

Enhancing the Body's Physiology

Bowenwork has been used in Australia for over 60 years. Insurance companies there pay for treatments, because they have found that it is 80% effective for treating pain and other issues in the body. In this article, I will explain more in physiological terms of why Bowenwork effects such changes with only minimal pressure. (More information about Bowenwork can be found in my May–June 2018 article, archived at NaturalLifeNews.com.)

A Couple of Case Studies

While I was still in the learning process, I had a client who had Parkinson's that came to me for massage. He agreed to let me "practice" Bowenwork on him, so I could get my "hands on" training certification. He had stage 4 Parkinson's, which made it difficult for him to get around. Besides the obvious tremors, he indicated that he didn't sleep well, had no energy and had a significant amount of pain. Within three treatments, he was pleasantly surprised at the results. He was sleeping better, had more energy to do some projects around the house, and he was in less pain. We did a few more treatments, which increased the benefits. When he expressed his delight with his doctor, she wanted to learn more about Bowenwork.

Cheryl Kasdorf, a naturopathic doctor uses Bowenwork in her practice and relates this experience: "A 17-year-old female had spasms up and down [her] back every 30 seconds, which were painful and exhausting." After a visit to the ER and a spinal tap to check for meningitis, they gave her pain meds and muscle relaxers and sent her home. Nothing changed. The next day, during the first Bowenwork move of our session, everything relaxed. She felt "pops, as it seems that bones moved into place." After the session, she was "relaxed but sore for the next day." The spasms did not come back.

Can This Process Be Repeated?

Yes! Bowenwork practitioners see results like this over and over. Sometimes called the "homeopathy of bodywork," Bowenwork is 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 the "fight-or-flight" mode. The moves are performed in specific locations on the body, followed by pauses of several minutes between sets of moves to allow the body to integrate the effects of the work. In addition to reduction of pain, increased mobility and a general sense of well-being, it is common for patients to sleep more soundly and then have increased energy levels. When this happens, muscle tension decreases, nerve hypersensitivity is reduced, and the feedback loops that control acute pain in the body are interrupted.

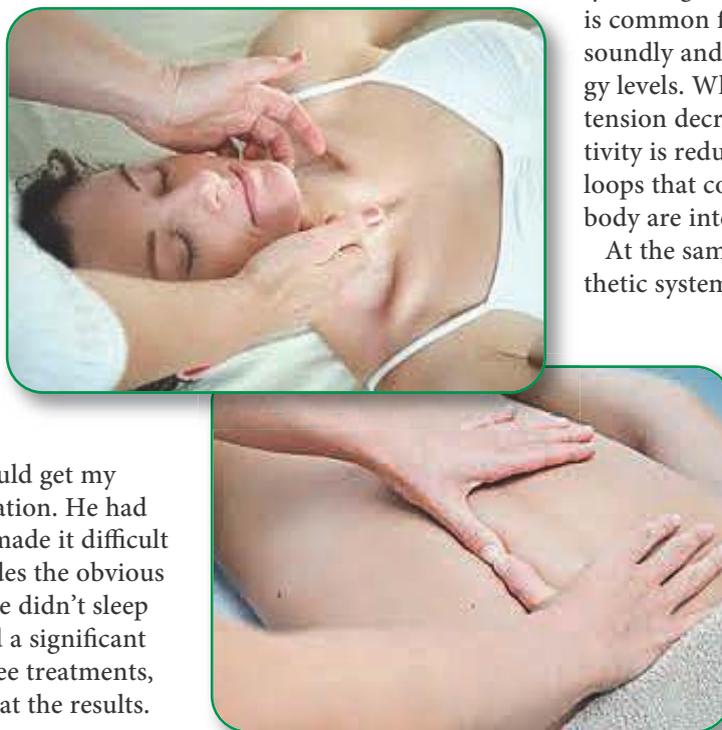
At the same time, the parasympathetic system is naturally restored, increasing blood and lymph flow, feeding deprived tissue, and reducing inflammation. While there is often immediate reduction of pain and spasm, results are just as likely to unfold over a longer period of a few days to a week. Bowenwork can relieve and restore within 3 to 4 sessions, with an ordinary treatment protocol often involving between 3 to 8 sessions. There is also a specific set of exercises that Tom Bowen came up with to help continue the releases once the patient leaves the office.

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Enhancing the Body's Physiological Responses

Learning about some of the physiological laws enhance our understanding of how the body responds to Bowenwork:

Arndt-Schultz Law: Weak stimuli increases physiological activity, while very strong stimuli inhibit or abolish physiological movement. Bowenwork uses gentle, slow moves, which are discerned by the body as a weak stimulus, activating healing. We are making the touch to



the body gentle enough so as to not instigate a defensive response. In contrast, deeper work, such as trigger point and deep tissue massage, can give off strong impulses that can turn off other processes in the body. This gives you a better understanding of why the slow gentle Bowenwork technique is so effective.

Hilton's Law: A nerve trunk that supplies a joint also supplies the muscles of the joint and the skin over the attachments of such muscles. Bowenwork moves work superficially on the body, with a small amount of pressure. By stimulating the surface of the skin or structure, all of the structures supplied by that nerve trunk are affected, releasing deeper tissues, muscles and joints. In an injury, it may be difficult to determine if the pain is coming from the skin, muscle or joint. Pain from any tissue can affect the other tissues. Treatment by stimulation of any and all tissues affects all other tissues. That's why light-pressure movements over the skin or gentle, slow moves stretching a muscle can affect the joint.

Reciprocal Inhibition: When the agonist is firing and the affected joint moves, the antagonist group will be inhibited. This is the basis for coordinated movements of the musculo-skeletal system. The classic Bowenwork move will very gently stretch the muscle sideways and then very gently let it go. This stimulates proprioceptors, such as spindle cells and Golgi tendon bodies by way of spinal reflexes and the central nervous system, resulting in changes in the resting length of muscle fibers. So it doesn't just relax the muscle; it will reset the tension in not only the muscle we are releasing, but also will cause an excitation response in its opposing muscle. Tight muscles are loosened and opposing loose muscles are tightened up. It is a true re-balancing of muscle tension.

All or None Law: If a stimulus is any strength above threshold, the nerve or muscle fiber will either give a complete response or no response at all. Therefore, the strength by which a nerve or muscle fiber responds to a stimulus is not dependent on the strength of the stimulus. Tom Bowen always said, "Less is best." By using only enough stimulation with a Bowenwork move to take the nerve or muscle fiber to just above its threshold, the response is initiated and that is all that is necessary. This means there is no need to continue to work an area, eliminating additional irritation and inflammation.

Law of Conservation of Energy: Energy is constant; it is neither created nor destroyed, but only transformed from one form to another. When a traumatic event, such as an accident occurs, the energy of the force of the accident is absorbed by the body. This energy must be released from the body or be transformed for healing to occur. After a set of Bowenwork moves, the patient is left to process at least two minutes before the next set of moves are done. During this time, energy can dissipate freely or be transformed.

Want to Become a Bowenwork Practitioner?

If you would like to learn how to become a practitioner of Bowenwork, there is going to be an Instructor coming to Helena in April, 2019 to teach this fascinating modality. Massage therapists, Physical Therapists, Naturopathic doctors and Chiropractors are just some of the people that can benefit from having this "tool" in their practice. Please contact me or The American Bowen Academy for more information. ■

Learn more about **Bowenwork for People Living with Cancer** in the next issue. Information used with permission from: Bodyworker.com and VisMedicatrixNaturae.com.



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Read Crystal's other articles about Iridology, Sclerology and Bowenwork in the Archives at NaturalLifeNews.com.



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