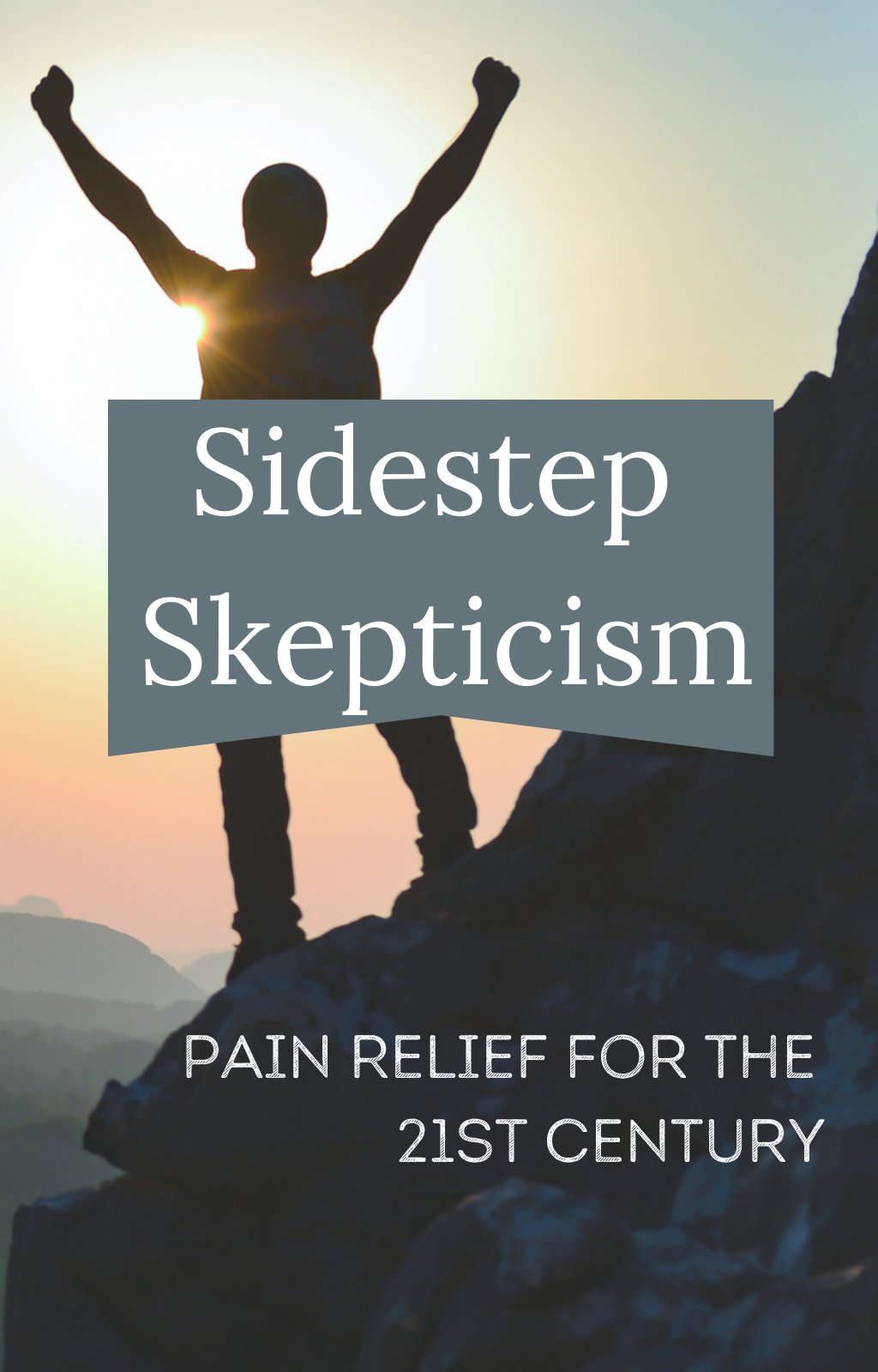


A silhouette of a person standing on a rocky peak with their arms raised in a 'V' shape, signifying triumph or achievement. The background is a bright sunset or sunrise with a warm orange and yellow glow. The person's head is positioned near the sun, creating a lens flare effect.

