



Keeping in Touch

news & updates November 2023



How Bowenwork Affects the Lymphatic System

by Cheryl Kasdorf, Naturopathic Physician and Professional Bowenwork Practitioner, who lives and practices in Cottonwood, Arizona

In my practice, we accompany the healing power within to restore physiological functioning and in so doing restore health. It mostly involves getting out of the way of nature's processes such as restoring sleep, mindful movement, intermittent and longer fasting, homeopathy, and Bowenwork.

The obvious reason to address the lymphatic system is acute swelling from an injury. Swelling could also be from surgery, overuse, or other inflammation like an infection.

Why not just ice an injury? [A review of the medical literature](#) shows that while applying ice to an injury may help initially, it hinders healing in the long run. Therefore, treatments like homeopathic arnica and a Bowenwork session to address the lymph can help initially and help heal completely for the best results.

Lymphatic drainage massage is a medical treatment typically prescribed for people who have lymphedema to help manage their symptoms. A technique termed Manual Lymphatic Drainage (MLD) is done by qualified massage therapists. However, other practitioners and therapies, such as Bowenwork, may also address the lymph.

It is interesting to note that anyone can have a 10% increase in edema without obvious outward signs. Stiff joints, decreased range of motion, and decreased sensation can tip off a practitioner to hidden edema. Since the lymphatic system is part of the immune system, addressing the lymph through Bowenwork is appropriate for anything activating or affecting the immune system. Lymphatic sessions can also help heal a sore throat, sinus congestion, or other infections or inflammation.

After studying lymphatic applications, I can say that Bowenwork is inherently designed to optimize lymphatic flow while it also releases muscles, fascia, and joints. Bowenwork, just by the way it is designed, moves lymph, whether we know there is a lymphatic problem or not. I definitely see patients get great results from Bowen bodywork just as they would in a lymphatic massage.

Bowenwork naturally speaks the language of lymph: slow and gentle. The sequence of moves naturally opens up the lymphatic flow, and specific moves can be done to reduce areas of swelling. With an understanding of the lymphatic system, a session can be designed to resolve swelling by following the body's innate wisdom. There is no forcing, therefore nothing pushes back. It does not get worse before it gets better.

With the initial moves on the lower back, the client starts to feel safe as their defenses drop into healing in the parasympathetic state. According to Polyvagal theory, working the superficial layers of fascia allows the body to continue to relax. And the client feels just that when receiving a Bowenwork session. Since Bowenwork also affects the body-wide signaling network of fascia, the whole body benefits. The pressure and vibration from each Bowenwork move impact cells, all the way down to DNA gene expression.

In addition, since fascia can dictate your alignment, releasing it and allowing it to reform unrestricted can improve posture. And that release and the resulting ease of alignment both decrease and resolve pain.

Bowenwork may look simple, but by honoring the body's wisdom, the effects are wide-ranging. While getting the same effects as a lymphatic massage, the nervous system, muscles, fascia, and any part of the body asking for healing also benefit.

Nancy Pierson is offering her class The Lymphatic System and Bowenwork beginning February 17th, and it runs for four weeks.

CE Classes

November 2023 - February 2024

Online:

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

Fascia, What it is and Why it Matters Online. January 6th - March 10th, 2024. 80 CE hrs.

The Core: Diastasis Recti, Hernia, and Prolapse Online. January 6th - February 18th, 2024. 24 CE hrs.

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.

What Students are Saying:

The Lymphatic System and Bowenwork

"This course has opened up a new conversation for me to be able to talk to clients and potential clients about how Bowenwork helps with the whole system and addresses immune issues and the pathologies we talked about in class. I love knowing that I can assist clients better with a lighter touch and actually have evidence that it is beneficial to do so." -Leah Berger, New Mexico.

Fascia -- What it is and why it matters

"I find myself already different with clients – my hands feel more, my intentions are clearer, and I am doing much better with 'less is more.' I can see and feel a bigger picture of my client, their 'whole' from cell through tissue to patterns of flow to

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?

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latest listings of classes available.

*Whole Being. This course is a MUST
for all of us, helpful once we have
the basics (Mods1-6) under our
belts, and necessary if we have
gone on into SP 1 and 2."*-Darcy
Cunningham, Maine.

The Core: Diastasis Recti, Hernia, and Prolapse

*"This class started me thinking
outside the box about what
procedures to use. I've resisted
postural exercises in the past
because it felt to me it was a set of
repetitions to strengthen an area
including imbalances/restrictions.
But I prefer the focus of this book
and class on alignment which makes
more sense to me, I think because
its approach encompasses the entire
body, not just one focused area of
the body." - Melodie Balmer*

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:

Dover, 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 prior to payment or
registration.

Washington or California:
Karin Twohig – twohigk@aol.com

Arkansas:
Nancy Pierson –
bowensource@yahoo.com

New Hampshire:
Ainslee Farrington –
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 of The Magic of Ayurveda
Aromatherapy, and founder of Subtle
Energies, which manufactures and
supplies skin-care products and high-
grade therapeutic prescriptive blends.

