

Fascial Kinetics Newsletter

Practising Bowen Therapy

No 2: December 2009

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The Importance of Breathing

When we can't breathe correctly, our overall health suffers. Without breath, we die. Even the meaning of the words inspiration comes from the latin word *spiritus*, the spirit.

The Lower Mediastinum, or Lower Respiratory, procedure is one of the most important procedures after the BRM's. Clients can't breathe correctly if their rib cage, diaphragm, intercostal muscles - and the fascia surrounding the lungs- are tight and restricted. This restriction can cause them to breathe incorrectly, using only the upper ribcage and upper portion of their lungs.

You may have observed that upper back and neck pain are often linked with restricted upper chest breathing. These muscles were not meant to be continually involved in breathing. They become very overworked, fatigued and tight.

Lower back tension and pain can be caused by restricted movement of diaphragm. Remember the lower thoracolumbar fascia extends from the back of the diaphragm down into the sacral region. Tension and restriction here prevents full movement of the lower back, causing tension and pain in this area.

Shallow upper chest and restricted breathing can cause a multitude of additional health problems such as: chest pain & tightness; headaches; numbness & tingling in hands; jaw problems; tinnitus; constipation; depression; low energy and poor concentration.

If the client presents with one of these health problems, how do you know if the lower mediastinum move is indicated? Observe their breathing while you are taking their details. If it is shallow and rapid, then they are likely to have a poor breathing pattern. If their shoulders are rounded and chest concave, it is likely that the pattern is a long term problem.



When you ask them to take a breath while you execute Lower Back moves 1 and 2, observe their ribcage. Often it will be locked in the mid region, and they are physically unable to take in a deep breath. This creates a cycle of shallow breathing which causes even more adhesions and restrictions in their chest.

When working on clients, work with their breath, executing the moves on their exhalation. Slow your moves to encourage the client to breathe slowly - the faster the speed of your move, the less they will relax and release tension. Also be aware of your own breathing pattern. It should be deep and slow as well as it is often possible to slow a client's breathing by matching

Did you know

The chest, neck & shoulder muscles were designed largely for use in breathing emergencies. Excessive breathing with these muscles leads to postural changes and muscle shortening. Excessive use of these muscles is also associated with lower back pain as well as neck & shoulder pain.

Good websites to visit:



-  The new Fascial Kinetics site: www.fascialkinetics.com
-  How is your breathing? www.breathing.com/tests

A 'must' DVD to watch:

- ⦿ "Food Matters" by Permacology Productions available from www.foodmatters.tv or www.destinationorganic.co.nz

"Anyone who is serious about their health needs to see this stunning film."
Dr Christiane Northrup

Good books:

-  Dr Jim Bartley & Tania Clifton-Smith (2006) *Breathing Matters* Random House NZ
-  King, P (2004) *Your Life Matters* Random House

Quote:

"Moves 1 and 2 of the lower mediastinum or respiratory procedure were designed to release any blockages around the nerve innervations to the tracheobronchial region. The fascial release is generally sufficient to initiate changes to the neural innervations helping to alleviate symptoms of asthma and other respiratory problems."

From Fascial Kinetics BT 4 Manual - Fascial Anatomy 2.

their pace with your own, then gradually slowing down your own breathing rate. The client will then slow their rate with you.

As moves 1 & 2 release compromised nerve pathways to the bronchioles, it is important to do the moves slowly and with awareness of their effect. Remember also if they have very tight abdominal region, the client can bend their knees while you do moves 3, 4 and 5 on the upper abdominal area.

There are other benefits of improved breathing patterns: it is one of most effective ways to create a good acid/alkaline balance; to promote good lymphatic drainage; and of course, to help manage asthma symptoms.

Homework to give your client who has poor breathing patterns:

First, ask them to develop an awareness of how they breathe, and when their breathing becomes restricted; next ensure they always breathe through their nose; and finally ask them to focus on practicing abdominal breathing regularly to develop correct breathing patterns. Some good times to develop awareness and practice are in bed before sleep, at traffic lights, while washing dishes, watching TV.

☞ The tissue salts to suggest would be Mag Phos and Kali Phos.

✚ Fascial Kinetics Philosophy

When you learn Bowen Therapy through our school, an integral part of the course is learning about, and developing your own healing philosophy. But what is the philosophy of the school of Fascial Kinetics? Our main focus is to serve our community - our community of students and the Bowen community, which then flows out to the whole general community. For the instructors, money is not our main motivation. It is not unusual for our instructors to teach courses with one or two students, even when they have travelled to another location to teach. Russell Sturgess, the founder of the school, began with this philosophy, and we have all continued it.

Some of our key philosophies are:

- ♥ All students are equally valued whether they plan to have a large full time clinic, to balance full time work with their Bowen practice, to treat family and friends without charging for their services - or just come to learn for the experience and the journey.
- ♥ Our commitment is to share our knowledge and understanding of Bowen with the Bowen community at large, to help empower Bowen practitioners to make a difference in the overall health of their community.
- ♥ To promote the health of Bowen practitioners in a holistic and balanced manner. Remember, to make Bowen fit your life - not your life fit Bowen.

✚ New on the Fascial Kinetics Website

The site is growing and developing every month. New since the last newsletter is the [Downloads section](#). Here you will find past copies of the Practitioner Newsletters, as well as an excellent article on "How Bowen Therapy works" by Australian Fascial Kinetics instructor, Pat Piper.

🔔 Remember that we are working towards a full Directory of all Fascial Kinetics graduated practitioners. If you have graduated from Fascial Kinetics and would like to be included on this website, please contact us at info@fascialkinetics.com. (Australian practitioners must be registered with their BTFA state association.)

✚ MarketingTip

Natural therapists don't tend to have a large marketing budget! Low cost promotional ideas are a key part of developing and expanding your business. With even a small promotional budget, there are very effective ways available for you to promote your business. The key to making the best use of your promotional budget is to target your promotions to your ideal and/or most profitable clients. That is, direct your marketing to individuals and small groups who are interested in natural health, as opposed to having generic promotions aimed at large groups of people who may not be at all interested in natural health, let alone Bowen Therapy.

Here are a few examples of low cost marketing to your target group. Future newsletters will explore these, and more examples, in detail.

- ★ Focus on existing customers. For example, ask your clients if they would like to receive newsletters.
- ★ Promote your special offers to existing clients only - contact your client database by newsletter, mail or email.
- ★ Network with community groups and associations who share your interest in natural health approaches.
- ★ Give your time free - give treatments to target market groups such as sporting groups, nursing mothers.