



Keeping in Touch

news & updates August 2024

Bowenwork Stabilization Attempts for a First-Shot, Covid Vaccine Illness

-by Maggie Ralls, BSN, RN, Professional Bowenwork Practitioner, who lives and practices in Glendale, AZ.

This article integrates excerpts of my discussions with Margaret Scully, Canadian Certified Bowen Instructor, of Gretz Reflexology and Bowen Therapy, in Penticton, British Columbia, Canada. We both gave care to a shared client "A.", as her family traveled between their homes in Canada and Arizona. A. and I have been friends for many years, spending time together when she winters in Arizona. A.'s quotes are in italics.

November 2021: "Before the shot I felt good. I hadn't felt this good in years. I thought I had the world by the tail. I washed floors by hand, walked after meals, knitted complicated patterns, gardened and helped neighbors. On June 24, 2021, two nurses administered the Covid vaccine that I did not want, but I needed it to visit family."

Within minutes, A.'s body reacted to the Covid vaccine injection. After three epinephrine shots, she was raced to a nearby hospital in Oliver, British Columbia, Canada. The hospital report said, "Anaphylaxis after Moderna shot." Within twenty-four hours, she had full left-arm pain, was nauseated, dizzy, and started having nightmares. Her life changed that day.

A. has multiple sclerosis, however her medications, exercise, and diet had been keeping her healthy. Within weeks after receiving the injection, she journaled that she would regularly awaken drenched. Her bones hurt so badly that even her eye sockets hurt. By October, her arms felt like lead, and she was unable to raise them. She had strange convulsions and seizures. Her spouse became her full-time caretaker. Chest-pain episodes began, with doctors repeatedly telling her it was not her heart. Open oozing sores and brain fog were common. She was told that due to Canadian law, she could not travel anywhere, even out of her house, until she got a second shot.



Above left: A.'s left arm, February 2024, after 2 months in Phoenix; Above right: May 2024 after more work in Canada. Bottom left: A.'s right (better) arm on the same dates. February photos by Maggie Ralls; May photos by John Pichard.

A. is a very positive person, always seeing the best of everything. From her journaling, I read affirmations like, "I'm going to beat this!" And, "Tomorrow will be better!" I told her about the Bowenwork I was learning. Could it help? Like many, she was not convinced...until she was desperate enough.

Almost a year later, in August of 2022, one of our regular, supportive, phone calls shifted: *"It's been a tough day on my arm and shoulder," A. said. "This has to end soon. The 24/7 pain is simply too much."*

Desperate, she was ready to put her suffering to an end. We cried together. "PLEASE, find a Bowen practitioner and go at least three times," I pleaded. She found Margaret Scully, a Certified Canadian Bowen Instructor, and saw her the next day.

Ms. Scully later shared: "A. was in deep distress. She could not raise her arms or shoulders. It took almost 15 minutes to get her on the table. The slightest touch caused her pain. She cannot dress or reach for anything with her arms. She can do nothing with her arms."

Ms. Scully and I found out later, we both did virtually the same protocols/moves on A., though we did not share our session information until more than a year into her Bowenwork therapy.

Here is a synopsis of Ms. Scully's sessions:

- First visit: BRMs using extremely light touch
- Second visit: BRMs, Elbow/Wrist, and Forearm were done with extreme care. "A. was able to lift her right arm past her shoulder. Her face showed relief and hope."
- Third visit: Respiratory, Hamstring, and North, all with extreme gentleness
- Fourth visit: After a gap of several weeks and worsening pain, "A. is still unable to do shoulder due to hypersensitivity." Hamstring, Respiratory, and Elbow/Wrist were used.
- Fifth visit: Improved mood and motor skills with TMJ, Pelvic, and a very gentle shoulder procedure
- Sixth visit: Ms. Scully continued to see progress

A. was seen by Ms. Scully until her Canadian travel restriction lifted in October, 2023.

I saw A. from January 2024, the day she arrived in Phoenix, Arizona, through March, when she traveled home to Canada. I saw the effects of her two plus months without Bowenwork from October to January. I also used Distance Bowen for several sessions to work on her torso and arm, due to the severity of pain occurring with any touch. A. responded quickly, with results being similar to those obtained by Ms. Scully. Returning to Canada, A. was at Ms. Scully's office within days, having regressed again without regular sessions.

Ms. Scully stated, "I have never had a client in this much pain before, and I have been doing this for over twelve years." I agree with her, and that also includes time during my many years of nursing.

We all hope that A.'s symptomatic time-periods will lessen. As Covid-era Bowenwork practitioners, we continue to support a new population suffering from the impacts of both Long-Covid and the long term effects of Covid injections. If you have any helpful approaches, please share. I pray that we find a successful, lasting regimen to support our clients.

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
Ongoing through December 2024.
5 CE hrs.

Online:

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

Marketing Your Practice: Tips and Strategies to Increase Your Client Base Online, Ongoing. 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.

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.

Bowenwork for the Childbearing Year
Online, September 7th, 2024. A series of six classes on the Ruzuku platform, with each part taking a month to complete. 32 CE hours granted for each class/part, all applied to the 500-hour designation.



