

# ¿QUÉ ES LA TERAPIA BOWEN?

NACIDA EN AUSTRALIA, ESTA TÉCNICA PROMUEVE LA LUBRICACIÓN DE LOS TEJIDOS MUSCULARES PARA ELEVAR EL SISTEMA INMUNE. SÓLO LA APLICA UNA TERAPEUTA EN NUESTRO PAÍS. CONOCELA.

POR MAGALÍ ETCHEBARNE.

Created in Australia, this technique promotes the lubrication of muscular tissues to enhance the immune system. There is only one therapist that applies this therapy in our country. Meet her. ~ by Magalí Etchebarne.



The essential principle of Bowen Therapy is the certainty

that the body has its own healing capacity. When we are both in a physical and emotional state of balance and harmony, our body is in the best condition to fight against infections, repair damaged tissues, restore movements, and, has a better capacity to adapt to the environment and to the external influences. Surely this is not new and what we ask ourselves over and over again is how to achieve this state. What this therapy proposes is to activate this innate capacity through precise, gentle and non invasive touches that are applied to muscles, tendons and ligaments, which allows the body and structure to begin changing and readjusting. While it has much in common with osteopathy, in our country the Bowen technique has only one instructor and therapist, though gradually many masseurs are beginning to be interested and trained in this therapy.

## FROM THE OUTSIDE - IN

Through a sequence of soft movements to balance, on muscles and tendons, the nervous system is stimulated and sends "signals" to the brain that activate the self healing process. The therapy works precisely on the fascia. What is the fascia? These are the tissues that surround the muscles and that basically maintain us in upright position. It has been proven that when there is stress, tension and dysfunction in the body, the fasciae loses lubrication and this affects the muscular function and movement. But through these precise movements, muscles are hydrated and the circulation

of more fluids is stimulated in the areas that where previously dry. Oils, creams or other external material are not used (in Bowen) and it is more gentle compared to other manual therapies. As such, it is often recommended, for example, for rehabilitation for those who have suffered some form of accident or surgery, particularly, because it restores the natural strength and harmony required by muscles after situations of extreme physical stress.

## WHAT IS A SESSION LIKE?

As soon as you arrive, it is recommended to tell the therapist the type of ailments you have. She will ask you a series of questions about your most painful or more frequent pain and she will place focus on this as the basis of the session. \*It is performed on a traditional massage table and without clothes. \*The therapy begins on the back. After each sequence of movements, there are important pauses: 2-3 minute intervals that allow the body to integrate "the information" that is transmitted through the body that needs to adjust to it. In this way, the body has time to respond and to make the required changes. \*In the end, some tips are suggested, such as drinking sufficient water, walking 10-15 minutes per day and not to remain sitting for more than 30 minute periods during the first 12 hours after the session.

## WHAT CONDITIONS DOES IT TREAT?

- Back, neck problems and scoliosis. Hip, pelvic pain and imbalances.
- Digestive problems.
- Multiple Sclerosis
- Lymphatic and circulation problems.
- Respiratory problems such as asthma.



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## The forerunner in Argentina

The history about how Bowen Therapy arrived in our country has a name. Her name is Jenny Petridis (in the picture) and she is Australian who has been living in Argentina since two years ago. She came to visit the country and to study tango, but she liked our country so much that she decided to stay. In Australia, Jenny worked as a masseuse at a Women's Hospital for cancer, and the initial 'Introduction to Bowen Therapy' had been a part of her remedial massage training in Melbourne. "That course planted a seed for my future carrier, passion, happiness and continuous learning about health", explains Jenny, who is also an instructor of the technique and hopes that there will be many therapists and masseuses that study and use this technique. Probably for this reason you haven't heard about Bowen Therapy; the fact is that in our country only Jenny applies this therapy and she charges \$250 (argentine pesos) per session. Nevertheless, she recommends that all those who would like to have something close to this therapy, can do it through osteopathy, as the fundamental principles are the same. The creator, Tom Bowen, was an Australian masseur and osteopath that developed this simple but powerful and extremely effective technique, through its innovations in the field of osteopathy.

## What results did you obtain?



### CLAUDIA LIBERATO

42 years old. Consultant  
*"I had lots of back pain. I visited many doctors, chiropractors and physiotherapists, with no result. I had always chosen strong massages, but they didn't help me. Since I began Bowen therapy, I discovered that my pain reduced. The first year I had ten sessions, but now I can do two sessions a year and I find it's enough for me".*



### FRANCES HUANG

29 years old, Yoga professor  
*"Ever since I tried it, I loved it. The treatment is very gentle, delicate and ever since I had a session, I have much less pain. During the whole session I am very relaxed and this sensation lasts in my body and my head for many more days. I am less stressed, more calm; I feel this is an integrated healing form: body and mind are helped".*



### LIANA SIMMONS

28 years old, Consultant  
*"Currently my Bowen sessions are deeply effective, not only for the gentleness with which the body is treated, but because it completely eases the tensions and I feel like an "eco-healing" occurs for days following my session. Furthermore, I became conscious of my posture and began to understand and to listen to my body in a new way since I started Bowen".*