

# What is Bowen Therapy

- A system of gentle touch therapy that initiates a series of responses throughout the nervous, musculoskeletal and fascial systems and the energetic pathways addressing the body as a whole.
- Improves circulation and lymphatic drainage and enhances the assimilation of nutrients and the elimination of toxins as an integrated response to the moves
- Stimulates the body's autonomic nervous system to rebalance. Once this occurs, the body can initiate a healing response. Bowen Therapy has shown to be incredibly effective for treating physical and emotional pain, while addressing structural, functional and psychological problems.
- Is gentle on the body, effective and appropriate for anyone to receive. People of all ages and conditions respond to Bowen Therapy according to what their bodies need, including infants to the elderly and elite athletes to people with chronic conditions.
- Acts like a messenger to the brain. Based on the principle of : "Structure governs function". When the structure of a body tissue is disturbed, its function will be disturbed. Bowen Therapy focuses on treating the body's structures, and thus, on restoring the body's functions.
- It influences the entire body, although the moves are performed on specific parts of the body. This is due to the balancing of the autonomic nervous system. Bowen Therapy moves you from sympathetic mode ("fight or flight") to parasympathetic mode ("rest and relax"), which is where healing occurs.
- extremely effective in helping with a variety of acute and chronic ailments, including back pain, sciatica, neck and shoulder pain, fibromyalgia and other conditions that often do not respond to more conventional approaches.

ENHANCE YOUR HEALTH, PERFORMANCE AND RECOVERY WITH BOWEN THERAPY

[www.leslielee.ca](http://www.leslielee.ca)  
[ofremarkablebeauty@gmail.com](mailto:ofremarkablebeauty@gmail.com)