

Bowen Therapy

“A Gentle Way to Optimize Your Health”



Bowen Therapy is a dynamic yet gentle form of physical therapy that provides relief from acute and chronic pain as well as other physical ailments.

Bowen treats the whole body, not just the area of concern by making use of the body's ability to heal and reset itself. The effect on most pain, inflammation or other conditions is not only quick but long-lasting too.

The therapy is performed over light, loose fitting clothing and a treatment consists of a series of precisely located moves performed over soft tissue, which results in a decrease in muscle tension that encourages relaxation and body realignment.

A key element of a treatment are the pauses between a set of moves. These pauses allow the body to adjust releasing restrictions in the prescribed area.

Bowen Therapy is safe to use on everyone from newborns and pregnant women through to the elderly or disabled.

Treatments are usually conducted on a bed or massage table, but can be adapted to a patient sitting in a chair or wheelchair.



“Health is a state of complete physical, mental and social well being, and not merely the absence of disease and infirmity”.

World Health Organization

Conditions Bowen Therapy Can Help

Musculoskeletal Pain

Back/Neck/Shoulder
Foot/Ankle/Knee/Sports Injuries
Arthritis/Fibromyalgia/MS
Sciatica/Scoliosis
Carpal Tunnel/RSI/Tendonitis

Digestive Disorders

IBS - Irritable Bowel Syndrome
Constipation
Indigestion

Respiratory Problems

Asthma/Allergies/Bronchitis/Hay Fever

Gynecological Problems

PMS/Menopause
Polycystic Ovaries, Breasts

Other Problems

Chronic Fatigue
Stress/Sleep Issues
Posture

Benefits of Bowen Therapy

Improves Joint Mobility
Improves Digestion
Improves Absorption of Nutrients
Improves Circulation
Improves Body Posture/Alignment
Facilitates Lymphatic Drainage
Encourages Relaxation
Relieves Pain and Discomfort
Reduces Stress/Tension
Physical/Emotional/Mental

BOWTECH[®]
The Original Bowen Technique

Call us to book your appointment or to schedule your FREE, confidential, no obligation consultation to discuss your particular situation or needs. No referrals are required.



Bowen Therapy Counselling

www.naturalbodyandhealth.com

Why Natural Body & Health?

You are a unique individual

We recognize that you have a unique health 'signature' made up of a combination of lifestyle, genetics, physiology and emotions that responds in its own way to the environment in which you live.

Individual advice, education, treatment

Our goal is to provide you with expert body and mental health care services within a comfortable and relaxing environment and to help you obtain, maintain and improve your overall health and well being that it can benefit you..... for the rest of your life.

To help you along this path when you visit us we invest the time in getting to understand the background as well as the issue itself which allows us to get to the root cause and not just treat the symptom.

As a result, we provide you with the very best professional health care advice, education and treatment options so that you can make the best, informed choice for your health every step of the way.



We hope you found this information useful and informative.

If you have a specific condition you wish to have treated or this sounds like the kind of body health care service that fits with your outlook on life, then we'd love the privilege of talking with you.

Our desire is to become your partner to better health and well being and to help you achieve your personal health and wellness goals.

You can contact us at your convenience using the method you are most comfortable with from the choices below:

Clinic Hours:

To meet with patients and clients varied schedules, appointments can be made either during the day or an evening by prior arrangement

NEW PATIENTS WELCOME
NO REFERRAL REQUIRED

Natural Body & Health

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Natural body and health services
for people wanting to maintain
and improve their overall health
and well being

