



## Knee Injury or Vertigo? Thinking Outside the Box.

*by Collin Froman, who lives and practices in Big Spring, Texas, and surrounding cities*

Recently, I had a client that contacted me to help her with vertigo. She had been dealing with it almost daily for about six to eight months. At that time, she was forced to retire from her job, give up driving, and spend most of her day in bed. She had been to doctors, physical therapy, and quite a few natural therapies trying to address vertigo. After trying everything she could, someone referred her to me for Bowenwork. I visited with her over the phone and she decided to give Bowenwork a try for six sessions at her home.

In the first session, I did BRMs and Supine Respiratory. I can't tell you why I added Supine Respiratory, other than I felt led to it. After her first session, she had a couple of bad days but started seeing a little relief later in the week. In the second session, I decided to do the Upper Respiratory/TMJ procedure with the minimal prerequisites. In talking with her after this session, she told me that she had had a knee injury to both of her knees about two months before the vertigo had started. She was walking across the street, tripped, and fell, hitting both of her knees below the kneecaps on the patellar tendon. The injury had interrupted several areas of her life, including her church life. During church, she said, they kneel, stand, and sit several times throughout the service and she was no longer able to participate. I thought there might be some correlation between the knee injury and vertigo due to the retinacula of the knee and how it lets us know where we are in "space," so I stored it away in the back of my mind for the next session.

For the third session, I went back and she had had a worse week-more vertigo symptoms, more time in bed, and less activity. In that session, I decided to try something different, something that is not "normally" recommended for vertigo. Knowing that the retinacula send messages to the brain about where we are in "space," and that vertigo is your body being confused about where it is in "space," I decided on these procedures: I started with BRM 1, then added Upper Back Stoppers, 8a and b, the Weave, and Neck 1-6. Normally, I would do the Knee Procedure and then move to do the Neck Procedure, but my idea was to open up all of the fascia and energy channels going to the head so that anything done at the knees could move freely up to the head where the vertigo symptoms were located. After putting in the Neck Procedure, I did the Knee Procedure with

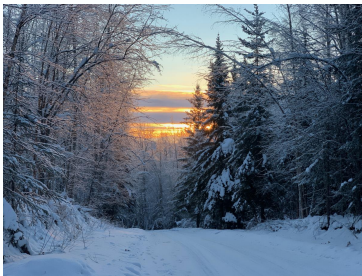
appropriate waits to affect the retinacula of the knee and finished the session with Knee Reflex Procedure to affect the patellar tendon.

In week four of the six sessions, I went back and my client had only had one bad day. I decided to repeat the session again the same way to solidify the messages that had been put into the body the week before. When I went back for session number five, she reported having no bad days and almost no symptoms of vertigo other than a little bit of dizziness that only hit her when she was very tired. She began talking to her husband saying, "I think I might be able to go back to work and start driving again." In week number six, I was able to work on her shoulder for an issue she had been having with it from having to be in bed so much.

I think the important part of this experience is to get as much information from our clients as possible, even the "little" injuries that they may not have thought anything about. And, don't be afraid to think outside of the box with the procedures that you know.

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## Distance Bowenwork in an Emergency



Looking down the steep road at the site of the fall.



Denise and her dog, Greta, on a walk in the snow.



Winter in Fairbanks means just four hours of light on the shortest days.

*by Denise Walther, who lives and practices in Fairbanks, Alaska*

I recently experienced the profound benefits of receiving Distance Bowenwork within minutes of a jarring fall. I was walking gingerly on a snow-covered road with a steep grade. The light was getting dim, and I mistakenly stepped on an area of highly compacted, wet snow. My feet flew out from under me and I landed fully on my right side with the greatest impact on my right hip and shoulder. While I didn't hit my head, I felt the jarring of my cervical spine as it forcefully shifted laterally when my right shoulder hit the ground and my head continued downward. I felt a systemic nervous system response to the physical trauma.

Because it would have been difficult for me to immediately apply physical Bowenwork for myself or to quickly return to the shelter of my home, I contacted Bowenwork colleague Leah Berger to see if perhaps she was available to send Emergency Bowen moves to me. Fortunately, she was able to send the work within minutes. I soon began to feel an easing of the sympathetic response to my hard impact with the ground and relaxation of the muscles in my neck.

