

AFTERCARE FOLLOWING YOUR TREATMENT IMPORTANT – PLEASE READ

Following your Bowen treatment you may experience a range of reactions or ‘outcomes’, and although this is quite normal, there are certain things that you can do or avoid in order to limit the severity of the reaction, and also to complement the treatment.

- 1.) Following your treatment, avoid sitting (particularly cross-legged), for any length of time. We recommend that you try to stand every half an hour and walk briefly around the room. If you have a timer on your watch or perhaps a kitchen timer to remind you, then this would be useful. The walking rule does not apply if you feel tired and want to lie down and rest, which is ideally the best thing you can do. Also if you are driving for more than half an hour at a time, please pull over in a safe place and walk around the car.
- 2.) You should not have any other form of hands on therapy whilst undergoing a course of Bowen. This includes massage, healing, acupuncture or physiotherapy. If in doubt, contact your therapist. Continue as normal with any prescribed course of medication, diet, homeopathy or herbal remedy.
- 3.) Avoid strenuous activity after treatment, including any heavy physical exercise. Try to plan a quiet time if you can, and rest as much as possible.
- 4.) Avoid alcohol after treatment. The Bowen Technique treatment encourages the removal of dysfunctional debris and toxins from the system and in order to do this, will call on the body’s reserves of fluid. Alcohol is a diuretic and irritates the kidneys in order to get rid of the alcohol.
- 5.) Drink plenty of water. The recommended amount to maintain fluid levels is 1.5ltrs. For many people, this will be quite a lot, but the key is to try to take it little and often, rather than large glasses or gulps. ‘Water’ does not include tea, coffee, fruit juices, squashes or even herbal teas. Increase your water intake if you have any headaches or body stiffness. If you need to, then take an aspirin or paracetamol.
- 6.) Avoid any extremes of temperature. No hot baths or cold ones either. If you have a bath, try a warm one, ideally with 6oz(150g) of Epsom Salts (magnesium sulphate).
- 7.) If you do feel better, avoid launching straight back into your normal activity-build up gradually.
- 8.) If you have any doubts, problems or concerns, contact me: 01626 – 352369