



Dr. Robert J. Rowen's  
**SECOND OPINION**

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## Letters to the Editor

**Q:** I have degenerative disk disease. I've tried prolotherapy with some success, but not totally. My SI joint always gives me problems, along with my L3, 4, and, 5 discs. Can you please help me? Do you recommend any other type of treatment? Thank you. — Louis B., Birmingham, AL

**A:** There are other treatments that might help, but please make sure your prolotherapist worked on your SI joints (if indicated). The SI joint supports the whole spine.

I have also injected ozone gas directly into the vicinity of the degenerating discs. A study out of Italy showed a dramatic 80%+ rate of improvement. You would have to see a rare physician who both does ozone and has the skill to use it in place of liquid prolo solution.

I also recommend a marvelous soft tissue technique called **Bowen** Therapy. It's totally non-invasive. The therapy is performed by gentle adjustments to tendons and ligaments. See [www.bowtech.com](http://www.bowtech.com). In the U.S., call 1-866-862-6936.

You also need to be checked for interference fields (scars, root canals, and dead teeth). I covered this in great detail in the special reports you received with your subscription. If you don't have those, you can read the articles on my website. I look for these interference fields first before anything else, since discovering the interference and treating it can often lead to an immediate, complete, and permanent cure! You'll need to find a physician who is well skilled in neural therapy.

February 2005 / Volume XV , No. 2

## Letters to the Editor

**Q:** I'm experiencing tremendous pain on my right heel. I'm sure it's either a plantar fasciitis or a spur. I've done some research and it sounds like surgery won't completely eradicate the problem. Could you please give me your opinion about this problem? I'm very active and enjoy walking a lot, but this is affecting my life very much. — Frida N., Moultrie, GA

**A:** I would search your body for interference fields such as a dead tooth, root canal, other dental infection, and scars anywhere on your body or past traumas. These can be treated and fixed when detected. If they're the cause of the problem, the pain could resolve quickly, if not immediately.

**Bowen** therapy ([www.bowtech.com](http://www.bowtech.com)) is a very gentle way to assist in bone spur resolution. I've also had success with injecting German homeopathics (TraumeelAE Heel Company) and prolotherapy ([www.getprolo.com](http://www.getprolo.com)) to the affected area.

**September 2004 / Volume XIV , No. 9**  
**Letters to the Editor**

**Q: Do you have any suggestions for nerve pain? I've fallen several times and the nerve pain that resulted is tremendous. Will supplements help? — Evelyn M., via e-mail**

**A:** If the problem is a straight forward nerve problem, I've found B vitamin supplements are useful with many nerve problems.

However, you may have developed an interference field from the injuries. An interference field is an area of energetic disturbance due to retained memory of the insult. If so, it will take a skilled neural therapist to locate the problem and treat it, usually with very safe injections of a local anesthetic called procaine.

Visit [www.neuraltherapy.com](http://www.neuraltherapy.com) for a trained physician in your local area. **Bowen** therapy may also be of great help. See [www.bowtech.com](http://www.bowtech.com) or call 1-866-862-6936 (US Only).

There are some breakthrough pain treatments I am investigating and will tell you about in future issues.

**February 2004 / Volume XIV , No. 2**

**Letters to the Editor**

**Q: Do you have any suggestions for treating and preventing tendonitis (tennis elbow)? — Greg H., Arab, Alabama**

**A:** If you're abusing the tendon beyond its normal capacity for work, the abuse should be curtailed to allow healing. However, most cases occur even with normal stress, so we need to look for why the tendon is vulnerable. Here are some things you need to consider:

\*An interference field caused by a root canal, scar, or past injury may have weakened the tendon's energy dynamics. This needs to be sought out and treated.

\*A frayed tendon could be repaired by prolotherapy. Check out the website (www.getprolo.com) for more information.

\***Bowen** therapy may relieve autonomic and circulatory dysfunction to the area (www.bowtech.com).

\*Low level laser or infra-red therapy, which is available from some progressive medical and physical therapy offices, may also provide healing.

\*This tendon lies along the large intestine meridian. Discovering a weakness in the organ, related tooth or associated meridian through an acupuncture evaluation may also help.

If you have a lot of pain, I suggest using natural anti-inflammatories like curcumin, proteolytic enzymes, and ginger. I've always found these useful. Making a compress out of tea made from freshly grated ginger may reduce discomfort to any superficial body part.

## **HEALTH NOTES:**

**September 2003 / Volume XIII , No. 9**

### **Bowen Therapy Update**

Two months ago, I told you the magnificent story of **Bowen** therapy. The story proved so popular that the phone lines at the United States **Bowen** Registry were overloaded with calls. So much so, many of you have had trouble getting through. If you would like more information, I strongly suggest you find a computer and visit the website at www.bowtech.com. The website is great. If you've been on it, you know that it lists practitioners and classes for the therapy by state. It gives all the info you need for training. If you don't have a computer, visit your local public library and ask the librarian for assistance.

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Ref: Associated Press, March 4, 2002.

### **Touch Therapy Improves Frozen Shoulders**

Frozen shoulders are a great challenge. Few treatments have helped. I have witnessed barbaric attempts of putting patients to sleep and forcibly prying open the joint. In a study on 20 patients who fulfilled the criteria of "frozen shoulder" for at least one month's duration, a method called the **Bowen** therapy was far superior to any other treatment: "Improvement in shoulder mobility and associated function was seen for all participants, with 70 percent gaining a return in movement equal to the non-affected side," according to a research unit at the University of Central Lancashire (England). No adverse effects were reported and there was marked improvement in pain scores and daily activities for all participants. Bowen therapy is a system of gentle, precise, and subtle movements in which the therapist gently maneuvers muscles, tendons, and nerves.

**Action to take:** At a recent conference, I was introduced to **Bowen** therapy and to my surprise, the lecturer, Judith Whitaker, MD, performed demonstrations on physicians after

her lecture. The results on my colleagues were extraordinary. I was so impressed, Terri and I planned to take her course in Florida, a long haul from California. But as God would have it, we discovered an internationally recognized **Bowen** instructor was working in our building and preparing to offer a course. We are taking it now, and must say that this system of healing is most impressive. Completely painless, non-invasive, and so gentle, its profound effects on the body for musculoskeletal complaints (and many organ dysfunctions) will be the subject of a lead article in an upcoming issue. In the meantime, if you have a frozen shoulder, or musculoskeletal problems unrelieved by conventional, or alternative therapies, contact the United States Bowen Registry (1-866-862-6936 (US) or [www.bowtech.com](http://www.bowtech.com)) for a therapist in your area.

Ref: J. Shoulder Elbow Surg. 10(4):353-7, 2001.