

# BOWENWORK: *Lasting Pain Relief*

Crystal  
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**A**fter dealing with shoulder pain for the past two years (diagnosed as frozen shoulder) and discomfort and swelling in my left knee (diagnosed as arthritis), I was feeling like this was something I would just have to live with. I did do a month of physical therapy and home exercises for both issues, but it was giving me no relief. I was referred to Crystal by a friend as someone who might help relieve the pain. After her Bowenwork treatments, I am now free from any shoulder and knee pain, and am giving credit where it is due. Thank you!" —Kathy Gilliland

**K**athy is a neighbor that lives within walking distance from me. I have been a massage therapist for 20 years now and received additional training all along. I have had good results with bodywork, but I have found Bowenwork to be the most effective and lasting technique that I've used so far! The discoverer, Tom Bowen, was documented as seeing over 13,000 patients per year, with his percentage of positive results being over 85%. That is unheard of in today's

world. I, myself, have been personally seeing around 80% positive results, which to me, is very exciting.

My instructor, Karin Twohig, is a world-class Bowenwork practitioner, with many wonderful experiences of how she was able to give lasting relief from a large variety of conditions, often much faster than she used to as an advanced massage therapist.

If you live in the Helena area or are willing to travel to Helena, I am offering the best price to see how Bowenwork can work for you. Since this is my 20th anniversary as a massage therapist, in 2020, I am offering a price of Bowenwork sessions at \$20 per session. This offer is good when scheduling no less than four sessions, paid in advance. A great feature of Bowenwork is that I can work on two clients at a time, so bring in your spouse, a child (young children encouraged), a friend or co-worker, and they will get this amazing price, too! This offer is only valid when you mention this magazine, and it expires on April 30th, 2020.

If you are in a group that has speakers or brings in professionals to teach classes, within a four hours' drive from Helena, I would be available in June and September to teach a four-hour class about Bowenwork and give the students some basic, self-help Bowen moves. There is a nominal cost, which includes a manual. ■



**CRYSTAL MACEIRA** is a Certified Bowenwork Practitioner, practicing in Helena. She has been a massage therapist for 20 years.

She is also a Master Herbalist and certified IIPA Iridologist. She prepares her own single and formula-blend herbal tinctures. Find out more by visiting: [PositiveLifeChange.info](http://PositiveLifeChange.info). Contact Crystal at (406) 616-2599 or send email to [crystalclearhealth@gmail.com](mailto:crystalclearhealth@gmail.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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