From past experience with similar falls on ice and snow, I also knew this fall would likely result in joint pain, particularly in the neck and right hip within 1-2 days. The next day I had minimal discomfort and, while I discovered that I did have some bruising, I didn't develop any muscle or joint pain. I am grateful for the way the timely application of Distance Bowenwork helped me to function in the short term following a hard fall outdoors and staved off the discomfort of the inflammatory response over the following days.

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## "These Two Hands" Awarded Best Docudrama at Los Angeles Film Awards

Produced and directed by Sean Dobra of Starmax, the Australian film also won Best Documentary at the Cosmic Film Festival in 2022. Click on the image to the left to watch Sean's message to the Bowenwork community after receiving the award.

To learn more about the film and share its progress, follow these links on social media:

[facebook.com/bowentherapydocumentary](https://facebook.com/bowentherapydocumentary)  
[instagram.com/bowentherapydocumentary](https://instagram.com/bowentherapydocumentary)  
[youtube.com/@BowenTherapy](https://youtube.com/@BowenTherapy)

## CE Classes January - March 2023

These fixed-date classes are shown with the number of hours earned. For more information, click on the class names. (Classes that can begin at *any* time are listed [here](#))

[Distance Bowenwork](#). Online.

Ongoing, 8 CE hrs

[Ethics for the Bowenwork](#)

[Practitioner](#). Online. Ongoing, 8 CE hrs

[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](#). Online. Ongoing, 120 CE hrs

[Workplace Hygiene Health and](#)

[Safety](#). Online. Ongoing. 6 CE hrs

[The Core: Diastasis Recti, Hernia, and Prolapse](#). Online. Jan 14th-Feb 26th, 2023. 24 CE hrs

[Bowenwork and the Vagus Nerve](#)

Feb 25th, 2023, 9 AM-1 PM.

Roseville, CA. 4 CE hrs.

[Bowenwork for Persistent Pain](#)

Feb 25, 2023, 2-6 PM. Roseville, CA.

4 CE Hrs.

[Bowenwork for People Living with Cancer](#) Feb 26, 2023, 9 AM - 6 PM.

Roseville, CA. 8 CE hrs.

## What students are saying:

### Bowenwork for People Living with Cancer:

"There were so many helpful tips on positioning, minimal work, references to educate our clients and community, and tying in the influences of the Vagus nerve as well as Lymphatic support."

### Bowenwork for Persistent Pain:

"The class was very detailed on how the body responds to pain and the wealth of benefits to having Bowenwork done. I love that Sandra gives you resources and explanations that you can use when talking to a client about their pain."

### Bowenwork and the Vagus Nerve:

"The fresh perspective helping to make moves more intentional based on the specific need of the client. Less is best and very impactful! The connection between the Vagus Nerve and the immunity was an aha moment!"



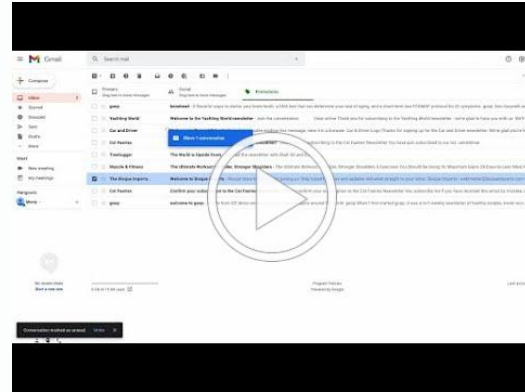
## Bowen & 80/20 Meetups with Andrea Jones:

Would you like to be a model of Bowenwork and the 80/20 for your clients? Would you like to resource your clients with a lender library of free ways to implement the program of healing foods that support Bowenwork best? Would you like to learn the latest studies in nutritional psychology, glycobiology, and the reversal and prevention of chronic illness?

All practitioners are invited to learn together at the "Bowen & 80/20" meetups held by video conference on the 2<sup>nd</sup> Monday of each month at 4:30-5:15 pm, MST.

Send an email to [Andrea@BowenUS.com](mailto:Andrea@BowenUS.com) to reserve your spot/get your meeting recap video and resource email.

**Call for success stories:** Share your excitement! The ABA is looking for testimonials to share in the newsletter, on social media, and on our website. Send us your every day "wins," feedback from clients, or signs from your sessions that let you know Bowenwork works. Long or short, we want to hear it all! Please send submissions to [leahrberger@gmail.com](mailto:leahrberger@gmail.com)



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## PRODUCTS Bowenwork-related

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