Sidestep Skepticism

PAIN RELIEF FOR THE
21ST CENTURY

**"I was sceptical,
but wanted to
keep an open
mind," says
Bear.**

Adventurer Bear Grylls' battle with back pain and high cholesterol

by MOIRA PETTY
Last updated at 10:18 24 April 2007

To the outside world, the adventurer Bear Grylls epitomises supreme fitness. The man who catapults himself into alien, life-threatening environments, surviving on his wits alone, practically bursts with good health - or so it seems to the viewer watching him on television from the comfort of the sofa.

Yet despite appearances, Bear has been plagued with back pain for over ten years - for which he only recently found an effective treatment.

More worryingly, he also suffers from high levels of cholesterol, caused by a genetic disease which killed his father and grandfather - and which poses as much of a danger to him as his Boys' Own exploits.



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INTRODUCTION

We get it, chronic pain can be a real pain in the you-know-what, and finding a solution that's both effective and non-invasive can feel like a wild goose chase., Endless time spent chasing answers, and the only thing you loose is your cash,

But fear not!! Enter Bowen therapy, a healing technique that has won the hearts of celebrities and researchers alike.

In this ebook, we'll unravel the mysteries of Bowen therapy, bask in the glow of its famous followers.

While skepticism is natural, considering the experiences of others who have found relief and positive outcomes through Bowen therapy may hopefully allow others to try this gentle and non-invasive approach to improving health and well-being.

The overuse of pain medication is becoming a growing problem, however many are put off of natural and alternative options, due to hearsay or 'lack of evidence', Well like any story, there is always two sides.....



TALKING BOWEN

Bowen therapy is often misunderstood as a massage. Still, it's important to clarify that Bowen is not a massage, and boy, would I be disappointed if I went for a Bowen session expecting one.

During a Bowen session, there's no need to disrobe or worry about being covered in oils. You remain fully clothed, lying comfortably on a treatment table, while a skilled Bowen therapist performs subtle, rolling movements on targeted areas of your body.

It's a therapy that respects your privacy and maintains your dignity throughout the session. With Bowen therapy, you can experience the benefits of a healing treatment without the typical spa rituals and extra jazz hands. It's like a rejuvenating spa day minus the oil slick and awkward disrobing.

And yeah, dogs can benefit from Bowen, too; that's why there's a picture underneath.



THE PERKS OF BOWEN THERAPY

Here are the perks of choosing Bowen therapy:

- ▶ **Safe for All Ages**
From fresh-faced infants to wise old owls, Bowen therapy is suitable for everyone. So, whether you're a baby battling colic or a seasoned senior looking for relief, Bowen therapy has got you covered—literally.
- ▶ **Non-invasive**
Unlike aggressive treatments that feel like a wrestling match with a medical professional, Bowen therapy is as gentle as a kitten's purr. No wrestling moves required, folks!
- ▶ **Holistic Healing**
Bowen therapy believes in treating your entire body, not just the screaming body parts. It's like giving your body a pep talk to get back in the game.
- ▶ **Minimal Side Effects:**
Medications can come with a laundry list of warnings and disclaimers, Bowen therapy's side effects include increased relaxation and well-being. Think of it as getting a massage and a warm hug from your body's own personal cheerleader.



BREAK THE BARRIER OF SKEPTICISM



The Remarkable Health Benefits of Bowen Therapy

Despite scepticism, numerous individuals have reported significant positive effects on their health after receiving Bowen therapy. Here are four specific examples of the potential benefits that sceptics may find compelling:

STRESS REDUCTION AND RELAXATION

For those skeptical about the ability of Bowen therapy to promote relaxation and reduce stress, the gentle movements applied during a session can induce a deep state of relaxation. By activating the body's relaxation response, Bowen therapy helps calm the nervous system, release tension, and promote a sense of inner calm and well-being.

