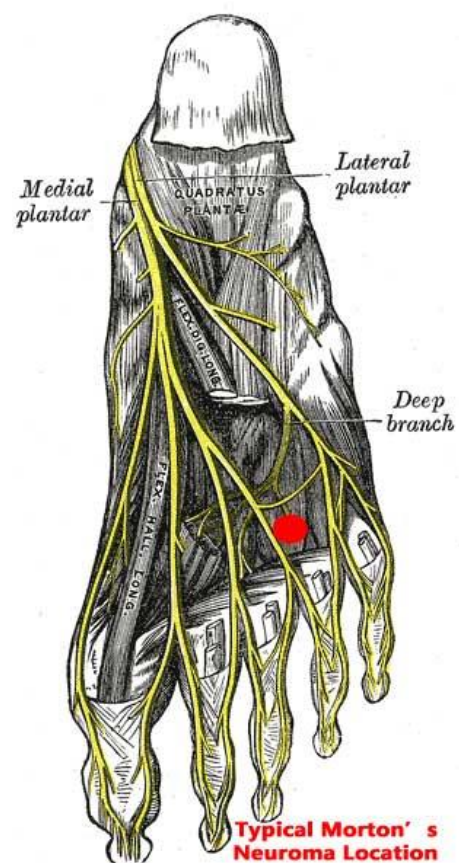
Morton's Neuroma

What is Morton's Neuroma?

Morton's Neuroma is experienced as burning, numbness or tingling (nerve pain) in the ball of the foot and extends out towards the toes. It may feel like the client is standing on a small pebble. There is nothing that can be seen from outside the foot, it is just a sensation that is experienced by the individual.

The person often feels relief when removing tight fitting shoes, and stretching or rubbing their feet.

Morton's Neuroma is a swelling of a nerve in the foot, and when pressure is put on the swollen nerve by nearby bones and tendons, this causes further irritation and inflammation of the nerve, and hence pain. It mostly affects middle aged women who wear high heels often.



By Henry Vandyke Carter - Henry Gray

What Causes Morton's Neuroma?

High heels or tight fitting footwear, such as worn in sports like skiing or rock climbing, can cause Morton's Neuroma. The compression of the foot can cause the nerves within to become irritated and swollen, causing pain.

People who have other foot issues such as bunions, hammertoes, fallen or high arches are at a higher risk of experiencing Morton's Neuroma, especially if they are putting a lot of stress on their feet, (eg. by doing lots of running).

When to Seek Treatment for Morton's Neuroma?

Early treatment of Morton's Neuroma facilitates faster recovery. Bowen Treatment can help alleviate the pain, and

Without treatment and continuing activities that are aggravating the Neuroma the pain will likely get worse.

The earlier treatment is started, typically the faster the rate of recovery. Bowen Treatment helps to alleviate the pain, and works to improve the circulation and rate of healing.

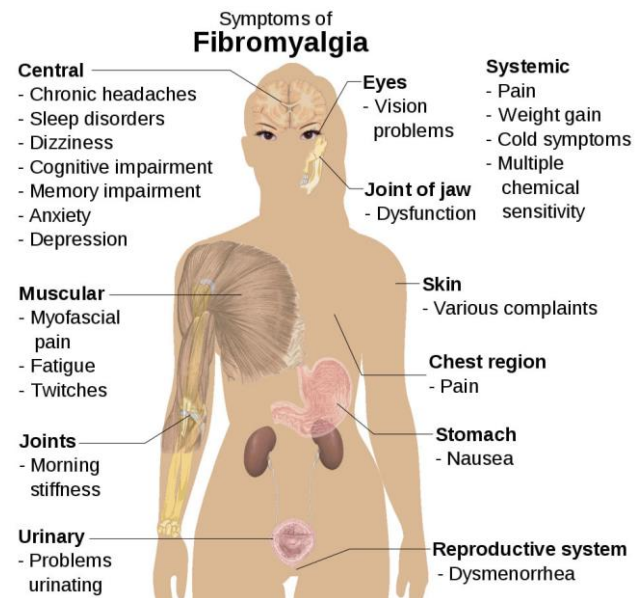
However the client must also take a break from wearing high heels or the tight fitting footwear so that the neuroma has a chance to heal. Without treatment or changing to better fitting footwear, the pain will likely get worse.

More than 80% of people with Morton's Neuroma respond to conservative treatment. In very severe cases steroid injections or surgery can be options given by a doctor.

Fibromyalgia

What is Fibromyalgia?

