

STRAIGHT TALK FOR MEN

By Greg Kennedy

Where are the tough guys? That independent lot who believe that if they tough it out their body will take care of itself; those blokes who would rather tinker for two hours with the drain than call the plumber. These are the exact guys who should appreciate Bowenwork® because it starts a process that puts them in the driver's seat. Your body is the authority on what it needs and has an amazing untapped ability to repair itself. Bowenwork tells it the emergency is over, rolls out its original blueprint, gives you a kick in the pants and says "do what you need to do to make it right."

The real work takes place during the next 5-10 days after a session, when every system of your body joins in to make repairs. You are doing the work, not somebody else pushing or pulling or pouring drugs into your system because they think it's what you need. Your body has the biggest pharmaceutical warehouse in the world in-house. It can and will make structural changes, soften and loosen scar tissue, reduce pain and unwind the compensations it set in place when it was adapting to injuries. Your body can work on an injury compensation pattern or it can work on a healing pattern. It's time to stop acting like it was hurt and start acting like it's healing.

From a computer perspective, Bowen runs a system check and then reboots those programs that are chemically or structurally or nervously running bad code. The actual session involves giving the body some discrete information through groups of moves over tendons, nerves and muscles and then waiting a couple of minutes before adding more. (Don't start beating on the keyboard while a program is loading. Also don't try to give it too much information or the system will lock up and nothing will happen.) New patterns then run 24/7 for 5-10 days making changes, unless interrupted.

Things that can slow down or stop the healing process are other bodywork sessions (including additional Bowenwork too soon), hot water and ice (messes with the normal temperature range that the body must be able to function in), magnets (not any computer's friend). Sometimes when the pain disappears and motion returns people overdo it before they regain a level of fitness, and consequently re-injure themselves.

Some may think that they have a job or do something that will always irritate a condition. "Just another six years until I retire and then my back (or whatever) won't hurt." It's really about setting up patterns that the body uses to heal. Example: Bowenwork will reset the effects of mild traumatic brain injury (concussion), oftentimes within hours. It also sets the stage for recovery from the next injury with a new pattern of quick repair. Remember how quickly you bounced back from stuff when you were a kid? This isn't like teaching an old dog new tricks; it's more like your body remembering. Imagine your body suddenly remembering the way it's supposed to work. That's what Bowen does.

Your gluteus maximus (butt) and hamstrings are like the shock absorbers in your truck; if you replace them with 2x4s, your back is going to take a real beating every time you take a step. Every Bowenwork session includes a basic set-up procedure that relaxes those muscles. The pelvis is like your alignment; if it's off, your tires are going to wear badly (knee and foot problems). The kidney procedure is like changing your oil filter. With any luck your body is even smarter than your truck.

Pain-relieving, muscle-relaxing and anti-inflammatory drugs are defensive drugs that let us continue to ask muscles to do things that our bodies are telling us not to do. They mask or defend us from unpleasant body reactions to injury. Am I the only guy who has ever put electrical tape over a trouble light on the dash? The result is that we often get the same pain back with a vengeance. You tell me if that game plan has been working. It's time to get on the offensive (healing) side of the ball and put your Bowenwork Academy USA • PO Box 1255 • Dewey, AZ 86327 • 866-862-6936 • BowenworkAcademyUSA.com

body to work doing something constructive like running some new plays around the same old defense. Bowenwork pulls the playbook out of your back pocket and hands it to you.

Think your problem is too bad (e.g., bulging or herniated discs) and you don't want somebody poking around and making it worse? First of all Bowen drops you into a relaxation state and is so gentle that a lot of people fall asleep during a session. Secondly, now is exactly when you need your body aligned and healing at its fastest to reabsorb that disc material and ward off surgery.

Go to a doctor and get some pills. Go to a surgeon and he is going to cut. Go to a Bowen practitioner and he will kick start your healing response. It's what we do.

What are the odds of this actually working? About 80%. You in or not?