



Fascial Kinetics Newsletter

Practising Bowen Therapy

No 3: March 2010

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✚ Why we need good hydration with Bowen Therapy:

It is a well accepted guideline that clients need to drink adequate quantities of water after a Bowen treatment to ensure the effectiveness and long lasting results of the treatment. Why is this?

The Bowen move pulls apart glued tissue, and allows fluid to flow back into the surrounding area. Everywhere in the body, each cell is surrounded by the fluid filled extra cellular matrix, and the health and hydration of this matrix controls the transit routes in and out of these cells.

With the restoration of the hydration of the matrix, the wellness of the body is restored on many levels. As the fluid pathways are reopened, blood is able to circulate more freely, nerve impulses can be transmitted without impairment, and lymphatic function is improved.

As qi or energy flows through these fluid pathways, the vitality of the body is also strengthened. Research has found that the emotions flow through our extra cellular matrix, so releasing stuck tissue allows blocked emotions to be cleared. A window of opportunity is created for transformation of the physical, emotional and spiritual wellness of an individual.

Improved mechanical function is almost always achieved immediately. Remember that the body is held upright by its hydrostatic pressure. As the Bowen moves allow fluid to flow back into dehydrated tissue, mechanical function is restored. The increased fluid also acts as a lubricant, and inflammation can be reduced over the few days after the treatment.

If a client fails to drink water after their treatment, these changes cannot be effective. The need for water in each area that is treated with Bowen is increased, and the body will extract water from wherever it can if there is a shortage. Often clients experience headaches or constipation post treatment as water is taken from the tissue or the digestive tract. That is why we always ask clients to drink adequate water on the day of the treatment, and a few days following.

The key Bowen moves for encouraging good hydration:

The pumps - Lower back 1 & 2, upper back 1 & 2, and the knee pumps. All these moves are essential as they help regulate extra cellular fluid movement throughout the body.

** If a client breaks out into a sweat during the treatment you can repeat lower back 1 & 2 at any time to facilitate the movement of fluid.

The kidney move - is important to help the kidneys work effectively in their role of fluid management in the body. Dehydrated or glued kidneys do not function as effectively and efficiently.

Did you know

Research on thoracolumbar fascia by Robert Schleip shows that after fascia is stretched then rested, the fluid content increases to a higher level than before the stretch. The tissue also demonstrated an increased tensile strength.

Good websites to visit:

☞ Read the research of how bodywork increases hydration in fascia: www.fasciaresearch.de

☞ The importance of water for simple and complex healing: www.watercure.com

☞ The collagen water structure revealed – and lots more about water in the organism: www.i-sis.org.uk/SO_water.php

Good books - new & older:

📖 Buchman DD (2002) *The Complete Book of Water Healing*, Contemporary Books, McGraw Hill

📖 Batmanghelidj F (1995) *The Bodies Many Cries for Water* Fall's Church: Global Health Solutions

📖 Emoto M (2004) *The Hidden Messages in Water*, Beyond Words Publishing

Quote:

“Deane Juhan in his book *Job's Body* suggests that ‘all of the connective tissues - together with the fluids they contain - aid the weight bearing capabilities of the spine. It is the network of connective tissue - the pressurized water bags and the tension cables - and not the bones that bears most of the structural responsibility for stable, upright posture and graceful carriage.’ ” Quoted in Fascial Kinetics BT 1 Manual – Fascial Anatomy page 49.

The knee procedure - as over 60% of the body's fluid is held in the legs, this procedure is important to help move this fluid around the body.

Of course, each procedure rehydrates the area it addresses. For example, the breast moves help to rehydrate the breast tissue, and facilitate the removal of toxins through improved hydration and opening of fluid pathways.

Tip: if you perform too many moves on a dehydrated client, you have created a demand for more water than is available in their body. The reaction - they will feel they have been hit by a truck! Always check for the level of hydration or dehydration in your client when you plan your treatment, and decide how much is appropriate.

Read more on water and hydrotherapy in your Fascial Kinetics manual

Healing with water has always been an integral part of Fascial Kinetics, and Tom Bowen regularly used compresses in his clinic. The relationship between water and Bowen Therapy, and hydrotherapy is covered in many places in your FK Manuals:

☉ **Injury Management** - has a complete section on Hydrotherapy, and explains when and how to use the application of cold, hot or tepid. The sections also outlines the benefits and contraindications of each.

☉ **TCM & Bowen Therapy** - examines the impact of hot/cold/wet/dry on overall health, fascia and how that impacts on your treatment protocol.

☉ **Tissue Salts & Bowen Therapy** - demonstrates how to balance fluid imbalances with tissue salts, from excessive dryness, fluid retention and fluid imbalances within one body.

☉ **BT 1 Manual** - discusses hydrotherapy in many sections. Read the section on the importance of correct hydrotherapy in Guidelines; The Bowen Move; the Introduction to each procedure in your Practical section; and in the table on compresses in the Appendix.

☉ In **BT 1 Manual Fascial Anatomy**, there is a detailed explanation of how Bowen Therapy works on the fascia to help increase and maintain correct hydration in the tissues of the body.

☉ **BT 2 Manual** - the SOAP Charting section has a handy explanation of each of the compresses that can be copied to give clients.

☹ Don't have all these FK Manuals - it might be time to book in for one of the Post Graduate Workshops. See the [FK website](#) for details of these workshops.

BTFA Conference August 2010

Don't forget the BTFA conference: The BTANSW/ACT committee has organised a **Back to Basics Conference** at Bowral, NSW on August 14& 15 August. Bowral is set in the highlands south of Sydney. There will be great range of speakers, and our one and only Russell Sturgess will be giving the dinner presentation. For those of you who haven't met Russell, this will be a great chance to meet him and hear him speak. Any inquiries to Pat Piper: bowen.nsw@gmail.com.

Changes in the organization of Fascial Kinetics

We have made a few changes to the set up of the school. Lynne and Mark will be relocating permanently to New Zealand, and focusing on teaching in the South Island. Pat Piper will take over as the instructor in Brisbane, and will also take over as Principal in Australia. Mark and Lynne will continue to run the school in New Zealand. We feel that everyone will benefit from this change as Pat will be able to focus on Australia and meeting the needs of everyone there, and Mark and Lynne will be able to focus completely on NZ, and meeting the needs there. Regular meetings will ensure that both countries continue to operate on similar lines, and the same course and workshops will be taught in both places. Pat has a wealth of experience with Fascial Kinetics, and in the Bowen Therapy community, and we would like to thank her for her dedication to FK, and for being so happy to take over the role of Principal in Australia.

MarketingTips

Here are a few more simple marketing tips to consider. We will explore these in detail in the next newsletter.

★ Have a stand at local markets, fairs, or A& P shows. Have good signage, brochures and leaflets to give out, and give mini treatments.

★ Use signage creatively - on your clinic (complying with local government regulations), magnetic stickers on your car, a sandwich board just inside your gate, wear a 'uniform' with your clinic name and logo.

★ Word of mouth. Have an interesting but short explanation of what you do and tell everyone you meet. Have friends and family help you promote your services.

★ Tell staff in your local health food shop when you go in there to shop. (They won't promote you if you don't shop there however.) Place a colourful notice on their noticeboard.

★ Contact other businesses in your area or with a complementary focus to yours, and work out some cooperative marketing strategies.