Fibromyalgia is a chronic disorder characterised by widespread pain in the muscles and bones resulting in fatigue along with mood, sleep and memory disruptions. According to researchers, Fibromyalgia affects the way the brain processes pain signals and therefore increases the sensation of pain. This can lead to anxiety and episodes of depression as well. The symptoms of this disease are very subjective.



By Mikael Häggström -Public Domain

What causes Fibromyalgia?

Due to lack of specific medical tests to diagnose Fibromyalgia, the real cause of it is hard to specify. According to doctors, it can be a variety of factors operating together. These may include infections, physical or emotional trauma such as a car accident and even genetics. Some researchers believe that repeated nerve stimulation causes the brains of people with Fibromyalgia to release an abnormal amount of neurotransmitters which are chemicals that signal pain. Also, the pain receptors in the brain seem to develop a memory of the pain, making a person suffering from Fibromyalgia more sensitive to any pain stimulus they might experience.

Nowadays, Fibromyalgia can be detected when a person complains of widespread pain without any other apparent reason, lasting for more than 3 months. Due to an absence of any lab tests to help identify the disease, doctors usually perform blood tests to rule out any other medical conditions that might have similar symptoms.

It is also found that the condition occurs more often in women than in men.

When to seek treatment for Fibromyalgia?

As with most pain conditions, earlier treatment can allow for speedier relief from the pain. Bowen Therapy for fibromyalgia consists of light moves, which works directly with the fascia

(connective tissue that acts as an extension of the nerves) and nervous system. Signals sent via the nerves to the brain signal the body to go into a state of deep relaxation, and in this way may act to calm the overstimulation of the brain and the nervous system. As more people are trying Bowen Therapy to relieve their fibromyalgia, it is gaining acceptance as an effective treatment method. Some sufferers also find yoga and tai chi helpful as they also work to calm the nervous system.

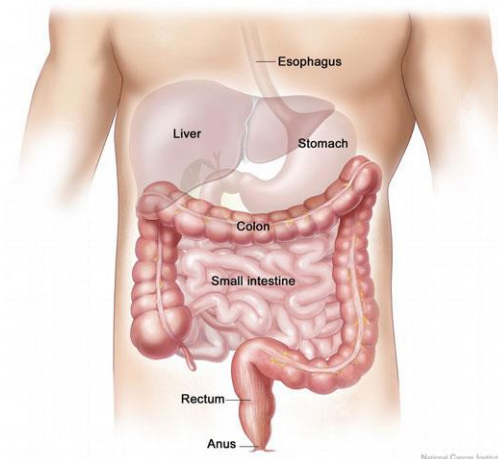
In a study at the University of North Carolina conducted by Chapel Hill, Bowen Therapy was rated at having an 80% effectiveness for fibromyalgia.

Some treatments by medical doctors for Fibromyalgia can involve the use of both medication and self-care. Doctors may suggest over-the-counter pain relievers such as Ibuprofen, Tylenol etc. or can involve prescription of antidepressants and anti-seizure drugs, as well as counselling to improve their psychological well-being.

Irritable Bowel Syndrome (IBS)

What is Irritable Bowel Syndrome (IBS)?

Irritable Bowel Syndrome (IBS) is a common disorder that affects the main part of the large intestine, known as the colon. When one experiences Irritable Bowel Syndrome, they generally suffer from abdominal pain and cramping, bloating, gas, diarrhoea or constipation and mucus discharge in the stool. IBS is said to be a chronic condition and unlike inflammatory bowel diseases like Crohn's disease or ulcerative colitis, Irritable Bowel Syndrome does not alter bowel tissue nor does it increase risks for bowel cancer.



Here you can see the bowel (Colon)

What Causes Irritable Bowel Syndrome (IBS)?

It is believed that a variety of factors can lead to the onset of Irritable Bowel Syndrome. The way the large intestine contracts can have a direct impact on the symptoms one might experience if suffering from it. Normally, the colon contracts in a rhythmic fashion as food moves from the stomach and down the intestinal tract. For someone suffering from Irritable Bowel Syndrome, the contractions can be stronger and can even last longer leading to bloating and diarrhoea. On the contrary, contractions can be weak, leading to slow passage of food which results in constipation. Such abnormalities in the gastrointestinal nervous system are primary causes for the symptoms one experiences when suffering from IBS. Certain triggers can also instigate symptoms of Irritable Bowel Syndrome in some people. These can include factors like foods that include chocolates, spices, milk, alcohol etc. Stress is also found to aggravate symptoms but not cause them. Hormones also play a vital role, with women twice as likely to be diagnosed with IBS as men.

