

Client Recommendations

Bowenwork is a specific series of muscle and connective tissue moves designed to release restrictions and initiate the healing process. Bowenwork addresses every system in the body: nervous, musculoskeletal, fascial, lymphatic, circulatory and internal organ systems. The gentle moves send powerful neurological impulses to the brain. The brain processes the information and realigns the body. Respecting this feedback loop is essential for allowing the body to restore its natural balances. For this reason, clients are asked to avoid other modalities for a short time, because they may stop the process the body has started. You may notice changes taking place throughout your body over the next week. In order to achieve the best results from Bowenwork therapy, please follow the recommendations below.

Lay the healing foundation. Initially, plan on committing to **three** sessions scheduled 5-10 days apart, **(a week is ideal)**. While some results may be seen after just one session, a second session helps your body continue the healing process it begins in the first session and reinforces new patterns that begin to take place. Chronic, long-term conditions sometimes take a number of sessions to see lasting improvement.

Please avoid other types of bodywork therapies while you are receiving the initial foundational Bowenwork sessions. Your body will continue to process and integrate the information it receives for up to 10 days following a session. Any new input (massage, chiropractic, acupuncture, energy work, magnets, etc.) may interrupt that communication.

-If other therapies/treatments are unavoidable, especially if doctor prescribed, it is recommended to allow **5 days** to lapse between therapies. Please discuss this with your Bowenwork practitioner to customize a plan that fits your needs.

On the day of your session:

- Avoid using ice or heat packs.
- Prevent injury/re-injury by avoiding yoga and tai chi the day of your session, and strenuous exercise the day of and day after.
- Wear loose, lightweight clothing. A sleeveless top, tank, or camisole and elastic waist athletic or pajama shorts are ideal. Avoid slippery and restrictive fabrics.
- If you are worked on for low back issues, do not sit for more than 30 minutes at a time.

During the following week:

- Drink plenty of water.
- Eat a nutritious, well balanced diet.
- Get a good night's rest.
- Take a walk every day to help your body integrate the changes it is trying to make.

Follow-up

- Return in about 7 days for a follow up session to help stabilize the new patterns initiated by the first visit.
- Your practitioner will work with you on an individual basis to discuss additional sessions, if more are needed. You may choose to schedule regular maintenance sessions following resolution or management of your condition.