

B Balanced – the effective, Bowen Technique, 'hands on' therapy

"...thank you for your help and treatment when I had my back problems recently. Whilst slightly sceptical of a treatment that seemed to offer very little manipulation and physical contact I was amazed that I felt an immediate relief of pain in my lower back after just one session".
– Mike, Wroughton



"...Angelika is accommodating, professional and able to make one feel completely at ease. I cannot recommend Angelika or the Bowen Technique highly enough. What more can I say – the treatment works – I am walking, pain free proof of that".
– Sam, Swindon



B Balanced
BOWEN TECHNIQUE

Treatments available in:
Portishead, North Somerset.
Wantage, Oxfordshire.
Wootton Bassett and
Wroughton Swindon,
Wiltshire.

Check the website for details.

Tel: 07974 942 007
e-mail: info@b-balanced.co.uk
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Origins

This innovative holistic therapy was developed by Thomas Bowen, an Australian, in the mid 1950s. It came to Britain in 1986 and has been gaining in popularity ever since. It is now practiced in over 30 countries worldwide.



Bowen was born in Geelong in 1916 and after various labouring jobs he developed an interest in massage. He loved watching football trainers and began to learn more about sports injuries. By the time he was in his early forties, this gifted man had established a full-time practice in remedial therapy using his unique technique.

He did not advertise his work but relied on word of mouth. His patients often queued up early in the morning waiting to be treated. When demand outstripped his one room clinic he expanded and his fame spread. It was his ability to assess each person's needs that made him so popular.

Research

Although Bowen had no formal medical training those who practice his technique today have the benefit of the latest research. A study in 2002 by the European Register of Bowen Therapists found, for example, that of 39 chronic migraine sufferers treated with Bowen, 79% experienced a positive change in the frequency and severity of attacks in just six weeks.



B Balanced

Simple and effective, the Bowen Technique is one of the gentlest 'hands on' complimentary therapies available in the world today

Treatment for:

Stress and tension

Chronic aches and pains

Muscular – skeletal disorders

Sports and work related injuries

Infant colic

Frozen shoulder

Panic attacks

Parkinson's disease

Body balancing

www.b-balanced.co.uk



“Gentle, effective, relaxing, non-intrusive, energising, simple, natural, long lasting relief, Bowen is a treatment that helps the body to heal itself naturally”

Introduction

The Bowen Technique is a straightforward no-nonsense complimentary therapy that is a gentle yet highly effective way of helping people to be free of pain without resorting to manipulation, needles, pills or massage.

Therapists treat the body as a whole rather than just the presenting symptoms. They use gentle, rolling moves over precise parts of the body using the thumbs and index fingers that trigger the body’s natural healing responses so that it re-sets and heals itself.

The body continues to respond for several days afterwards. The most common reaction is a deep sense of overall relaxation and lessening of muscular tension and pain. Improvement is often experienced within a few days. Results tend to last for a long time.

It is unique. It works on the physical, emotional, chemical, mental and energetic levels of the body to promote natural healing.

Osteopaths, chiro-practors, sports therapists and physio-therapists are among the many professional practitioners who recommend and use the Bowen Technique.

How does it work?

The Bowen Technique works primarily through the nervous system. The moves stimulate precise points on the body in groups of two to eight at any one time. They stimulate the following systems:

- **Muscles and soft tissues**
- **Nerve pathways**
- **Blood and lymphatic circulation**
- **Energy flow**

During the treatment there are periods where the client is left to relax and allow the body to gently absorb the moves that have been performed. This allows the body to make subtle and fine adjustments to help relieve pain and tension and initiate the healing process.

“...I thoroughly recommend the technique, which is not painful, and is a quite gentle movement. My only regret is that I had not tried this treatment earlier, instead of suffering for nearly two years”.
– Margaret, Swindon

The Bowen Technique encourages the body to re-set itself. There is no manipulation or adjustment of hard tissue and no force is used or needed. It is not a form of massage.

Each person responds differently, at different rates and to different degrees. That is why Bowen is so gentle and relaxing, it allows your body to respond at its own level. It is therefore very subtle and non-invasive.

“...I would really recommend everyone to have a go, I believe Bowen also helps your complete well being”.
– Brigid, Swindon



What can be treated?

Complaints are divided into two main areas – internal and musculoskeletal. It is particularly successful with a large range of everyday complaints such as:

- **Back and neck pain**
- **Knee and hip problems**
- **Frozen shoulder**
- **Fatigue**
- **Stress**
- **Tennis elbow**
- **Allergies**
- **Hayfever**
- **Menstrual problems**

It also works well for many more complex and debilitating complaints such as:

- **Migraine**
- **Parkinson’s Disease**
- **Cerebral Palsy**
- **Menopause**
- **Multiple Sclerosis**
- **Asthma**

It is so gentle it can be effective for everybody from newborns to the elderly and frail. So Bowen also works for:

- **Infertility**
- **Infant colic**
- **Post birth trauma**

What’s involved?

A Bowen treatment session takes approximately 45 minutes at one of the B Balanced clinics. The series of moves are best performed through light clothing. To the patient it may seem as if very little is happening but that is because the treatment is so gentle. Surprisingly few sessions are needed to alleviate complaints. Results tend to last for some time, or until there is a recurrence of the injury, and it is suitable for everyone.

Once the problem is dealt with clients like to return for regular maintenance

It is a complimentary therapy that enhances but does not interfere with traditional medicine.

Please don’t hesitate to call for an informal discussion or to arrange an appointment.

“...I would recommend anyone else to try Bowen Therapy and see if it can help them as much as it has me”.
– Samantha, Portishead



Angelika Breukers

Cert. E.C.B.S M.B.T.E.R
Certified Bowen Therapist with the European College of Bowen Studies.
One of only 10 therapists in the UK with a Certificate in advanced Bowen techniques, specialising in lymphatic drainage.

I have always been interested in alternative therapies and also studied homeopathy. A friend treated me with the Bowen technique for my back and I was so impressed I decided to train as a Bowen therapist.

As I completed my studies I realised that I wanted to help people in a simple but effective way.

I use my skills as a Bowen therapist to help people have a better quality of life.

I have helped a gentleman with Parkinson’s Disease. He responded from the very first treatment. After four weeks he went for a walk and forgot his stick. His aches and pains eased and he looked better as well as feeling better. He is even able to cut his garden hedge.

Another client brought her baby for treatment. The baby had very bad colic and she was fed up with everyone telling her he would grow out of it. After the first treatment he slept for five hours. By the second treatment his colic had lessened and after the third it had gone.

These are just two reasons why I love my job. I can use my skills to really help people.