

"MORE THAN SURPRISED"

Presented 13/07/95 Naturopathic Consultation.

Symptoms: Cough, post nasal drip, slight asthma, slight allergy, tension in shoulder blades.

Damaged tendons and fibres in shoulders from car accident 1986, resulting in tightness in a band across back which 'will not' release. Pain level continuous/severe.

Previous treatments include physiotherapy, acupuncture, both helped but didn't relieve.

Drug therapy Endone, Panadine, Baclofen, Valium, Serepax, oral Methotrexate, Tryptanol, Mexitil-Some used for their side effects to combat the pain of muscular spasm.

Was formally diagnosed as myofascial pain with no known treatment. From 1990 to 1995, David attended a Pain Clinic where every 4 to 6 weeks they would inject cortisone into 23 (twenty three) specific points around the shoulders at a time. The needles would traumatise the soft tissue in the area for 48 hours when he would return to the clinic to 'top up' the spots they had missed. David found medication and breathing exercises did help with the pain.

On first consultation I recommended: Celloids: Magnesium Compound and Sodium Compound together with Tissue Salt Calcium Fluoride, all twice daily to support the system, continual emphasis on Meditation and Breathing Exercises, and arranged for David to start with Bowen the following week. (In December 95 I changed the Celloids to Phosphorus Compound and Magnesium Compound deleting the Sodium compound and suggested Spirulina at one stage).

BOWEN :

VISIT 1: 20/07/95: MOVES: Pge 1,2,3, (Basic). Hamstring (H/s), Pelvic, TMJ. Return in 3 weeks.

VISIT 2: 10/08/95: David reported he'd had pain free periods, some spasmodic headaches but wasn't sleeping.

Moves: Basic, H/s, Frozen Shoulder (F/s), Elbow

VISIT 3: 7/09/95: Reported general pain levels had dropped 'unbelievably' - 50% reduction. In upper shoulders he could feel specific points now not sheets of pain as mainly before. Even the numbers of points had reduced to about 8/9 not 20. His sleep still irregular with pain in the upper neck region. MOVES: Basic, F/s, Chest Pain-Right side neck moves first (Ch-pR).

VISIT 4: 19/10/95: Pain levels had slipped a little, worse at night though 'great' as wake.

MOVES: Basic, Asthma/Colic (A/c). (I repeated the back move twice)

VISIT 5: 16/11/95: Neck this time 'chronic', cough improved immensely, lung capacity better, ability to concentrate improved.

MOVES: Basic, Kidney, Pelvic, TMJ.

VISIT 6: 14/12/95: Pain levels dropping again, more energetic, neck pain still 'bad' but movement better. Sleeping a lot better, not waking.

MOVES: Basic, A/c, F/s including all direction moves (F/s All), Headache.

VISIT 7: 25/01/96: Able to do more strenuous things, very few episodes of 'chronic' pain, extended periods of pain-free states. Coughing a lot better. Sleep through interrupted, waking once with pain last two weeks.

MOVES: Basic, Pelvic, F/s All.

VISIT 8 : 23/02/96: Pain only a few areas neck and shoulders, feeling a lot looser in shoulders, cough down 'immensely', energy great. As getting better, the more want to sleep, can be 9 to 9 1/2 hours and feel 'great'.

MOVES: Basic, Pelvic, F/s All.

VISIT 9 : 21/03/96: Shoulders great for 2 1/2 weeks then up and down, points under shoulder blades lessened. Energy up and down as too sleep. Cough calmed down.

MOVES: Basic, Pelvic, Ch-p R, F/s All, Headache.

VISIT 10 : 18/04/96 : Very few periods of intense pain, neck and lower back periods of no pain, shoulders very good, periods of no pain-'feel a different person'.

MOVES : Basic, Pelvic, F/s All, Hayfever/TMJ.

VISIT 11 : 23/05/96 : Only neck and shoulders, Periods of no pain. Going to bed and getting up during the night with no pain, whereas before 'megadoses'- no painkillers.

MOVES: Basic, H/s, Pelvic, A/c, F/s All.

I didn't see David again in the clinic however I had reason to call him late October 1997, (17 months later). I asked how he was getting along. He said he hadn't been back because he hadn't needed to. That after the last session the pain had further reduced and the last residual spots across his back cleared (tapered away). He had returned to the Pain clinic in April 1997 and the doctors couldn't find any spots. He said they were more than surprised, quite suspicious, and asked whether he'd used needles etc.. David had always emphasized Bowen treatment to them and no skin penetration. (I guess they didn't want to know!)

David also advised me that the severe osteoporosis due to the cortisone treatment has also disappeared after calcium supplementation, that his calcium levels were now normal. In September/October 97 he put himself on a liver cleansing diet and said he was delighted to have a 'body without drugs'. His final comment to me was : 'I feel absolutely great, wonderful to be out of pain and have plenty of energy'.

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