

# Contents

<b>Acknowledgements</b> .....	8
<b>Preface</b> .....	9
<b>Introduction: A unique, gentle and effective method that allows the body to heal itself</b> .....	13
<b>Part 1: Bowen Therapy:</b>	
<b>Promoting a healing environment</b> .....	19
<b>Chapter 1</b>	
The significance of touch in the body's healing process .....	20
<b>Chapter 2</b>	
How the body can lose its delicate balance .....	23
<b>Chapter 3</b>	
The holistic wheel of health and individual differences .....	26
<b>Part 2: Bowen Therapy:</b>	
<b>How it began and how it works</b> .....	35
<b>Chapter 4</b>	
Who was Tom Bowen? The history of his method .....	36
<b>Chapter 5</b>	
What is Bowen Therapy? .....	40
<b>Chapter 6</b>	
Theories of how Bowen Therapy may work .....	44
<b>Part 3: Bowen Therapy:</b>	
<b>Useful information to know before your session</b> .....	47
<b>Chapter 7</b>	
Nutrition, Health and Bowen Therapy .....	48
<b>Chapter 8</b>	
When should you consider undergoing Bowen Therapy? .....	52
<b>Chapter 9</b>	
Benefits and positive effects of Bowen Therapy .....	59
<b>Chapter 10</b>	
Important information to tell your Bowen therapist .....	64

<b>Chapter 11</b>	Essential information for Bowen clients and contraindications .	68
<b>Part 4: Bowen Therapy:</b>		
<b>The Method, Moves and Sequences</b> . . . . .		71
<b>Chapter 12</b>	The Bowen Therapy move . . . . .	72
<b>Chapter 13</b>	Fundamental Bowen procedures . . . . .	77
<b>Part 5: Bowen Therapy:</b>		
<b>After your session</b> . . . . .		143
<b>Chapter 14</b>	Essential protocol after your Bowen session . . . . .	144
<b>Chapter 15</b>	Possible negative reactions and the Healing Crisis . . . . .	148
<b>Chapter 16</b>	When Bowen Therapy does not work as well as expected . .	153
<b>Chapter 17</b>	Bowen Therapy, relieving stress and psychological reactions . . . . .	157
<b>Part 6: Bowen Therapy:</b>		
<b>Case studies, special thoughts and patient comments</b> . . . . .		163
<b>Chapter 18</b>	Case studies from the naturopathic practice of Frank Navratil, BSc. N.D. . . . .	164
<b>Chapter 19</b>	Special thoughts and conditions . . . . .	176
<b>Chapter 20</b>	What patients have said after their Bowen session . . . . .	181
<b>Conclusion:</b>		
<b>Bowen Therapy - a purely natural phenomenon</b> . . . . .		189
<b>Other books by Frank Navratil, BSc. N.D.</b> . . . . .		194
<b>Natural Medicine Courses on CD-ROM</b> . . . . .		196
<b>Index</b> . . . . .		198