



Fascial Kinetics Newsletter

Practising Bowen Therapy

No 4: June 2010

In This Newsletter:

- Dehydration & Bowen Therapy
 - Practitioner Tips: the ICV move
 - And SOAP Charting
 - Refine your Technique
 - FK Website Practitioner Directory
 - Marketing Tip
- And -
- Did you know
 - Good websites
 - Good books
 - FK News Quote

Dehydration and Bowen Therapy

Dehydration is a major factor involved with fascial disturbance, and poor function of many systems in the body. The most obvious symptoms from dehydration are tiredness, lack of energy and headaches. The digestive system is not as effective if the body is dehydrated and constipation can be one of the outcomes. The cardiovascular system has to work harder, so dehydration could be a factor involved with high blood pressure. Brain function is impaired and overall response is considerably slower. The full effectiveness of every bioelectrical and biochemical message conveyed through the body is dependent upon there being adequate hydration levels in the tissue.

From a fascial perspective, poor hydration affects the supporting structures in the body, placing more stress on joints and muscles. Transit routes are compromised, with poor delivery of nutrients to the tissues and cells, and removal of the waste products.

Many factors can lead to dehydration in a client - it's not just about drinking too little or no water. Eating a highly processed diet, especially foods high in sugar, with minimal fresh fruit and vegetables, is a very common cause. Living and working in air conditioning and heating; exposure to excess sun and electromagnetic fields; frequent hot baths and showers; over exercising; smoking; alcohol; certain illnesses; as well as taking drugs and some medication are all contributing factors.

Treatment considerations:

The dehydrated client will not respond as well to a Bowen treatment, and their body is able to tolerate less moves overall. The "hit by a truck" response to a treatment is usually a result of too many moves given to a dehydrated client.

How can we tell if our client is dehydrated? The obvious signs are dry skin, eyes, nails and hair, and dark circles under the eyes. They are also likely to have tight tissue, but with more lines and wrinkles, sometimes redness in their complexion, and stale breath.

Overall, this client should be given less moves, but with longer waits. In cases of severe dehydration, even all the BRM's may overload their bodies. They should be encouraged to drink water before and after their treatment, as well as on the days following the treatment. Restricting hot showers, coffee and alcohol intake combined with including extra fruit and vegetables in their diet are simple and effective ways of improving overall hydration levels. The tissue salt Nat Phos can also help with the uptake of fluids in the tissues, and a wet compress will help hydrate a problem area.

Did you know

We start as 99% water as a fetus; 90% as a new born baby; approximately 70% as an adult. Masaru Emoto believes we are only 50% water when we are old and dying. What is your percentage right now?

Good websites for more information on dehydration:

 This website has some simple information about dehydration that you can use for clients
www.buzzle.com/articles/dehydration

 Again Dr. F. Batmanghelidj's website is excellent especially the FAQ
www.watercure.com

 In depth practitioner information
www.mayoclinic.com/health/dehydration/DS00561

Good books to explore:

 Deanne Juhan (2003) *Job's Body*

 James Oschmann, J (2000) *Energy Medicine*

Quote

"Research has shown that bone fractures were more likely to occur in areas of bone, and cartilage tears in joints which had been hydration compromised. Sports people who sustained repetitive soft tissue injuries were often found to be dehydrated. Substantial clinical evidence shows that sporting people who maintain correct hydration have less chance of serious injury and much faster recovery time from injury."
BT 1 Manual, Guidelines Section.

Practitioner Tips

⊙ **The ICV Move** while not a 'Bowen' move, is a key tool in our FK repertory, and can be indicated with a range symptoms that often appear to be linked to dehydration. While the client may present with headaches, constipation, lethargy, thirst and dark circles under their eyes, they will also have other 'one sided' symptoms such as neck pain, shoulder girdle pain, pain in one leg as well as pain in the lower right (for ICV) or lower left (for Huston valve) abdominal quadrant.

ICV or Huston valve problems can be linked to underlying emotional factors: if the valve is stuck closed, resentment and holding on to stuck issues can be the underlying problem; if the valve is fixed open, the client could be dealing with issues relating to feeling abandoned.

⊙ **SOAP Charting** is our formal and highly effective process for client assessment and record taking, allowing us to gather the key subjective and objective information about the client's presenting problem. It is one of the tools and skills that sets the Fascial Kinetics practitioner apart from other therapists. Remember though, the most effective way to complete the chart is by talking to your client and recording the answers yourself. This will allow you to build a good relationship, clarify their descriptions, discern the root of the problem and fine tune your treatment protocols. Giving the chart to the client to fill in themselves will miss all this vital information, and will not help as effectively to build a good relationship with your client. It is one of the ways we demonstrate our good listening skills and how much we care about listening to this client's story.

Don't forget to use your muscle meridian chart, especially when the client doesn't present with a definite cause or defined event related to their problem - there may be a link to a meridian disturbance, and/or the underlying emotional factors.

Refine your technique

How long is it since you have revised your practical skills? How long since you have reread the practical sections of your Manual? Often, over time, our technique becomes rusty and less precise. Are you sure that you are executing all the moves the right way and in the right place? Often a student comes back to a BT 2 or a BT 3 after being corrected by a friend who has been practising for a while - but were shown the wrong way to do a move! All Bowen instructors recommend that you attend a practical class to revise and fine tune your skills at least every two years. We all did, and found our success rate and outcomes improved significantly after each revision. If your client numbers are dropping, or your successes are reducing, then it's time to revise. [Contact your instructor](#) to find out when the next revision day is to be held in your area.

Are you listed on the Fascial Kinetics Website Practitioner Directory?

We are working towards a full Directory of all Fascial Kinetics trained practitioners, but we can't include your name here without your written (emailed) permission. We would love to see all our FK graduates listed here so that clients could find a well trained and highly competent Bowen practitioner wherever they are. To be eligible for a listing:

You must be a full graduate of Fascial Kinetics and hold a Certificate of Competency; you must have updated or revised your practical work within the last two years by attending a Fascial Kinetics practical workshop or revised practical work in a BT 2 or BT 3; and Australian practitioners must be a full member of the BTFA. Contact us at info@fascialkinetics.com with your up to date contact details and evidence of revision to have your name added to the listing.

MarketingTip

In a previous newsletter we suggested one way to market your self was to have a stand at local markets, fairs, or A&P shows. How can you maximize your exposure and outlay to ensure the best results?

- 😊 Have simple yet eye catching handouts which cover: who you are, how to contact you, what you do, what Bowen does, benefits of Bowen Therapy. Have some handouts on the outside of your stand for people too shy to talk to you, or reluctant to come closer.
- 😊 Make large clear signs that stand out and are easy to read from a distance - use simple colours, simple words.
- 😊 Ensure your stand isn't too cluttered - stand back and check how it looks to someone walking by.
- 😊 Speak to as many people as possible - and perhaps set up a laptop with a simple power point presentation telling people about yourself and about Bowen Therapy. Include photos if possible.
- 😊 Look like a person you would go to for treatments. Smile. 😊
- 😊 Charge for mini treatments to help cover your costs.
- 😊 Have a 'raffle' - ask people to leave their contact details and one name is drawn for a free treatment. This gives you an instant mailing list.