

THE BOWEN TECHNIQUE- PART 3

More Bowen Healing Stories

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In a previous article published in the Herbal Collective, I explained how the Bowen Technique can restore the body's innate capacity for self-healing. Gentle rolling moves on muscles, tendons and ligaments affect the autonomic nervous system and signal to the body to start healing. Here are a few more healing stories from my practice.

Marie came to one of my seminar presentations many years ago in my birth town of Alma, Québec. She presented me her right wrist which exposed a large ganglion on the flexor surface. I had never worked on a ganglion before and was unsure as to how the technique would help clear it. I did the elbow and wrist procedure. When I saw her the following week the ganglion was completely gone.

Laura, a 12 year old girl, came in with a chief complaint of frequent headaches. I asked her since when she has had the headaches and she mentions that she has had them since a fall that cause her right arm to break. When Laura laid on her back on the table I observed that her legs were deviating to the right, which is an indication that the pelvis is misaligned. After the pelvic procedure, her legs were straight. The headaches vanished as well.

Marcel is a truck driver and he complains of tingling and numbness in his hands. After a few sessions of what I thought was the obvious, i.e. working on his upper back, neck, shoulders and arms, I was not very pleased with the progress. I usually expect at least 50% improvement after 2 or 3 sessions. I realized that as a truck driver he must have tight hamstrings. After I worked on his hamstrings, the tingling and numbness in his hands went away. I find more and more in my practice that working on the hamstring muscle is the key to a quick resolve of many conditions.

My last story will be my own. In early 2001, I was 5 months pregnant with my second daughter. One day, I picked up what I thought was a light garbage bag. I felt a burning sensation deep in my left gluteus area. The next day, after rising from picking up something from the floor, I started to have excruciating pain in my buttocks and could hardly walk, sit or even lie down. I had a very bad case of sciatica. I was terrified at the thought of being in labour with this additional pain! Since I had just moved to the island, I had not trained many students yet and most were out of town. I then did what a lot of my patients do. I went to massage therapy, chiropractic and physiotherapy which only helped me for a few hours. The pain came back the same after. Remember, I could not take pain killers because I was pregnant. I decided to call the closest therapist which lived on Quadra island. I was desperate and willing to pay her way to come see me. The night after her treatment, I felt a flush of heat in my body and then was able to sit a little better. A few days later I was teaching a review class at my house and I

had my students work on me. I gained a little more improvement, without any relapses.

The third and fourth sessions came at a seminar I was giving in Washington state. I was so miserable and could hardly stand. After the fourth session, I was 90% improved and never relapsed. I understand the power of the Bowen Technique having witnessed so many incredible reactions over the years. It is quite amazing when you can actually experience it on yourself. I also have been grateful to have suffered from sciatica as it made me sympathize more with the many patients who suffer from it.

If you are in pain, either acute or chronic, look into the Bowen Technique!

Dr. Lise Maltais is a Naturopathic Physician in practice since 1992. She has been teaching the technique for more than 15 years to hundreds of students. She has pioneered the technique across Canada and the United States. She will be teaching a beginner's class in Comox November 14-15, 2009. For more information or to book an appointment, call 350.339.4880. www.doveclinic.ca