

CORE HEALTH

NATUROPATHIC WELLNESS CENTER

Brandy Strelec, B.Sc.(Hons), N.D.

Board Certified Naturopathic Doctor | Bowen Practitioner

BOWEN TECHNIQUE: CLIENT INSTRUCTIONS

The Bowen technique is a specific series of muscles and connective tissue movements designed to treat a wide range of problems and injuries. Bowen addresses every system in the body: internal organ systems as well as the musculoskeletal structure. These gentle, powerful moves send neurological impulses to the brain. The brain processes and feeds impulses back to realign the body. Respecting this feedback loop is essential for allowing the body to restore its natural balance.

The Bowen Technique will continue to be integrated over the next five days. Your awareness in following the instructions below will support this process.

DAY OF TREATMENT

- Break up your sitting periods within each 30 minutes—get up and walk around for a few minutes before sitting back down. This is important even if driving—do stop within 30 minutes to get out and move. However, you may lie down today to rest or nap without getting up. The Bowen work will set further into the brain's hemispheres tonight while you are sleeping, so you do not need to observe this practice tomorrow.
- Stand up with your weight evenly distributed on your feet, as you did after the treatment. This helps to maintain the balancing effect of the treatment on the body.
- Strenuous exercise should be avoided, though gentle exercise such as walking or swimming is beneficial.
- Drink plenty of water to help the body expel waste products.
- No hot baths, hot tubs, heating pads or ice packs. A brief, warm shower is fine.

DURING THE WEEK

- Please avoid all other forms of bodywork—massage, chiropractor, acupuncture, etc. Also avoid hot tubs, hot or cold packs, long hot showers, or dental drilling. Homeopathic medicines, essential oils, and flower remedies may be used; they will not interfere.
- Continue to drink plenty of water, at least 2 quarts a day.
- A gentle walk each day is recommended.
- Call me if you have any questions about the process your body is experiencing.

FOLLOW UP

- Return one week following the first treatment. The second session is essential for setting the foundation of the work into the body.
- We will discuss your condition at that time, and discuss a treatment protocol. Once your condition is resolved, you may schedule Bowen treatments either for maintaining general well being or as needed.

Visit us Online: corehealthmuskoka.com - Email: info@corehealthmuskoka.com
165 Main St W, Huntsville, ON P1H 1X8 - Phone: 705.789.8998 - Fax: 705.789.6225
89 Bowes St. Parry Sound, ON P2A 2L8 - Phone: 705.774.4887 - Fax: 705.789.6225