

Welcome to the Summer 2016 edition of The Bowen Clinic Newsletter.

- ◆ First and foremost a huge thank you to all my clients; word is certainly spreading about **The Bowen Technique**. The clinic has become very busy and it is such a pleasure to see such rewarding improvements and often quite dramatic changes to an individual's quality of life. This gentle soft tissue treatment is integrating well with the more established physiotherapy, chiropractic and osteopathy disciplines.
- ◆ The gentle and powerful touch of **The Bowen Technique**, which I continually find produces such significant results, regularly generates the same question from my clients "How can something so gentle and so simple be so effective?" The explanation relates specifically to the fascia, or more commonly known as connective tissue. Studies of various light touch therapies have shown we do not need to use forceful manipulation to achieve significant change. In fact the lighter the touch the more effective and profound the result, hence the success of **The Bowen Technique**.
- ◆ The recent good weather has encouraged many of you to swap your slippers for trainers and embrace a diverse choice of active pursuits. The good weather and enthusiasm to keep well has presented a lovely variety of sports related injuries! Walkers, cyclists, runners, hockey players, golfers, gym users, a basketball player and even a rugby coach have all encountered a variety of exercise related problems. It is immensely rewarding to meet and treat these enthusiasts, helping them to actively pursue their passion for sport. Well done to you all!
- ◆ Exciting news! **The Bowen Clinic** website has had a facelift with a specific focus on much improved compatibility with mobile and tablet devices. Additionally there is an updated colour scheme, clearer navigation around the site and a direct link to our Facebook page. Please take a look and let me know what you think www.the-bowen-clinic.co.uk.

f With an ever increasing emphasis on Social media, I regularly post **The Bowen Technique** and health related articles on the Facebook page – please take a moment to review, give it a "like" and share with family and friends.

"The Bowen Technique has made an enormous difference in my recovery. Jane works in a thorough and knowledgeable manner and takes care to ensure you are supported throughout your treatment. I find Jane to be impeccably professional, warm and willing to listen to you with a focus on emphasising your progress and achievements."

"I have benefitted greatly from my Bowen treatment. It has reduced my amount of pain and discomfort tremendously. I have more energy and am able to do more things that I was unable to do. I feel much better in myself and I would recommend this form of treatment. I also found the treatment very relaxing and a lovely experience. Jane was fantastic and very informative, she has helped me greatly."

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- ◆ At the beginning of March, one of **The Bowen Clinic** sites saw the reopening of The Pioneering Care centre following an extensive refurbishment programme. Her Majesty's Lord Lieutenant for County Durham, Mrs Sue Snowdon, a great advocate of **The Bowen Technique**, officially reopened the centre. There was a capacity crowd in attendance and I also managed to provide a mini-taster session of The Bowen Technique for invitees.
- ◆ I spent a fantastic evening promoting **The Bowen Technique** and providing a demonstration for the ladies section of Middridge Village Hall Association. What a pleasure it was to spend time with such a lively and enthusiastic group and the post-talk fare was particularly enjoyable!

.....I leave you for now with two thoughts:

Firstly

*Ongoing maintenance and education with **The Bowen Technique** on a regular basis is essential in maintaining the benefits of treatment and ensuring you are supported throughout this period of lifestyle change and improved health.*

Secondly

*You may have gathered by now my passion for promoting water consumption! The importance of water in maintaining optimum hydration is a key factor in both everyday life alongside treatment with **The Bowen Technique**.*

WATER FACTS – DID YOU KNOW?



- ✓ The human body is made up of 75% water.
- ✓ The muscles that move your body are 75% water and the blood that transports nutrients is 82% water
- ✓ In order to function effectively your body needs an absolute minimum of 1.5 liters of pure water **every day**.
- ✓ **Remember - You are not just what you eat; you are also what you drink!**

*“After months of accepting decisions following medical examinations that held no positive outcomes the progress achieved through what appeared to be a natural, non-invasive treatment approach could only be described as welcome, loaded with unexpected benefits. If I were to be asked about my treatment with **The Bowen Technique** my reply could only be “**I WISH I HAD KNOWN ABOUT IT SEVERAL MONTHS EARLIER!!**”*

*“To my absolute delight all of my troublesome symptoms have been greatly relieved and I now continue to be treated on a six weekly maintenance basis. The whole experience is so relaxing and beneficial and Jane is obviously an expert exponent of **The Bowen Technique** that I can heartily recommend her to anyone suffering from significant problems.”*

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