



American **Bowen** Academy™

Keeping in Touch

news & updates March 2026



Iridology practice during Bowen Inside Out workshops. Photo by Christos Miliankos

Enhancing Bowen Therapy Outcomes Through Holistic Assessment

by Christos Miliankos, Instructor, who lives and practices in Wangaratta, NE Victoria, Australia

Case Study: Sarah's Journey to Recovery

Sarah, a 45-year-old client, came to me seeking relief from chronic neck and shoulder pain. As a Bowen Therapist, I knew that while hands-on

techniques were essential, deeper insights could enhance her healing journey. That's when I incorporated *iris, face and tongue assessments* into her initial consultation.

Upon examining Sarah's **iris**, I noticed signs indicating potential adrenal fatigue and digestive stress. Her **facial analysis** revealed tension in her jaw and deeper lines across her forehead, suggesting long-term stress and potential liver congestion. Additionally, her **tongue** presented with a pale coating and teeth indentations, pointing towards low energy levels and nutrient deficiencies.

These insights allowed me to tailor Sarah's Bowen sessions more precisely. I focused on techniques to release tension in the neck and shoulders while also addressing areas related to adrenal and digestive function. Alongside the physical work, I provided simple recommendations to support her energy and digestive health—like mindful hydration, adding mineral-rich foods, and gentle breathing techniques.

Within three sessions, Sarah reported significant pain relief, improved sleep, and better overall energy. By the sixth session, her posture had improved, tension had reduced, and her overall wellbeing had lifted. This case reinforced how *body assessment techniques*—like reading the iris, face, and tongue—can uncover deeper layers of imbalance. It allowed me to approach Sarah's treatment holistically, improving her outcomes and empowering her with greater body awareness.

For me, it's a reminder that the body holds valuable signs. When we learn to see them, we can enhance our practice, accelerate healing, and deliver deeper care for our clients.



SPECIAL ONLINE OFFERING WITH CHRISTOS MILLIANKOS

Bowen Inside Out: Level One

March 27, 9 am-5 pm, 8 CE hrs.

Bowen Inside Out: Level Two

March 28, 9 am-5 pm, 8 CE hrs

Christos Miliankos in front of a slide of his own irises, showing the genetic tendencies inherited from his parents, grandparents, and great grandparents. Whether he manifests these predispositions depends upon his daily lifestyle. Find out more about how you can improve assessments in **Bowen Inside Out**.

CE Classes: Online and In-Person

For more information and to register, click on the [blue](#) class titles, or contact via the email provided.

IN-PERSON:

Module 9/10/SP1 Vancouver, WA.
March 19-20, 9 am-6 pm, 16 CE hrs.

Module 11/12/SP2 Vancouver, WA.
March 21-22, 9 am-6 pm, 16 CE hrs.

Module 8 Gentry, AR. April 16-17, 9 am-6 pm, 16 CE hrs.

Module 9/10/SP1 Gentry, AR. April 18-19, 9 am-6 pm, 16 CE hrs.

Module 11/12/SP2 Gentry, AR.
April 20-21, 9 am-6 pm, 16 CE hrs.

Equine Bowen Level 1 Chester, NH. April 23-26, 12:30 pm -6 pm, 9 am -6 pm, 24 CE hrs

Equine Bowen Level 1 Mill Spring, NC. May 7- 10, 9 am -5 pm, 24 CE hrs

Equine Bowen Level 1 Brainerd, MN. June 4-7, 9 am -5 pm, 24 CE hrs

Link not working?

We ask for patience during our website conversion. If there is no working link to a listed class, please contact the instructor or the administrator at usadmin@americanbowen.academy
Thank you!

ONLINE:

Set-Date Classes:

Bowen Inside Out: Level One
March 27, 9am-5pm, 8 CE hrs.

Bowen Inside Out: Level Two
March 28, 9am-5pm, 8 CE hrs

These online classes can be started anytime:

Anatomy by the Modules
Online. Ongoing 6 CE hrs.

Anatomy and Physiology for Bowenworkers Online. Ongoing, 120 CE hrs. Contact: bowensource@yahoo.com

Business Skills for a Successful Bowenwork Practice Online, Ongoing. 16 CE hrs. Contact: bnwnwk4lf@sonic.net

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

Distance Bowenwork Online. Ongoing, 8 CE hrs.

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

Marketing Your Practice: Tips and Strategies to Increase Your Client Base Online, Ongoing. 16 CE hrs.

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

Small Animal Bowen Online, Ongoing, 12 CE hrs. Contact: Solidago.michelle@gmail.com



My Client Has Diabetes, Now What?

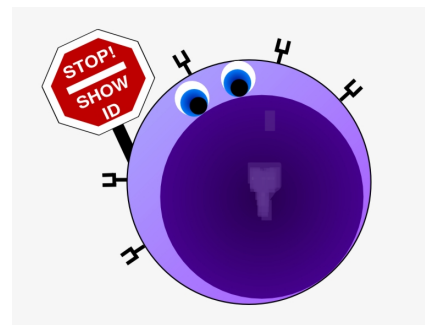
~by Sherie Hatton, BSN, RN, and Associate Instructor who lives and practices in Mount Ida, AR

How quickly can you name ten people you know and love? According to the Centers for Disease Control and Prevention (CDC), chances are one of those ten people you just thought of has diabetes. With over 38 million Americans diagnosed with diabetes, you as a Bowenwork practitioner will most likely see clients who are dealing with diabetes.

