

Understanding *Bowenwork*

Crystal Maceira, LMT, MH

EXTREMELY GENTLE, it addresses the whole body.

The Bowen Technique is a gentle form of natural healing. In order to appreciate its subtlety and depth, the therapy really needs to be experienced. It's a system of moves along muscle and connective tissue that enhances the body's innate ability to heal, creating balance and resetting the nervous system out of "stress mode." After the first session, people often wonder how such gentle moves can have so powerful an effect—not only on their posture and structural problems, e.g., bad back, frozen shoulder, etc., but also on their general well-being.

The gentle touch used in a Bowen session will vary according to the client's sensitivity. The therapist uses her fingers or thumbs to move over muscles, ligaments, tendons, fascia and joints, and occasionally over nerves, in order to elicit a healing response in the body.

Bowenwork can assist recovery from many condi-

tions, such as: traumatic or overuse injuries, high or low blood pressure, stress reactions, arthritic pain, fatigue, fluid retention, ear/nose/throat problems, TMJ, depression, ADD/ADHD, and Parkinson's, to name just a few...

Three to five sessions, one week apart, are usually all that are required for most problems brought about through overuse, sports, or other injuries. More complex conditions z may require additional sessions.



Everyone, from babies to grandparents, can benefit from Bowenwork.



WHAT TO EXPECT IN A SESSION?

Wear or bring lightweight, loose-fitting clothing that your practitioner can work through, or you may choose to wear your underclothes and be professionally draped with a sheet for modesty and comfort. Your

practitioner will take a health history and ask about the reason for your visit so as to select the best Bowenwork moves to apply that day. The actual hands-on work may take very few of the 20-to-60 minutes of the entire session.

After each series of moves, your practitioner will make sure you are comfortable and will leave the room to allow your body time to begin to respond.

WHAT TO EXPECT AFTERWARD?

Some changes may be noticeable right away: Reduced pain... Greater range of motion... A sense



Complete Holistic Approach to Good Health!

Crystal Maceira, LMT, MH

IIPA Certified Iridologist, Master Herbalist & Licensed Massage Therapist, Trained in many modalities including: Bowenwork, Pregnancy Massage and Sports Massage. *Quiet home studio.*

POSITIVE LIFE CHANGES, LLC ~ PositiveLifeChange.info

(541) 971-6781 ~ crystalclearhealth@gmail.com

1st Massage only \$40. In HELENA



of relaxation and well-being. You will most likely notice changes in the next several days as your body continues the process that began during your session. Sounder sleep and increased energy are commonly reported.

If your practitioner assigns “homework” of gentle Bowenwork exercises, do them daily. This is an essential part of your care and will improve your results.

HOW BOWENWORK ORIGINATED?

Bowenwork was developed in the 1950s by the late Thomas Bowen of Geelong, Australia. Bowen’s approach was to reset the tension in certain muscles and muscle groups by using a unique type of stretch-and-roll-through move, and then pausing between sets of moves to give the body time to begin its response.

He achieved amazing results. According to a 1974 survey of alternative-health practitioners by the Australian government, Bowen was doing over 13,000 treatments per year. In over 85% of his cases, the problems for which his patients sought treatment were resolved completely.

In the last years of his life, Bowen allowed several practitioners to observe him. He recognized only six of them as understanding his work. One of these, Oswald Rentsch, promised at Bowen’s deathbed to make his work known around the world. Ossie’s interpretation of Mr. Bowen’s work is now taught in over 25 countries under the auspices of the Bowen Therapy Academy of Australia (BTAA) and is known under the internationally registered trademarks “Bowtech” and “Bowenwork.” ■



Crystal Maceira is a Certified Bowenwork Practitioner. She has been a massage therapist for over 18 years. She is also a

Master Herbalist and certified IIPA Iridologist. She has been teaching and practicing iris analysis and herbology locally and abroad. She currently lives in Helena. Find out more at PositiveLifeChange.info where she blogs almost daily and on social media platforms. Email her at crystalclearhealth@gmail.com or call (541) 971-6781.

Ganesh Herbs

Taking Health & Nutrition to the Next Level!



**Longevity Herbs
Superfoods
Natural Supplements**

**Organic Tonic Chinese Herbs
Vit. B12 & D3 Patches
Nascent Iodine
Heavy Metals Home
Test & Detox
Earthing Pillowcase**
and so much more...

Diego Seliman, Owner
GaneshHerbs.com
info@ganeshherbs.com

E3LIVE™

FREE SAMPLES
(3 Products, 36 Capsules, with \$3 S+H)
& 20% Off First Order!

NATURE's Perfect Food!

Liquid Aphanizomenon Flos-Aquae (AFA)

- Stops Junk-Food Cravings, Normalizes Weight
 - Has ALL the Vitamins, Minerals & Proteins
 - Supercharges the Immune System
- Improves Emotional Stability & Elevates Mood
- Brain Power! Better Memory & Concentration
- Rich in Enzymes! Increases Intestinal Flora
 - Repairs Cell Damage & Eliminates Toxins
 - Promotes a Sound & Restful Sleep



“E3Live™ is an Awesome Green Superfood!”
Blue-Green Algae—Harvested Fresh and
Delivered Frozen from Lake Klamath, Oregon

Call 406-333-4103
for **FREE SAMPLES***
(\$3 S+H) with free
CD & Pamphlets...
You'll be convinced!



*SAMPLES include 36 capsules, 12 each of our 3 most popular nutritional formulas: **E3-AFA, BrainON & E3RenewMe!**

Order Fresh-Frozen E3LIVE™ • TOLL-FREE: 888-800-7070

Mention **NATURAL LIFE** and **Get 20% OFF** Your 1st Order!
www.e3live.com • sales@e3live.com • Discount not available on Internet orders.