



Keeping in Touch

news & updates January 2024

BREAKING NEWS!

The Academy has hired a company to revitalize our website and make it more user-friendly. This involves not just the website, but the massive database of all the students and practitioners. This process will take approximately 3 months to complete and we are excited about what the future holds. We will be updating you with the new features in the coming months...stay tuned!



American Bowen Academy™

Working with Kids, A Kidney Surgery Avoided

*by Crystal Maceira, Professional
Bowenwork Practitioner who lives
and practices in Helena,
Montana.*

Photo: Crystal, performing the Kidney
Moves on a young boy with a kidney
disorder.



I have had some greatly satisfying experiences treating children with Bowenwork.

The whole family that lives next door to me comes to get Bowenwork. The mom was the first, in 2018, when “models” were needed for my students. When the youngest neighbor child was three, she fell off a ladder onto a hardwood floor. She wasn’t seriously hurt but did hit her head hard enough to have a little bleeding from the ear and probably a concussion. The doctor had her wear a helmet for a while. I gained permission from her mom to do Bowenwork on her, though at that point she still didn’t understand what it could do. I went to their home and, while the kids were watching TV, I did a few moves with the little one in my lap. I came back once a week for three weeks and did some more moves on her. I did Baby Bowen, Upper Respiratory/TMJ, and Head during those sessions.

The doctor was very impressed with her healing, as was her mother. That was when the mom started coming over more often and, also, sending the kids over. They love being “models,” and the students love working on them.

During this last hunting season, both kids, now nine and six, went with Papa hunting, walking more than seven miles. The next day, they told their mom, “We are so sore and achy, can we go see Crystal?” They came over and both received a session at the same time. They loved it. Whenever mom or the kids have runny noses or congestion, they are on my table getting a Bowenwork session.

Recently, I made a special trip to Oregon to help my grandson. He was born with sepsis due to his mom having preeclampsia. At 22 months, he had not eaten any solid food. He would try but would spit it out, or throw it back up within a minute or two. It took her months to find a doctor to give a diagnosis: Eosinophilic esophagitis, a Type II inflammation that supposedly could only be helped by drugs. My daughter did not want to go that route.

A few days later, my husband and I were at our Bible study group. The Bible study leader, although never having had Bowenwork, said that the Lord told him that the baby needed “this Bowenwork” and proceeded to tell the group the exact moves of Baby Bowen! He also said that it wasn’t the esophagus that was causing the issue: It was a nerve problem. I didn’t quite catch that at first, but then it was like a lightbulb going off in my head. The nerve he was talking about was the vagus nerve -- the longest and most important part of the parasympathetic nervous system, which controls your heart rate, digestion, mood, and more. *(To learn more about the Vagus Nerve, see Sandra Gustafson's new CE course below.)*

I got into Oregon in the late afternoon, so I looked for an opportunity the next day to work on my grandson. The first time I tried to work on him, he was running around. I thought he would sit on the couch long enough for me to perform the Baby Bowen moves, but he eluded me. A little later, he was sitting in his chair attached to the table watching TV. Mom had put some food in front of him and some water to drink. He wasn’t touching the food, so I started performing the Baby Bowen moves on him. At first, he moved his body away from me; but I continued and was able to finish with the Respiratory supine move. Within a minute after I was done, he picked up a chicken nugget and started eating it. He ended up eating two and a half nuggets! Mom and I were watching closely to see if he would throw it back up, but nope: he didn’t! During my stay there, I held an Intro class, so I could teach the Intro moves and Baby Bowen needed to continue to help our little grandson. She has had to do it several times, but now he eats most of the time.

I held another Intro class after I returned from Oregon. A student there asked if there was a procedure that could help her 3-year-old son. He was diagnosed with hydronephrosis, whereby one or both kidneys become stretched and swollen as the result of a build-up of urine inside them. They were preparing for him to have surgery on at least one kidney within a few weeks. I said I could certainly try! I did the prone Baby Bowen moves, UB 9-16, and the Kidney procedure. I barely had any waits but did let him rest on the table at the end for a couple of minutes before they had to leave.

I was biting at the bit to hear how he responded. It took her a week to email me back, but this is what she wrote:

I wanted to thank you for giving our son a treatment and give you an update on how he responded. So the night of his treatment he urinated before bed

and within about a half hour of falling asleep he wet the bed. He was in such a deep sleep that he didn't even wake up when we changed him and the bedding. So, my husband and I took that as a positive response to your treatment and that maybe his kidneys and urinary system relaxed and drained. The next day he seemed to urinate more frequently than he would typically. With the improvement of his ultrasound last Monday and his response to your treatment, we decided to postpone his surgery for a while and see if he continues to have improvement in his hydronephrosis. That being said, if you feel he should have another Bowen treatment we are willing to try any natural therapies or avenues to help his body heal. Again thank you so much for your time and appreciate your knowledge.

