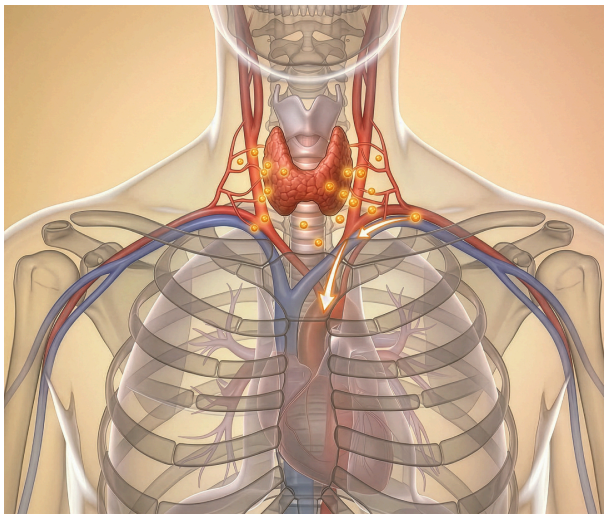
American Bowen Academy™

Keeping in Touch

news & updates October 2026



Thyroid Communication as a Mechanism of Action in Bowenwork

-by Andrea Jones, who lives and practices in Eagle Mountain, Utah

My favorite mechanism of action listed in the Bowenwork Module 1 manual is the “Harmonic vibration or resonance model: Bowenwork moves set up vibrational patterns which bring the body back into balance and harmony.”[1] In addition to known communication pathways such as nerves and simple chemical signals like hormones, I hypothesize that there is even more communication of sensations within the fascia and in organ homeostasis when receiving Bowenwork moves, than we currently know.

I first documented this theory on 5/22/23, confident in the healing foods I’ve used since reading Tom Bowen’s dietary counsel from “Healing Hands” by Shirley Strachan in combination with “Life-Changing Foods” by Anthony Williams in 2016, and using this understanding in my sessions since reading Williams' book, “Thyroid Healing,” in 2017.

The vibrations from our moves are communication vibrations that the thyroid’s “radio-like frequency hormones,” referred to by Anthony William as thyroid R5 and R6 , pick up in the mandatory waits. The thyroid uses these R5 and R6 radio-like frequency hormones to modulate the body’s energy resources, alleviate or at least ameliorate pain signals, signal to organs that it is safe to rest and digest, and calm the nerves.[2] William has stated, “The thyroid is the institutional memory and peacekeeper among all the body’s organs and glands. It sends messages to and monitors the body. These hormonal vibrations are altruistic emanations that give and receive thyroid R5-R6 to and from those in proximity.”

I theorize the mechanism of action is radio-like frequency vibrational hormones which move beyond the body, emanating outward in all directions, and pumped outward as shown in HeartMath experiments by the dynamic ligament we call the heart.[3] Because the heart is acknowledged as a gland that creates its own hormones, this would place it within the network, pacified and coordinated by the thyroid gland.[4] This furthers my theory that a healthy practitioner can help a client on the road to recovery simply by being in their presence long enough to share thyroid hormone through vibrational messaging.

Bowtech experts share their views on fascia and the nervous system, piezoelectricity, and thixotropy in the areas where the Bowen moves are being applied.[5] My theory addresses one reason why clients feel responses in areas far removed from the location of the moves. I recognize that we can't definitely declare that these hormones are the only way vibrational patterns affect the body, but I look forward to the day that we can reword the mechanism of action to read:

"Harmonic vibration or resonance model: Bowenwork moves set up vibrational patterns which bring the body back into balance and harmony through mechanisms which include the thyroid R5-R6 radio-like frequency hormones."

