



**CITY OF CORNING
PLANNING COMMISSION AGENDA**

**TUESDAY, JANUARY 21, 2014
CITY COUNCIL CHAMBERS
794 THIRD STREET
CORNING, CA 96021**

A. CALL TO ORDER: 6:30 p.m.

B. ROLL CALL:

**Commissioners: Reilly
Barron
Poisson
Mesker
Chairman: Robertson**

C. MINUTES:

1. Waive the Reading and Approve the Minutes of the June 18, 2013 Planning Commission Meeting with any necessary corrections.

D. BUSINESS FROM THE FLOOR: If there is anyone in the audience wishing to speak on items not already set on the Agenda, please come to the podium, and briefly identify the matter you wish to have placed on the Agenda. The Commission will then determine if such matter will be placed on the Agenda for this meeting, scheduled for a subsequent meeting, or recommend other appropriate action. If the matter is placed on tonight's Agenda, you will have the opportunity later in the meeting to return to the podium to discuss the issue. The law prohibits the Commission from taking formal action on the issue, however unless it is placed on the Agenda for a later meeting so that interested members of the public will have a chance to appear and speak on the subject.

E. PUBLIC HEARINGS AND MEETINGS: Any person may speak on items scheduled for hearing at the time the Chairman declares the Hearing open. ALL LEGAL NOTICES PUBLISHED IN ACCORDANCE WITH LAW.

2. Use Permit 2014-268, Aurelio Solis Sr.; to establish an Auto Repair Shop in an M-1 Zoning District pursuant to Section 17.26.020 (A) of the Corning Municipal Code.

F. REGULAR AGENDA: All items listed below are in the order which we believe are of most interest to the public at this meeting. However, if anyone in the audience wishes to have the Agenda order changed, please come to the podium and explain the reason you are asking for the change.

3. Study Matter 2014-1, Bowenwork Clinic; determine if the establishment of a Bowenwork Clinic is exempt from the Use Permit requirements pursuant to Section 17.54.020 of the Corning Municipal Code.

4. General Plan Update Task Force – Public Workshop: Discussion on the General Plan Update in regards to where the Taskforce left off, and direction on continuing the process.

G. ITEMS PLACED ON THE AGENDA FROM THE FLOOR:

H. ADJOURNMENT:

POSTED: FRIDAY, JANUARY 17, 2014



**CITY OF CORNING
PLANNING COMMISSION MINUTES**

**TUESDAY, JUNE 18, 2013
CITY COUNCIL CHAMBERS
794 THIRD STREET
CORNING, CA 96021**

A. CALL TO ORDER: 6:30 p.m.

B. ROLL CALL:

**Commissioners: Reilly
Barron
Poisson
Mesker
Chairman: Robertson**

All members of the Planning Commission were present except Commissioner Reilly.

C. MINUTES:

1. Waive the Reading and Approve the Minutes of the May 21, 2013 Planning Commission Meeting with any necessary corrections.

Commissioner Poisson moved to approve the Minutes as written and Commission Mesker seconded the motion. **Ayes: Robertson, Barron, Poisson and Mesker. Opposed/Abstain: None. Absent: Reilly. Motion was approved by a 4-0 vote with Reilly absent.**

D. BUSINESS FROM THE FLOOR: None.

E. PUBLIC HEARINGS AND MEETINGS: Any person may speak on items scheduled for hearing at the time the Chairman declares the Hearing open. ALL LEGAL NOTICES PUBLISHED IN ACCORDANCE WITH LAW.

2. Solano Street Transportation Enhancement Project: Recommendation to City Council on the Negative Declaration filed for the Solano Street Transportation Enhancement Project.

Chairperson Robertson introduced this item by title and Planning Consultant John Stoufer announced that the City received one comment from the State Department of Fish and Game. He explained that the project is being resurrected, having been previously proposed and approved in 2005 with funding subsequently removed. Mr. Stoufer outlined some of the stipulations associated with the proposed project.

Commissioner Poisson voiced her concerns related to the addition of bike lanes on Solano Street and asked about the safety of the projects proposed Bike Lanes. She suggested that possibly a safer alternative would be to route bikes to one of the side streets such as Yolo or Marin Street. Commissioner Poisson also asked whether this project will cause additional impact (spills, etc.) to the City's existing infrastructure (storm drains, etc.). Mr. Stoufer responded stating that it shouldn't. He further explained that the City, as a component of the project, would be required to adhere to a storm water pollution prevention plan.

Commissioner Barron asked about possible traffic impacts. Mr. Stoufer stated his belief that possible impacts would be reviewed by an engineer who would provide mitigation measures. Mr. Barron stated that the Council might need additional background information related to potential traffic impacts, specifically the impacts of going from two lanes to one. He believes that it would be helpful to the Council.

Commissioner Barron then moved to close the public hearing and Commissioner Poisson seconded the motion. **Ayes: Robertson, Barron, Poisson and Mesker. Opposed/Abstain: None. Absent: Reilly. Motion was approved by a 4-0 vote with Reilly absent.**

Commissioner Poisson moved to adopt Factual Subfinding #1 and Legal Finding #1 as presented in the Staff Report and that the Corning City Council, as Lead Agency for the Solano Street Transportation Enhancement Project, adopt the Negative Declaration filed on the Project. Commissioner Mesker seconded the motion. **Ayes: Robertson, Barron, Poisson and Mesker. Opposed/Abstain: None. Absent: Reilly. Motion was approved by a 4-0 vote with Reilly absent.**

F. **REGULAR AGENDA:** None.

G. **ITEMS PLACED ON THE AGENDA FROM THE FLOOR:** None.

H. **ADJOURNMENT:** 7:26 p.m.

Lisa M. Linnet, City Clerk

**ITEM NO: E-2
USE PERMIT APPLICATION 2014-268;
ESTABLISH AN AUTO REPAIR SHOP AN M-
1 ZONING DISTRICT. THE AUTO REPAIR
SHOP WILL BE LOCATED IN AN EXISTING
BUILDING THAT WAS PREVIOUSLY USED
FOR EQUIPMENT RENTAL AND LOCATED
ALONG THE SOUTH SIDE OF SOLANO
STREET AT THE SOUTHEAST CORNER OF
THE SOLANO ST./2ND ST. INTERSECTION.
APN 73-064-05 ADDRESS: 911 SOLANO ST.**

JANUARY 21, 2014

TO: PLANNING COMMISSIONERS OF THE CITY OF CORNING

FROM: JOHN STOUFER; PLANNING DIRECTOR CONSULTANT

PROJECT DESCRIPTION:

The applicant is proposing to establish an auto repair shop in an existing building previously used as an equipment rental business in an M-1, Light Industrial Zoning District. Pursuant to Section 17.26.020 (A) of the Corning Municipal Code an auto repair shop is a permitted use upon the securing of a conditional use permit. The existing building is located along the south side of Solano St. at the southeast corner of the 2nd Street / Solano St. intersection. APN: 73-064-05 Address: 911 Solano St.

GENERAL PLAN LAND USE DESIGNATION

I – Industrial – This classification includes all industrial uses of land as permitted in the City's zoning ordinance. These include zoning districts M-1, and M-2 zoning districts.

ZONING

M-1 – Light Industrial Zoning District –Section 17.26.020 (A) states that uses permitted in the C-3, General Commercial District are permitted in an M-1 zone upon the securing of a conditional use permit. The C-3 zoning district allows as a permitted use commercial repair garages, and incidental service uses.

CALIFORNIA ENVIRONMENTAL QUALITY ACT (CEQA)

Section 21084 of the Public Resources Code requires a list of classes of projects which have been determined not to have a significant effect on the environment and which shall, therefore, be exempt from the provisions of CEQA. The Secretary of Resources has classified projects that do not have a significant effect on the environment and are declared to be categorically exempt from the requirement for the preparation of environmental documents.

CEQA, Section 15301, Existing Facilities, Class 1 provides exemptions for the operation, repair, maintenance, permitting, leasing, licensing, or minor alteration of existing public or private structures, facilities, mechanical equipment, or topographical

features, involving negligible or no expansion of use beyond that existing at the time of the lead agency's determination. The key consideration is whether the project involves negligible or no expansion of an existing use.

This project will allow commercial use of a building that has previously been used as an equipment rental business, and where repairs of this equipment took place, for over 30 years. Establishment of an auto repair business at this location is considered a negligible expansion of previous commercial uses and exempt from CEQA pursuant to Section 15301, Class 1.

CONSISTENCY WITH GENERAL PLAN

The site is designated Industrial as shown on the Current Land Use Map for the City of Corning. Development of a commercial use such as an auto repair business in an existing building at this location is consistent with the following Community Goals, Land Use Goals, and Policies of the Corning General Plan.

Community Goals

Goal #1 – Continue and enhance the quality of life in the City of Corning and its immediate vicinity.

Goal #2 – Improve the quality and environment sensitivity of new development in Corning

Goal #3 – Attract jobs that will employ Corning residents.

Land Use Goals

Goal #1 – Promote the orderly development of Corning and its surroundings.

Goal #2 – Insure that new development pays for the necessary City facilities

Land Use Policies

Policy #6 – Encourage the location and development of businesses which generate high property and sales taxes, local employment and are environmentally compatible.

PARKING

Section 17.51.030 A of the Corning Municipal Code exempts uses and/or structures existing at the time the off-street parking requirements were adopted in 1989. The structure was existing prior to 1989 and therefore exempt from the off-street parking requirements.

RECOMMENDATION:

Staff recommends that the Planning Commission adopt the following, or similar, Factual Subfindings and Legal Findings for Use Permit 2014-268;

Factual Subfinding #1

The existing building proposed for use as an auto repair shop was previously occupied by an equipment rental business, and where repairs of this equipment took place, for over 30 years.

Legal Finding #1

The granting of Use Permit 2014-268 permitting the establishment of an auto repair shop is a negligible change of the previous commercial use in an existing building established at this site and therefore exempt from CEQA pursuant to Section 15301, Class 1.

Factual Subfinding #2

The existing building is currently vacant and has approximately 3,500 sq. ft. of area that will be used for the repair of automobiles.

Legal Finding #2

The building, and parcel proposed for use Aurelio Solis Sr., is adequate in size, shape and topography for the establishment of an auto repair shop.

Factual Subfinding #3

The parcel has frontage and direct access to Solano Street.

Legal Finding #3

The site has existing access from Solano Street a city maintained road constructed with adequate width, pavement and capacity for the proposed use.

