

**back pain**

**groin pain**

*respiratory problems*

uneven leg length

**IBS**   **MIGRAINES**

digestive & bowel  
problems

*hay fever*

**MENSTRUAL AND HORMONAL IRREGULARITIES**

frozen shoulder   *golf and tennis elbow*

*neuralgia*   **fibromyalgia**

*earache*

*sciatica*

**carpal tunnel syndrome**

TMJ problems   *neck and shoulder pain*

**headaches**

*pelvic tilt*

**RSI**

**chronic fatigue syndrome**



ADD &  
ADHD

Stress

Growing  
Pains

Sleeping  
Disorders

Bed  
Wetting

Bowen therapy  
for kids  
Call Harriet on  
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## Haelan Bowen Therapy

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# Häelan Bowen Therapy



Every BODY is better with BOWEN



## ABOUT BOWEN

Bowen technique is a gentle, non invasive therapy which treats the body as a whole and restores balance through specific signals sent to the autonomic nervous system, via the fascia muscle. It has been described as 'acupuncture without the needles' but I think of it as like a 'factory reset button' on a phone, helping you to reset your body, to be the best that it can.

It was developed in Australia in the 1950's by Tom Bowen and is so effective it has rapidly become recognised world wide.

Bowen is suitable for everyone from new born babies to the elderly and frail, it is very relaxing and can be beneficial in a wide range of situations and can assist in the recovery from many conditions, depending on the individuals capacity to heal.

## CONDITIONS

*These are some of the conditions that can respond well to Bowen therapy:*

- Adhd
- autism
- back pain
- sciatica
- scoliosis
- digestive & bowel problems
- earache, neuralgia and TMJ problems
- migraines and other headaches
- fibromyalgia and chronic fatigue syndrome
- hypermobility syndrome
- endometriosis
- hip, knee, ankle and foot problems
- menstrual and hormonal irregularities
- neck and shoulder problems including frozen shoulder
- groin pain, pelvic tilt and uneven leg length
- respiratory problems and hay fever
- asthma
- RSI, carpal tunnel syndrome, golf and tennis elbow
- insomnia and sleeping problems
- sports and other traumatic injuries

## BOWEN FOR PAIN

Willing to try a new approach to **pain management**? Bowen is great for easing aches and reducing pain and tension, it often helps where other therapies have not.

Bowen has an 80% success rate with back & shoulder pain relief alone .

## BOWEN FOR RELAXATION

**Stressed? Trouble sleeping? Low energy?** You don't need to be in pain to feel the benefit. By increasing efficiency on a cellular level, Bowen can give the body an over all boost to the system.

## BOWEN FOR SPORT

Wanting to reach peak condition for a competition or recovering from an injury? Bowen can **speed up healing, improve performance & reduce risk of injury** and is currently used by many premier football and rugby teams for this reason. Recent trials show that regular Bowen therapy can also reduce your golf handicap by 1-2 shots.



*Haelan is Old English meaning –to make whole*