1 "Bowtech Instruction Manual, Modules 1 & 2," by Ossie and Elaine Rentsch, page ix
2 Anthony William, "Thyroid Healing" 2017, p. 33.
3 HeartMath experiments use magnetometers to measure emanations up to 3 feet around the body. **HeartMath Institute+1**. This field may play a role in energetic or bio-communication between people, potentially influencing mood, intuition, and even brain function through subtle interactions of these fields. **experience.heartmath.com+1**.
4 The Heart is an endocrine gland known at least since 1984 **www.ncbi.nlm.nih.gov/pubmed/6100743**
5 Experts weigh in on mechanisms of action in Bowenwork: **https://youtu.be/i1xIVo-C1jo?si=nRMMxROVW73gbAnH**

For complete footnotes email: Andrea@BowenUS.com

NEXT ONLINE Q & A:
THIS THURSDAY, OCTOBER 15, 7 PM CDT

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

CLICK TO JOIN HERE

CE Classes: Online and In-Person
OCTOBER - DECEMBER 2026

*For more information and to register, click on the **blue** class titles, or contact via the email provided.*

IN-PERSON:

Practitioner Days A & B Highland, UT. October 15-16, 9 AM - 6 PM, 16 CE hrs.

Module 8 Glendale, AZ. October 27- 28, 16 CE hrs.

Module 9/SP1 Glendale, AZ October 29 - 30, 16 CE hrs.

Module 10/SP1 Review and Assessment. Glendale, AZ. October 29 -30, 16 CE hrs.

Module 8 Helena, MT. November 5-6, 9 AM - 6 PM. 16 CE hrs.

Module 9/SP 1 Review and Assessment Helena, MT. November 7-8, 9 AM - 6 PM. 16 CE hrs.

Module 10/SP 1 Review and Assessment Helena, MT. November 7-8, 9 AM - 6 PM. 16 CE hrs.

Module 11/SP 2 Review and Assessment Roseville, CA November 21-22, 9 AM - 6 PM 16 CE hrs.

Module 9/ SP!/10/SP 1 Review and Assessment Roseville, CA December 12-13, 9 AM - 6 PM 16 CE hrs.

Associate Instructor Training Highland, UT. October 15 -17, 28 CE Hrs

The Associate Instructor training has a new format: blended learning, with an online portion that must be completed before the

ONLINE:

The Lymphatic System and Bowenwork Online. Jan 23- Feb 21 16 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: bwnwk4lf@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.

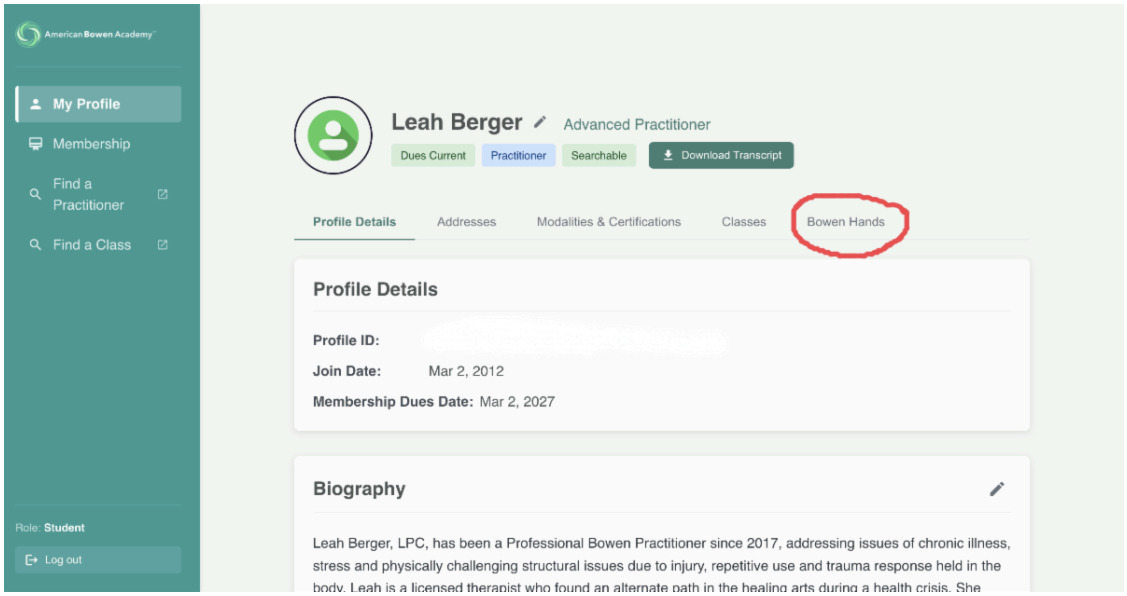
Small Animal Bowen Online, Ongoing, 12 CE hrs. Contact: Solidago.michelle@gmail.com

Tom Bowen's Water, Walk, Wait and the 80/20 Online. Ongoing. 12.5 CE hrs.

