



WELLNESS RESTORATION ARTS

Assessment ♦ Release ♦ Healing

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Your Body is Better with Bowenwork!!!

Importance of Bowenwork Care

What started first in Australia is now available to you! Bowenwork Sessions are individualized to the specific needs of the patient and are designed to target the source of pain and dysfunction by stimulating the body to re-establish balance. Imagine the relief you will get from conditions such as sports injuries, headaches, digestive complaints, neck pain, back pain stress and tension. These are just some of the examples listed that have been helped by Bowenwork. Regardless of your health or age, everyone can benefit from a Bowenwork session. Bowenwork is appropriate for everyone from the highly trained athlete, newborn, pregnant mothers, elderly, and chronically ill. Results are lasting and profound.

What is unique to Bowenwork is that it embodies the concept that the body is self-healing and self-regulating. Bowenwork practitioners see the human body as a whole system rather than just parts put together. Bowenwork doesn't seek to just chase symptoms and pain, but rather to encourage the body to recognize where there is dysfunction that is causing pain. Once healthy function of the body has been restored, clients report many positive benefits including symptom relief, increased energy levels, better sleep patterns, improved digestion, and many more wonderful responses.

What is Bowenwork?

The Bowenwork Technique first started in Australia and was developed by the late Mr. Tom Bowen. Whether realizing it or not, he was starting something so unique and surprisingly effective. He was healing people with his care. When asked to describe his procedure he explained that there are stimulating moves that excite energetic or nervous system flow and sedating moves that slow muscle activity or bring reflection (effecting brain proprioception). In essence, this type of work is called neuromuscular patterning. What Tom Bowen attributes to his divine inspiration, is now becoming one of the most powerful healing modalities in the world. Bowenwork deals primarily with the nervous system on a structural and energetic level. This technique is a completely new concept in bodywork and is not derived from nor should it be compared to any other form of treatment. The technique is noninvasive and can be performed through the clothing on the patient. After a treatment, structural misalignments commonly right themselves, and no forceful movement is applied as is common in chiropractic care. Muscle tension and strains are relieved, but the muscles are not squeezed as in massage. Also internal psychological shifts are commonly reported, but it is not necessary as in mind body therapies. Nearly everyone reports a relaxed state, and deep sense of wellbeing and comfort.

A quick glance at the Bowenwork Technique

A Bowenwork Treatment consists of gentle rolling movements. Specific muscles or tendons are targeted by moving over them, creating a “pluck” like motion using fingers and thumbs. Skin slack is tractioned off the crest of the muscle, then challenged in the opposite direction. Finally the skin is dragged completely across the muscle with a small amount of pressure. This move briefly squashes and releases the muscle with belly. This entire movement is what activates a reflex within the muscle tissue that activated the nervous system to begin healing the body. A pattern of these movements with intermittent pauses in between each procedure creates a rhythmic and soothing flow allowing the body to fully relax and respond to the therapy. Most patients find themselves on the verge of sleep at least once during a session. Benefits are apparent usually within two sessions, even with chronic conditions. With only a few sequences done in one treatment, whole body systems are affected.

Autonomic Function

Perhaps the most important effect of Bowenwork Therapy is apparent recalibration of the autonomic nervous system. The Autonomic system controls all “autonomic” function in our body, including respiration, digestion, blood pressure, and cellular repair. The autonomic function is our “fight-or-flight” that kicks in when we’re stressed, causing, for example, an increase in heart rate, blood pressure and respiration. The parasympathetic is activated when we are relaxed and activates normal functioning of the body such as digestion, cell repair and normalized blood pressure. Bowenwork seems to activate the parasympathetic system to allow the body to restore balance to these functions.

Physical, emotional, mental, chemical trauma, accidents, and bad posture are all remembered by our body and can affect our systems over a lifetime. Structural imbalances that may be caused by these traumas affect the systems of the body which can become weak and dysfunctional. The main benefit of Bowenwork is the re-alignment of structure that beneficially affects musculo-skeletal and nervous functioning. Bowenwork stimulates the whole system of the body in a way that unlocks pathways and increases blood flow, making it possible for the body to assess and heal itself. Bowenwork restores the processes for self-healing.

Brain Mapping and Bowen

Research on brain mapping began in the 1940’s with the work of Dr. Wilder Penfield. Through brain surgery he produced the first brain maps detailing the different areas of the brain. We know that these brain maps are universal. Every centimeter of skin surface has an interacting nerve locus in the brain and there are networks of maps in the lobes of the brain. A person is born with a fully functioning holographic pattern of the body, which is a blueprint that directed the formation of the body as an embryo. As time passes, our sensory input, that directed the formation of the body as an embryo. As time passes, our sensory input, including injury or trauma is recorded over the blueprint, opening new pathways in the brain.