Factual Subfinding #4

The applicant proposes to establish an auto repair shop located in an existing building that was previously used as an equipment rental business in an M-1, Light Industrial Zoning District. The parcel is currently zoned for light industrial uses and has established industrial uses adjacent to the site.

Legal Finding #4

The establishment of an auto repair shop at this site will not have an adverse effect upon the use, enjoyment or valuation of adjacent or neighboring properties or upon the public welfare.

ACTION

1. **MOVE TO ADOPT THE 4 FACTUAL SUBFINDINGS AND LEGAL FINDINGS AS PRESENTED IN THE STAFF REPORT AND APPROVE USE PERMIT 2014-268 SUBJECT TO THE FOLLOWING CONDITIONS OF APPROVAL**
(PLEASE NOTE : PRIOR TO ADOPTING THE RECOMMENDED FACTUAL SUBFINDINGS & LEGAL FINDINGS THE COMMISSION HAS THE ABILITY TO MODIFY OR REMOVE ANY OF THE FACTUAL SUBFINDINGS AND LEGAL FINDINGS IF DEEMED APPROPRIATE BY A MAJORITY OF THE COMMISSION)

OR:

Failing to make findings in support of the project recommend findings in denial of the project for consideration by the Commission.

Adopt findings in denial of the project and deny Use Permit 2014-268.

RECOMMEND CONDITIONS OF APPROVAL:

Condition #1- Agency Compliance:

The applicant must comply with the requirements and regulations of all federal, state, and local agencies especially the City of Corning's Building and Fire Departments.

CONDITION #2 – HANDICAPPED PARKING:

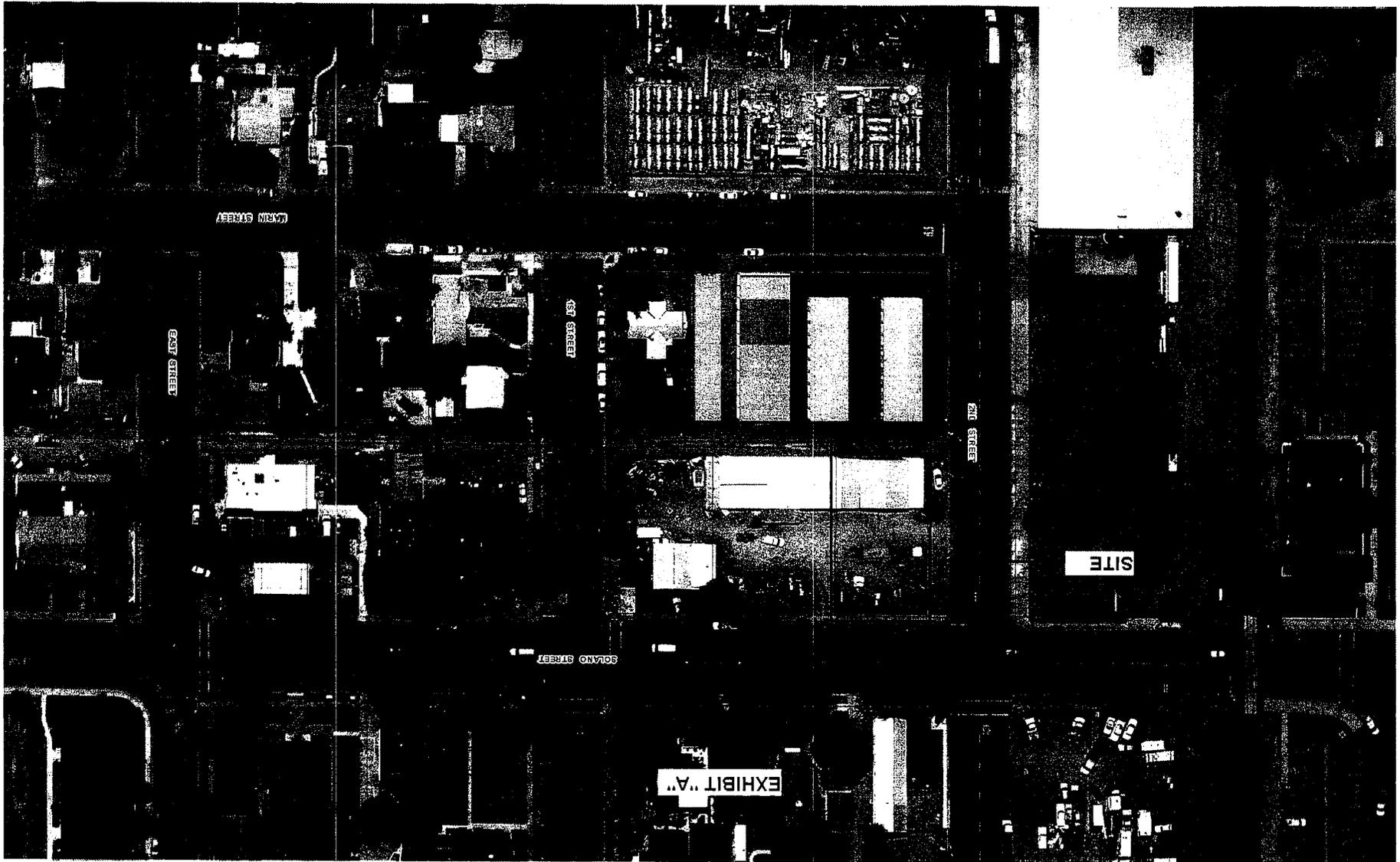
Prior to issuance of a certificate of occupancy for the auto repair business the applicant must designate and appropriately mark handicapped parking spaces as approved by the Building Official.

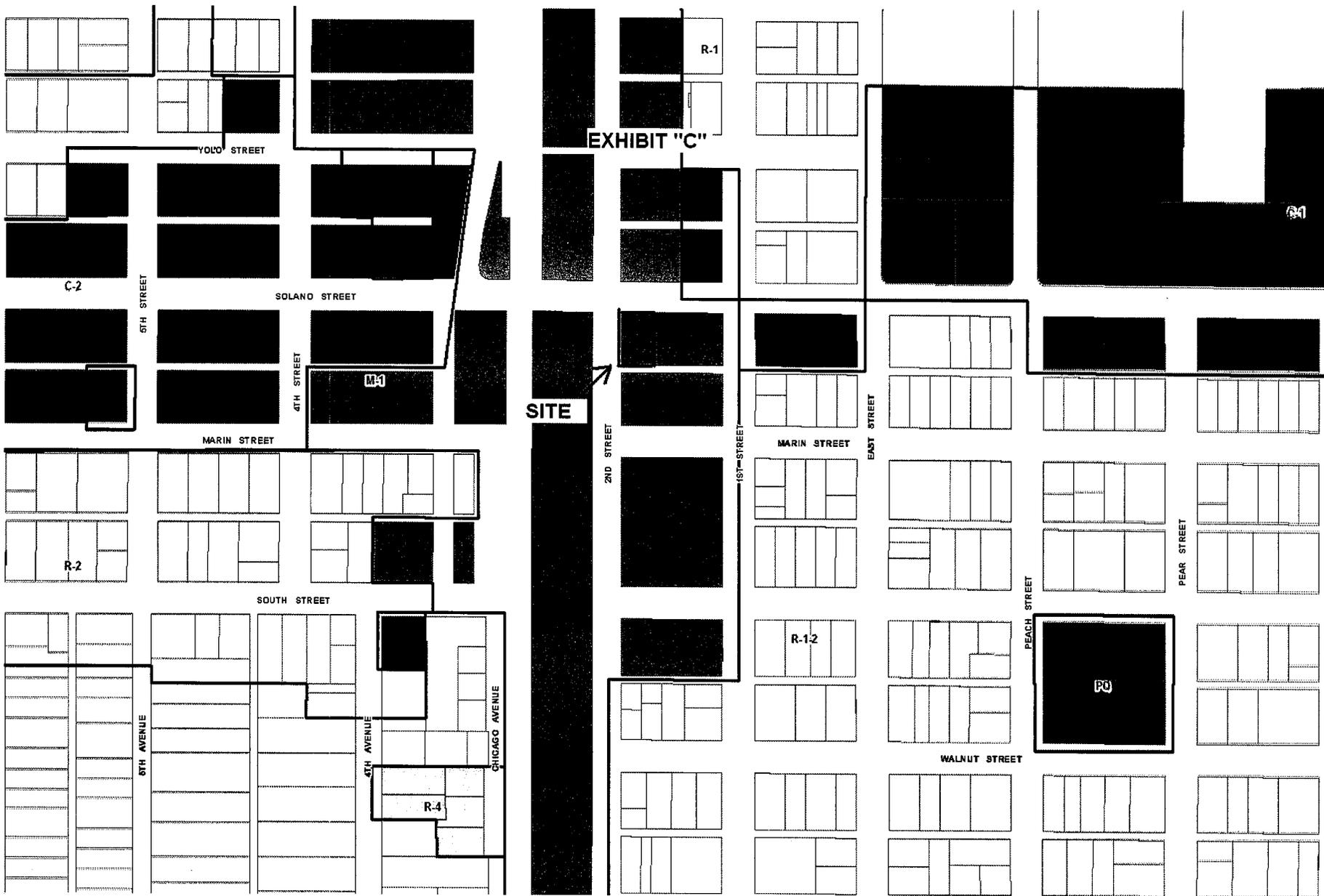
Condition #3 – Sign Regulations:

Comply with the City of Corning Sign Regulations.