ALLEVIATION OF CHRONIC PAIN

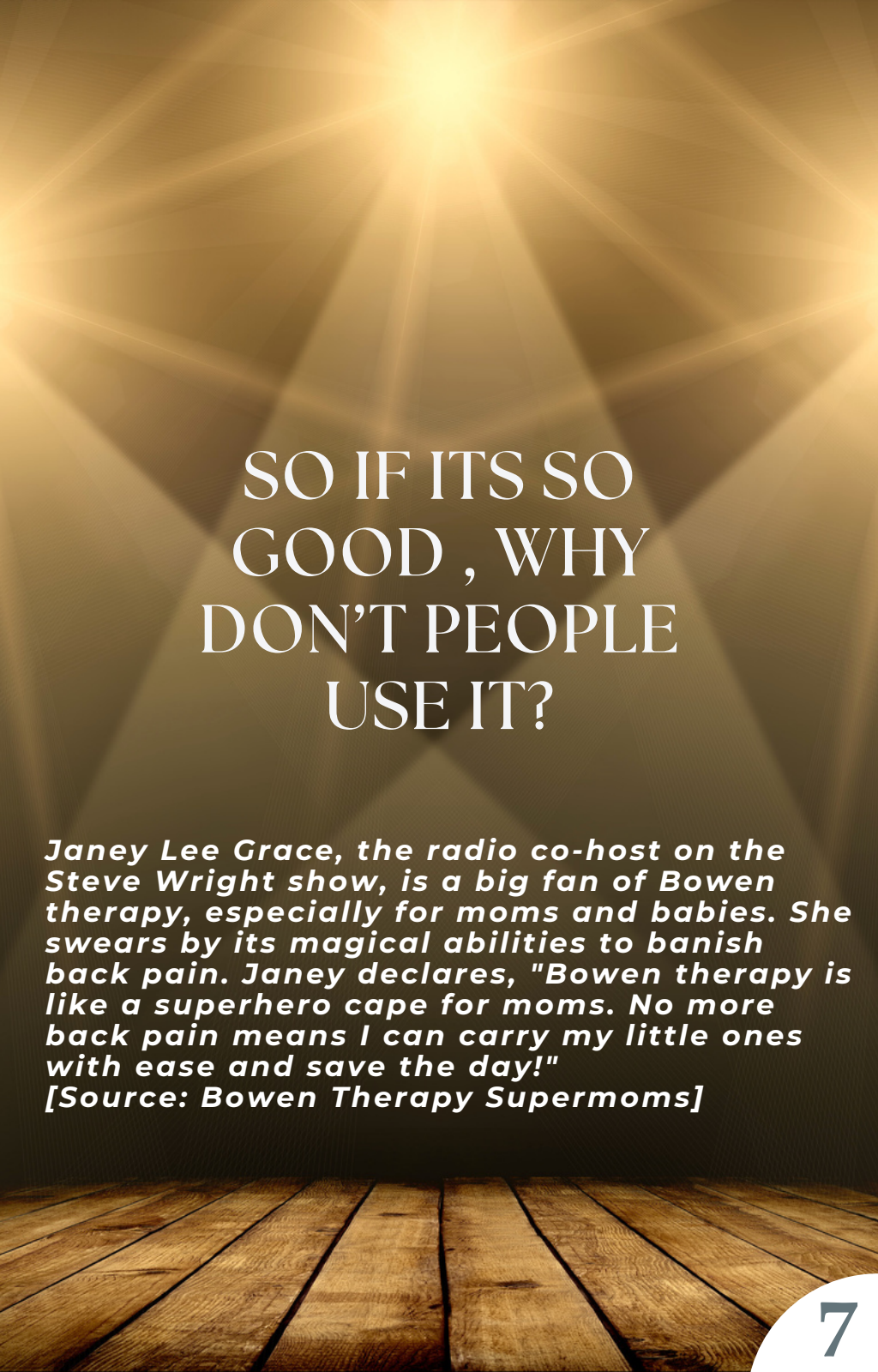
Skeptics seeking relief from chronic pain may be surprised by Bowen therapy's ability to address various pain conditions. Many individuals have experienced reduced pain levels and improved mobility after receiving Bowen sessions. By targeting specific areas of discomfort, Bowen therapy aims to promote natural healing and provide lasting pain relief.

Skeptics who struggle with sleep issues may find relief through Bowen therapy. Clients have reported improved sleep quality, reduced sleep disturbances, and a greater ability to fall asleep and stay asleep after receiving Bowen sessions. By promoting relaxation and reducing physical tension, Bowen therapy can contribute to more restful and rejuvenating sleep.

