

# BOWEN THERAPY

'naturally healing the body'™

## Mothers and Babies

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[www.maheono.com](http://www.maheono.com)

### THE MOTHER

As the centre of gravity changes during pregnancy, so do the stresses on the spine. Many problems suffered during pregnancy may be directly related to the health of the spine. Common pregnancy pains are easily and gently relieved almost immediately with Bowen Therapy and is very relaxing for the expectant mother.

Common pregnancy pains the mother may experience are:

- \* Backache
- \* Sciatica
- \* Aching legs
- \* Headaches
- \* Fatigue
- \* Nausea / Dizziness
- \* Breathlessness
- \* Heartburn
- \* Decreased energy levels

Bowen Therapy can treat all of these pains!

The spine and pelvis of an expectant mother are particularly vulnerable because of the stress of carrying an unborn baby. Hormonal changes make the pelvis suppler during the latter part of pregnancy. This is when the terrible back aches seem to not only intensify, but also appear more frequently as the baby gets heavier. The instability of the pelvis can lead to other strains being felt in the spine and supporting muscles and ligaments.

### TREATABLE CONDITIONS

Back Pain, Neck Pain, Frozen Shoulder, Tennis Elbow & RSI, Carpal Tunnel Syndrome, Sporting injuries, Headaches / Migraines, TMJ Syndrome, Postural problems, Knee and Hip problems, Pelvic problems, Sciatica, Coccyx problems, Whiplash, Herniated Disc (Slipped Disc), Foot and Ankle problems, Pre Menstrual Syndrome, Breast problems, Kidney problems, Chronic Fatigue Syndrome (ME), Dyslexia, Balance Problems, Hammer Toes, Bunions, Bed Wetting.

### TREATING EVERYONE FROM INFANTS TO ADULTS

### THE BABY/CHILD

Bowen Therapy can be performed on neonates within a day or so after birth. It is so gentle, the child is barely aware of being treated. The birth is one of the most traumatic processes we go through and can affect the growing posture of a child. Bowen Therapy helps the child by realigning the structure of the spine and pelvis, and most importantly the cranium and Temporal Mandibular Joint.

Bowen Therapy can also help treat:

- \* Infant colic
- \* Blue babies
- \* Misalignments in the spine
- \* Sleeping problems



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