ATTACHMENTS

Exhibit "A"	VICINITY MAP/ AERIAL PHOTO
Exhibit "B"	GENERAL PLAN MAP
Exhibit "C"	ZONING MAP
Exhibit "D"	APPLICATION





PROJECT INFORMATION	PROJECT ADDRESS	ASSESSOR'S PARCEL NUMBER	G.P. LAND USE DESIGNATION
	911 SOLANO ST CORNING 96021	73-064-05	I
	ZONING DISTRICT	FLOOD HAZARD ZONE	SITE ACREAGE
	C3	N/A	
PROJECT DESCRIPTION: (attach additional sheets if necessary)			AIRPORT SAFETY ZONE?
TO OPEN AN AUTO REPAIR SHOP			NO
			DEC 16 2013 CITY OF CORNING
APPLICATION TYPE (Check All Applicable)			
<input type="checkbox"/> Annexation/Detachment <input type="checkbox"/> General Plan Amendment <input type="checkbox"/> Lot Line Adjustment <input type="checkbox"/> Merge Lots <input type="checkbox"/> Planned Dev. Use Permit <input type="checkbox"/> Parcel Map <input type="checkbox"/> Preliminary Plan Review <input type="checkbox"/> Rezone <input type="checkbox"/> Street Abandonment <input type="checkbox"/> Subdivision <input type="checkbox"/> Time Extension <input checked="" type="checkbox"/> Use Permit			
APPLICANT INFORMATION	APPLICANT	ADDRESS	DAY PHONE
	AURELIO SOLIS SR.	22069 Samson Ave CORNING CA 96021	530-824-0371
	REPRESENTATIVE (IF ANY)	ADDRESS	DAY PHONE
	ELIZABETH SOLIS	22069 SAMSON AVE 96021	530-712-0369
PROPERTY OWNER	ADDRESS	DAY PHONE	
LOUIS		(530) 624-5756	
CORRESPONDENCE TO BE SENT TO <input checked="" type="checkbox"/> APPLICANT <input type="checkbox"/> REPRESENTATIVE <input type="checkbox"/> PROP. OWNER			
APPLICANT/REPRESENTATIVE: I have reviewed this application and the attached material. The information provided is correct.		PROPERTY OWNER: I have read this application and consent to its filing.	
Signed: <u>Elizabeth Solis</u>		Signed: <u>Louis Solis</u> <i>for</i> <u>David Construction Inc</u>	
By signing this application, the applicant/property owner agrees to defend, indemnify, and hold the City of Corning harmless from any claim, action, or proceeding brought to attack, set aside, void or annul the City's approval of this application, and any Environmental Review associated with the proposed project.			

SUBMITTAL INFO	FOR OFFICE USE ONLY			
	APPLICATION NO.	RECEIVED BY:	DATE RECEIVED	DATE APPL. DEEMED COMPLETE
	2014-268	JS	12/16/2013	
	FEE RECEIVED/RECEIPT NO.	CEQA DETERMINATION	DATE FILED	
	yes CK# 3072	<input checked="" type="checkbox"/> Exempt ND MND EIR		



CITY OF CORNING

ENVIRONMENTAL INFORMATION FORM

(To be completed by Applicant)

DATE FILED 11/25/13

General Information

1. Project Title:

2. List and describe any other related permits and other public approvals required for this project, including those required by city, regional, state and federal agencies:

AUTOMOTIVE REPAIR DEALER, RE-SALE LICENSE, WILL
AQUIRE A SMOG TEST & REPAIR LICENSE - BUSINESS LICENSE,

Additional Project Information

3. For non-residential projects, indicate total proposed building floor area: _____ sq. ft. in _____ floor(s). N/A

4. Amount of off-street parking to be provided. _____ parking stalls. (Attach plans) N/A

5. Proposed scheduling/development.

NONE

6. Associated project(s).

INSTALL VEHICLE LIFTS.

7. If residential, include the number of units, schedule of unit sizes, range of sale prices or rents, and type of household size expected. (This information will help the City track compliance with the objectives of the Housing Element of the General Plan.)

N/A

PLANNING APPLICATION

* 8. If commercial, indicate the type, whether neighborhood, city or regionally oriented, square footage of sales area, and loading facilities.

REPAIR SHOP, OPEN TO CITY, COUNTY AND VEHICLES
NEEDING REPAIRS. REPAIR SHOP WILL BE APPROXIMATELY
3500 SQ FT. WILL EMPLOY 3-4 EMPLOYEES.

9. If industrial, indicate type, estimated employment per shift, and loading facilities.

N/A

10. If institutional, indicate the primary function, estimated employment per shift, estimated occupancy, loading facilities, and community benefits to be derived from the project.

N/A

11. If the project involves a variance, conditional use permit or rezoning application, state this and indicate clearly why the application is required.

SIGHT IS ZONED M1, SECTION 17.26.020(A)
REQUIRES USE PERMIT FOR C-3 USES IN THIS ZONING
DISTRICT.

Are the following items applicable to the project or its effects? Discuss below all items checked yes (attach additional sheets as necessary).

- | | YES | NO |
|---|-------------------------------------|-------------------------------------|
| 12. Change in existing topographic features, or substantial alteration of ground contours? | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 13. Change in scenic views or vistas from existing residential areas or public lands or roads? | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 14. Change in pattern, scale or character of general area of project? | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| * 15. Significant amounts of solid waste or litter? | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 16. Change in dust, ash, smoke, fumes or odors in vicinity? | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 17. Change in lake, stream or ground water quality or quantity, or alteration of existing drainage patterns? | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 18. Substantial change in existing noise or vibration levels in the vicinity? | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 19. Is the site on filled land or on slopes of 10 percent or more? | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 20. Use, storage, or disposal of potentially hazardous materials, such as toxic substances, flammables or explosives? | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 21. Substantial change in demand for municipal services (police, fire, water, sewage, etc.)? | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 22. Substantially increase energy usage (electricity, oil, natural gas, etc.)? | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 23. Relationship to a larger project or series of projects? | <input type="checkbox"/> | <input checked="" type="checkbox"/> |

PLANNING APPLICATION

Environmental setting

24. Describe the project site as it exists before the project, including information on topography, soil type and stability, plants and animals, and any cultural, historical or scenic aspects. Describe any existing structures on the site, and the use of the structures. Attach photographs of the site, snapshots or Polaroid photos will be accepted.

LARGESHOP - Gravel lawn - cement slab inside shop
CURRENTLY NOT BEING USED FOR ANY PURPOSE.

25. Describe the surrounding properties, including information on plants and animals and any cultural, historical or scenic aspects. Indicate the type of land use (residential, commercial, etc.), intensity of land use (one-family, apartment houses, shops, department stores, etc.), and scale of development (height, frontage, set-back, rear yard, etc.). Attach photographs of the vicinity. Snapshots or Polaroid photos will be accepted.

BUILDING IS SURROUNDED BY, BELL CARTER FOODS, STORAGE FACILITY, AND A RESTAURANT.

Certification

I hereby certify that the statements furnished above and in the attached exhibits present the data and information required for this initial evaluation to the best of my ability, and that the facts, statements, and information presented are true and correct to the best of my knowledge and belief.

Date 11/25/13

Signature Elizabeth Solis

For: _____

ITEM NO. F-3

**STUDY SESSION 2014-1, BOWENWORK CLINIC;
DETERMINE IF THE ESTABLISHMENT OF A
BOWENWORK CLINIC IS EXEMPT FROM THE USE
PERMIT REQUIREMENTS PURSUANT TO SECTION
17.54.020 OF THE CORNING MUNICIPAL CODE.**

JANUARY 21, 2014

TO: PLANNING COMMISSION OF THE CITY OF CORNING

FROM: JOHN STOUFER; PLANNING DIRECTOR CONSULTANT

BACKGROUND:

Kelly Daniels, a licensed Bowenwork Practitioner, would like to establish a Bowenwork Clinic in an appropriately zoned section within the City of Corning. Section 17.54.020 of the Corning Municipal Code (Attached as Exhibit "A") states that a list of uses where permitted within a zone by the Corning zoning ordinance, shall only be permitted when a conditional use permit is first obtained. Within this list of uses (#8) is Message parlors.

As your Planning Director Consultant I was not comfortable making a determination as to whether a Bowenwork Clinic is more like physical therapy (natural healing) business which would be permitted in commercial zones without a use permit or more like a message parlor which must obtain a use permit as previously discussed. Therefore, I'm asking the Planning Commission to assist in making a determination as to whether the establishment of a Bowenwork Clinic would be exempt from the use permit requirement.

Ms. Daniels has provided the attached brochures and articles that describe what Bowenwork is, how it is applied, and what it does for the human body.

ACTION:

Determine if the establishment of a Bowenwork Clinic is exempt from the Use Permit requirements pursuant to Section 17.54.020 of the Corning Municipal Code.

fied on the permit. The permitted use is valid when ownership of the parcel or parcels transfers. The new owner must adhere to the terms and conditions as specified in the approval of the use permit. (Ord. 560 (part), 1996). (Ord. No. 634, 4-28-2009)

17.54.020 Uses.

A. The following uses, where permitted within a zone by the Corning zoning ordinance, shall only be permitted when a conditional use permit is first obtained:

1. Alcohol, on premises serving and consumption, whether a bar or a restaurant;
2. Live entertainment, as a primary use or as a secondary use associated with a commercial establishment;
3. Billiard parlor, pool hall and similar recreational uses;
4. Game arcades, including any business established with more than six arcade games as an incidental or accessory use;
5. Games, skill game business, including video and skill game arcades;
6. Lodges, meeting halls and social clubs;
7. Commercial recreation facilities open to the public;
8. Massage parlors;
9. Tattoo parlors. (Ord. 610 §2(part), 2004; Ord. 560 (part), 1996).

17.54.030 Burden of proof.

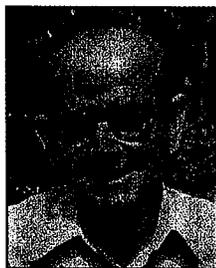
Before any conditional use permit is granted, the applicant shall show, to the satisfaction of the commission or the council, the existence of the following facts:

- A. That the site for the proposed use is adequate in size, shape, topography and circumstances; and
- B. That the site has sufficient access to streets and highways, adequate in width and pavement type to carry the quantity and quality of traffic generated by the proposed use; and
- C. That the proposed use will not have an adverse effect upon the use, enjoyment or valuation of adjacent or neighboring properties or upon the public welfare. (Ord. 560 (part), 1996).

How Bowenwork originated

Bowenwork was developed in the 1950s by the late Thomas Bowen of Geelong, Australia.

Bowen's approach was to reset the tension in certain muscles and muscle groups by using a unique type of stretch-and-roll-through move



Tom Bowen (1916-1982)

and then pausing between sets of moves to give the body time to begin its response.

He achieved amazing results. According to a 1974 survey of alternative health practitioners performed by the Victorian Government, Bowen was found to be doing over 13,000 treatments per year. In over 85% of his cases, the problems for which his patients sought treatment were resolved completely.

In the last years of his life, Bowen allowed several practitioners to observe him. He recognized only six of them as understanding his work. One of these, Oswald Rentsch, promised at Bowen's deathbed to make his work known around the world. Ossie's interpretation of Mr. Bowen's work is now taught in over twenty-five countries under the auspices of the Bowen Therapy Academy of Australia (BTAA) and is known under the internationally registered trademarks "Bowtech" and "Bowenwork."