Link not working?

3 day hands-on portion. Tuition is $675; 28 ABA CE hours; 16 hours with other CE partners. Contact **bowensource@yahoo.com** for more information.

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!

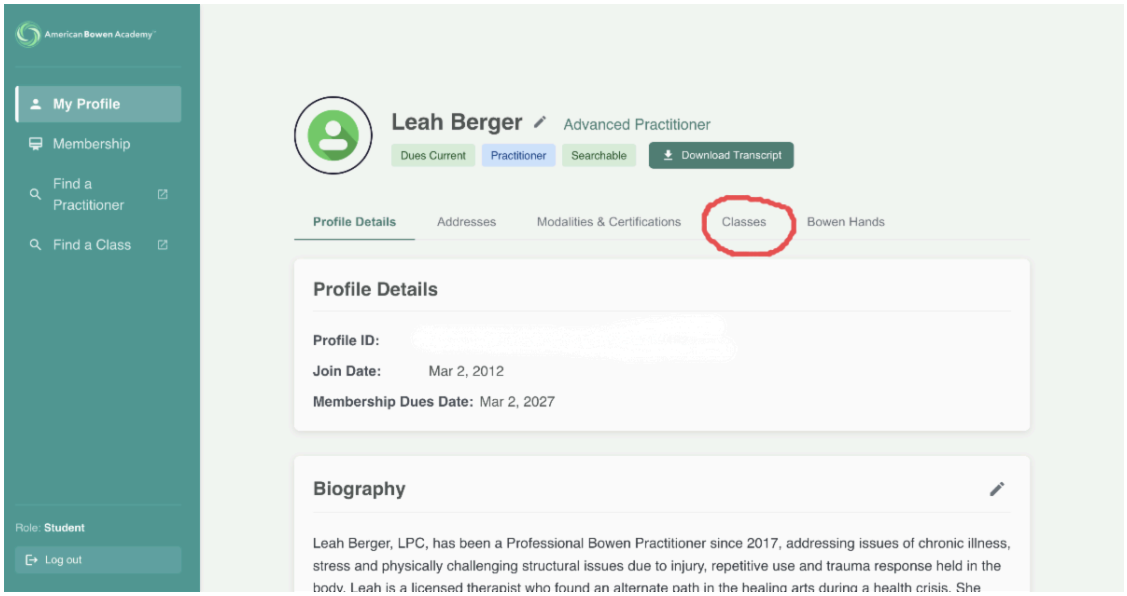


ANNOUNCING UPGRADES TO THE ABA WEBSITE AND PRACTITIONER PROFILES

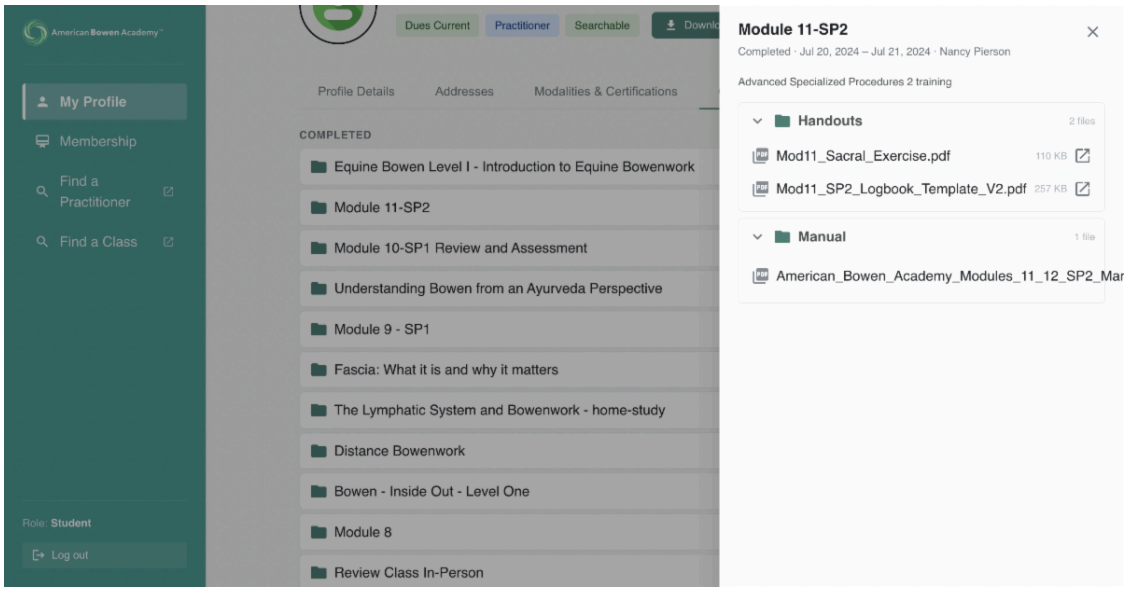
~by Leah Berger, Advanced Practitioner, Editor and Designer of KIT, Albuquerque, NM, and Steven Miler, ABA Administrator, Sparta,TN