We did do one more session ten days later, and the child never had the surgery.

CE Classes: Online and In-Person

For more information and to register, click on the [blue](#) titles.

In-Person:

The Nerve Tour In a city near you (see description below). Ongoing through December 2024. 5 CE hrs.

Bowen Inside-Out Level 1 San Marcos, CA. February 17-18th, 2024. 16 CE hrs.

Online:

These online classes can be started anytime. For more information, click on the class names.

The Lymphatic System and Bowenwork Online. February 17th - March 17th, 2024. 16 CE hrs.

Business Skills for a Successful Bowenwork Practice Online, Ongoing. 16 CE hrs.

Distance Bowenwork Online. Ongoing, 8 CE hrs.

Ethics for the Bowenwork Practitioner Online. Ongoing, 8 CE hrs.

An Easy Way to Earn up to Eight CE hours:

Sandra Gustafson is offering two 4-hour tele-seminars that you can participate in from the comfort of your home.

Bowenwork and the Vagus Nerve Online. February 3rd, 2024. 9 am - 1:30 pm PST. \$115.

This 4-hour credit class (video conference via Zoom) aims to provide practitioners with a greater understanding of how Bowenwork, directed at supporting beneficial vagus nerve responses, can promote:

- Increased stress resilience and recovery
- Inflammation and immune control
- Pain regulation
- Positive mood support
- Healing and wellbeing.

Vagus Nerve Class Info



Anatomy by the Modules Online.
Ongoing 6 CE hrs.

**Deep Anatomy of SP2 Part 1
Iliacus Release, Gluteal
Release, Adductor Magnus
Release** Online. Ongoing, 3 CE hrs.

**Anatomy and Physiology for
Bowenworkers** Home Study.
Ongoing, 120 CE hrs.

**Workplace Hygiene Health and
Safety.** Online. Ongoing, 6 CE hrs

Looking for a class?

Click [here](#) to use our Find a Class tool. Search by the class you want or your favorite instructor, or search by dates or even by state to find the latest listings of classes available.

**Bowenwork for Persistent Pain
Online** March 2nd, 2024. 9 am -
1:30 pm, PST. Cost: \$115.

This 4-hour credit class (video conference via Zoom) aims to provide Bowenwork practitioners with:

- A greater understanding of clients with persistent pain conditions
- Increased confidence in using Bowenwork on clients with difficult and chronic pain issues
- Practical education on applying principles of pain management, based on a neuroscience perspective
- Resources for supporting clients in developing self-efficacy skills for better pain management.

Persistent Pain Class
Info

BOWEN Inside Out - Reading and responding to body wisdom

This workshop will help each Bowen Practitioner achieve a better understanding of how Bowenwork can achieve lasting change for many ailments of the body.

Practitioners will learn to confidently recognize various signs that the body gives (such as the eye, the facial structure, nails and tongue) in assessing, refining, and setting protocol for Bowenwork and referring clients when necessary.

Course Flyer



*Join International
Bowenwork Instructor
Christos Miliankos in
California, for a rare in-
person learning opportunity,
February 17th-18th, 2024.*



The Academy is pleased to grant Continuing Education for any student or practitioner attending Gil Hedley's US nerve tour: The Nerve Project: Exploring the Nerve Tree in Relationship.

Gil started his tour across the United States in October of this year, and it will run through December of 2024, in 111 cities across the country.

This presentation is five hours and the cost is \$150.

In this live talk, Gil will share his latest research and discoveries from his journey dissecting the nerve tree. Through visual presentation, lecture, stories, guided embodiment exercises, and Q & A, Gil will demonstrate the details of both the central, autonomic, and peripheral nervous tissues.

Send your certificate of completion to Steven to receive your continuing education hours.

Click the link below for more information on how you can attend.

The Nerve Tour

Understanding Bowen from an Ayurveda Perspective

Farida Irani is bringing her CE class, Understanding Bowen from an Ayurveda Perspective to the US in April and May 2024:

Durham, NH, April 27-28

Carmel, CA May 1-2

Vancouver WA May 4-5

Gentry, AR May 8-9

If you have questions or are interested in taking a class with Farida, contact the area coordinator before payment or registration.

Washington or California:

[Karin Twohig – twohigk@aol.com](mailto:twohigk@aol.com)

Arkansas:

[Nancy Pierson –](mailto:bowensource@yahoo.com)

bowensource@yahoo.com

New Hampshire:

[Ainslee Farrington –](mailto:bowenworkartofhealing@gmail.com)

bowenworkartofhealing@gmail.com



Farida is a Bowtech instructor teaching in India, Australia, and Taiwan, an Ayurveda practitioner and instructor, and a clinical aromatherapist and teacher. She is the creator of Bowtech Ease, author

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Flyer

of The Magic of Ayurveda Aromatherapy, and founder of Subtle Energies, which manufactures and supplies skin-care products and high-grade therapeutic prescriptive blends.



