

## Recovery with Bowen by Alexis Touyz

The Bowen Technique is a dynamic system of muscle and connective tissue therapy. Gentle moves on the soft tissue stimulate the body's own resources to heal itself as they correct injuries and imbalances in the body.

Bowen works with the body when it is in pain. The inflammatory responses are swelling, redness, heat and pain. Generally this causes a restriction in movement and discomfort in the body. Bowen moves address the body without pushing through the body's natural barriers, i.e. pain and swelling

A Bowen move creates a light electrical charge with powerful healing properties. The charge moves through the body like a wave affecting the whole system. By gently stimulating the body's auto regulatory systems Bowen allows the body to self regulate and do it's healing work.

Therapeutically Bowen is minimal intervention in the body process. A move is performed on a specific area e.g. knee, shoulder or back, and the therapist then stands aside so the body can do its work. This process continues until the work for the session is complete. The session is dependent on patient response. The technique optimizes the opportunity for the body to engage its auto-regulatory and self healing processes.

The Bowen technique is gentle, effective and entirely natural. No medication is necessary.