

Contents

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

Chapter 11

Essential information for Bowen clients and contraindications . 68

Part 4: Bowen Therapy:

The Method, Moves and Sequences 71

Chapter 12

The Bowen Therapy move 72

Chapter 13

Fundamental Bowen procedures 77

Part 5: Bowen Therapy:

After your session 143

Chapter 14

Essential protocol after your Bowen session 144

Chapter 15

Possible negative reactions and the Healing Crisis 148

Chapter 16

When Bowen Therapy does not work as well as expected . . 153

Chapter 17

Bowen Therapy, relieving stress
and psychological reactions 157

Part 6: Bowen Therapy:

Case studies, special thoughts and patient comments 163

Chapter 18

Case studies from the naturopathic practice
of Frank Navratil, BSc. N.D. 164

Chapter 19

Special thoughts and conditions 176

Chapter 20

What patients have said after their Bowen session 181

Conclusion:

Bowen Therapy - a purely natural phenomenon 189

Other books by Frank Navratil, BSc. N.D. 194

Natural Medicine Courses on CD-ROM 196

Index 198