

# Tired of body pain?

## Bowenwork may be the answer

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Many of us know someone who is convinced they are going to live with pain or a loss of bodily function. These people have given up their favorite hobbies or sports. They have tried what they believe to be all of the options, and are convinced they will suffer a lifetime of pain. Maybe that person is you. The good news is that there's still hope, according to Jennifer Carey of Bowenwork Maui. Here, we ask her about this specialized form of bodywork and talk about how it has changed the lives of her clients.

**Q: What is Bowenwork?**

**Jennifer Carey:** The muscles and connective tissue (tendons, ligaments

and fascia) contain specialized cells that communicate with our central nervous system (the brain and spinal cord). They send information about the length of our muscles and the tone or tension in the tendons, ligaments and joints. The gentle, hands-on Bowenwork procedures use these mechanisms to normalize tension levels and create balance in the length of the muscles. The result is a reduction or elimination of pain, as well as an increase in the range of motion around the joints and a return to normal function. The goal of this therapy is not to get you to return for more treatments, but rather to permit the body to correct the dysfunction itself so that there is no need to return

**Q: Who is eligible for**

**this type of therapy?**

**JC:** My clients range from newborn babies with colic, to people of all ages who have been in auto accidents or work accidents. It has brought relief to seniors with arthritis and to high-level athletes with injuries that would have kept them out of the game. Most often, people come in when they have tried everything else and they have not improved. Often, they have lived with the problem for months or years. It is an option to try before resorting to surgery or medications.

**Q: How many visits do people undergo before feeling results?**

**JC:** Clients usually report feeling results within the first day or two of their treatment. Often, large changes happen within three to five days. The body integrates the work hour by hour, day by day. I typically see clients 2 to 4 times, depending on the problem. Chronic situations or longstanding issues can require more visits.

**Q: Why did you decide to study Bowenwork?**

**JC:** I was injured in an auto accident several years



1. The procedure addresses restrictions, dysfunction and pain in the shoulder. It is effective for clients who are unable to lift or move their arm freely or who have pain in their shoulder, neck, arm or hand.
2. Helps to normalize tissue of the lower back and relax the client.

ago. I had severe whiplash and had been unable to eliminate the pain and regain strength in my upper back and neck. I had been to a chiropractor multiple times per week for over two years, yet had only been able to achieve minimal results from therapy. A friend suggested I try Bowenwork; it had helped her get rid of her back pain. I did some research and decided I had nothing

to lose, so I gave it a try. After a couple of treatments, the pain was nearly gone and my range of motion was returning. I resumed physical therapy and regained my strength and got back to living.

**Q: What is your response to people who might be skeptical**

**See BOWENWORK on the next page**

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**3.** This procedure addresses tension, dysfunction and pain in the upper back, shoulder, arm and hand. It is particularly effective for golfers, tennis players, pitchers, etc.

**4.** Addresses pain and restriction in the upper and middle of the back as well as down the arm. It is also helpful for numbness in the hand and fingers.

## Bowenwork

Continued from Page 10

### about this procedure?

**JC:** I completely understand it — I was a skeptic at first as well. I rolled my eyes through the entire first treatment. I often joke about this with my clients the first time they are in. Bottom line is this: it's okay to roll your eyes. I know it works, and I know it works well. In a few hours or days, they will too. The work speaks for itself.

### Q: Is there anything clients should do beforehand to prepare?

**JC:** It's preferable to not have any other manipulations to your body the few days prior to your treatment. Please feel free

to research the technique on reputable sites ([www.bowtech.com](http://www.bowtech.com), [www.bowenworkmaui.com](http://www.bowenworkmaui.com)) and make sure you are looking into the original Bowen technique (Bowtech or Bowenwork). Feel free to call me with any questions or to request references.

### Q: Is there anything clients should do after the procedure?

**JC:** Allow your body to rest the same day of your appointment; avoid heavy exertion and strenuous exercise the same day as your session. You can return to all normal activity on the next day. Also be sure to drink plenty of water. The input to the nervous system is very subtle, and the body responds

over time. For that reason, it is best to avoid other manipulative therapies for 7 to 10 days after a Bowenwork session so that they do not interfere with the body's response to the Bowenwork. Exercise, sports and physical therapy are fine.

### Q: How do your clients hear about you?

**JC:** At least 95 percent is by referral from clients who have gotten results and tell their friends and family. Others see me doing presentations at the senior center, health fairs and local sports clubs.

### Q: What are your qualifications?

**JC:** I hold a Bachelors of Science in Biolo-

gy/Anatomy and Physiology from California State University Sacramento. I also trained with the Bowen Therapy Academy of Australia — the only institution training in the original Bowen technique. I am trained and certified in all Masters Level Bowen procedures. In addition, I am certified in CPR and First Aid, as well as fully licensed and insured.

*Jennifer Carey of Bowenwork Maui has offices in Kahului and Lahaina; visits are by appointment only. For more information, call 269-3498, email [jcarey@bowenworkmaui.com](mailto:jcarey@bowenworkmaui.com) or visit [www.bowenworkmaui.com](http://www.bowenworkmaui.com).*

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