ENHANCED SLEEP QUALITY

Skeptics may be intrigued by the potential mental benefits of Bowen therapy. Clients have reported experiencing enhanced mental clarity, improved concentration, and increased focus following sessions. By addressing physical tension and promoting better blood flow, Bowen therapy may contribute to improved cognitive function and mental well-being.

IMPROVED MENTAL CLARITY AND FOCUS



SO IF ITS SO GOOD , WHY DON'T PEOPLE USE IT?

Janey Lee Grace, the radio co-host on the Steve Wright show, is a big fan of Bowen therapy, especially for moms and babies. She swears by its magical abilities to banish back pain. Janey declares, "Bowen therapy is like a superhero cape for moms. No more back pain means I can carry my little ones with ease and save the day!"

[Source: Bowen Therapy Supermoms]

JAMES ELLISON MOTO GP WORLD CHAMPION



James Ellison, the **World Champion** speed demon of **superbike** racing, discovered the wonders of Bowen therapy and now he can't stop raving about it. It's like he found the holy grail of pain relief. James admits he regrets not using the therapy earlier, "I have never felt so good and will continue to recommend it to anyone looking for pain relief or even just wanting to improve their quality of life. We need to spread the word, this technique really is life changing"

(BOWEN THERAPY
PROFESSIONAL ASSOCIATION))

HENRY WYNDHAM
SOTHEBY'S CHAIRMAN

Going, going, GONE

Sotheby's chairman Henry Wyndham suffered bad back pain for six months until he tried a therapy he calls "the best kept secret in the world"

Complementary Therapies c Performance? GB Tri ia Gill's Experience w Bowen Technique

*nique appealing to elite athletes? Anything that can help i
with injuries while keeping the athlete's flexibility can tran
like knocking off a few seconds from one's personal best.*

By Paola Bassanese

author of *Strictly Walk Slimmer* and *The Foraging Home Cook*, available at Amazon a

YOUR PARAGRAPH TEXT

31/01/2014 07:52am GMT | **Updated** April 2, 2014

ter, with the same number of hours and
ill when telling me about her experien
t during one of her maintenance Bow
f the Caroline Kremer Method, had o
ed that her breathing had improved
ctor to this improvement, she said, wa

**Victoria Gill – GB
triathlete**

“The quality of my
training is better,
with the same
number of hours and
level of training”



LEEDS RHINOS RUGBY CLUB



JAMIE PEACOCK

"I am approaching the later years of my career and Bowen has helped my body to recover quicker after games and intense training. It's great".

