

# Bowen Therapy with Louise

# Newsletter

24 Arataki Road Ph 0223157879



**Bowen.**  
**A gentle soft**  
**tissue therapy**  
**with a lot of kick.**



## Staff Bowen sessions

.Hastings Hospital staff have been enjoying sessions in their work space and also lying down sessions in the Occupational Health department at a very small cost. Would you like to organise for me to come to your work area? Then get in touch.



## Working Space

I did think of moving to a shared clinic area, but the benefit of being able to support my daughter has me stay at home for just a bit longer. But You will be able to find me at the Heretaunga womens centre starting in October. I am loving their new branding. Timings TBC.



## Bowtech Ease

It is a special blend to help bring balance to the body. Providing extra support post Bowen Therapy to help support rebalancing of your body and for the relief of many ailments including congested sinus's. Muscle aches. Rheumatic joints. Rub on bunions and foot pains for relief. \$30

## Website

Have a look at my website. it has changed a bit.

## Pelvic Pain issues

Louise attended a 2 days course in May in Christchurch to further her knowledge in helping those with groin, hip and pelvic type pains that have been quite stubborn to properly shift. Come for an assessment and see if after a session and you doing the recommended homework has your groin , pelvic, or hip pain vanish.

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## More movement

Winter time, some of us like to hibernate. But there are ways to help our body's circulation and ability to move. Routine is every thing.

Motion is lotion for our joints and tissues. Here are some easy to incorporate into your morning routine:

1. Raise your Arms up and look up as you touch your finger tips together and slowly down as you march feet on a spot. x 20.
2. Marching arm swings. Let the momentum of the swing be the effort. x 50.
3. Rotational arm swings. - Let your arms swing around your torso and tap your kidney /liver or spleen area.
4. And any other arm swinging actions x 20. (include side steps)
5. Shoulder shrugs x 10.

## Supplement - Fulvic Acid 20ml daily.

While doing Training on the vagus nerve and lymphatic system at the beginning of this year, I was introduced to something called Fulvic Acid. When I research it, I found that we have our own supply here in New Zealand.

So I started taking it for the reason that I wanted to avoid getting a bad flu. So far, I have had 2 mini head colds that lasted 2 -3 days, but did not have me bed ridden. Stated Benefits include - Boost energy levels, supports healthy immune system. Helps with bloating, digestion and gut related issues. Dissolves and removes accumulated toxic pollutants. Acts as a powerful antioxidant. Lowers free radical damage. Balances the body's PH levels. Assists with inflammation, swelling and circulation. Health improvements for celiac disease. - [www.e-health.co.nz](http://www.e-health.co.nz)