

BOWEN THERAPY

*'naturally healing the body'*TM

DO YOU SUFFER FROM
back problems, neck aches, frozen shoulder, migraine,
stress, sporting or accident injury?

01252 861351



*'one of the worlds most
exciting therapies'*

Bowen Therapy is a gentle yet powerful complimentary modality for treating many different conditions. It uses a series of soft tissue moves performed over muscles, tendons and ligaments. These moves stimulate energy flow which releases tension and strain empowering the body's own resources to naturally reset and heal itself.

TREATABLE CONDITIONS

MUSCULOSKELETAL PROBLEMS

Back pain, Neck pain, Frozen Shoulder, Arthritic pain, RSI, Carpal Tunnel Syndrome, Sporting injuries, Headaches / Migraines, TMJ Syndrome, Postural problems / Gait disorders, Knee and Hip problems, Pelvic problems, Sciatica, Coccyx problems, Hernia, Slipped Disc (Herniated Disc), Foot and Ankle problems

RESPIRATORY PROBLEMS

Asthma, Bronchitis, Hay Fever, Sinusitis, Glandular Fever

DIGESTIVE PROBLEMS

Gastrointestinal complaints, Constipation, Indigestion, Bowel problems, IBS

GYNAECOLOGICAL PROBLEMS

Pre Menstrual Syndrome, Breast problems, Menopause

OTHER PROBLEMS

Kidney problems, Chronic Fatigue Syndrome, Tinnitus, Earache and ear infections, Dyslexia, Balance Problems, Hammer Toes, Bunions, Bed Wetting

"After suffering back pain for years and having no joy with physiotherapy, I thought I would try Bowen Therapy. I had two treatments and have been completely pain free since."

"Bowen Therapy is so gentle that it is hard to believe anything is happening, but you quickly realise how powerful it is. It helped my injury heal and I was back in the gym the next day."

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