

# The Bowen Technique

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## CARING FOR YOURSELF AFTER A BOWEN TREATMENT

- WATER:** Please ensure that you drink at least 5 glasses of still water each day.
- MOVING:** In the days immediately following a Bowen Technique treatment, try not to sit still for more than 30 minutes at a time. A little walk around the room to have a stretch is all that is required to keep things moving.
- RESPONSES:** Responses to Bowen treatment, which may be experienced, can include hot and cold flushes, headaches, emotional releases, thirst, tiredness and body aches and pains. These are all positive signs that the healing process is working. These responses usually clear after a few days.
- EXERCISE:** Continue with any comfortable and gentle exercise regime that you already have, unless otherwise advised.
- MEDICATION:** Do not alter any medication or diet that has been prescribed for you.
- HEAT/COLD:** Do not use ice packs or heat pads during a course of Bowen treatment.
- OTHER THERAPIES:** During the course of treatment with the Bowen Technique, do not receive another physical therapy such as reflexology, physiotherapy, osteopathy, chiropractic, massage, acupuncture, etc., within seven days before your Bowen Technique treatment or within seven days after you have finished Bowen Technique treatments. This is to ensure that the body is not overloaded with information or given differing therapeutic information to deal with at the same time.
- QUESTIONS:** If you have any questions or wish to discuss anything, please be sure to call me anytime. Leave a message if the answerphone is on and I will return your call shortly.
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**Bowen practitioner's name**

**Address**

**Town Postcode**

**Tel No.**

**Email address**