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Flyer**

In all kinds of weather, Bowenwork students come together!



Modules 3 and 4 in Montana, October 2023. From left to right: Crystal Maceira, Instructor in training, Linnea Gariepi, Karin Twohig, Instructor Trainer, Tamra Anderegg, Bethel Wagner, Tiffany Dennison, Melissa Smith



Bowenwork Instructors find the fabled pot of gold at the end of the rainbow on the Big Island, in Hawaii for their first in-person instructor meeting since COVID-19. From left to right: Cindy Litch, Joy Marcinkowski, Darlene Sumner, Andrea Jones, Cobalt Coy, Helen

Practitioner Milestones October - November 2023

Congratulations On Your Achievement!

Professional Bowenwork Practitioner Certification

Brenda King, VA

SP-1 Certificate

Kelle Lambers, UT

Tara PierceUT

SP-2 Certificate

Patrica Hopper, WA

All Systems Go: Healthy Urination Restoration in a Bladder Compromised Client

*by Maggie Simpson-Ralls, Professional Bowenwork
Practitioner and Associate Instructor at the
BowenWorks Magic clinic, in Glendale, Arizona.*



The following is the second of two articles focusing on "Tom," a client who has written several testimonials. This is one of his stories, based on excerpts merged from two testimonials. Tom's commentaries are in italics. To read the first article about Tom and Maggie's work with his "bowed legs" [click here](#).

Tom said he learned about my clinic from someone he was talking to before services at his church. Tom was 80+ years old at the time of these testimonials.

In early October 2022, after a series of severe urinary tract infections, I submitted to Transurethral Resection of the Prostate (TURP) surgery. I was assured that this procedure would significantly improve my urinary tract issues. However, after over a month of no improvements, I realized that this procedure did not work. I could not hold urine for more than one to one and a half hours, and I would also have to get up to urinate two, and usually more, times per night. Up until about 18 months ago, I could hold urine for several hours easily. This new regimen- every hour on the hour! -was unacceptable.

So, in late November 2022, when I came for my first treatment, I had three major health issues: severely bowed legs with walking issues resulting from worsening knee joints,

called 'bone on bone' by my physician. My second "issue" was an occasional painful right shoulder muscle area called the 'deltoid.' My last "issue" was lower back pain, a condition I've lived with since I was a teenager.

During his first visit to the clinic, I asked Tom many background questions, one of which was "Do you have any bladder or prostate issues?" He shared that he did. I always balance the body on first visits unless a recent trauma has occurred, in which case, some exceptions might apply. His testimonial reflects this, from his perspective, which I have not altered. I incorporated Kidney and then the Bladder move with Pelvic, in addition to his first visit's BRM's I, II and III.

An unexpected wonderful thing is that my bladder control issue is slowly resolving. It has significantly improved over time since the first treatment. This was totally unexpected and I had not specifically identified this as an issue that I wanted to focus on! The results however are wonderful and I am more than pleased with the outcome.

An intelligent and curious client, Tom asked many questions during the sessions and I answered simply and softly, reassuringly encouraging him to take in the healing energies of the session rather than converse freely. It became apparent that Bowenwork was also beneficial to his nervous system.

Maggie began doing Bowen treatments to the urinary system. This therapy focused on the bladder and prostate gland. Within ONE WEEK of the first therapy, I noticed a difference in both urgency and frequency of urination. I could now extend urination to two hours or more with no leakage. (In January) I'm now sleeping at least four hours or more during the night. ... Several times now I've slept the entire night without having to get up!

Over most of the first two months, Tom received Kidney and Bladder moves each visit. When I skipped a week, he usually noticed and was vocal about needing "that bladder treatment" again. After two months I backed off again. We now work on the bladder issue every month or so, during ongoing "bowed legs" resolution sessions and the secondary issues that come with the body's repositioning toward its best health.

The improvement in Quality-of-Life has been significant. I no longer have to pre-plan bathroom stops while shopping to make sure I have access to public restroom facilities for when the urge suddenly strikes.

I highly recommend for anyone with urinary tract issues, to seek Bowen Therapy to correct these issues since they ARE correctable by Bowen Therapy.

Tom is 82 years "young" these days. He states he has rejuvenated energy, sleeps less, and his interest and mental clarity needed for his many detailed projects has returned.



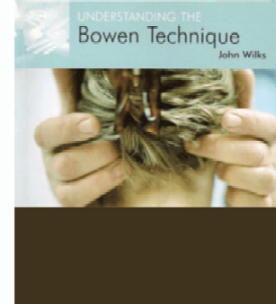
Tom: "I'm out, seeing the sights around Northern Lake Superior this summer 2023, because I CAN, Again!"

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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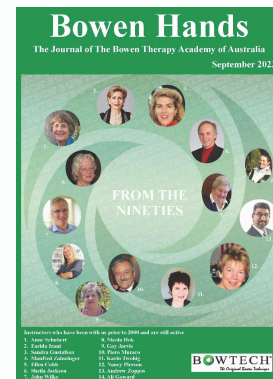
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BOWEN HANDS

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



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