

## **FASCIAL KINETICS - A BOWEN THERAPY**

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Fascial Kinetics, simply put, means the movement of fascia. This name was formulated when Russell Sturgess, the founder of the Fascial Kinetics Bowen School, wanted to reveal the nature of Bowen Therapy.

Russell researched this nature of Bowen Therapy in his very busy clinic, from working with leading researchers on bodywork, and from research articles on fascia. His fascination started when he noticed how profound an effect Bowen had on his clients and how the treatment created changes in the properties of the fluids in their bodies.

Fascia has been likened to a liquid crystal that envelops the body, or put another way we are literally pressurized bags of water.

How can this be you may ask, when we all thought that we are comprised of muscles, bones, cells, skin and a few organs? Well, we should be at least 70% water and when that is adequately pressurized, it literally holds us up. This is why fascia plays a very important role in our mobility and overall health.

Fascia, which you may imagine as our inner skin, covers the entire body from the top of our head to the tip of the toes much like a sheath. Then all the muscles, tendons and organs as well as nerves and all other tissues are surrounded by their own individual sheath. Now the really amazing part is that all of these different fascias are connected to all the other fascias.

So by contacting and moving the outside fascia, called the superficial fascia, you can have an effect on the inner fascias like those that cover the organs. Hence, fascia is part of a number of tissues called connective tissue. We know them as tendons and ligaments but there are more connective tissues in our bodies, including our fluids such as blood, lymph and mucus.

A number of 'hands on' therapies address the fascia in order to improve mobility and reduce pain. Examples are Myofascial Release, Craniosacral Therapy and of course Bowen Therapy. These therapies are relatively gentle because of the fascia's proximity to the skin. An important aspect of these therapies is rehydrating the fascia. Lymphatic Drainage is also relatively gentle as it promotes the reduction of fluid in the body. Bowen Therapy also stimulates this process when necessary.

The presence of protein sugars in with the fluids means that the fascia can be stimulated like a crystal and so assist in the process of returning the fascia to a more hydrated state. This can be likened to stirring a set jelly into a liquid state. Non hydrated fascia is like the set jelly or unstirred household paint and has very little flexibility. This gives the feeling of being stiff and less mobile. Remember this fascia surrounds the muscles and if it is shrunken from trauma or dehydration the muscles will be less able to stretch and move to their full potential.

We can wake this fascia up by applying the correct amount of pressure at the correct angle, called a vector, on the liquid crystal and this has a stimulating effect called the piezoelectric effect. This causes the stuck fibres within the fascia to come apart and thus allows the water to flow within, much like opening up a fishing or butterfly net. The spaces are opened and invite the fluids in. Once the fascia has been stretched, the nerves and small blood vessels which are housed within are able to operate much more efficiently. This then will improve a person's overall wellbeing, sometimes dramatically.

A Bowen Treatment assists the body to take the pressure off the joints and bones because it literally plumps up the surrounding tissues much like soaking dried fruit in water. With the pressure removed from the joints and bones, the pain levels in an injured back or joint can be reduced and allow for healing to take place. In the case of arthritis there can be pain reduction for the same reason and wellbeing restored.

F. Batmanghldj, M.D. in his book, *Your Body's Many Cries For Water* basically tells us that "You Are Not Sick, You Are Thirsty. Don't treat thirst with medications." The front cover also recommends the book "For those who prefer to adhere to the logic of nature of the natural and the simple in medicine." He cites a number of diseases, especially those that have been long term as being basically caused by dehydration, from headaches to low back pain and many more.

Remember that Bowen Therapy plays a very important role in rehydrating the body in conjunction with drinking sufficient water. Water is essential for many processes in the body, including messages being conducted along the nerve pathways.

Many modern day writers pay a great deal of respect to the fascias of the body. The Classical Texts from Chinese Medicine refer to fascia as the Triple Heater and hence a place of transformation. We are told by the writers of *The Endless Web (fascia)*, R.Louis Schultz and Rosemary Feitis that "The fascia is the emotional body...emotions travel through the fascial web".

In the *Fascial Kinetics* manual Russell Sturgess states "If, as suggested in *Fascial Kinetics*, Bowen Therapy addresses the fascias of the body, then this is a modality that challenges, transforms and heals one of the most dynamic forms in the human body. A greater understanding of the molecular properties of fascia will explain the rationale of why this series of what seems to be very simple and non-invasive moves are able to achieve such profound physical, emotional and spiritual changes in people's lives."

Bowen Therapy can be helpful for a range of conditions including headaches, back pain, injuries, arthritis, stress, respiratory problems, hormonal irregularities, carpal tunnel and RSI, digestive problems and relaxation which is so necessary in today's climate

Our Fascial Kinetics Therapists are well trained with a sound knowledge of the body, especially the fascias and how healing takes place on all levels.