



# BOWEN THERAPY

## DEMYSTIFIED

By **DIANNA SINGH,**  
**OWNER OF ELK GROVE VITAMINS**

Continuing our efforts, in regard to health, I am excited to share with you one of the members of EGV- Health Committee....Lisa Bryant.

When I first introduced all of the members in Ardent Magazine, each of their bios was shown. We addressed all the different modalities of health; mind, body and soul. They are the key to great health, in my opinion.

With that being said, Lisa offers her expertise in Bowen. I have been a client of Lisa for both her Bowen work and the detox foot bath she offers, and I can tell you first hand the impact it has made on me.

Enjoy Lisa's article, and feel free to contact her with any questions you may have. Also, in the month of February, she will be presenting a seminar at Elk Grove Vitamins. On behalf of all the members, and myself, I want to thank you for your continued support.

Let's get Elk Grove healthy! Dianna Singh-owner



By **LISA BRYANT, MA, SLP, ABP, NE**  
**ACCREDITED BOWENWORK PRACTITIONER**  
**AND CERTIFIED HOLISTIC NUTRITIONIST**

Dear Readers, I am excited to appear in Elk Grove's beautiful *Ardent for Life* magazine, to showcase my passion (and occupation): The Bowen Therapeutic Technique from Australia – a renowned and revolutionary healing method. I define Bowen Therapy as “Gentle Bodywork for Natural Healing” because of its surprisingly soothing and noninvasive approach to healing, which paradoxically works on a deep level, yielding positive outcomes that are frequently immediate and lasting. As numerous healing therapies abound, Bowen is sometimes confused with other modalities. To clarify, The *Original* Bowen Technique, also known as “Bowen Therapy”, “Bowenwork”, “The Bowen Therapeutic Technique”, “BowTech”, or simply

“Bowen”, is not associated with painful, vigorous or abrupt forms of bodywork.

Bowen Therapy is challenging to explain - among both clients and practitioners. This is because it is best understood as an *actual felt experience*. Consequently, for nearly 13 years I have conducted periodic presentations to introduce The Bowen Technique to our community. These events, predominately hosted by Elk Grove Vitamins, include live Bowen demonstrations on volunteer participants. Curious? Sign up now to reserve your seat at the next presentation on February 28, by contacting the accommodating Elk Grove Vitamins staff at (916) 686-4488.

Bowenwork is best described as a deeply relaxing and restorative “hands-on” style of bodywork that resets and accelerates the body's innate ability to heal itself. The Bowen Technique is uniquely its own method and is not derived from any other type of bodywork or healing system. It is a fascinating blend of bodywork and energy work that addresses the mind/body in a truly holistic (whole-body) manner, working with every organ system at the cellular level. In a single session, very specific “Bowen moves” applied by the practitioner mostly over fascia (an extensive, nerve-dense soft tissue network) signal powerful responses in the body, such as tissue tension adjustments and postural alignment, while simultaneously balancing a commonly over-worked nervous system. The healing energy resulting from these processes manifests in profound physiological

changes; including alleviating pain/spasm, facilitating recovery from injury/illness, relieving stress/anxiety, enhancing immunity, and bringing the body – any body (from infancy onwards) – to an optimal level of functioning for that individual. Even clients without preexisting conditions (who still must undergo normal aging) choose to receive regular Bowen “tune-ups” due to noticeable shifts into states of ease and well-being (which often sparks motivation for positive lifestyle changes from “feeling good again” in their bodies).

My involvement in the wonderful world of Bowen inadvertently began following a series of personal tragedies. I initially discovered Bowen Therapy at a health fair while transitioning out of a successful career in brain injury rehabilitation. After each of my first few weekly visits (the preliminary phase of treatment), I experienced an immediate improvement in mood and energy (both had been dampened from a long period of recovery from traumatic events). Over the next several sessions, I also began to notice a significant reduction in the emotional and physical pain that I carried in my body, which was related to post-traumatic stress (and subsequently eliminated). Another notable side benefit, which evolved after receiving regular Bowen “tune-ups”, was when my earlier chronic pain patterns from a congenital hip rotation virtually disappeared – after years of trying pain relievers and various therapies with limited results (i.e., chiropractic care, physical therapy, acupuncture, massage therapy and hatha yoga –

all valuable resources). Incidentally, the principal clientele in a professional Bowen practice – who initially report unresolved pain issues after “trying everything” – eventually find success with Bowenwork. When I completed basic Bowen training, which commenced immediately after becoming a new client myself, I was eager to study the advanced training levels in order to practice Bowen Therapy more extensively. I was compelled to use the inspiration I derived from this work to help ease suffering and promote a safe, effective, natural healing alternative.



In my natural health practice, Bowen Therapy serves as one of Three Pillars of Natural Healing.

These cornerstones to healing encompass: (1) a neurological component – addressed by Bowenwork, (2) a biochemical piece – addressed by Holistic Nutrition as whole foods and food-based supplements provide appropriate fuel for healing, and (3) a healthy balanced lifestyle – incorporating nourishing food, fresh air, stress reduction, natural/herbal medicine, adequate sleep, physical activity, social connection, creativity, play and inspiration. While previously known as “BOWEN by BRYANT”, my Elk Grove-based practice, featuring Bowenwork, Holistic Nutrition and Cellular Detoxification Footbaths, was renamed “FOUNDATIONS for HEALING – Bowenwork & Holistic Nutrition” in 2017, to represent these supportive foundations for healing – and vitality!

To understand Bowenwork further, please visit [wwwFOUNDATIONSforhealing.com](http://wwwFOUNDATIONSforhealing.com) (formerly [www.bowenbybryant.com](http://www.bowenbybryant.com)). I can be reached at (916) 271-3363 for complimentary initial consultations. For best results, seek a practitioner certified through BowTech (Bowen Therapy Academy of Australia) to receive the original technique as intended by the late Thomas Ambrose Bowen.

Many thanks to Dianna Singh, owner of Elk Grove Vitamins and founder of Elk Grove Vitamins Health Committee, for her gracious invitation to present here as her committee member. Thank you to *Ardent for Life* magazine for this opportunity. Thank you for your interest. Be healthy!

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*“From my family to yours, to live healthily ever after!” ~ Dianna Singh - Owner, Elk Grove Vitamins*