Photos courtesy: www.activebodyworks.com
Jo Gravely, www.jogravely.com
Dr. Lise Maltais, www.doveclinic.ca
Boomer Jerritt, www.strathconaphotography.com

How to find practitioners

Individuals who successfully complete the training program of the Bowen Therapy Academy of Australia (BTAA) and meet its other stringent requirements are accredited by the BTAA as Professional Bowenwork Practitioners. Continuing education is required in order to maintain that accreditation.

You can find a complete list of Professional Bowenwork Practitioners in the United States (and over thirty other countries where Bowenwork is practiced) at www.BowenworkAcademyUSA.com. You may also obtain practitioner referrals by contacting:

Bowenwork Academy USA™
U.S. Bowen Registry, Inc.
337 North Rush Street
Prescott, AZ 86301
1-866-TO-BOWEN
(1-866-862-6936)
usadmin@bowenwork.com



How Bowenwork® can help you



Bowenwork
evokes deep
relaxation . . .

and renews the
body's capacity
for self-healing.



What Bowenwork is

Bowenwork is a gentle and effective manual therapy that balances tension patterns in the body, resulting in a state of deep relaxation.

Bowenwork:

➤ **Addresses the body as a whole.**

It affects not only the musculoskeletal framework, but also the fascia, nerves, and internal organs.

The body's integrated response to Bowenwork improves circulation and lymphatic drainage; it also enhances the assimilation of nutrients and the elimination of toxins from the body.



➤ **Is extremely gentle.**

It is appropriate for anyone.

➤ **Can assist recovery from many conditions:**

Traumatic injuries
Overuse injuries
High/low blood pressure
Stress reactions
Arthritic pain
Fatigue
Fluid retention
Ear/throat problems
TMJ problems
Insomnia
Depression
Stroke recovery
ADD / ADHD
Developmental delay



What Bowenwork does

The practitioner places fingers or thumbs on the skin over precise points on muscles, tendons or other soft structures. He or she then applies gentle rolling pressure to effect a change in the underlying tissue. The changes stimulate the body's autonomic nervous system to rebalance. Once this occurs, the body can initiate a healing response on structural and energetic levels.



How many sessions are needed?

➤ Three to five sessions one week apart are usually all that are required for most sports injuries, work-related injuries, and problems brought about by long-term overuse.

➤ Clients with more complex conditions usually improve with additional sessions.

➤ Neurological and some other chronic conditions may require ongoing maintenance sessions.



Clients often report major or total improvement in seemingly unrelated problems they had forgotten to mention to their practitioners.

What to expect in a session

- Wear or bring light-weight, loose-fitting clothing that your practitioner can work through. Or you may choose to wear your underclothes and be professionally draped for modesty and comfort.
- Your practitioner will take a health history and ask about the reason for your visit so as to select the best "Bowenwork moves" to apply that day.
- The actual hands-on work may take very few of the 20 to 60 minutes of the entire session.



- After each series of moves, your practitioner will make sure you are comfortable and will leave the room to allow your body time to begin responding.

What to expect afterward

Some changes may be noticeable right away:

- **Reduced pain**
- **Greater range of motion**
- **A sense of relaxation and well-being**

You will most likely notice changes in the next several days as your body continues the process that began during your session. Sounder sleep and increased energy are commonly reported.

If your practitioner assigns "homework" of gentle Bowenwork exercises, do them daily beginning on the day after your session. This is an essential part of your care and will improve your results.

Conditions For Use

- Fibromyalgia
- Plantar Fasciitis
- Back pain
- Migraines
- Sciatica
- Frozen Shoulder
- TMJ
- Respiratory
- Fatigue
- Fluid retention
- Ear problems
- Throat problems
- Chemotherapy and radiation relief
- Women's Health
- Baby Bowen-Colic
- Digestive problems
- Traumatic injuries
- Arthritic pain
- Assistance with Conception
- PTSD
- Depression
- Digestive issues
- And more...

Call Now For Free Consultation



Certified Practitioners

Shannon Dederer 510-0092

Kelly Daniels 410-4793

Hilton Professional Bldg
660h Azalea Wy
Redding, Ca 96002

reddingbowen@gmail.com

S & K Bowenwork Clinic



www.holisticpainmanagementredding.com

Escape to S&K Bowenwork Clinic today!

It is important for our bodies to be in alignment for us to achieve the sense of well-being. When faulty alignment occurs it can effect us on a musculoskeletal, respiratory, digestive, energy and emotional levels leaving us feeling tired and at pain levels that can range from discomfort to extreme pain that disrupts our quality of lives.

Bowenwork therapy works to realign your body allowing your body to self heal.



What is Bowenwork?

Bowenwork is a highly effective natural therapy for anyone seeking relief from Chronic/Acute pain or injury

Bowenwork therapy works on nearly everyone.

Bowenworks effectiveness for true healing stems from the gentle manipulation of the muscles throughout the body therefore stimulating the brain and activating your bodies ability to self heal which in turn results in lasting relief.

The Bowenwork touch is extremely gentle and may be performed through light clothing making it comfortable and relaxing for all.



Testimonials

"I had a huge kink in my neck since highschool. After Kelly worked on me it disappeared. Bowen works wonders on your body and I recommend everyone try it!!"

Tiffany-Redding Ca

At a time when I was so sick with vertigo, severe scoliosis and knots in my neck and shoulders. My Dr. prescribed Physical Therapy, medications and massage for 12 weeks which had no results and left me feeling discouraged. I was then introduced to Bowenwork through a friend. In 3 sessions the vertigo was gone with no medications. On the first session the knots in my neck and shoulders were gone and to this day my scoliosis pain is under control.

Ernie-Corning Ca

"Anyone out there suffer from fibromyalgia, Acid reflux, headaches, sciatica or TMJ? I can say first hand that Bowen worked on me on all of those issues. It amazed me that the relief was almost immediate considering that I had been suffering for years. Treat yourself to some Bowen!!!

Donna-Corning Ca


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Bowen Is Not.....

1. Bowen is not Massage

Many people often associate Bowen with massage, however, its operation and objectives are quite different. Furthermore, rubbing or even prolonged touching around a Bowen "move" just applied can weaken the effectiveness of the move. Bowen moves go no deeper than fascia on superficially accessible muscles, and only do so with gentle pressure.

2. Bowen is not Acupressure

Some of the areas of focus in a Bowen treatment will coincide with acupuncture points, but there are so many acupressure points that overlap is inevitable. With Bowen "points," though, a more focused intervention is complemented with a more economical application. In the Bowen Technique, one simple move across the structure is all it takes.

3. Bowen is not Chiropractic

No manipulation of the skeletal system is made. Most practitioners and many clients observe vertebral movement, but this is evidence of the body realigning itself and the effectiveness of the Bowen treatment. Chiropractic adjustments following a Bowen treatment are contraindicated.

4. Bowen is not "Energy Work"

Given its parameters, even energy work can be intrusive. Practitioners can focus too much on accomplishing their own desired results, which may or may not coincide with the client's needs. Instead, Bowen practitioners are taught to focus only on doing a precise movement accurately, and then physically leaving the room.

5. Bowen is not Physiotherapy nor Neuromuscular "Re-Education"

Stretch reflex, Golgi reflex and reciprocal enervation may be involved in the muscular releases, but these occur on a cellular level and expand out physically. In fact, people may fall asleep during a session, and many will not feel the effects for several days. These factors distinguish the Bowen Technique from remedial exercises or movement training that some people need for long-term injury recovery.

6. Bowen is not Trigger-Point Therapy

Some points are unavoidably similar even though the referral zones are different. Most trigger points are found in the core of muscles, while Bowen muscle moves are usually made where two muscles or muscle groups overlap.

7. Bowen is not Fascia Release

With each Bowen move, the fascia is rocked and minutely "disturbed". It is not forcefully separated. After a series of Bowen sessions, adhesions tend to loosen and scar tissue frequently softens and shrinks on its own because impediments to the natural healing process are removed.

8. Bowen is not Lymphatic Massage

Bowen does stimulate lymphatic drainage, in that sinuses will often drain during the session; breast lumps may shrink or be gone within a few weeks; and excess fluids are usually eliminated within the week. Bowen does not use vigorous stroking of lymphatic massage.

9. Bowen is not an Emotional Release Modality

The intent of a Bowen session is not to effect emotional releases. However, some people report the dramatic lightening of spirit and a subtle but pervasive refocusing of troublesome emotional patterns.

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Home	The Bowen Technique
Mission	The Bowen Technique, a healing, often
History	miraculous, life-changing hands-on therapy, is
How It Works	revolutionizing the healthcare world!
Treatment	A simple and powerful technique that helps relieve all kinds of pain, it is so gentle that it can be used on anyone, from newborn infants to the elderly.
Success Stories	The Bowen Technique is not massage, acupuncture or chiropractic. There is no manipulation, adjustment or force used. The practitioner uses thumbs and fingers to gently move muscles and tissues. In between each set of moves, the practitioner leaves the room.
Testimonials	
Research	
Articles	These pauses and the gentleness of the treatment are what make Bowen unique. It offers rapid, long-lasting relief from pain and discomfort. Most conditions respond within 2-3 treatments (<u>Success Stories</u>).
Books & Videos	
Links	While it can help speed up recovery time, the Bowen Technique is not meant to replace medical treatment. However, due to its high rate of success, more and more members of the medical profession continue to be amazed at its effectiveness and have begun to add the Bowen Technique to their practices. (<u>Testimonials</u>)
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A Bowen Treatment

A Bowen treatment lasts about 30-45 minutes. Most of the work can be done through light clothing. No oils are used.

During a Bowen session, the practitioner uses thumbs and fingers to make rolling type moves on different muscles on the body. There are times when the therapist actually leaves the room. During the pauses, the body has time to make its own adjustments, which help relieve tension and reduce pain.

Many people experience pain relief after just one session. Two or three treatments are usually enough to achieve long-lasting relief. Even long-term conditions may respond very quickly.

The ideal situation is to give the Bowen Technique a try for 3 sessions, once per week, without having any other kind of bodywork in between.

On The Day of the Treatment

1. MOVE THE PAIN OUT OF YOUR BODY

Right after your session, go out and take a 15 - 20 minute walk. For the rest of the day, do not sit too long. Get up about every 30 minutes and walk around a bit.

