

Bowen Therapy & Counselling



Combination Therapy addresses the issues of an individual that relates to concerns of both the body and mind as a whole.

An example of these issues could include combinations such as depression caused by chronic pain, self esteem through bad posture or stress and anxiety as a result of digestive or respiratory problems to name a few.

Bowen Therapy is a gentle physical therapy that provides relief from acute and chronic pain as well as other physical ailments. It treats the body as a whole, not just the area of concern and results in a decrease in muscle tension that encourages relaxation as well as body realignment.

With the reduction in physical stress, tension and pain relief along with an increase in relaxation and energy flows, the speed of cognitive process to achieve clarity of thoughts and feelings can be significantly improved.

Counselling provides the support and guidance to create an increase in confidence, self esteem, motivation and emotional awareness that can help individuals to grow and attain the personal goals on the journey through and in the challenges of life.



“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 Combination Therapy Can Help

The individual brochures on Bowen Therapy and/or Counselling outline specific issues for each element but key conditions include:

Stress, Anxiety, Depression, Self Esteem, Confidence, Behavioural or Communication issues combined with Musculoskeletal, Digestive, Gynecological and Respiratory issues along with Chronic Fatigue and Sleep.

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

Benefits of Counselling

- Personal Insight
- Increased Confidence/Self Esteem
- Assertiveness
- Coping Skills
- Increased Emotional Awareness
- Relationship Improvements
- Effective Communications
- Healthy Conflict Resolution
- Increased Motivation
- Personal Development & Growth

Combination Therapy services are confidential, open to all and take place in a safe and comfortable environment.

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 & Health



Combination Therapy (Bowen & Counselling)

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

"A Gentle Healing of Mind and Body"