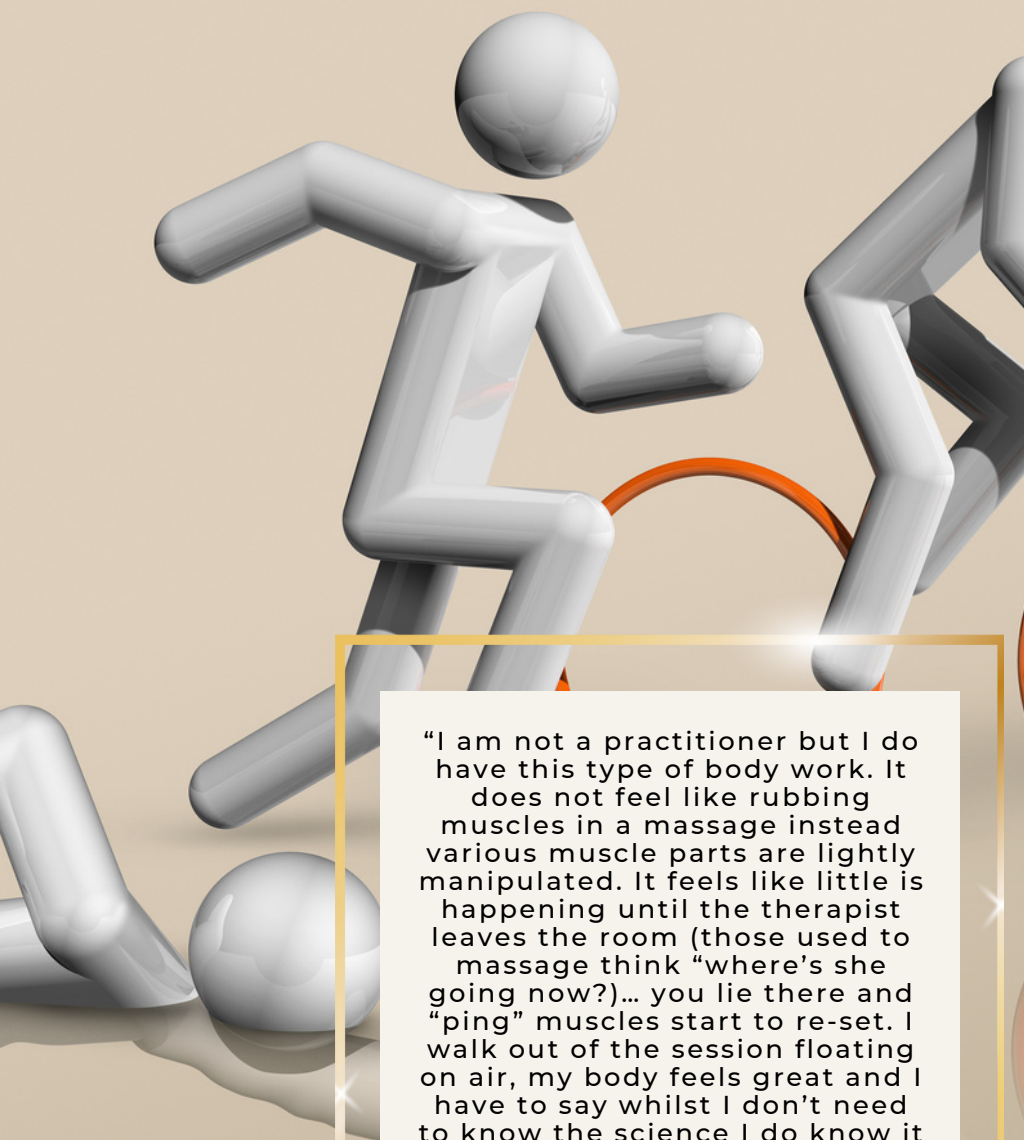
MATT DISKIN

"Although sceptical prior to receiving Bowen treatment the effects have been nothing but positive. Following competition it is extremely effective at relieving the tension and improving recovery in the neck and upper back areas".

LEE SMITH

"I have been receiving treatment for around a year and the benefits from it have been that I feel relaxed mentally also more supple and I have a greater range of movement".