2. FLUSH THE PAIN OUT OF YOUR BODY

Drink 8-10 glasses of water to flush the toxins out of your body.

3. TAKE IT EASY

Avoid heavy lifting or exercise.

4. AVOID EXTREME HEAT OR COLD

No heating pads, ice packs, hot showers or hot baths.

5. KEEP YOUR FEET TOGETHER

Put your weight on BOTH FEET when you stand up, get out of bed, a chair or a car.

This will help bring balance back into your body.

The Week After the Treatment**1. WALK**

Continue to walk least 20 minutes each day, or take two or three short walks. This helps clean out the body's "pumps" and move the pain out.

2. CONTINUE TO TAKE IT EASY

Reserve your energy for healing your body.

3. DRINK LOTS OF WATER

Drink 8-10 glasses per day to flush the pain out.

4. AVOID BODY WORK FOR ONE WEEK

Your body will continue to heal during the next week. Any form of bodywork, even a backrub, can "short-circuit" the healing process.

5. AVOID EXTREME HEAT OR COLD

No ice packs, heating pads, hot showers or hot baths.

6. EAT LOTS OF FRUITS AND VEGETABLES

Fruits and vegetables "soothe" the body and help reduce pain.

The 3 W's

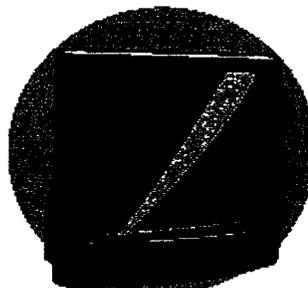
WALK at least 20 minutes each day

WATER drink at least 8-10 glasses per day

WAIT one week before you have any kind of body work


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How It Works



Watch Bowen Video

The Bowen Technique helps the body remember how to heal itself. The gentle yet powerful Bowen moves send neurological impulses to the brain resulting in immediate responses of muscle relaxation and pain reduction. The moves create energy surges. Electrical impulses sent to the nervous system remind the body to regain normal movement in joints, muscles and tendons. This helps relieve muscle spasms and increase blood and lymph flow.

The Bowen Technique affects the body primarily through the nervous and the bioenergetic systems, to bring it into a state of balance.

Autonomic nervous system rebalancing

The autonomic nervous system controls over 80% of bodily functions (cardiac, respiratory, peripheral circulation, reproductive, endocrine, gastrointestinal) and is very susceptible to stress and emotional tensions. For healing to happen, the body needs to shift from sympathetic (fight/flight mode) to parasympathetic (vegetative mode) dominance. For this to happen, it needs time and space to literally unwind and "digest" physical and emotional stress. The Bowen Technique facilitates these positive shifts.

Stretch Reflex

Most Bowen moves are done either at the origin, insertion or belly of muscles, where the Golgi and Spindle nerve receptors are located. These receptors inform the nervous system of the state of tension, length or stretch in the muscles and tendons and are stimulated during the rolling part of the Bowen therapy movement.

Joint proprioceptors

All Bowen moves done around a joint directly affect the joint and ligaments, which are richly innervated with proprioceptors, those nerves that sense the position of your body.

Lymphatic circulation

The Bowen Technique stimulates lymphatic circulation and drainage.

Spinal reflexes

Many of the Bowen moves are performed along the spine over the erector muscles (two thick columns of heavy muscles on either side of the spinal column which run from the base of the pelvis to almost the full length of the spine). These moves appear to produce referred reactions to other areas of the body. Often people will mention that conditions were addressed, other than the one for which they originally sought consultation, – even though the practitioner didn't know about them (e.g., improved digestion, elimination circulation or sleep).

Fascia

The fascia, sheets of connective tissue, connect everything in the body: muscles, bones, internal organs and central nervous system. They play a major role in muscle coordination, flexibility, postural alignment and overall structural and functional integrity. Bowen move free the relationship between the fascia and the nerve, muscle or tendon being addressed.

Acupuncture points and meridians

The Bowen Technique stimulates circulation of energy and clears energetic blocks. Coincidentally, several of the moves are located along acupuncture meridians or on specific acupuncture points which are known to stimulate and balance the body's energy.

Some people feel shifts in their bodies during and after a Bowen session.

While many experience immediate pain relief, improvement is just as likely to unfold over the next few days to a week.

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The Bowen Technique is not meant to replace medical treatment. However, due to its success, more and more members of the medical profession continue to be amazed at its effectiveness and have begun to add the Bowen Technique to their practices.

"the single, most important hands-on healing technique in medicine."

JoAnne

Whitaker, MD

Dr. JoAnne Whitaker 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."

"I fully recommend this technique to all health practitioners."

Dr. Robert

Flemming, MD

After over 30 years of medical practice, I am finding the Bowen Technique the most effective and efficient hands-on procedure I've ever studied. I fully recommend this technique to all health practitioners.

Dr. Robert

Flemming, MD

I have been able to notice results, even in chronic situations

Dr. Frederick

Menier

I have been able to notice results even in chronic situations such as rheumatism, TMJ, chronic asthma and emotional depression. An added bonus to this wonderful work is that it is very soft and gentle and well appreciated by my patients for this and its deep relaxing benefits.

-Dr.

Frederick Menier

"..success with Bowen is in most cases astonishing..."

Dr. Michael

Buckmann

As the success with Bowen is in most cases so astonishing, people seeking an explanation as to what it is prior to receiving treatment often think you are some incredible charlatan making wild claims when you give an explanation. But it is true. Clients who present with both acute and chronic pain, having often sought in vain treatment from a variety of other experts and specialists, are consistently free of their problems within a very short time by using Bowen. In fact, most clients require only 2 or 3 sessions to achieve long term benefits.

Dr. Michael Buckmann

"Of all the modalities I have used, Bowen Therapy has helped so many of my patients that I would never want to give it up."

-Dr. Ted

Sleigh

"I am thrilled to have Bowen Therapy as a resource for myself, family, friends and patients."

Dr.

Christine Staub

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.

...the most important health care discovery in human history!"

-Lou Hassik,

Naturopath

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!"

...one of the most powerful physical medicine techniques...

-Mitchell R. Mosher, DPM

(podiatrist)

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.

"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."

-Russell Dick,

Osteopath

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Success Stories

(The names of the clients have been changed to protect their privacy.)

SCIATICA

I was unable to put weight on my right foot and was in severe pain from my buttock down my right leg. I felt extremely tense and tight. After my first Bowen session, my body completely relaxed. When I got up, I was virtually pain free and could walk normally! After two years, the problem has not returned.

-Paul, age 42

SHOULDER PAIN

I suffered from a frozen shoulder which was very painful when I moved it or touched it. After my third Bowen treatment my shoulder returned to normal with no further pain.

-Henry, age 63

LEG PAIN

At age 73, I fell off a ladder. A piece of splintered wood went through my leg and my knee became red, hot and swollen. After my first Bowen treatment, the swelling and redness in my knee went down a lot. After five treatments, I now walk normally.

-Rose, age 80

COCCYX PAIN

Post-labor I suffered a tremendous pain upon sitting and was duly fobbed off by the medical staff. Having been a theatre nurse for many years I was offered and refused an operation as I did not believe the results would be worth it. My coccyx was not broken just misaligned badly.

Finally after no success with pain killers, physio etc. I discovered Bowen Therapy - a type of and thankfully after two treatments I was completely recovered after nearly two years of constant pain. It was like a miracle as I would have paid anything at the time to get rid of the pain.

Happy to share this experience with anyone as I am so grateful for the relief I have been given.

-Louise, age 27

KNEE PAIN / WRIST PAIN

After seven months of physical therapy for my knee and wrist (carpal tunnel syndrome), I was still unable to play tennis. Two different doctors recommended surgery for the knee which remained extremely swollen. After only two Bowen sessions I was back to playing tennis without any knee pain. My carpal tunnel was gone after the first session and has not returned.

-Harry, age 44

BACK PAIN

For 20 years I had been suffering from low back pain following a horseback riding accident. I was in so much pain that I could barely walk for five minutes at a time. After my first Bowen treatment, I went home and followed all the instructions for 5 days. The second day I had pain everywhere, but it started to dissipate after the 3rd day. On the 5th day, it was like I had never had a back problem. All the pain was gone. I thank the Bowen Technique for giving me a new life and hope for the future at 60 years old.

-Matt, age 60

RHEUMATOID ARTHRITIS

I was diagnosed at the age of twelve as having rheumatoid arthritis. Since that time I had been taking medication and drugs to relieve the pain. After two Bowen treatments my life was pain free. I couldn't believe it! I could now lead a normal life, not one dictated by pain.

-Peggy, age 23

BACK PAIN

For ten years I suffered from low back pain. I was referred to a Bowen practitioner, and after four sessions the pain in my back was lessened. After my next treatment, I drove home feeling drowsy and slept eleven hours straight that night. The next morning I woke up and a miracle had happened. My hip was free. I had no pain in my lower back. The tightness in my shoulder and neck were gone. It was the first time I felt physically free.

-Dave, age 48

SLIPPED DISC / SCIATICA

I came from the doctors with a bag of medicines prescribed for slipped disc and sciatica. They told me to lay on my back until the problem improved and to take two weeks off work. I could not afford to do this. After one Bowen treatment I was up and around the very next day! A day later, I had a boost of energy I had never experienced before. I was completely recovered.

-Angela, age 59

FOOT PAIN

I had been having Bowen treatments for a few weeks because I was suffering intense pain in my foot. And now, apart from an occasional twinge, the pain has completely disappeared. I can now walk again without the dreadful pain. I am eighty-five and have great reason to be grateful for the Bowen Technique.

-Ron, age 85

BACK PAIN

For many years, I suffered from low back pain. The problem started in high school when I improperly lifted some heavy weights. Since then, my third lumbar would pop out of place, and I would have it corrected by chiropractic every six months or so. Three hours after my first Bowen treatment, while driving home, my lumbar moved back into place on its own! It has been more than a year since then, and I've had no more back problems.

-Roy, age 22

NECK INJURY

I suffered a neck injury at work which resulted in a very sharp pain in my left shoulder blade. A few months later, my neck locked. After this, my back got very tight and I struggled to move around. I found my first Bowen session very relaxing. It wasn't until I was on my way home that I realized I was moving freely again. The pain in my neck and shoulders had vanished! I'm now able to enjoy my life again.

