

Bowen Bodyworx

Welcome to our first newsletter

Since many of our clients approached us wondering if we can also help their friends or relatives' conditions, or ask our opinion about natural remedies and supplements, we decided on issuing a monthly e-newsletter covering those topics that seem to be of interest to many. Enjoy our first newsletter and feel free to give feedback, ask questions or suggest a topic you feel should be covered to bowenbodyworx@bigpond.com.

For many people spring is the most wonderful time of the year. Usually the cold and rainy season lies behind us, flowers start blooming, and we enjoy the warmer sunnier days. In the Queensland we are blessed with wonderful beaches, lovely mountains, hiking trails and an astonishingly high number of golf courses.

If back pain, knee pain or golfers/tennis elbow is holding you back from fully enjoying the activities you like, please make an appointment with us. Bowen Therapy can be extremely effective for a range of muscular-skeletal problems. In most cases only 3 -4 treatments are necessary to get the desired results and many of our clients have had these problems for several years, and in some cases decades.

This month we will be featuring articles about back pain and golfers/tennis elbow as well as some insight about Tissue Salts and other natural remedies.

If you know someone who could benefit from Bowen, please suggest they try Bowen Therapy in conjunction with the medical assistance they may already be undertaking.

Please feel free to pass this Newsletter on to all your friends that are interested in topics related to Natural Healing and Medicine. Good health, harmony and happiness to all of you.

BELINDA WHITE

BOWEN BODYWORX



The Original Bowen Technique

Bowen Therapy helps chronic and acute back pain and sciatic pain



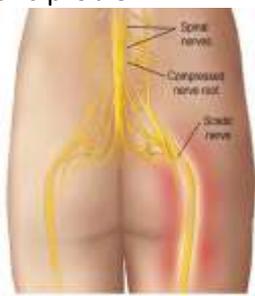
The majority of people between the ages of 35 and 60 experience back pain, and most of those episodes affect the lower back. It is the most common reason for people under 45 limiting their activities.

In most cases it can't be traced to a specific illness or pathology, but there are common risk factors. Jobs that require a lot of bending and lifting, like nurses, as well as jobs that require hours of standing or sitting without a break puts the person at a greater risk. Wear and tear on the spine, especially in older persons, may result in conditions like disc degeneration, resulting in back pain.

Whatever the reason might be, Bowen Therapy has a particularly strong record of success in the treatment of back pain. A British study (by The Bowen Therapy Professional Association) showed that 95 %of back pain sufferers experienced either complete relief or a marked improvement, after a series of no more than three Bowen treatments. Our personal experience supports that study.

Bowen prides itself on being able to trigger the body's own healing systems. Through specific moves Bowen 'asks' the body to recognise problems and make the changes it requires, for example realign and readjust the pelvic.

Closely related to back pain is sciatic pain, which is caused by the large sciatic nerve that begins in the lower back and runs through the buttock and down the leg all the way to the foot and can cause buttock pain and leg pain. The pain is usually caused by a compression or irritation of the sciatic nerve by a problem in the lower back. Bowen has a special Sciatic Procedure to address this problem.



For more information on Bowen Therapy and the treatment plans available go to my website www.bowenbodyworx.com.au or call me on 0400826266

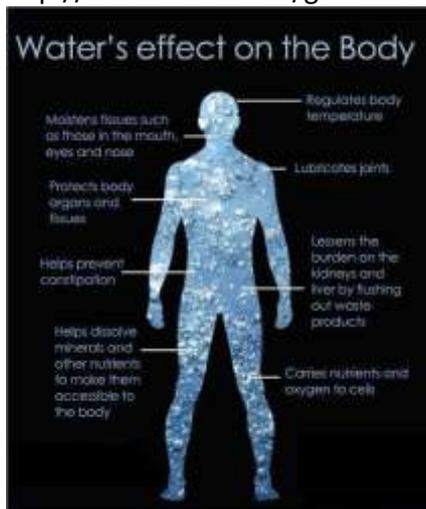
Did you know ...



