

BOWENWORK *for Kids*

Crystal Maceira, CBP, LMT, MH



Bowenwork is a light-touch, non-invasive form of bodywork that initiates the body's innate ability to reset the autonomic nervous system from "fight-and-flight" to "rest-digest-and-heal" by performing subtle moves along muscles and tendons. It truly needs to be experienced to know just how profound this bodywork can be.

I have been a Bowenwork practitioner for almost seven years. It has given me great pleasure to see the healing process in those I have worked on. I have become so passionate about it, that I became an Associate instructor so that I can teach a 4-hour class on the basics of Bowenwork. And, I am on my

way to becoming an Instructor so I can teach others to become Practitioners.

As an Instructor-in-Training now, I can teach the Modules, but my instructor is responsible for what and how I teach. My journey through that process will hopefully be completed by the end of April of next year. In this article, I would like to let you know of experiences I have had treating children with Bowenwork.

The whole family that lives next door comes to get Bowenwork. The mom was the first to start getting worked on in 2018, when "models" were needed for students to work on. I also need to practice on people to get my log hours for the advanced procedures training. The family really started coming over as the kids got older to be models and whenever they had sniffles or chest congestion. When the youngest was 3 (she is now almost 7), she fell off a ladder going to the loft in their cousins' newly built log home that is right next door to them, onto the hard wood floor. She wasn't seriously hurt, but did hit her head hard enough to have a little bleeding from the ear. The doctor had her wear a helmet for awhile. I asked mom if it would be ok to use Bowenwork on her. She said yes. At this point, she really didn't understand what it could do. I went to their home and while the kids were watching TV, I did a few moves with the little one in my lap. I came back once a week for three weeks and did some more moves on her. I did baby Bowen, Upper Resp/TMJ, and Head during those sessions.

The doctor was very impressed with her healing, as was her mother. From then on, she started coming over more often and also sends her kids over when

they have the sniffles or other minor congestion issues. They also love being "models" and the students love working on them. During this last hunting season, both kids went with papa hunting. (They are now 9 and 6.) They walked over 7 miles! The next day, they told mama, "We are so sore and achy, can we go see Crystal for a massage?" They came over at the same time.



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Crystal Maceira, CBP, LMT, MH

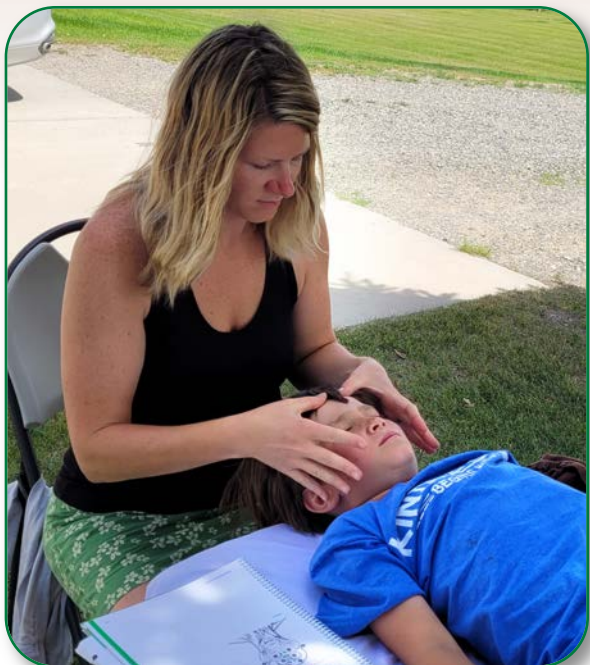
IIPA Certified Iridologist, Master Herbalist & Licensed Massage Therapist, Trained in many modalities including: Bowenwork, Pregnancy Massage and Sports Massage. *Quiet home studio.*

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I gave them a Bowenwork session, since that CAN be done at the same time! They loved it. Whenever the mom or the kids have runny noses or congestion, they are on my table getting a Bowenwork session.

Recently, I made a special trip to help my grandson. He was born sepsis due to my daughter having preeclampsia. At 22 months, he had not eaten any solid food. He would try, but would spit it out, or throw it back up within a minute or two. It took her months to get him tested to find out what the problem was. The doctors diagnosed him with Eosinophilic esophagitis. It is Type II inflammation. The only thing they could do for him was to give him drugs. My daughter did not want to do go that route.