-Bob, age 46

STRESS

I had felt stressed out for years - too much work, mental and physical, and too little relaxation and sleep. I found it hard to relax and unwind. Within five minutes of Bowen, I felt my body relax more than it had in years. I also found that my body was much less tense in everyday situations. In fact, I had the positive feeling that my body "wanted" to relax at every possible opportunity.

-Paula, age 32

SHOULDER PAIN

I had a long history of chronic tension in my shoulders with severe weekly migraines and chronic insomnia. I was very skeptical because everything else I had tried provided only temporary relief. After my first session I was sleeping better and the tension was gone from my shoulders. I also experienced a week without a migraine attack. After the second session I was pain free! It's a miracle!

-Sylvia, age 52

TENNIS ELBOW

Seven years ago I did a lot of work with my left arm, and since then it has been very sore. In fact, the end of the bone at my elbow became sore to the touch. After four Bowen sessions, the feeling in the bone came back to normal. I am truly grateful to have the use of my arm back to normal. I can now go back to work and I no longer have to worry about future disability or loss of a job.

-Phil, age 46

BACK PAIN

I have had a bad back for as long as I can remember. Back pain was something I just lived with. Over the past fifteen years, no one could offer me more than just temporary relief. After three Bowen sessions the pain was gone! No pain putting on socks and shoes. No pain bending down to pick up a tennis ball. I have complete and pain free mobility. The Bowen Technique

saved my life and reintroduced me to a pain free existence.

-Joe, age 34

SHIN SPLINTS

I had suffered from shin splints for about twelve years. Physical therapy proved painful for me and did not give me any relief. Within a few days after my first Bowen treatment I was almost completely pain free! After two sessions, I had no recurrence of the problem.

-Josh, age 21

FIBROMYALGIA

After my first Bowen treatment, I felt extremely tired for about three days. Then I started to steadily improve. I had less pain, no falling down, almost no vertigo and I was walking and sleeping better. Unbelievable!

-Grace, age 39

STRESS / PANIC ATTACKS

I suffered from stress-related problems, including agoraphobia, panic attacks and pain from stiffness in my neck and shoulders. I was amazed at the immediate effect of relaxation and easing of tension right after my first Bowen session. I decided to have three further treatments, which have helped me tremendously.

-Gail, age 40

CALF PAIN / BACK PAIN

Since my accident nine years ago, I suffered with severe back pain, and my right calf has been in spasm. I often experienced pain down the whole right side of my body. After my first Bowen treatment, I had far less tension in my right calf. After the second treatment I could not believe the difference in my back: almost 100 percent pain free! The pains in my knee and hip were also much lessened, and in general I felt much better. After the third treatment, the back pain I had had for nine years was now completely gone!

-Mary, age 62

FOOT PAIN

For four months I had been limping due to a painful foot. My doctor referred me to an orthopedic specialist who told me that I might need surgery. I decided to try Bowen Therapy. After only one treatment, the pain disappeared and I cancelled my surgery.

-Marion, age 43

FROZEN SHOULDER

I was diagnosed with frozen shoulder and had to take painkillers to relieve the constant pain. Washing my hair, getting dressed and driving all caused a lot of pain. I couldn't lift my arms higher than my shoulders. A friend convinced me to try the Bowen Technique after it helped her bad back. At the end of my first Bowen treatment the pain in my shoulder was gone and I could wave my arms

around for the first time in years!

-Nancy, age 31

EAR INFECTIONS

I have been practicing the Bowen Technique on my grandson who suffers from autism. My grandson was suffering from re-current ear infections since he was 10 months old, I used the Bowen Technique on my grandson when he was 2 years old. After just one treatment his ear infection cleared and he has not suffered from them since. He is now 7.

-Sue, age 47

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History

Tom Bowen

The Bowen Technique was developed in Australia in the 1950's by Tom Bowen, a gifted healer. Although he himself was untrained, he claimed his fingers could sense vibrations in the muscles, nerves and soft tissues. The tension in the muscles helped him find the right places to manipulate.



Tom Bowen

Tom was a quiet and gentle man who spoke of his skill with great humility. He called it a "gift from God" and opened a clinic in the town of Geelong, in Victoria, Australia in the 1950's. where he treated thousands of people each year.

In 1973, in an interview with an Australian parliamentary committee looking into complementary medicine, Bowen stated that he treated approximately 280 patients per week - a total of 13,000 patients per year! He claimed an 88% success rate.



Once a month he ran a free clinic devoted to children with disabilities and on Saturday nights he opened his clinic to injured football players.

The sign on the wall of his clinic read:

***"I expect to pass through this world but once,
any good thing therefore that I do,
or any kindness that I can show to any fellow-
creature,
let me do it now.
Let me not defer or neglect it,
for I shall not pass this way again."***

Bowtech

The Bowen Technique was introduced to the world thanks to the efforts of Oswald and Elaine Rentsch who documented Tom Bowen's work and established the Bowen Therapy Academy of Australia in the late 1980's. www.bowtech.com

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Bowenwork

Gentle Touch, Impressive Results

by Sandra Gustafson, R.N.

Bowenwork is a gentle, soft-tissue relaxation technique. It is an unusual form of bodywork, in that the moves are performed in specific locations on the body, followed by pauses of several minutes between sets of moves, to allow the body to integrate the effects of the work.

“I love being a Bowenwork practitioner because Bowenwork respects and inspires the body’s intelligence,” explained Robin Sandberg of Oakland, California. “The way that we support and utilize the body’s own brilliance and capacity to heal makes a huge leap toward fast and permanent recovery.”

Light-pressure stimulation to muscles, tendons and fascia, as well as gentle rolling actions over the tissues, initiate nerve reflex signals, triggering responses not only at the site of the moves but throughout the whole body. More specifically, Bowenwork resets dysfunctional tissue-tension patterns by stimulating proprioceptors, such as spindle cells, golgi-tendon bodies and ruffini mechanoreceptors, embedded in muscles, tendons, fascia and joints, resulting in changes in the stretch-length of muscle fibers and joint realignment, via spinal reflexes and the central nervous system.

Some Bowenwork moves are performed on either side of the spine, directly affecting autonomic nervous system ganglia and resetting fight-flight stress patterns. The client progressively becomes relaxed within a short period of time during a session. Clients also usually report feeling a deep and profound sense of relaxation, and often fall asleep during a session.

Development of the technique

Bowenwork was developed by the late Tom Bowen of Australia, from the 1950s until 1982, when he

passed away. He had a unique method of helping people recover from musculoskeletal discomforts and injuries, and a variety of health conditions were often resolved with his unusual approach.

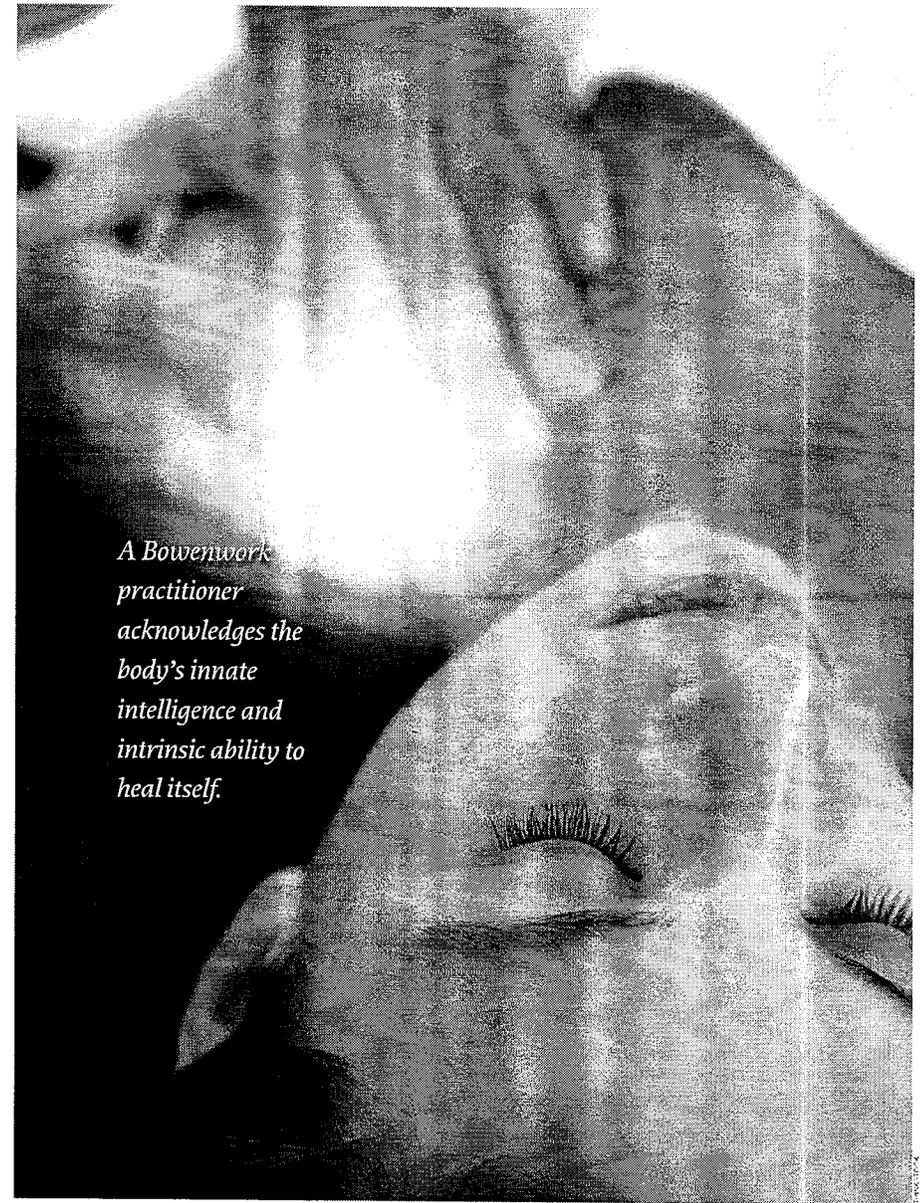
His informal bodywork training was largely inspired during his 20s and 30s when he observed and worked with sports therapists and trainers in the greater Melbourne area. This led him to explore and develop his own technique, which, after his death, became known as Bowen Therapy, Bowtech or Bowenwork, and is now practiced in many countries around the world.

Bowen was renowned for his ability to help people with health problems that had often not resolved with conventional medical, chiropractic, osteopathic or other treatments. He was an altruistic person, and would often work with babies, children, people with disabilities and local community sports and service people, free of charge.