A case could be made that Bowenwork movements stimulate the brain through the nervous system and activate the brain’s original holographic blueprint. Waiting between Bowenwork moves, when dealing with areas of the body that have been physically or emotionally traumatized, allows the sensory information to process. Neuroscience is an area of study in its infancy, but there appears to be a connection with Bowenwork and its physical, mental, and emotional rebalancing.

What Conditions will Bowenwork Help?

In a strictly medical sense, Bowenwork doesn't cure anything. However, the following is a list of conditions which people worldwide have found relief with Bowenwork. This is not a complete list of conditions.

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|----------------------------------|----------------------------|
| Ankle problems | Knee pain |
| Arthritis | Migraine headaches |
| Asthma | Neck restrictions |
| Back pain | Plantar fasciitis |
| Bed-Wetting | Post Surgical Rehab |
| Bronchial symptoms | Sciatica |
| Bursitis | Scoliosis |
| Digestive Complaints | Stress |
| Fibromyalgia | Tendonitis |
| Headaches | Tennis elbow/carpal tunnel |
| Hernia | TMJ Syndrome |
| Injuries (sports, sprain/strain) | Vertigo |

In most cases 3 to 4 treatments, or occasionally more, are required for such conditions. Treatment is also extremely effective as a remedial therapy for those suffering injuries, accidents and other ailments, regardless of how old or recent the problem may be.

Hugh Chatham Memorial Hospital, North Carolina

At Hugh Chatham Hospital, direct patient care using Bowenwork has been in use since 1997. The majority of these referrals come from family practice physicians. One orthopedic surgeon states that Bowen is now his first line choice of treatment for all myofascial pain problems. He writes, "At this point in my practice, Bowen Therapy is a primary modality for patients that I see suffering from chronic pain syndromes."

Bowenwork practitioners have seen a variety of patients with diagnoses such as chronic neck and back pain, TMJ, pregnancy related pain, scoliosis, arthritis and soft tissue trauma, and so on. Christine Staub, M.D. writes, "Little by little, the word is getting out. If the world only knew."

The word is getting out, and the implementation of Bowenwork Therapy in this hospital is only the beginning of Bowenwork's rise in the United States. In Australia, Bowenwork is as big as chiropractic care here in the U.S. Imagine the possibilities! The more hospitals and clinics that have certified Bowenwork Therapists in them, the more people will have the opportunity to benefit from it. It is a matter of supply and demand, and the demand is great for people in different health care fields to provide Bowenwork.

Testimonials

The Practitioner

“Scott Wurtz is a masterful healer. His appreciation of Bowenwork Therapy to assist in maintaining optimal wellness is remarkable. His fluent approach has been of great value to me. I have benefited greatly from his abilities and am grateful his offering his services in that way. In addition to the vale of his work, he is a delight to be with.”

-Anne, WA

“Scott’s exuberant nature combined with his grounded knowledge of body energetics, makes for a remarkable healing experience. As a result of Bowenwork, I have increased energy, decreased pain and the remissions of a genetic disorder, evidenced by my first normal blood test in ten years. I wholeheartedly recommend Scott as a Bowenwork practitioner. “

-Alana Kaaran, CPC Seattle, WA

Knee Injuries

“Scott came to me straight away and worked with my knee. I began feeling better immediately, not 100% but it was remarkable. So much better that I knew I could go to work the next day. And I did! I forgot to mention that I stand on my feet all day and I work 10-hour days. I easily made it through that day and the rest of the week was a breeze. I followed his home care assignments and I felt better each day. He have me another treatment the following week, but by then I was feeling totally better (and happy that I could walk and not miss any work). I have not had any knee pain since!”

-Excerpts from Paul M, Edmonds, WA

Doctors Opinions

“Bowen Therapy is brilliant! It’s quick, painless, and easy on the patient and the practitioner as well...From my observations, this most gentle and completely safe therapy restores the flow of blocked energy, modulates the Autonomic Nervous System, and can correct improper tension in the muscles.”

-Dr. Robert Jay Rowen’s Second Opinion VOL XIII, NO 7 July 2003

“I am very pleased that I am able to refer my patients for Bowen Treatments because it has been such a positive experience for them and it has provided much needed relief and hope for those suffering from pain.”

-Dr. Kathleen Matteson ARNP ND

Fibromyalgia

“Bowen Therapy has helped keep my fibromyalgia from flaring up and has kept me more on an even keel. It has helped me cut down on taking drugs for pain and muscle relaxing. I feel better emotionally when I’m doing better physically.”

-Carol, WA

The information contained in this literature is reference material designed to help you make better decisions about your healthcare. It is not a replacement for what your physician recommends. Bowenwork is available to help those interested in optimizing their health and wellness. Bowenwork is holistic and may not completely suffice for some related health issues. Wellness Restoration Arts, Inc. does not diagnose illness, disease, any physical or mental disorder, nor prescribe medical treatment or pharmaceuticals, nor perform spinal adjustments. This therapy is not a substitute for medical care and it is recommend that you consult a medical doctor for any physical ailments. Each person is responsible for their own health and healthcare decisions.

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