



Keeping in Touch

news & updates July 2023



Above and left, Associate Instructor Lindsey Koury and her daughter. Her daughter received the Vagus procedure after experiencing a concussion in a driving accident.

The Power of Vagus

-by Lindsey Koury, who lives and practices in Concord, North Carolina

My 17-year-old daughter suffered a back strain and concussion from an ATV accident. She was the driver and her boyfriend at the time was a passenger. He also got a concussion. Her symptoms from the concussion were dizziness, nausea, headache, light sensitivity, and abnormal/heightened emotions. She also had periods of inconsolably crying about hurting her boyfriend and talked about how she did not mean to do it.

We were getting ready for the follow-up doctor appointment when one of the emotional episodes happened. I knew I could not drive her that way and I had about 20 minutes before we had to leave. I had just completed Specialized Procedures 2, a life-changing class with Nancy Pierson, and I remembered the many benefits of the Vagus Procedure.

The Vagus has always been a much-anticipated procedure to learn, mainly because it has so many indications for use. Some include breathing difficulties, stomach spasms, rapid heartbeat, insomnia, chronic pain in the rib cage, and unstable blood sugar. Often called the "wandering nerve," the vagus nerve is known for its link between the Central Nervous System (CNS) and major organs in the body, such as our heart, lungs, and GI tract. This explains why we may have increased an heart rate, or an upset stomach when we are stressed: our CNS is in "fight or flight mode" instead of "rest and digest."

Gabby obviously could benefit from settling her CNS. So, while she was crying, I led her downstairs to my table and completed Lower Back Stoppers, Upper Back Stoppers, and Vagus. I did put in normal wait times but I knew I was limited in time. I wanted her to have the maximum amount of time to rest after the Vagus Procedure. By the time I started

Vagus, she had stopped crying, and by the time I finished it, she was sound asleep. I was AMAZED! I allowed her to rest for approximately 10 minutes and she was back to her normal nature for the ride to the doctor. She was able to share the entire accident with the doctor without crying (which she had not been able to do before), plus, on the way home she said she was hungry. She had not been hungry since the accident and we were doing our best to get nutrition in her.

After witnessing this experience, it made me want to tell every critical care provider how wonderful this could be for health professionals, and especially the impact it could have on their patients.

Thank you, Tom Bowen, and to the American Bowen Academy for educating me on this wonderful, miraculous work!

CE Classes July - October 2023

In-Person:

For more information, click on the class name.

[Deep Anatomy: Exploring Structure and Choice in Bowenwork Moves.](#) August 10-11, 2023. 9 AM-6 PM. Strafford, New Hampshire. 16 CE hrs.

[Intro to Equine Bowenwork.](#) September 8-10, 2023. 9 AM-6 PM. Flagstaff, AZ. 24 CE hrs.

Online:

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

[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.

[Looking for a class?](#)



Intro to Equine Bowenwork in Mill Spring, North Carolina. Back row: Sophia Fireman, Sara Shaver, Michelle Patterson (Instructor) Laura Connelly, Helen Leonard. Front row: Pamala Martin, Ashley Thomas, and Ashley Blinson

NOW AVAILABLE:

New Equine Bowenwork Class for Intermediate Level Equine Bowenwork Students

The Introduction to Equine Bowen class was first offered by the American Bowen Academy in 2021, with the goal of offering education on the Bowen Technique to the experienced horse owner/enthusiast. Students learn how to safely apply Bowenwork procedures to perform a "basic body balance" for their equine clients, along with several specific procedures including TMJ, Stifle, Hamstring, and Thoracic Sling.

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.



Above: Laura Connelly, MD, from Tennessee, working on a very relaxed Guinness (eyes closed).
Below: Maverick the Alpaca telling Pamala Martin, "Thank you" for the Bowenwork!



The class is open to students new to Bowenwork by providing the four-hour Introduction to Bowenwork class on the first day to familiarize them with the basic protocols. The following three days, students learn procedures specific to the horse's body, unique needs, and specific conditions.