Today’s practitioner

A Bowenwork practitioner acknowledges the body’s innate intelligence and intrinsic ability to heal itself. The concept of minimal touch is central to Bowenwork, and clients are often surprised to receive only a few sets of moves, along with several pauses for the work to integrate, and experience noticeable benefits.

In creating a state of relaxation, the Bowenwork practitioner facilitates a deep internal process within



A Bowenwork practitioner acknowledges the body’s innate intelligence and intrinsic ability to heal itself.

Bowenwork practitioners are trained to develop a high level of tissue-tension sensitivity and tune into nonverbal body language.

the client's body. Heart and breathing rates have been observed to slow down, and intestinal peristalsis is often audible. Bowenwork initiates a process within the body to return to its optimal point of homeostasis, encouraging the resetting of abnormal tension patterns and postural imbalances, restoring optimal organ function, detoxifying and eliminating waste products, and improving lymph drainage, oxygenation and blood circulation to tissues.

These actions do not necessarily all occur during a session, and responses can occur rapidly or over a number of days after the session, as the body is able to, depending on the severity and chronicity of the problem.

A touch of energy

Compared with techniques like reiki or Therapeutic Touch, Bowenwork is not specifically energy work;

however, Bowenwork practitioners are very aware of the body's energy field, and the interaction between the client and practitioner can yield subtle sensations and vibrations throughout the client's body that may feel like energy shifts.

Bowenwork practitioners are trained to develop a high level of tissue-tension sensitivity and tune into nonverbal body language that can inform them of their client's state of energy and responses to the work.

The Bowenwork practitioner has the client's optimal wellness at heart, but is not intentionally inducing energy effects during a session.

Hands on, hands off

Bowenwork is different to massage in the way the work is applied. Massage is generally a hands-on technique with the massage therapist almost constantly

in touch with the client's body for the duration of the session, whereas Bowenwork is a combination of minimal, light moves over the tissues, interspersed with hands-off periods, to allow the client to relax and respond. The Bowenwork practitioner usually leaves the room or steps away from the client during these periods.

Massage therapy involves the therapist intentionally seeking tension and trigger points within muscles and then applying various massage methods and stretches in order to release them. A Bowenwork practitioner applies light, rolling moves over specific areas on the body, not necessarily at the point of pain or tension, and then allows the body to release tension patterns in varying areas, within its own time.

Bowenwork is usually performed as a stand-alone procedure, not incorporated with other bodywork techniques. This is to keep the subtle work clear from other influences and enable both the client and practitioner to determine the client's progress.

Bowenwork is usually performed over loose clothing, without the use of lotions or oils. This often appeals to clients who may be shy about exposing their bodies, or do not wish to have oils or lotions applied.

Many clients cannot lie comfortably on massage tables, and Bowenwork can be performed with clients seated in a chair, wheelchair or seated-massage chair.

Benefits of Bowenwork

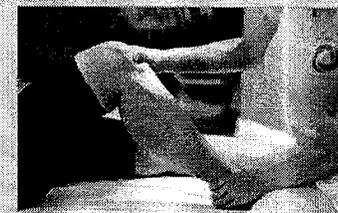
Aside from creating effective relaxation and reducing clients' stress levels, Bowenwork has the capacity to address a wide range of health issues. Bowenwork practitioners have a saying: "Everybody is better with Bowenwork!" It may be used for acute or chronic musculoskeletal aches and pains, and decreased joint range of motion. It is particularly effective in helping people recover from frozen shoulder, neck and lower back pain, sciatica, sports injuries and surgery.

"I am a retired physician who had to leave a very busy family practice due to arthritis and spinal stenosis, requiring spinal fusion," said Karen Brungardt, D.O. "I really missed helping people get better and feel healthier.

"Some years after retirement, I was introduced to Bowenwork," she continued. "I was feeling so much better from the four sessions I had received—which relieved me from my chronic pain about 90 percent—that I could be involved in a lot of activities in my retirement community."

About two years later, Brungardt had a second spinal fusion and a month later, a knee scope. The scope left a ball of fluid in her knee joint. "I decided to return for more Bowenwork, and again, the chronic pain was

Bowenwork resets dysfunctional tissue-tension patterns by stimulating proprioceptors.



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The technique is well-suited for clients with chronic pain or fibromyalgia, fragile and elderly people, and babies and children.

hugely reduced and the fluid in my knee went away completely," she recalled.

Since Bowenwork directly affects the nervous system, many internal health conditions, such as headaches, breathing and digestive problems, menstrual irregularities and circulation problems, can be helped. It is well-suited for clients who cannot tolerate deep-tissue bodywork, such as those with chronic pain, fibromyalgia, fragile or elderly people, babies and children.

Bowenwork is a wonderful complement for expectant mothers in minimizing some of the discomforts of pregnancy, promoting optimal fetal positioning and preparing the mother for birth. For newborns, Bowenwork can help with relieving colic, constipation, breastfeeding and settling babies into healthy sleeping patterns.

Bowenwork as self-care

For many practitioners, Bowenwork's appeal is the degree of ease by which it is performed and the minimal strain to the practitioner's body, with much less exertion than deep-tissue bodywork.

Bowenwork practitioners can enjoy a long-term bodywork career without placing undue stress on their bodies, or burning out after a few years. Since Bowenwork is performed by applying sets of moves with delay intervals in between, Bowenwork practitioners can comfortably schedule two to three clients at a time in different treatment rooms and see many more clients in a day than one could with massage therapy.

In 1991, I developed elbow tendonitis from doing deep-tissue massage. After successful treatments with Bowenwork, the problem resolved and I have been a busy Bowenwork practitioner for 21 years, without any further occupational injuries.

Training

Bowenwork is taught by instructors from the Bowenwork Academy USA, which offers classes throughout the U.S. The courses comprise 12 modules, each of them two days, or 16 hours, long.

Some recommended books on Bowenwork include *The*

Little Bowen Book, by Louise Tremblay; *Understanding the Bowen Technique* and *Bowen Technique: The Inside Story*, both by John Wilks.

More information about training, and all of the books noted above, are available at www.bowenworkacademyUSA.com.

Venues

Many massage therapists, occupational therapists, physical therapists, personal trainers, chiropractors, doctors, nurses and other health care practitioners have found numerous ways to introduce Bowenwork into their practices. Sports and personal trainers use Bowenwork to optimize their clients' athletic performance, and in the event that they become injured, use the technique to accelerate healing and recovery to resume their activities.

Many clients who have required frequent chiropractic adjustments find they maintain postural alignments for longer periods of time by incorporating Bowenwork sessions into their self-care. Nurses have found ways to use Bowenwork within many clinical settings where they can offer light, gentle touch to patients, in bed or seated, to encourage relaxation and pain relief. Hospice-care nurses have reported the benefits of Bowenwork in supporting terminally ill patients feel more comfortable, as well as providing respite for caregivers, too.

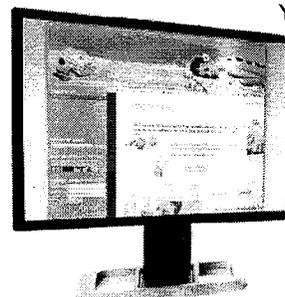
"Bowenwork has a low impact on my body and my clients, with tremendous results," said massage therapist Michael Schreiber, L.M.T., of Springdale, Arkansas. "It is exciting detective work, and rewards with positive physical and emotional changes and joy returned to the client."

Sandra Gustafson is a California-licensed registered nurse, holistic health consultant, Bowenwork practitioner and Bowenwork instructor. She works in an integrative medical practice, seeing clients with many different health issues and, in particular, chronic degenerative conditions like chronic pain and fibromyalgia. ☺

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Bowenwork for Pain: A Winner, Hands Down

CHERYL KASDORF, ND

A 17-year-old female had "spasms up and down [her] back every 30 seconds, which were painful and exhausting." After a visit to the ER and a spinal tap to check for meningitis, they gave her pain meds and muscle relaxers and sent her home. Nothing changed.

The next day, during the first Bowenwork move of our session, everything relaxed. She felt "pops, as it seems that bones moved into place." After the session she was "relaxed but sore for the next day." The spasms did not come back.

What just happened? Are the results repeatable?

Bowenwork is an example of the best of naturopathic medicine. And yes, I see results like this time after time, as witnessed in my practice.

Bowenwork acknowledges the *vis medicatrix naturae*, the Healing Power of Nature, using gentle rolling moves over muscles, tendons and fascia to facilitate and augment this inherent self-healing process. Sometimes called the "homeopathy of bodywork," Bowenwork is unusual in that the moves are performed in specific locations on the body, followed by pauses of several minutes between sets of moves to allow the

came up with to help continue the releases once the patient leaves the office.

Unraveling the Mystery Through Physiology

Let's look at a few physiological laws for a deeper understanding of how the body responds to Bowenwork...

Arndt-Schultz Law: Weak stimuli activate physiological processes, while very strong stimuli inhibit physiological responses.

Bowenwork uses gentle, slow moves, which are perceived by the body as a weak

stimulus, activating healing. We are "flying under the radar" of the body so as not to provoke a defensive response. In contrast, deeper work such as trigger point and deep tissue massage can give off strong impulses that can turn off other processes in the body. This explains why the slow gentle Bowenwork technique is so effective.

Hilton's Law: A nerve trunk that supplies a joint also supplies the muscles of the joint and the skin over the attachments of those muscles.

Bowenwork moves work superficially on the body, with a small amount of

pressure. By stimulating the superficial structures, all of the structures supplied by that nerve trunk are affected, releasing deeper tissues such as muscles and joints.

In an injury, it may be difficult to determine if the pain is coming from the skin, muscle or joint. Pain from any tissue may in turn affect the other tissues. And treatment by stimulation of any and all tissues affects all other tissues. That is why moves with light pressure over the skin, or a gentle slow move stretching a muscle can affect the joint.

Reciprocal inhibition: When one set of muscles is in chronic contraction, the antagonists will be inhibited (weakened) and lengthened.

The classic Bowenwork move will very gently stretch the muscle sideways and then very gently let it go. This stimulates proprioceptors, such as spindle cells and Golgi tendon bodies, resulting in changes

body to integrate the effects of the work. In addition to reduction of pain, increased mobility and a general sense of well-being, it is common for patients to sleep more soundly and then have increased energy levels.

