

## Fibromyalgia & Bowen Technique (Pro Health Web site)

Marsha (age 51) suffers from Fibromyalgia. On a scale of 1 to 10, she lives at a constant "10." She also has chronic fatigue and can barely get through each day without having to rest constantly. After her first session, her pain level went from a "10" to a "4", she made it through the whole day without having to take a nap, and she slept through the entire night for the first time in months.

Grace (age 39) also has Fibromyalgia. After her first Bowen session, she felt extremely tired for about three days. Then she started to steadily improve. She had less pain, no falling down, almost no vertigo and she was walking and sleeping better.

Pat (age 42) was diagnosed with Fibromyalgia in 1992. After her first Bowen session, she felt well enough to take a walk. After her second session, she started feeling more energy. By the fourth treatment her carpal tunnel syndrome had become much improved. By the fifth Bowen treatment she was able to discontinue her pain medications. Since then, her knees have stopped hurting and her night sweats and fevers are just about gone.

My mother is eighty years old and suffers from fibromyalgia and other stress-related disorders. After one Bowen session, she slept through the entire night for the first time in six years. The next morning, she was able to walk without her walker!

## ME/CFS & Bowen Technique (Bowen Technique Website)

### MYALGIC ENCEPHALOMYELITIS (M.E.) / Chronic Fatigue Syndrome

*Man, 30s, 9 treatments*

S. had been laid low with ME/CFS about 8 months before he came for Bowen treatment. He had recovered from the very debilitating stage of the illness but was still far from well. He was only able to go in to work for two hours a day and sometimes not even that much. He had to have a nap in the afternoons and go to bed early. Socialising was a rare event. He began responding almost immediately to Bowen treatment with improvement in a stiff and aching neck, headaches, a feeling of stuffiness in the ears, "woozey" head and energy levels. Each weekly treatment added to the improvement and within a month he was able to do without the naps and begin to accept social invitations again. After several months, he undertook two trips abroad and suffered no real ill effects from the plane journeys, climate changes and activities. Bowen treatment moved S into a continually improving state which held steady as he got back to his regular duties.

### MYALGIC ENCEPHALOMYELITIS (M.E.)

*Woman, 50s, treatment every 2 – 4 months*

Bowen can have the effect of re-integrating or re-connecting not only the body's systems, but also the body-mind-spirit connections that are so crucial to a sense of wholeness as a person. This is a subtle effect and often difficult to quantify or put into adequate words but, nonetheless, this effect seems to be of great importance to the CFS patient. One woman had been faithfully following a very exacting exercise regimen – but sadly with little result – to try to regain a sense that her legs were connected to her brain and the rest of her body, as she felt they were weightless and didn't connect her to the ground properly. This sensation, of course, constantly made her feel unsure of her balance and steps. After her second Bowen treatment, she stood up and started laughing with delight and amazement, saying over and over that her legs felt heavy and solid, connected to her upper body, and she could feel the ground under her feet! Bowen treatment has maintained this "re-connection" now over many months for her.

## Fibromyalgia Pilot Study

A pilot study on the effect of Bowen treatments on fibromyalgia sufferers was carried out by Tim Willcocks (Bowen Practitioner and Trainer). Four participants (aged 39-52) who were diagnosed with fibromyalgia from 3 to 5 years, were given four Bowen treatments over a five week period. All four participants experienced improvement, including better sleep, ease in walking, cessation of vertigo, eased neck pain, improved balance and less exhaustion.

### Effects of the Bowen Technique on the Autonomous Nervous System and Heart Rate Variability

By measuring changes in the value and pattern in heart rate variability before and after a Bowen treatment, this study by Jo Anne Whitaker, M.D., demonstrated that the Bowen Technique affects the autonomic nervous system (ANS). By using Heart Rate Variability to study the autonomic nervous system, early findings demonstrated that Bowen treatments balanced the ANS. The control group consisted of subjects with all types of rheumatological conditions.

### Bowen Technique Hailed By Health Professionals

Dr. JoAnne Whitaker, M.D., was facing a hip replacement and back surgery when she discovered the Bowen Technique. After receiving Bowen treatments, not only was she able to walk, but she went back to playing golf... without surgery. She was so impressed that she flew to Australia to train in the Bowen Technique and now treats patients with ailments ranging from bunions to heart disease. According to Dr. Whitaker, "Bowen Therapy is the single, most important hands-on healing technique in medicine."

Brenda Williams chose the Bowen Technique as the sole hands-on component of her hospital's pain management unit.

Dr. Ted Sleight states that of all the modalities he has used, "Bowen Therapy has helped so many of my patients that I would never want to give it

up." Audrey Butko, M.D., considers the Bowen Technique to be a blessing in her practice because of its simplicity, results and patient satisfaction. It has nearly eliminated her need to use cortisone injections.

Dr. Christine Staub, a family physician with a special interest in the treatment of chronic pain, has seen the Bowen Technique "unlock the door" for patients who reached an impasse in their pain treatment. "I am thrilled to have Bowen Therapy as a resource for myself, family, friends and patients," she said.

New Zealand Naturopath Lou Hassik has said that the Bowen Technique has made his previous approach to human health care redundant. He now considers Bowen to be "the most important health care discovery in human history!"

Mitchell R. Mosher, DPM, claims that the Bowen Technique is one of the most powerful physical medicine techniques he has learned in 24 years as a podiatrist. He routinely uses the Bowen Technique to complement his treatment of various foot and ankle injuries.

According to Russell Dick, Osteopath: "There are things in life which pass in front of you that must be grabbed with both hands. Bowen has turned my practice on its head, with 80% of my patients being given Bowen as first choice." Gerry Townsend, M.D., offers the Bowen Technique to acute and chronic patients who have not responded to traditional treatment for myofascial pain syndrome, back pain, fibromyalgia, arthritis or fractures. Although skeptical at first, C.S. Whitman, M.D., an orthopedic surgeon, now regularly refers patients to her program.