... there are many Health Benefits in Lemons ?

- 1. Lemons are alkalizing for the body:** Lemons are acidic to begin with but they are alkaline-forming on body fluids helping to restore balance to the body's pH.
- 2. Lemons are rich in vitamin C** and flavonoids that work against infections like the flu and colds.
- 3. Your liver loves lemons:** "The lemon is a wonderful stimulant to the liver and is a dissolvent of uric acid and other poisons, liquefies the bile," says Jethro Kloss in his book *Back to Eden*. Fresh lemon juice added to a large glass of water in the morning is a great liver detoxifier.
- 4. Cleans your bowels:** Lemons increase peristalsis in the bowels, helping to create a bowel movement thus eliminating waste and helping with regularity. Add the juice of one lemon to warm water and drink first thing in the morning. Read more:

<http://www.care2.com/greenliving/16-health-benefits-of-lemons.html#ixzz2eNoZpYsP>



... water is absolutely vital to keep our body healthy ?

Water is needed by every living cell and almost every process that takes place within the body is dependent on water.

- Water is needed in order to break down and digest food, carry nutrients in the bloodstream to where they are needed and to eliminate any waste. Food cannot be digested without water.
- Water helps digested food pass through the body quicker, preventing constipation and any toxins and waste material from sitting inside the body for too long and accumulating to dangerous levels.
- Drinking water replenishes bodily fluids lost through sweating, especially when playing sports and through passing urine.
- Water aids circulation.

Read more: <http://www.helpwithcooking.com/nutrition-information/water-nutrition.html>

Golfers Elbow / Tennis Elbow

Elbow tendonitis encompasses two elbow conditions, Golfers Elbow and Tennis Elbow.

Golfers elbow refers to pain on the inside of the elbow, caused by inflammation of the tendons that attach to the inner part of the elbow.

Tennis elbow refers to pain on the outside of the elbow, caused by inflammation of the tendons that attach to the outside part of the elbow.

The elbow joint is surrounded by muscles that move your elbow, wrist and fingers. The tendons in your elbow join the bones and muscles together and control the muscles of your forearm.

WHAT CAUSES ELBOW TENDONITIS

Golfers and Tennis are both caused by overuse of the muscles and tendons of the forearm, leading to inflammation and pain around the elbow joint.

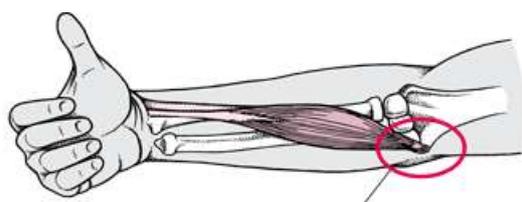
If the muscles and tendons are strained, tiny tears and inflammation can develop near the bony lump (the lateral epicondyle) on the outside or inside of your elbow.

As the name suggests, Golfers Elbow and Tennis Elbow is sometimes caused by playing golf or tennis. However, it is often caused by other activities that place repeated stress on the elbow joint.

The mechanism of this injury can vary from a single violent action to, more commonly, repetitive stress injury where an action is performed repeatedly and pain gradually develops.

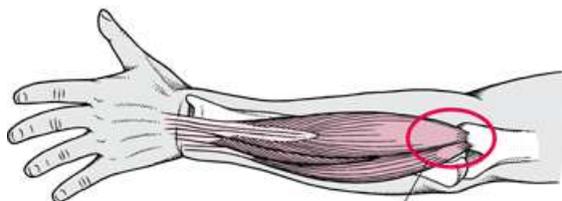
Due to its Holistic approach Bowen Therapy we will not just treat the painful area, but treat the elbow as well as the forearm and the wrist, which are all closely connected to the pain.

The results are remarkable and in most cases the pain has ceased or dramatically reduced after 3 treatments.