To understand how diabetes affects the overall health of your clients, it is helpful to know the fundamental process of how the body uses the food we eat to manufacture the energy needed to sustain life. Think about the last time you put gasoline in your car because you noticed the fuel gauge was low. Whether the vehicle uses gasoline, diesel or battery, we know the car has to have fuel to operate. It is the same with the human body. The primary source of energy for the body to function is carried out on a cellular level and each living cell requires as fuel a simple sugar molecule known as glucose.

Instead of filling our gas tank, we get to eat food! As our food makes its way through the gastrointestinal tract, the carbohydrates and fats and proteins are all converted to glucose for cells to “eat” and continue making their designated structure run smoothly. Working closely with this extraordinary process is the blood stream, which services each and every living cell in the human body by delivering the essential glucose.

Many of us have security cameras outside our homes and locks on our doors and windows. Similarly, in a type of self-preservation mode, each cell also has a surprisingly complicated security system embedded in the lining of its wall--not just anything can walk right in! Even the glucose molecule needed to operate the cell itself is not allowed inside without a key! Fortunately for us, **insulin** is that key and its primary purpose is to escort glucose right inside the cell.



Insulin is a hormone made by the pancreas— a small oblong organ nestled behind the stomach. Not only does it make the insulin from scratch, it also monitors its own inventory by releasing insulin into the bloodstream on demand from the cells, and then storing any excess in the liver and certain muscles. These reserves are called upon for backup when cells require more than the usual supply of glucose, such as during physical exertion or after eating a heavy meal.

Diabetes is the villain in this everyday normal process, disrupting the relationship between insulin and the cells. Diabetes is diagnosed and classified by two types. **Type 1** diabetes is an autoimmune disease in which the pancreas just simply does not make insulin. This is usually genetic, but can be caused by a viral infection or even environmental factors. As you can imagine, without insulin to escort glucose inside each cell, death will occur. Type 1 diabetes was a fatal diagnosis until 1921 when Canadian scientists were able to derive insulin from the pancreas of animals and make available for human consumption.

Type 2 diabetes occurs when the pancreas does not make *enough* insulin, OR when the cells become resistant and refuse to let insulin inside with its valuable cargo of glucose. This type of diabetes usually occurs later in life and can be attributed to an unhealthy diet, obesity and lack of exercise. With Type 2 diabetes, the pancreas does its job and sends out the required amount of insulin to escort the glucose inside the cell. But because the cells are resistant, the glucose cannot get inside and has no choice but to stay outside in the bloodstream.

When this insulin resistance occurs, the blood then carries dangerous levels of glucose, hence the more common name “high blood sugar” for this form of diabetes. Incidentally, these high levels contribute to vascular damage of the many organs and structures the blood stream also supplies. Most notably affected are the tiny capillaries supplying the eyes, heart, kidneys and limb extremities. This is why many diabetics have medical complications such as delayed wound healing, kidney failure requiring dialysis, and toe or limb amputations.

With either form of diabetes, the result is the same: hungry cells and dangerous levels of sugar in the blood. While Bowenwork does not claim to cure diabetes, it can help your diabetic client by affecting the many organs and structures and systems involved in the body’s process of manufacturing energy needed to sustain life. Think of the many procedures and moves we have learned that can influence every aspect of the gastrointestinal tract. Bowenwork goes even further by addressing the circulatory, lymphatic, nervous and muscular system. As Bowenwork practitioners, we have so much to offer our diabetic clients!

This article was generated from a discussion between practitioner peers during the quarterly January Practitioner and Instructor Dialog. Please mark your calendar and join us for our next dialog on Thursday, April 23rd!

FREE QUARTERLY ONLINE PRACTITIONER & INSTRUCTOR DIALOGS

MARK YOUR CALENDAR FOR 2026:

Thursdays:
April 23rd
July 16th
October 29th

All sessions are recorded. Current ABA members who are unable to join and would like to watch past recordings can email Steven:

usbr.bowtech@gmail.com

Signs of Bowenwork Joy



Module 2, Mena, Arkansas: Stephanie Urban, Anna Cooper, Sheryl Nicholson, instructor-in-training Sherie Hatton , Vivian Bartow. Photo by instructor Nancy Pierson.



SP2 Class, La Jolla, CA:

Back: Regan Luthuli, Wendy Clare, Cathie Wegryzn Middle: Instructor Karin Twohig, Front: Vanessa Davis, Catherine Story,



Mods 5 & 6 , February 2026, Phoenix, AZ:

Kelsey Baker, Scott McVay, Nancy Pierson, Valerie Kobbero, Maggie Ralls.

Dharam Medina. Photo by
Jay Wegryzn

Not pictured: Mary Roth. Photo by
Ray Ralls

MLESTONES

Congratulations on your achievement!

Advanced Practitioner (SP-1)

Catherine Story - CA

Vanessa Davis - CA

Master Practitioner (SP-2)

Dvinder Mand - CA

Wendy Clare - CA



American Bowen Academy™

where gentle touch fosters profound healing



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

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