



Complete Balance

Holistic Therapies with Helen Mawson

Newsletter Summer 2011 ©

I hope my Summer newsletter finds you all happy and healthy and looking forward to some summer sunshine!

The Bowen Technique Taster Sessions

I regularly run Bowen Technique taster sessions at the Leisure Centre in Ludlow. The sessions are an opportunity to meet me, try a short session and discuss how the therapy can help you.

The next taster session will take place on the 14 July between 10am - 12.30pm. Please check my website for further dates or give me a call / email.

Wellness Workshop in Hereford

My next Wellness Workshop is being held at the Haven in Hereford on the 22 July, 2011 between 1 – 4pm.

In the workshop you will be given tools & techniques that can be used daily to enhance your health & wellbeing. You will learn how to Reduce Stress, Feel Positive, Balance your nervous system, Clear Tension Headaches, Reduce digestive tension, Boost your immune system, and Think clearly.

The Wellness Workshop is derived from the tools and techniques I use as a therapist which are presented simply and easily in order for you to be able to use in your everyday life. For more information or to book a place please get in touch.

New Clinic - The Haven in Hereford

I am now offering The Bowen Technique from the Haven in Hereford.

The Haven is a wonderful therapy centre dedicated to treating woman who have being affected by breast cancer.

My clinic at the Haven along with the workshops I deliver there are open to the general public as well as people accessing the centre.

The centre is a wonderful oasis of calm, conveniently located in the centre of Hereford on St Owens Street. For more information please contact me direct either by email or phone.

Useful Contacts;

Higher Nature www.highernature.co.uk, supply an excellent range of vitamins, minerals and some herbal remedies. They are of a very high quality and are affordable. I would advise you to buy from Higher Nature rather than Boots, Supermarkets or Holland & Barrett! As a practitioner I receive significant discounts on Higher Nature products so if there is something you would like me to order please ask.

Bioforce www.bioforce.co.uk stock a wide range of Herbal Tinctures so check them out. Also Quest and Bio Health vitamin supplements are good quality and are available from good Health Food shops.

Bowen Technique UK Association
www.bowen-technique.co.uk

Please feel free to contact me if you have a health query or would like to know more about the therapies I practice and teach

The Bowen Technique – How it works

In my experience The Bowen technique is an amazing therapy and works on many different levels. I personally believe this is why it is so successful at treating a multitude of conditions. I want to explain as briefly as I can how the technique works at a physical level.

The Bowen Technique involves very gentle but direct manipulation of one of the following structures in the body;

Muscles, Tendons, Nerves, Ligaments, Joints and Fascia

Generally in a typical session one or more of these structures will be activated, all of the Bowen moves however involve the activation of fascia which envelops all of the above structures in a sort of net which works to keep everything in its right place.

When a Bowen move is made the sensory nerves that are linked to the structure being worked with will be activated. Messages will be sent via the spinal cord to the brain and back again. Messages that a particular muscle or structure in the body is injured will be sent via the nervous system to the brain that will register the injury. Pain, limited movement and inflammation result from injury and are our bodies way of protecting itself. When working with injury the Bowen moves made will send messages back and forth from the site of injury to the brain in order to get the body structures to re-balance or re-set themselves.

If we are working with a long standing complaint or old injury the messages we send via the Bowen moves made may take a while to register with the nervous system and body structure and so several treatments may be required.

Response to Bowen treatment will differ for each individual no two people ever respond the same to treatment whether this be holistic or conventional. Life style factors will also need to be considered and Bowen therapists will give clients “after care” that should be followed after treatment.

If you would like to know more about how The Bowen Technique works please see John Wilks book – The Bowen Technique, the inside story. (CYMA, 2007)

Hay Fever & Seasonal Allergies

If you are suffering from Hay fever or any other seasonal allergy, you might want to consider The Bowen Technique which utilises a powerful procedure that works with the upper respiratory system. Bowen helps to rebalance the body and it's systems as a whole and can be extremely powerful. In the treatment of hay fever, allergies or intolerance the technique utilizes a powerful procedure which helps to harmonize the upper respiratory system. This procedure has been known to bring long lasting relief from troublesome Hay Fever.

What is Hay Fever:

Hay fever is an allergic response that occurs when your body is exposed to grass, tree, plant or flower pollen. For some reason in some people pollens are not correctly assimilated by the body and are treated as a foreign substance which stimulates the immune system to respond in order to expel the substance. For many people particularly over the summer months this can result in miserable symptoms including; Runny nose, Streaming eyes, Itching, Sneezing, Rashes, Difficulty breathing, Headaches

Kinesiology can also help with Hay Fever:

Kinesiology is a system of natural healthcare that I use to rebalance the body and its energy systems. The system uses a technique called muscle testing that can identify the allergies or intolerance that are causing you problems. A range of “corrective” techniques will then be used in order to eliminate or “switch off” the allergy or intolerance.

Supplements:

The obvious supplement that helps to calm hay fever by working with the immune system is Vitamin C. The immune system can become extremely depleted when allergic reactions are being experienced. Supplementing around 2000mg is usually best. Do not exceed 2000mg if taking the contraceptive pill or consult your doctor / pharmacy.

A remedy that works as a powerful anti inflammatory and particularly useful at calming the mucous membranes is essential fatty acids. These are available in the form of Omega 3, 6 & 9 and can be taken in capsule or oil form.

Quercetin a plant flavonoid is an effective hay fever remedy, this supplement has been known to significantly reduce the allergic response in most people.

Herbal Remedies:

Luffa complex is a herbal remedy that is used to counteract the symptoms of hay fever. This can be taken in tincture form and there are also Luffa nasal sprays which help reduce inflammation in the nasal passage.

Weleda manufacture a nasal spray which contains Aloe Vera this is soothing for the nasal passage and also helps prevent further pollen getting into the nose. Potters also produce nasal sprays and soothing eye drops with a potent herbal formula.

Homeopathic Remedies:

Homeopathic remedies work by introducing minute quantities of the substance that your body is reacting negatively to. This helps the body recognize the substance and become accustomed to it without reacting.

Local Honey:

Eating locally produced honey around 2 months before your hay fever symptoms start has worked for many people. This helps your body become accustomed to the local pollen.

Tapping Techniques:

There are certain points on the body that when gently tapped will help switch of an allergic reaction. These techniques have been used by people to switch off anaphylactic shock so are very powerful when used properly.

Tapping techniques along with other tools to enhance vitality are covered in my Wellness Workshop, contact me to book your place!

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family or anyone else you feel
may benefit from the
information.**