If you have been wondering how to access your practitioner profile on the ABA website, wonder no more! The site has been upgraded to include several handy features to assist practitioners, providing easier access to your personal records, updating your registration, enabling automatic renewal, and allowing you to access, view, and download course handouts, manuals, certifications, and transcripts.

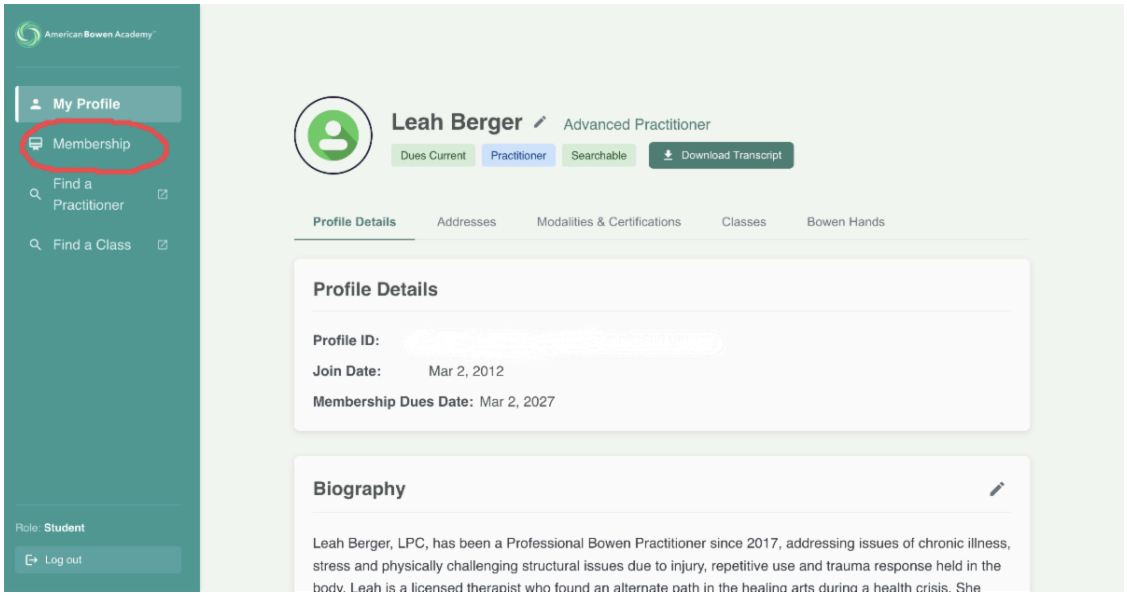
To access your profile page, **please see the steps outlined in the green highlighted box below.** When you arrive, you will see your name and title (Student, Practitioner, Advanced Practitioner, Instructor or Associate Instructor), highlighted tabs with your membership dues status, whether or not your profile is searchable, and a button for downloading and printing out your transcripts. To edit your profile, click on the pencil icon next to your name.



You may be familiar with the old system of filing, called REVVER. The Academy is no longer using this program. Instead, when accessing your profile, you will see several tabs across the screen, titled from left to right: **Profile Details, Addresses, Modalities and Certifications, Classes, and Bowen Hands.** Yes, **Bowen Hands** is now accessible on your profile page, with issues dating back to 2017! To find course manuals and handouts, click on the **Classes** tab, find the course you are looking for, and click on the arrow icon on the right side of the subject bar.



