

# CONGRATULATIONS ON CHOOSING BOWEN THERAPY.

## NOW THAT YOU HAVE HAD YOUR FIRST TREATMENT, WHAT HAPPENS NEXT?

Bowen therapy generally helps most patients within three treatments. Depending on the severity of the problem, you may require more treatments.

## SO WHAT IS HAPPENING TO YOUR BODY AFTER YOUR TREATMENT?

The moves in a Bowen treatment penetrate to a deep cellular level, incorporating the body's unique ability to heal itself. With the release of tension and toxins the moves begin to accomplish a balance of energy almost immediately. Bowen starts a shift of energy and can typically take up to three days to rebalance the body. Since Bowen addresses the body as a whole unit rather than just the presenting symptoms, it embraces the physical, chemical, emotional and mental aspects of each person receiving Bowen.

Do not be alarmed if you have any side effects such as headaches, dizziness or tiredness, these are very common. Your body is adjusting.

*Please contact the centre immediately if you are concerned in any way.*

## AFTER YOUR TREATMENT

Bowen Therapy is referred to as a 'complementary' modality, which means it will **enhance** and **complement**, not interfere, with other medical attention. However, it is highly recommended that you do not have any other bodywork performed within 7 days of your treatment as it can destabilise the effectiveness of the continuing Bowen work.



It is **VERY IMPORTANT** you do the following:

### Drink plenty of water

Ensure you drink plenty of water after your treatment. This can help rid headaches and minor aches and pains.

### Walk

Ensure you walk around for a few minutes every half an hour, even if you walk around your chair a few times. This helps stimulate the energy movement within your body and can help stop tiredness or cramps of the muscles.

For any further queries or concerns please do not hesitate to contact Zania Ballentine at **Maheono Therapy Centre** on 01252 861351.