When to Seek Treatment for Irritable Bowel Syndrome (IBS)?

Irritable Bowel Syndrome can be a painful experience and something that can lead to haemorrhoids and even depression due to lifestyle changes required to be implemented. Therefore, treatment for this disease by doctors usually focuses on alleviating the effects of symptoms so that one can live as normally as possible.

The foremost treatment options that most doctors would recommend are changes in lifestyle and diet. This includes plenty of exercise, intake of fluids, rest and avoiding specific food types that can act as triggers for Irritable Bowel Syndrome. This can mean eliminating high-gas foods like cauliflower, carbonated drinks, cabbage etc, along with gluten.

Doctors may also prescribe medication that can include taking fibre supplements, anti-diarrheal medications, antibiotics if excessive bacteria is found in the colon, and even anti-depressants.

Bowen Therapy has been shown to be effective in relieving Irritable Bowel Syndrome. Since Bowen therapy works with the nervous system, it may assist in bringing back the natural rhythmic action of the gastrointestinal nervous system, addressing the root cause of IBS.

Hay Fever

What is Hay Fever?

Hay Fever, also known as allergic rhinitis, is an allergic disorder due to an exaggerated immune response to pollen and other such substances in the air. Hay Fever is considered to be hereditary in nature. People with eczema or asthma are more prone to developing Hay Fever. Hay Fever symptoms include violent sneezing, an itching painful nose and throat, coughing, watery and itchy eyes, ear pressure and fatigue.



What Causes Hay Fever?

When one inhales dust, pollen or other such particles, the immune system treats them as dangerous foreign substances, causing the body to release histamine and leukotrienes, which inflame parts of the nasal passage, eyelids and can trigger sneezing. All these symptoms are meant to protect one's body by either trapping or expelling the allergen. At times, the closure of nasal passages may block sinus drainage openings, causing sinusitis.

Treatment for Hay Fever

Hay Fever treatment is best managed with prevention. There are some effective measures you can take early on before spring arrives that can prevent later hay fever outbreaks, like eating honey to desensitize yourself from pollen.

Once spring has arrived, if one is aware that they are allergic to seasonal pollen, they can try to reduce outdoor activities at that time of the year.

Bowen Therapy can also be used to relieve hay fever. Some researchers have found that the nervous system may play a significant role in hay fever sufferers. This may help explain how the Bowen Technique, which works with the fascia and nerves of the body, can help relieve hay fever symptoms.

Often clients have reported substantially reduced hay fever symptoms after Bowen Therapy treatments, and in some severe cases, Bowen has helped to make life a lot more comfortable, especially for those whom have had limited relief from medications.

References & Acknowledgements

I would like to thank all of these fantastic teachers for either their books, workshops, or technical help online:

Chris Reed – Cert IV & Diploma of Bowen Therapy Course
Graham Penningham - A Textbook of Bowen Technique
Importance of Symmetry & Targeting Primary Disfunction Workshops
Giving me the opportunity to observe treating clients in his clinic
Michael Quinlivan & Karen Hedrick – Bowen Therapy For Common Pathologies
Common Pathologies Workshop
Tom McLeod - Clinical Orthopedic Testing Workshop
Mantak Chia - A personal perspective of TCM through Medical QiGong / ChiKung
Liu DaiFu – Amazing TCM Doctor who trained me in TCM pulse diagnosis while living in China
ShiFu Zhu – My Tai Chi / QiGong Instructor & Good friend while living in China

Oswald & Elaine Rentsch - Bowtech Bowen Therapy Manuals
Brian Smart - Smart Bowen Therapy: The Practitioners Guide
Alastair McLoughlin - The Bowen Technique - A New Perspective
John Wilks & Isobel Knight - Using the Bowen Technique to Address Complex and Common Conditions
John Garfield – Technical help online
Georgi Ilchev – Technical help online

We have also used a range of other resources in writing the content for our blog posts and this book. Here are those resources:

A Textbook Of Human Anatomy - Fang Xiubin & Hu Haitao
PhysioWorks - <http://physioworks.com.au>
Headache Australia - <http://headacheaustralia.org.au/>
Health Line - <http://www.healthline.com>
Hay Fever Research - <http://www.herc.org/hercarticles/cnsallergy.htm>
Harvard Health Publications - <http://www.health.harvard.edu>
Migraine Trust - <https://www.migrainetrust.org>
The Mayo Clinic - <http://www.mayoclinic.org>
The Australian Government's Better Health Channel - <https://www.betterhealth.vic.gov.au>
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