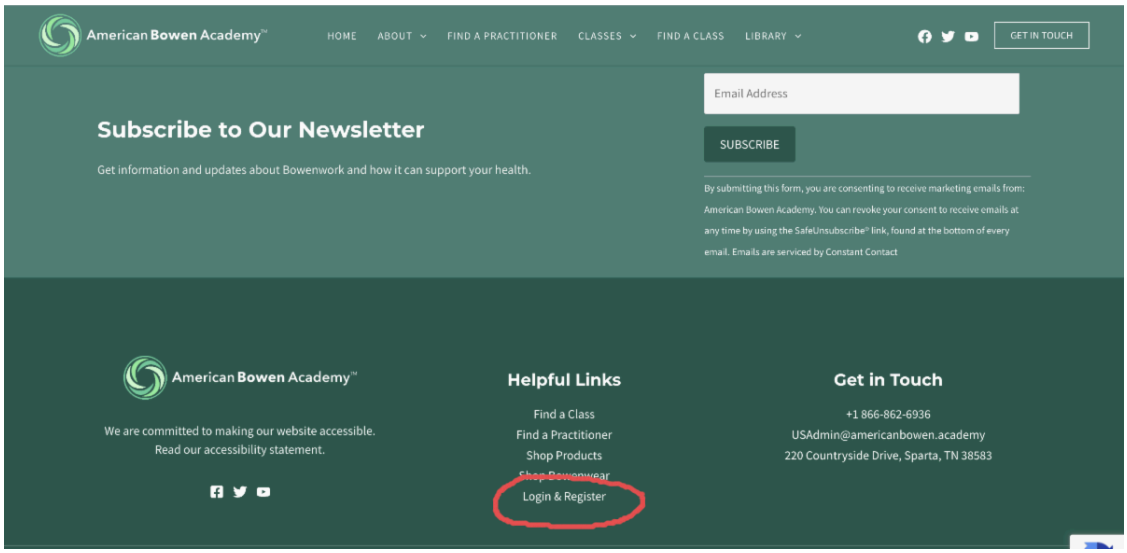
While you are in your profile, you will see a column on the left side of the page, titled **My Profile.** Click on the **Membership** icon to easily renew your membership. Linking a bank account will automatically set you up for billing renewal one year from your payment date, with 30- and 7- day advance notice, as well as a past-due reminder. (Please remember: your name will not be searchable on the ABA site if you have not paid your membership dues.) You can also do easy searches for classes and other practitioners using the search tools in the same column under membership.



Finally, all ABA Keeping in Touch newsletters are now available on the website under the **Library** tab on the homepage. Please consider forwarding and posting the newsletter to keep both clients and students interested in and learning about Bowenwork. You can also tell them where to find it on the homepage. You do not have to be registered with the Academy to sign up and receive news about Bowenwork!

All of these exciting updates are only available in the NEW profile system. If you have not updated your profile yet, please contact Steven at **usbr.bowtech@gmail.com** to receive the necessary link as the first step. If you have not taken a class recently, you will likely need the link. Don't hesitate; updating your profile status is an important bridge between you and your learning, your potential clients, and keeping Bowenwork in the public eye!

MEMBER LOG-IN INSTRUCTIONS:



TO LOG IN TO YOUR PROFILE:

- CLICK ON THE LINK TO THE ABA: **https://americanbowen.academy/**
- SCROLL TO THE VERY BOTTOM OF THE PAGE

- LOOK FOR THE SECTION TITLED HELPFUL LINKS
- CLICK ON THE WORDS LOGIN & REGISTER

Remember to contact Steven if you have not updated your profile recently; he will send you the correct link to the new profile system: usbr.bowtech@gmail.com

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Signs of Bowenwork Joy

Marleah Knighton ((WI), center, passed her Module 7 with instructor Nancy Pierson,on right. On left: Heather Boyle, Marleah's instructor for modules 1-6 and her mod-7 model. Photo by Marleah Knighton.

Modules 1&2 in Concord, NC: Husband and wife Shane Murphy & Mordan Pappas, Allison Strahin, Instructor-in-Training Lindsey Helms-Koury, Alana Donohue, Instructor Nancy Pierson, and Christine Archut. Photo by Shane Murphy.

American Bowen Academy™

where gentle touch fosters profound healing

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