A specific set of Bowenwork moves are done on both sides of the spine, directly affecting autonomic nervous system ganglia to reset the stress patterns and turn off the fight-or-flight response. When this happens, muscle tension decreases, nerve hypersensitivity is reduced, and the feedback loops that control acute pain in the body are interrupted. At the same time, the parasympathetic system is reciprocally restored, increasing blood and lymph flow, feeding starved tissue and reducing inflammation.

While there is often immediate reduction of pain and spasm, results are just as likely to unfold over a longer period of a few days to a week. Bowenwork can relieve and restore within 3 to 4 sessions, with an ordinary treatment protocol often involving between 3 to 8 sessions. There is also a specific set of exercises that Tom Bowen

JR; 78-year-old female

CC: Constant left jaw pain, which affects her speech. Drooling; teeth not aligned during chewing.

Previous: Dentist found nothing wrong; acupuncture and osteopathic manipulation produced no results.

1st treatment: No improvement in jaw; neck loosened up.

2nd treatment: Jaw felt better, though still drooling; improvement did not last.

3rd treatment: Gradual improvement over 3 weeks, then one morning woke up with pain gone; teeth were meeting, bite was aligned, speech was easier; drooling score dropped from 7/10 to 2/10; could bite into carrots again.

Follow-up: Over 1 year later, has not needed to come back for this issue.

MG; 55-year-old male

CC: Right-sided sciatica, which radiates down back of leg and wraps to front of leg; cramps in upper thigh; burning sensation above the knee.

Background: Works as a ferrier, hunched over, uses predominantly one side of his body; is often injured by horses.

2nd treatment: Virtually pain-free; took a few days to settle in. Shoeing 4 draft horses caused the sciatica to return.

3rd treatment: Pain was better. By a few days later the pain was significantly better; could walk straightened up.

Follow-up: Returned sporadically after injuries. One treatment used the TMJ move, which produced more profound immediate results. After that treatment, he remembered that he was hit hard on the left cheek. In subsequent visits the injuries were not as severe.

in the resting length of muscle fibers by way of spinal reflexes and the central nervous system. So it doesn't just relax the muscle; it will reset the tension in not only in the muscle we are releasing but will also cause an excitation response in its opposing muscle. Tight muscles are loosened and opposing loose muscles are tightened up. It is a true re-balancing of muscle tension.

All or None Law: If a stimulus is any strength above threshold, the nerve or muscle fiber will either give a complete response or no response at all. Therefore, the strength by which a nerve or muscle fiber responds to a stimulus is not dependent on the strength of the stimulus.

Less is best. By using only enough stimulation with a Bowenwork move to take the nerve or muscle fiber to just above its threshold, the response is initiated and that

PM; 67-year-old female

CC: Right ankle has minimal ROM; cannot walk barefoot; history of crush injury; 14 surgeries to correct; floating bone fragments; whole right side feels pulled off balance. Uses a cane to stabilize walking. Ankle pain causes tension in shoulders and neck.

1st treatment: Wider ROM, decreased pain when moving the ankle. Walking was more balanced. Directly after the treatment she could not put on her glasses because that blurred her vision. Since then, she has had episodes where she had to take off her glasses to see.

is all that is necessary. This means there is no need to continue to work an area, eliminating additional irritation and inflammation.

Law of Conservation of Energy: Energy is constant; it is neither created nor destroyed but only transformed from one form or another.

When a traumatic event such as a fall occurs, the energy of the force of the fall is absorbed by the body. This energy must be released from the body or transformed for healing to occur. After a set of Bowenwork moves, the patient is left to process at least 2 minutes before any other work is done. During this time, energy can dissipate freely or be transformed.

What's Behind the Name?

These techniques developed by Tom Bowen are now becoming one of the most powerful healing modalities in the world. Ossie and Elaine Rentsch were fortunate to have studied with Tom Bowen and were responsible for creating a format in which to teach it. They founded the Bowen Academy of Australia (BTAA) in 1987. The name Bowtech brings

JR; 63-year-old female

CC: Arthritic thumb joints, index and ring fingers. History of working as a deep tissue massage therapist. Has upper back tension from a fall injury.

1st treatment: Notable that after doing a move on the occipital ridge, she reported a sensation radiating to her thumbs.

2nd treatment: Thumb had greater ROM; pain was decreased.

3rd treatment: Reported that the majority of the time her wrists and thumbs do not hurt at all.

together the 2 words, (Bow)ten, after Tom Bowen the originator, and (Tech)nique. Recently the name Bowenwork has been trademarked by the BTAA to distinguish the original Bowen technique from other forms of bodywork that mimic Mr Bowen's work, such as Neural Touch and Neurostructural Integration Technique. Bowenwork has spread rapidly and is now being taught and practiced in over 40 countries. More information is available on the websites, www.bowtech.com and www.bowenworkacademyusa.com.

Bowenwork for the Naturopathic Physician

Bowenwork is ideal for the naturopathic physician, as it can be done in small increments during an office visit or as a whole dedicated session. It produces long-lasting results and can be done on multiple people at a time, making it efficient. As the work is done through light clothing, requires no messy supplies, and is easy on the practitioner's body, it can easily be integrated into a practice. Introductory 4-hour classes are available, so

DM; 69-year-old female

CC: Peripheral artery disease, which has gradually worsened over the past year. Burning pain in feet and ankles; numbness in a sock pattern; feet cold all the time; burning pain wakes her up at night; ankles swell during a 2-hour car ride; muscle cramps in bed at night. For years has lived with sciatica, with pain shooting to the knee.

Previous: Has tried diabetic creams, essential oils, reflexology, Electro-Stim, all of which produced no lasting effect.

3rd treatment: Sciatica was less intense, then resolved. After the "cold feet" procedure, felt warmth down her leg into the feet

4th treatment: Muscle cramps no longer awakened her at night. Feet were warmer; no burning up the leg; numbness was restricted to the feet.

8th treatment: Burning pain no longer awakened her at night. Burning pain was absent more of the time; numbness was even less.

12th treatment: Some days experienced no burning at all. Continued to feel warmth spread down her legs following treatment.

18th treatment: Had more feeling in her feet. Felt tingly; numbness was 50% gone; would feel numbness when walking barefoot.

At 5 months: Legs no longer swelled on long airplane trips. Feet had episodes of feeling on fire, but this would pass within an hour.

you can see whether learning Bowenwork is something you want to pursue. ▾



Cheryl Kasdorf, ND maintains a private practice in Cottonwood, AZ since 1999. She learned Bowenwork while a student at SCNM, and it now constitutes about half of her practice. She delights in its effectiveness, as it complements homeopathy and naturopathy. As a Bowenwork Associate Instructor, she has taught the basic 4-hour introductory class to her patients, other clinicians, and members of the community. Visit her website at www.drcherylkasdorf.com and contact her at drcheryl@drcherylkasdorf.com.

STRAIGHT TALK FOR MEN

By Greg Kennedy

Where are the tough guys? That independent lot who believe that if they tough it out their body will take care of itself; those blokes who would rather tinker for two hours with the drain than call the plumber. These are the exact guys who should appreciate Bowenwork® because it starts a process that puts them in the driver's seat. Your body is the authority on what it needs and has an amazing untapped ability to repair itself. Bowenwork tells it the emergency is over, rolls out its original blueprint, gives you a kick in the pants and says "do what you need to do to make it right."

The real work takes place during the next 5-10 days after a session, when every system of your body joins in to make repairs. You are doing the work, not somebody else pushing or pulling or pouring drugs into your system because they think it's what you need. Your body has the biggest pharmaceutical warehouse in the world in-house. It can and will make structural changes, soften and loosen scar tissue, reduce pain and unwind the compensations it set in place when it was adapting to injuries. Your body can work on an injury compensation pattern or it can work on a healing pattern. It's time to stop acting like it was hurt and start acting like it's healing.

From a computer perspective, Bowen runs a system check and then reboots those programs that are chemically or structurally or nervously running bad code. The actual session involves giving the body some discrete information through groups of moves over tendons, nerves and muscles and then waiting a couple of minutes before adding more. (Don't start beating on the keyboard while a program is loading. Also don't try to give it too much information or the system will lock up and nothing will happen.) New patterns then run 24/7 for 5-10 days making changes, unless interrupted.

Things that can slow down or stop the healing process are other bodywork sessions (including additional Bowenwork too soon), hot water and ice (messes with the normal temperature range that the body must be able to function in), magnets (not any computer's friend). Sometimes when the pain disappears and motion returns people overdo it before they regain a level of fitness, and consequently re-injure themselves:

Some may think that they have a job or do something that will always irritate a condition. "Just another six years until I retire and then my back (or whatever) won't hurt." It's really about setting up patterns that the body uses to heal. Example: Bowenwork will reset the effects of mild traumatic brain injury (concussion), oftentimes within hours. It also sets the stage for recovery from the next injury with a new pattern of quick repair. Remember how quickly you bounced back from stuff when you were a kid? This isn't like teaching an old dog new tricks; it's more like your body remembering. Imagine your body suddenly remembering the way it's supposed to work. That's what Bowen does.

Your gluteus maximus (butt) and hamstrings are like the shock absorbers in your truck; if you replace them with 2x4s, your back is going to take a real beating every time you take a step. Every Bowenwork session includes a basic set-up procedure that relaxes those muscles. The pelvis is like your alignment; if it's off, your tires are going to wear badly (knee and foot problems). The kidney procedure is like changing your oil filter. With any luck your body is even smarter than your truck.

Pain-relieving, muscle-relaxing and anti-inflammatory drugs are defensive drugs that let us continue to ask muscles to do things that our bodies are telling us not to do. They mask or defend us from unpleasant body reactions to injury. Am I the only guy who has ever put electrical tape over a trouble light on the dash? The result is that we often get the same pain back with a vengeance. You tell me if that game plan has been working. It's time to get on the offensive (healing) side of the ball and put your

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body to work doing something constructive like running some new plays around the same old defense. Bowenwork pulls the playbook out of your back pocket and hands it to you.

Think your problem is too bad (e.g., bulging or herniated discs) and you don't want somebody poking around and making it worse? First of all Bowen drops you into a relaxation state and is so gentle that a lot of people fall asleep during a session. Secondly, now is exactly when you need your body aligned and healing at its fastest to reabsorb that disc material and ward off surgery.

Go to a doctor and get some pills. Go to a surgeon and he is going to cut. Go to a Bowen practitioner and he will kick start your healing response. It's what we do.

What are the odds of this actually working? About 80%. You in or not?