

# WHAT'S THE ALTERNATIVE? PART 2

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What's the alternative? Part 2



We continue our quest for a good night's sleep – and peace of mind during the day – by reviewing alternative therapies available across the UK.

## BOWEN THERAPY

**What is it?** Bowen therapy, or the Bowen technique, is a gentle, non-invasive, complementary holistic therapy. You remain fully clothed throughout the treatment – as such, it is suitable for children, OAPs, anyone as well as 30-somethings like me that can't sleep for worrying! It targets certain points on the body with gentle rolling manipulations to help it balance, repair and reset itself on a physical AND emotional level.

**Expert view:** I was intrigued by this treatment, which seems to combine the energy-lifting effects of Reiki with practical benefits of working the joints and muscles. I was treated by Oliver Paxton, one of Wiltshire's leading Bowen practitioners. He said: "Bowen is all about balance – releasing built-up pain and stress, resetting the body through a combination of soft tissue adjustment and breathing techniques."

"Through this process, the body is realigned and rebalanced for optimum health and wellbeing. Some people get quite emotional!  
"It can be used for physical pain AND emotional distress. Sometimes these go hand in hand."

**My view:** This treatment is surprisingly gentle yet instantly effective. I felt more energetic for about seven days and pains in my lower back disappeared.

In terms of treating anxiety or depression, I would say it works in a roundabout way: you sleep better, breathe easier and tackling niggling aches and pains helps your mood.

I had three treatments, felt the effects for about seven days afterwards. I'm already planning to book in some more.

Regular treatments (around four-five) are said to 'cure' anxiety as such: my treatments were sporadic so I need a proper course to rate long-term effects.

**More info:** Bowen costs around £40 per hour; book in with Oliver at Equilibrium Natural Health in Corsham on 01225 696899; [info@equilibriumnaturalhealth.co.uk](mailto:info@equilibriumnaturalhealth.co.uk).

Find therapists elsewhere in the UK at [www.bowentherapy.org.uk](http://www.bowentherapy.org.uk).

Original article at <http://bournemouthnews.info/news/whats-the-alternative-part-2/>



## | SUZI

Editor in chief Suzi Dixon studied at Bournemouth university, went away for a while to work at The Daily Telegraph, then moved back to the sunny South coast for a quiet (er) life. Bournemouth News & Info is her website and she is assisted by the fabulous Fred From France in all things geeky and technical. Hire us to make your website, too, if you like.