JOE BEER TRIATHLON COACH

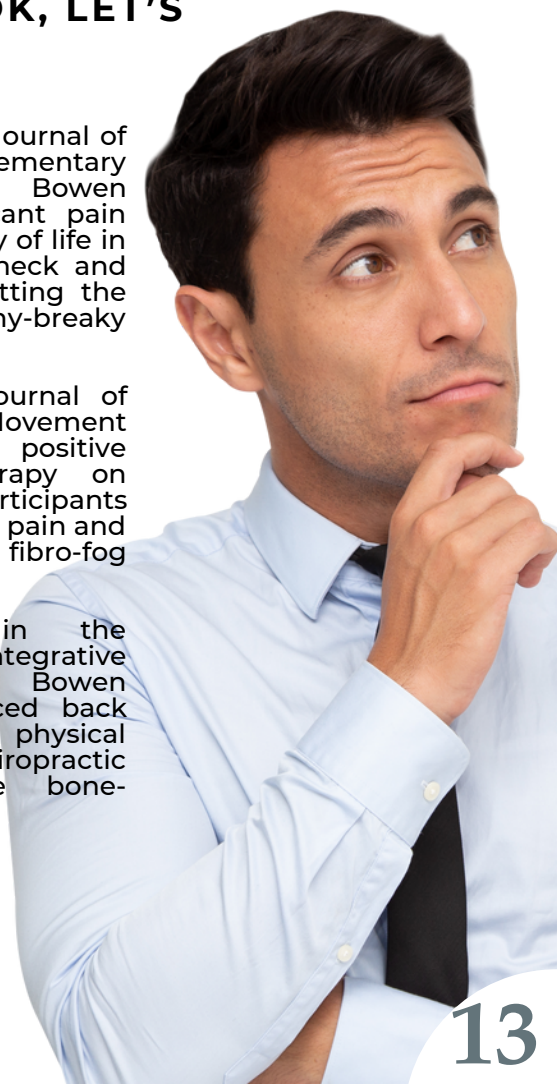


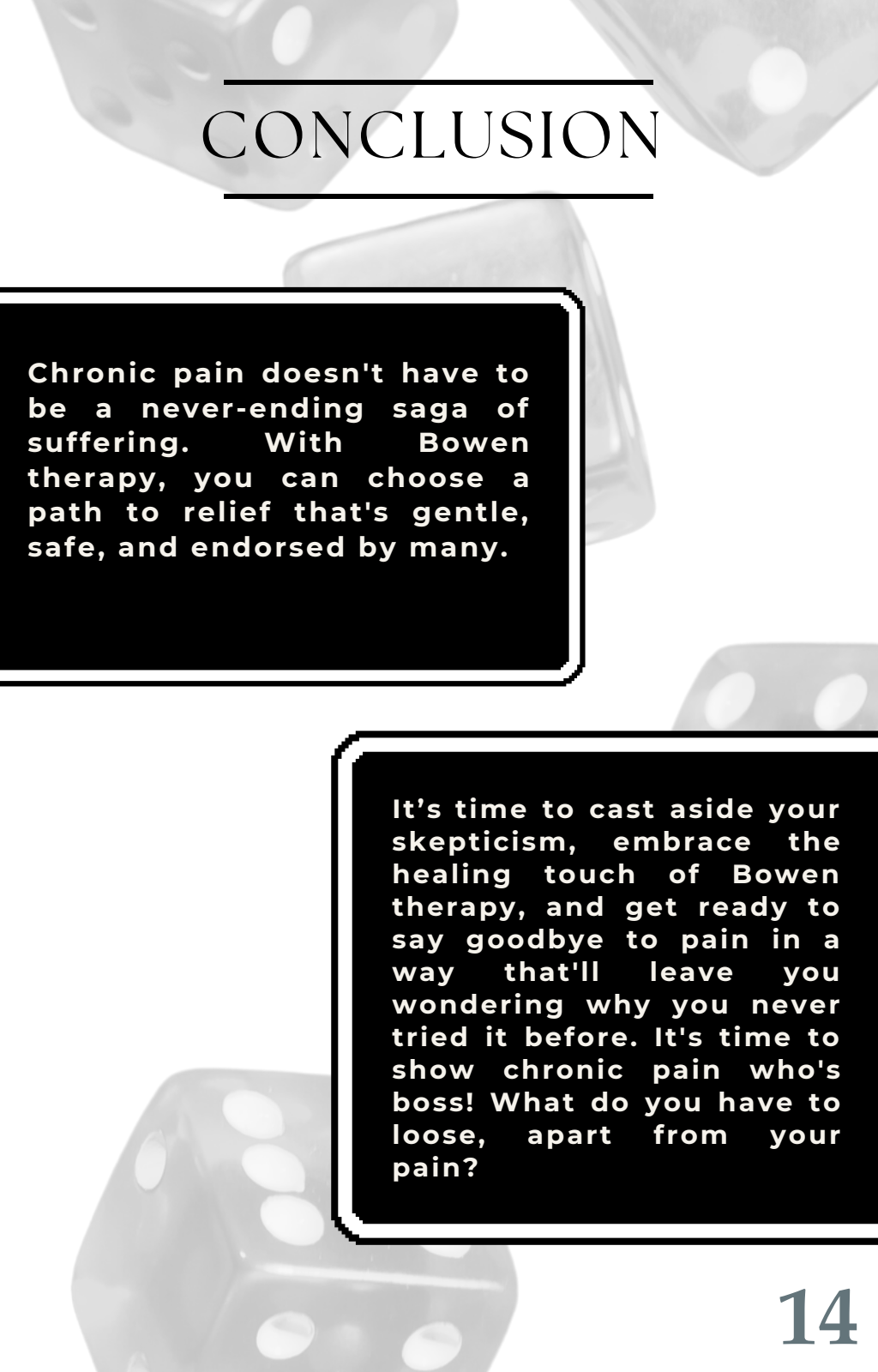
"I am not a practitioner but I do have this type of body work. It does not feel like rubbing muscles in a massage instead various muscle parts are lightly manipulated. It feels like little is happening until the therapist leaves the room (those used to massage think "where's she going now?")... you lie there and "ping" muscles start to re-set. I walk out of the session floating on air, my body feels great and I have to say whilst I don't need to know the science I do know it works for me and other athletes who have tried it."