Baby Maggie and mom, one hour after birth. Photo by Anita Tupper.

A word from Anita Tupper:

These are stressful times in which we find ourselves. The future seems uncertain and those around us have a heightened sense of anxiety. However, some things do not change. Babies are conceived, nurtured in the womb, and brought into this world to impact the lives of all those around them. Mothers are weary, uncomfortable and restless about their children's future.

How can we support these families? Bowenwork, specifically for pregnancy and birth, has the power to change how women move through their pregnancy and birth their babies. Bowenwork can calm them, give them a renewed sense of confidence, relieve discomforts, and provide reassurance that they are not alone in their journey.

Join me as we begin new offerings of the Bowenwork for Childbearing Series on September 7, 2024. Let's provide a respite for these dear families in our communities. Together!

[Click here for Part One](#)
[Click here for Part Two](#)

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

24 hours applied to the current CE period.

dates or even by state to find the latest listings of classes available.

Congratulations on your Achievement!

NEW INSTRUCTOR: CRYSTAL MACEIRA

Pictured here with her Mod 7 training class. Back Row, left to right: Instructor Crystal Maceira, Senior Instructor Karin Twohig, Barb Muller, Tamra Anderegg, Alisha Sublette. Front Row, left to right: Melissa Smith, Bethel Wagner, Vanessa Davis. Photo by Crystal Maceira.



Instructor Certificate:

Crystal Maceira, Montana

500 Hour Certificate:

Andi Krause, California
Ray Ralls, Arizona

Specialized Procedures Two:

Everett Schlarb, Oregon

Specialized Procedures One:

Leah Berger, New Mexico
Jola Carrick, Tennessee

Professional Bowenwork Practitioner Certificate:

Mary Lowry, Missouri
Barbara Muller, Montana
Melissa Smith, Florida
Bethel Wagner, Montana



Module Eight Success Stories

by Mary Lowry, who lives and practices in Wheaton, Missouri.

I had just finished Module Eight with Nancy Pierson and I was eager to practice what I learned:

Scar Tissue: One friend had had open heart surgery 20 years prior and has a scar down the middle of his chest to below the xyphoid process. I wanted to try the moves for scars. I felt led to ask him if his marriage had fallen apart before his heart surgery. He said “Yes, all hell broke loose at that time.” I did the scar moves gently with my thumbs. He went “out” – into that Bowen zone. It was more than an hour before he finished processing. He said, “I can’t explain what it did, but I sure feel better!”

Bladder/Prostate: A client had an inguinal hernia he lived with for a little more than a year, finally resorting to surgery and mesh placed on the injured side. Within a year, the other side began to give him trouble from all the work and lifting he did. A second inguinal hernia emerged on that side and occasionally bulged out and blocked the colon.

We tried supine Respiratory followed by Procedure for Bladder/Prostate, to see if that would help. He said it immediately relieved the pain and pressure, and it went back in place. Within a week the hernia started to bulge out again and cause discomfort.

We followed up with a more complete session: Low Back, Upper Back, supine Respiratory, followed by Bladder /Prostate. Again, he had immediate relief, and the hernia went back in place. Further, this 80-year-old man who works on a car, mows with a push mower, and does some construction work has not had any problems one week later. I think repeating the sequence weekly may stabilize the issue.

Bowenwork never ceases to amaze!



Practitioner/Instructor, Gisela Bosch recently appeared on the Good Fat Life podcast. Her article, titled "Restore and Refresh with Bowenwork" was included in the July issue of the magazine. Look for another article by Gisela coming this October. Click on the arrow above to watch the youtube version of the podcast.



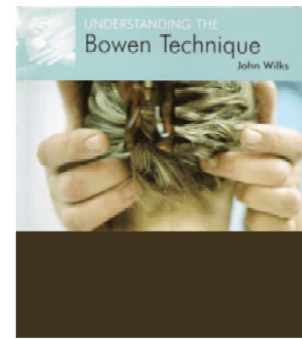
Farida Irani's Understanding Bowen from the Ayurveda Perspective class in Carmel, CA. From left to right, back row: Jay Wegrzyn, Cathie Wegrzyn, Karen Mora, Instructor Farida Irani, Mishelle Knutson, Terra Sutton, Erin Sholly. Middle row: Catherine Shirley, Lorraine Stern, Cindy Litch. Sitting: Meghan Marks, Beth LeFebvre, Sally Barton. Photo by Karin Twohig.

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

\$5.00

ProTrainings CPR Courses More Courses Groups Acceptance About

We've created this 10% off discount page, just for American Bowen Academy.

Save 10% off any course listed below. Sign up by creating a free account to claim your discount.

[SIGN UP & CLAIM DISCOUNT](#)

Already have a ProTrainings account?
[Login & claim discount >](#)

10% OFF
DISCOUNT CODE:
AMERICANBOW6971

Is your CPR about to expire?

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.



American Bowen Academy | 220 Countryside Drive | Sparta, TN 38583 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!