Golfer's Elbow

Area of pain on inside of forearm



Tennis Elbow

Area of pain on outside of forearm

Understanding Tissue Salts

Tissue salts are minerals, the same minerals that are found in the earth's rock and soil. These minerals should be present in our bodies in a perfect balance for complete health and well-being.

Those tissue salts are present in our food, but only when grown in mineral rich soils. Nowadays most soils are leached of those minerals and by taking Tissue Salts we can substitute the minerals our body seems to lack.

Tissue salts can be bought from every pharmacy and health shop and they come mostly in tablet form. They are perfectly safe, one cannot overdose, and they are suitable for children.

Here a brief overview of the 12 Basic Tissue Salts and their use. There are also combinations and additional Tissue Salts on the market. Your pharmacist will be able to advise you.

Calc Fluor (Calcium Fluoride) Elasticity, flexibility, toning, strength and resilience of muscular and connective tissue, bones, tooth-enamel and walls of blood vessels.

Calc Phos (Calcium Phosphate) Cell builder, excellent tonic, growth developer and supporter. It maintains body functions and aids recuperation. It is needed for blood, connective tissue, teeth and bones.

Calc Sulph (Calcium Sulphate) Nature's cleanser and blood purifier, dissolves discharge, drains tissues, heals and clears suppuration; an eliminator, it works particularly on the liver, blood and bile.

Ferrum Phos. (Ferrum Phosphoricum) The breath of life – oxygen transporter; anti-inflammatory; anti-haemorrhage; cooler of inflamed, over heated conditions. It helps the formation of red blood corpuscles and strengthens the blood vessels. A first Aid remedy.

Kali. Mur (Kalium Muriaticum) Children's Tissue salt – specifically for childhood diseases; liver function, decongestant, anti-inflammatory, resolves second stage of inflammation, glandular tonic, blood and lymph conditioner, a digestive. Essential for blood and nerve tissue.

Kali Phos (Kalium Phosphate) Nerve nutrient and natural tranquilliser, it lifts spirits and restores feelings of wellbeing; gives emotional balance; pain reliever, important for heart cells, brain tissue, and intracellular fluid.

Kali Sulph. (Kalium Sulphate) Cell Oxygenator (with Ferrum Phos) it transports oxygen, supports liver function, works particularly well for skin conditions like eczema and mucus membranes which it normalises, clears and conditions; getting rid of mucus.

Mag Phos. (Magnesium Phosphate) Antispasmodic, natural pain reliever for cramps, superb nerve and muscle relaxant and nutrient, it also treats spasms, tension, bladder stones and stress related pains and tensions.

Nat. Mur (Natrium Muriaticum) For emotions, anger, depression, irritability, this is also a water distributor for salt conditions, for runny nose, hay fever and all mucus membrane conditions.

Nat Phos (natrium Phosphoricum) Nature's Ant-acid and natural alkaline balancer, it treats digestive complaints, arthritic pains and stiffness. General mood lifter, system neutraliser and stress reliever.

Nat Sulph. (Natrium Sulphate) Nature's Diuretic and toxin cleanser, liver decongestant, regulator of body fluid in metabolism.

Silica. (Silicon Dioxide) Eliminates toxins from tissues, clears suppuration and expels foreign matter from body. Strengthens connective tissue, supports and sustains after excess stress and overwork, improves memory function and mineral assimilation – perfect tissue salt for not so young.

Cautions: Silica shouldn't be used for long periods by those with any type of implant.

Tissue salts are inexpensive, very easy to use, and easy for anyone to take. They're effective with children and people in all ages and stages of their lives. They are a wonderful choice for treating chronic and acute problems whenever they occur, and they are gentle in action

For more info and a complete list of salts and their uses: <http://schuessler-cell-salts.com/>



We hope you have found all the information in this newsletter both informative and useful and please don't hesitate to contact me should you require any further information or advice. Also your feedback is always welcome.

Happiness and Good Health to all

Belinda White

Bowen BodyworX

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