RESEARCH THAT WILL KNOCK YOUR SOCKS OFF (BUT PLEASE KEEP THEM)

STILL THINK ITS ALL HOCUS POCUS? OK, LET'S TRY THIS...

- A study published in the Journal of Alternative and Complementary Medicine found that Bowen therapy provided significant pain relief and improved quality of life in individuals with chronic neck and shoulder pain. It's like hitting the reset button on your achy-breaky muscles.
- Another study in the Journal of Bodywork and Movement Therapies showed the positive effects of Bowen therapy on fibromyalgia, with participants experiencing reductions in pain and fatigue. Say goodbye to fibro-fog and hello to clear skies!
- Research published in the European Journal of Integrative Medicine revealed that Bowen therapy effectively reduced back pain and improved physical function. It's like a chiropractic adjustment minus the bone-cracking sound effects.



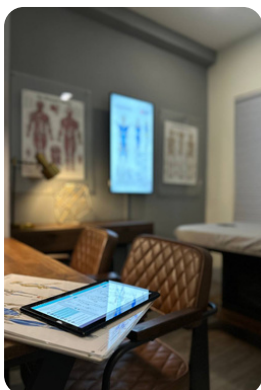


CONCLUSION

Chronic pain doesn't have to be a never-ending saga of suffering. With Bowen therapy, you can choose a path to relief that's gentle, safe, and endorsed by many.

It's time to cast aside your skepticism, embrace the healing touch of Bowen therapy, and get ready to say goodbye to pain in a way that'll leave you wondering why you never tried it before. It's time to show chronic pain who's boss! What do you have to lose, apart from your pain?

Learn More



Our team at My Bowen Therapy are dedicated to educating the world about Bowen therapy, fascia and Bio-Tensegrity. We are passionate that this information is shared with as many as possible. Too many are in pain, who may have been misdiagnosed, or an essential part of the puzzle has been overlooked.

Unlike dividing the body into different compartments, viewing the body as a whole is necessary when treating chronic body aches and pains.

Learn more by following our social media pages. Switch on notifications and join us As we share our experience and knowledge of the fascinating world of FASCIA.



Contact Us



+60 10 2544640



www.mybowentherapy.com



Info@mybowentherapy.com



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[@MyBowenTherapy1](https://twitter.com/MyBowenTherapy1)



[@mybowentherapy_painrelief](https://www.instagram.com/mybowentherapy_painrelief)

Learn More



MY BOWEN THERAPY

YOUR PATH TO HOLISTIC WELLNESS

At My Bowen Therapy, we believe in the power of holistic healing and well-being. We are nestled in the heart of Kuala Lumpur, Malaysia; our dedicated team of experienced therapists is committed to providing you with the highest quality Bowen Therapy services that nurture your body and mind.

Our Philosophy

Our journey began with a simple yet profound philosophy: to facilitate healing through the body's natural abilities. Bowen Therapy, a gentle and non-invasive form of bodywork, is at the core of our practice. We embrace its principles to restore balance, alleviate pain, and promote overall wellness. Our approach goes beyond just addressing symptoms – we aim to uncover the underlying causes of discomfort and guide your body towards its optimal state of health.

Experienced Practitioners

Our team of certified and skilled Bowen Therapists brings knowledge and experience to every session. Their genuine dedication to your well-being complements their expertise. We take the time to understand your unique needs, crafting personalized treatment plans that suit your goals and concerns.

Our Commitment

At My Bowen Therapy, we are committed to promoting holistic wellness not only through our treatments but also through education and empowerment. We are dedicated to helping you understand your body and its innate capacity for healing. Our mission is to guide you on a journey towards a healthier, more balanced life.

Join Us on the Path to Wellness

Embark on a journey of self-care and healing with My Bowen Therapy Sdn Bhd. Let us be your partner in achieving lasting through our treatments and an appointment or to learn more about our approach to holistic health. Don't worry if you live too far away; like and subscribe to our social media as we share our knowledge and experience.