Stoppers for Panic

-by Tiffany Simpson, who lives and practices Bowenwork in Tulsa and Broken Arrow, Oklahoma.

This article is the second of two articles by the author exploring intuition in one's Bowenwork practice. To read the first article, from our December edition of KIT [click here](#).

I have been a personal caregiver with my own company, "Assistance by Tiff" for 25 years. After learning Bowenwork, I have used the Upper Back Stoppers on two of my clients experiencing extreme anxiety, with symptoms of panic.

The first time I used the stoppers was on a 90 year old client who had a bladder pessary in place so the bladder would not fall out of her vagina. She had to have it put back into place on a monthly basis, a procedure that was excruciating for her, and also stressful for her gynecologist. One month we were getting ready to walk out the door to her appointment and it popped into my mind to do the stoppers. I had my hand on her back just before putting on her sweater and there was a voice that said, "Just do the Upper Stoppers. That's it." So, unbeknownst to her, I performed the moves on her upper back as I was putting on her sweater. I then took her to her appointment and for the first time, she had no pain. The procedure went so smoothly, she didn't even flinch. Afterward, the doctor said, "She has been coming for years and it has never been that easy." So, I started doing the Upper Stoppers before every appointment, and she didn't have that pain anymore. A couple of times there were small twinges of discomfort, but no more tears or intense anxiety.

I have another client who is a woman with phobias and anxiety. Her mood is often labile, typically up and down, and she is easily triggered. This time she was in a major panic and crying. I used the Upper Back Stoppers just as I had with the prior client. The effect was instantaneous: her shoulders dropped, she stopped crying, her face softened, and her body relaxed. She looked at me and said "What did you just do? It feels like you flipped a switch, and I feel so calm now." When we talked about it she said, "It's like magic." But after a while, she didn't want it anymore. I suspect the reason was emotionally driven, as perhaps she was not fully comfortable being well. However, a couple of months ago I tried it again and she said, "You just Bowenized me." She started laughing and said we need to start doing that again.

Typically as practitioners we do not apply Bowenwork moves to clients without their permission. However, because I am a caregiver, my clients

consent to spontaneous touch as part of my role and responsibility. Whether I am helping someone wipe food off of their face, bathing them, or, as I was doing with my 90-year-old client, assisting her with her sweater, I have permission to support them through touch in ways that fall outside of the typical bodywork scenario. In both cases, my intuition told me to support my clients with these moves, just as I might hold a client if she appeared to be falling.

Although we learn in Module 8 to use the Low Back stoppers first and then do the Upper Back stoppers, in both cases, it appeared that the Upper Stoppers were sufficient enough to calm my client.

Practitioner Milestones December 2023

Congratulations On Your Achievement!

SP-1 Certificate

Nicole Moffat, OR

Level One Practitioner

Miriam Novak, CA

Catherine Story, CA

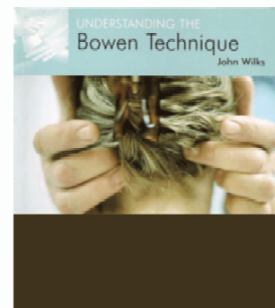
Spring Werle, TX

Looking for some helpful tools to support you in promoting your practice?

PRODUCTS:

Many practitioners find this little book by British author, John Wilks, to be a helpful way to educate clients and new students about the benefits of Bowenwork.

To find this book and other educational materials, or to pay your annual administrative fee, click [here](#).



**Understanding The
Bowen Technique**

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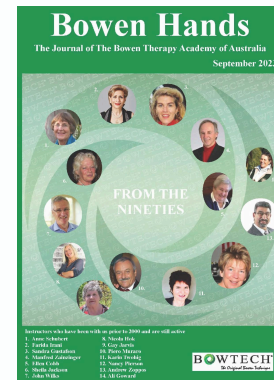
Has your CPR certification lapsed or is your renewal getting close? American Bowen Academy members get 10% off online CPR training with ProTrainings. To take advantage of this offer use the link below.

<https://www.protrainings.com/client/AMERICANBOW6971>

BOWEN HANDS

Did you know that the paper copy of Bowen Hands Journal magazine is available for only a \$45 subscription (one year/four issues)? If you would like to start (or renew) your subscription, please contact your Administrator, Steven, to start the process:

(866) 862-6936 or usadmin@americanbowen.academy



The opinions expressed in *Keeping in Touch* are those of the authors, not the American Bowen Academy.



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