Equine Bowenwork students wishing to continue their education by learning new procedures and fine-tuning the skills they learned in the first class now have a new class available to advance their professional development and skill set. The second class includes an "advanced body balance" protocol and additional procedures to address equine-specific conditions (including colic and hock issues), and an advanced TMJ procedure for use after routine dentistry. Students learn and practice assessment techniques, and begin keeping case studies as they see clients.

To date, the Intro to Equine Bowenwork classes have been offered in North Carolina, Minnesota, and New Hampshire, with Arizona next on the list for September.

If you are interested in taking or hosting an introductory class, please contact Michelle Patterson, Equine Bowen Instructor via email: Solidago.michelle@gmail.com



Bowenwork Enhances Quality of Life for Senior

by Sherie Hatton, BSN, RN, and Associate Instructor, who lives and practices in Mount Ida, Arkansas

"I had my six months check up...my oxygen level was 97, my heart rate was 94, My blood pressure was 132 over 80 something. She said my lungs were not congested and the only thing I haven't been doing that I need to start doing is to take 5,000 units of vitamin D3 every day for my fatigue. I give the credit to Bowen. Also, I think it has been a great boost to my general health. I am anxious to get another treatment on my posture and my neck. I think it is really helping me to be the best I can be at my age."

The above is a text I received from an elderly client, "M," who is also a family friend. She is amazing at 90 years old! She is a widow and has lived alone for over ten years. She is fully independent and drives wherever she wants, including a 45-minute trip to get her hair done. She shops, cooks, and cleans for herself. She is socially active with friends and spends several hours a week volunteering as spiritual support in our community.

"M" has been relatively healthy with the exception of respiratory issues. Over the years she has had pneumonia or bronchitis more than nine times. In early 2021 she was hospitalized with a respiratory infection that was not Covid, but what doctors called a "superbug," since it was highly resistant to almost every antibiotic available. After six weeks of round-the-clock intravenous therapy of a cocktail of special antibiotics, her doctors felt the bacterial infection was conquered.

It was at this point she came to me wanting to know more about Bowenwork and if it could help her stay well. She liked learning how Bowenwork could help her own body repair and restore naturally. At her first session, I asked her to state what she wanted or expected from Bowenwork. She immediately replied, "To stay out of the hospital for respiratory issues!" After receiving four consecutive Bowenwork sessions one week apart, she then asked how frequently she should receive Bowenwork. She wanted a "maintenance program" to sustain the overall benefits of Bowenwork she was feeling. She now comes every two to three weeks for a session, telling me to "just do whatever moves you think I need."

"M" has met her goal with NO respiratory infections and thus NO hospitalization for two years now. She is a delight to be friends with, and I count it a privilege to be able to share my knowledge and skill as a Bowenwork Practitioner with her.

Congratulations On Your Achievement!

Practitioner Milestones

May 2023

Professional Bowenwork Practitioner 500 Hours Certificate

Crystal Maceira
Doreen Spackman



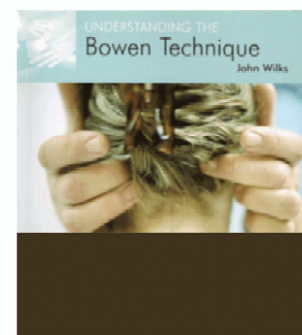
SP1, Modules 9 and 10, in Gentry Arkansas, April, 2023. From left: Denise Walther (AK), Spring Werle (TX), Genise Hallisey and Stefanie Dwyer (AR), Diana Green (TX), Instructor Nancy Pierson, Skylar Bennie and Dana Hardegree (TX), Jenny O'Dell (ME). Congratulations to Diana, Skylar, Dana, and Jenny who received their SP1 certificates following the completion of this class.

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](#).



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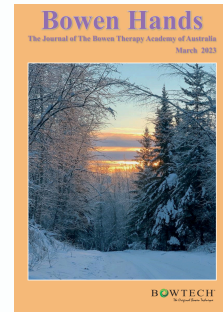
Is your CPR about to expire?

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.

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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