A few days later, my husband and I were at our Bible Study group. The homeowner where we attend said the Lord told him that the baby needed “this Bowenwork” and proceeded to tell the group the exact moves I would do for Baby Bowen! He

had never received a Bowen-work treatment. He also said it wasn’t the esophagus that was causing the issue.

It was a nerve problem. I didn’t quite catch that at first, but then it was like a lightbulb going off in my head. The nerve issue he was talking about was the vagus nerve! (The vagus nerve is the longest and most important part of the

parasympathetic nervous system, which controls your heart rate, digestion, mood, and more.)

I reached Oregon late afternoon, so I looked for an opportunity the next day to work on my grandson. The first time I tried to work on him, he was running around. I thought he would sit on the couch long enough for me to perform the Baby Bowen moves, but he eluded me.

A little later, he was sitting in his chair attached to the table watching TV. Mom had put some food in front of him and some water to drink. He wasn’t touching the food. I started performing the Baby Bowen moves on him. At first, he moved his body away from me, but I continued and was able to finish with the Respiratory supine move. Within a minute after I was done, he picked up a chicken nugget and started eating it as he was watching TV. He ended up eating 2 and a half nuggets! Mom and I were watching closely to see if he would throw

it back up, but nope, he didn’t! During my stay there, I held an Intro class, so I could teach the basics to my daughter and the “little bit extra” needed to continue to help my little grandson. She has had to do it several times, but now he eats most of the time.

The third child that I was able to help was also recent. I held another Intro class after I returned from Oregon. A student there asked if there was a procedure that could possibly help her 3-year-old son. He was diagnosed with Hydronephrosis, which is a condition where one or both kidneys become stretched and swollen as the result of a build-up of urine inside them. They were preparing him to have surgery on at least one kidney within a few weeks. I said I could certainly try!

So, she brought him over within the week. I did the prone Baby Bowen moves, UB 9-16 and the kidney procedure. I barely had any waits, but did let him rest



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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.

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With the improvement of his ultrasound last Monday and his response to your treatment, we decided to postpone his surgery for a while and see if he continues to have improvement in his Hydro-nephrosis. That being said, if you feel he should have another Bowen treatment we are willing to try any natural therapies or avenues to help his body heal. Again, thank you so much for your time and appreciate your knowledge.”

We did do one more treatment 10 days later.

An article in Bowen Hands (Mar. 2014, pp. 16–19), by Charlotte Meerman, talks about how Bowenwork can benefit

children who wet the bed. This can be found on the American Bowen Academy website (see below).

I am thrilled that I was able to be a part of the healing process of these children! I pray that the opportunity will come along again. In the meantime, I continue to teach those that want to learn just the basics or learn to become a practitioner themselves. Go to AmericanBowen.academy to find out when the next class will be. Most of the time they are held in Helena, but if enough people (4–6) are interested in another area in Montana, I am happy to accommodate!

***Good Health to You
in the New Year!***

—Crystal

on the table for at least a minute, if not two. They weren't there very long. I was biting at the bit to hear how he responded. It took her week to email me back, but this is what she wrote:

“I wanted to thank you for giving our son a treatment and give you an update on how he responded. So, the night of his treatment he urinated before bed and within about a half hour of falling asleep he wet the bed. He was in such a deep sleep that he didn't even wake up when we changed him and the bedding.

So, my husband and I took that as a positive response to your treatment and that maybe his kidneys and urinary system relaxed and drained. The next day he seemed to urinate more frequently than he would typically.



Intro to Bowenwork with Crystal Maceira, CBP

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INTRODUCTION TO BOWENWORK®

Bowenwork can be done through clothing. In our four-hour, introductory class, offered regularly, you will learn to apply key elements of Bowenwork to different parts of the body to:

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- ***Relieve muscle tension, joint pain or stiffness***
- ***Ease heartburn, acid reflux and other gastrointestinal complaints***
- ***Relieve neck, back and knee pain***
- ***Address injuries***

Bowenwork is safe and appropriate for all—from infants to the elderly and from elite athletes to people with chronic conditions, such as asthma.

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**Contact Crystal Maceira for
Class Availability & Locations.**