

# Single Mom's Unbearable Pain results in discovery of new Alternative Treatment

When getting out of bed became an unbearable task... when putting socks on in January was out of the question... and when even a cough or a sneeze required ample notice and preparation, Amber Korobkina was at her wits' end.

A work injury resulting in spinal damage proved to be the turning point in this Burlington woman's life. A single mother in her late 20's, Korobkina had no choice but to endure the pain and carry on working in order to pay for her long list of alternative therapies. Korobkina remembers, "ibuprofen was a staple in my household -- if my friends wanted to cheer me up when I was bedridden, they didn't bring flowers; they brought painkillers!"

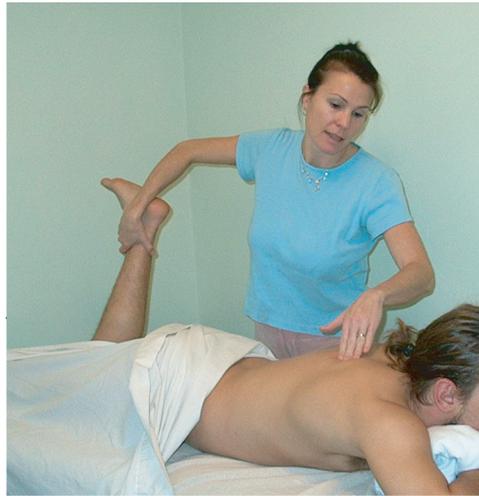
Unfortunately, the painkillers and therapies were no match for the pain, and Amber was referred to a surgeon. Though intimidated by the thought of spinal surgery (with no guaranteed results), Korobkina had no other options, and began to look forward to the prospect of being repaired.

In the meantime, the constant pain was taking its toll on Korobkina's disposition, and when a co-worker commented on her frustration, an interesting conversation developed. It seemed that not only had he experienced a similar problem, but had managed to resolve it with just a few treatments called "The Bowen Technique". With surgery months away, Korobkina halfheartedly decided to give it a try, and booked an appointment for Bowen Therapy.

"I limped into the clinic with no idea what to expect. I was used to being poked and prodded, but this was different," Korobkina describes. "The doctor who treated me touched me very

gently, and I remember thinking that he wasn't even close to where it hurt. He left the room several times, and eventually I fell asleep. When I left the clinic, my pain was almost gone."

The technique involves gentle, precisely placed, soft tissue manipulation at specific locations along the spine, legs, arms and neck. The practitioner rolls a fingertip over the muscle or tendon, disturbing it, without sliding the skin. There's a subtle vibrational effect through the muscle that affects the nervous system. It's like plucking a guitar string or letting go of a string on a bow and arrow. It can be described as 'playing' the nervous system.



Bowen Therapy is not only effective for spinal issues, it can be used to treat sports injuries, frozen shoulder, whiplash, infertility, arthritis, tennis elbow, asthma and fibromyalgia to name a few. It

impacts organs like the liver, kidney, and intestine as well as endocrine, adrenal and thyroid function. To sum it up, Bowen reminds the body how to heal itself in a surprisingly small number of treatments. Results are long-term and most clients do not need to return unless they re-injure themselves.

Six years later, now completely pain free, Korobkina has gone on to become one of the leading Bowen practitioners in Ontario and offers treatments out of her Burlington clinic, as well as her clinics in Kitchener and St. Catharines. "It changed my life so much! I just felt the need to master the technique and heal others like I was healed." Korobkina began treating clients out of her home in 2005, with impressive results. Clients were feeling better, and referring even more pain sufferers for treatments.

Now helping people feel better is something Amber is able to do on a daily basis. Her multi-disciplinary natural health clinic, *Let it Heal*, is in the Fortino's plaza at Guelph Line and Upper Middle in Burlington, offering treatments for \$60 per session. More information is available at [www.letitheal.com](http://www.letitheal.com), or 905-335-9355.

Although it is part of the health care system in Australia, Bowen is not usually covered under extended health plans here... this is Korobkina's next hurdle. "I've contacted some of the major insurance companies, and I'm slowly working on changing things. I understand that it's not something they are familiar with, but everything has to start somewhere. This is such an amazing technique, everyone should have access to it."