

# BOWENWORK

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## for People with Cancer

Cancer is a disease that affects all societies around the globe. With all the financial, medical, and scientific resources so focused on “finding the cure for cancer” and no clear result in sight, one has to wonder if medicine is approaching this quest from the best angle. Thousands of researchers worldwide are employed in the medical/pharmaceutical industry to find and create curative treatments and drug compounds. Approximately thirty-two Nobel Laureates have received Nobel Prizes for cancer research. Billions of dollars are spent each year, and yet this disease has not been eradicated. Why not? One reason is “reductionism”—the biomedical view of trying to isolate and target specific molecular pathways to develop curative treatments, without understanding that cancer, and cancer treatment, requires a holistic, biologic approach—not a *one-system-cures-all* approach.

The holistic model addresses the complexities of host/disease/drug interactions and offers personalized therapies that boost the immune system’s ability to activate its own defense against cancer-cell replication.

Factors affecting the micro-environment of the host and cancerous tumors are finally becoming the focus of cancer research. It is crucial that healthcare professionals devel-

op deeply patient-specific, integrative interventions aimed at supporting the intrinsic resources within



patients’ bodies, in order for them to mount their personal best defense against cancer proliferation, surviving cancer treatments, and returning to wellness.

BOWENWORK is a holistic technique that facilitates the body’s innate ability to heal itself, yet students and practitioners have often asked me if there could be a risk of Bowenwork “spreading” cancer by enhancing blood circulation and lymphatic flow. There is no evidence that Bowenwork will spread cancer!

On the contrary, Bowenwork can help people with compromised lymphatic and circulatory systems, and support them in coping with and recovering from their treatments. There is no evidence that Bowenwork, a gentle, soft-tissue relaxation technique, when applied correctly, will facilitate the spread of cancer (Collinge, MacDonald and Walton, 2012; Cancer Council NSW, 2014).

Lymphatic circulation is enhanced by the action of involuntary smooth muscular and skeletal contraction. If circulation enhancement was a causative factor in spreading cancer metastases, then so too would be exercise, walking up or down stairs, or taking hot showers or baths (Collinge et al., 2012).

Compassionate touch is essential for humans to thrive emotionally, physically, and mentally, especially during illness and in times of distress, because it

reduces pain, tension, nausea, anxiety and physical discomfort, while it improves self-esteem, a sense of well-being, and calm. Bowen Therapy, is recommended by the Cancer Council of New South Wales, Australia, for people with cancers (The Cancer Council of NSW, CCNSW, 2014).

Bowenwork can improve the quality of life for people living with cancer, with consideration for their special needs and vulnerabilities. Compassionate Bowenwork practitioners can help clients’ experiences

be less isolating through their treatments, apply gentle procedures to support recovery, and create deep, healing connections to give clients a sense of pleasure, hope and being “whole” again. Reports of Bowenwork’s efficacy in optimizing health and well-being are compelling, and it is no wonder that practitioners and clients alike are drawn to Bowenwork’s potential for helping people living with cancer.

**A TESTIMONIAL:**

“I had been diagnosed with cancer. The doctor didn’t feel I would live to celebrate my 80th birthday on September 1st, 2012. In August of 2012, my granddaughter was at Ann’s, receiving a Bowen Therapy treatment, and I had volunteered to pick her up. I had terrible neck pain, and when I mentioned it, Ann did a few moves, and I was amazed at the relief I felt instantly!

“I began weekly Bowen treatments myself and experienced energy and much relief from the pain that was in my lower abdomen and neck. I felt so much better and alive after the sessions! My cancer kept growing, the Bowen kept the pain at bay for a while after the treatments, and I always felt good for the rest of the day. My neck pain was virtually gone.

“As the cancer progressed, I was given patches of medication that

caused great pain and constipation. I was fortunate that Ann was finishing her Bowen SP2 Masters Degree and had learned how to help in this scenario!

“Ann has been attending my home these past weeks as the medication has made me very tired, and I don’t go out. My appetite is diminishing; however, I get very sick to my stomach. Bowen has a technique that eases this and has made my days more bearable. Bowen has been a great comfort as I near my traveling to the other side!”

—Jim Henson  
([BowenTherapyWithAnn.org](http://BowenTherapyWithAnn.org))

**ANOTHER TESTIMONIAL:**

“As the chemo accumulated in my system, the effects of them would very quickly make me weaker and more susceptible to its side effects. After the first Bowen session, followed by round three of chemo, for the next two days I enjoyed life. I felt energetic. I did not spend hours in the bathroom while my body rejected the drugs. That alone was so different from the last treatment.”

—Judy Duciaume,  
Ontario, CAN  
([BowenTherapyDubbo.com](http://BowenTherapyDubbo.com))

We will be having a class in Helena, teaching students

how to effectively use Bowenwork. This class will be given by my friend and long-time instructor, Karin Twohig. Please let me know if you are interested in this course, and you can go to American Bowen Academy to learn more and register. This is a great modality for nurses, physical therapists, chiropractors, massage therapists and, of course, for anyone who wants to learn it. ■

**BOWENWORK®**  
**PRACTITIONER TRAINING**  
*MODULES 1 & 2:*  
**September 26–29, 2019**  
*MODULES 3 & 4:*  
**January 4–7, 2020**  
*MODULES 5 & 6:*  
**April 4–7, 2020**



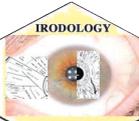
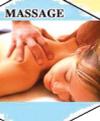
*NOTE: This is an article from Sandra Gustafson, MHS, BSN, RN, who has graciously given me permission to print it here.*

**Crystal Maceira** is a Master Herbalist,

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*Read Crystal’s other articles about Iridology, Sclerology and Bowenwork in the Archives at [NaturalLifeNews.com](http://NaturalLifeNews.com).*

**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.

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