

You just had your very first Bowen session! The important thing to understand is that *Bowen is a process that has now been initiated!* What happens on the table is only about 10% of each session. To achieve the best results, here are some specific **DO'S AND DONT'S** you can think about to help the unwinding continue for the next 5-7 days...

✓ YES, PLEASE DO

- **Adhere to the treatment schedule.** It is recommended to receive Bowen sessions 7-10 days apart at first for the unwinding process to be most potent. Most clients typically need between 3-5 sessions for *all initial complaints to be resolved*. A three pack special intro package is a great place to start and it will save you some cash to buy in bulk.
- **Drink plenty of water.** Make sure that you are getting at least 1/2 of your body weight in ounces of water per day. More if you exercise, or drink alcohol or caffeine (if you want to be a purist, it's recommended you refrain from alcohol and caffeine all together).
- **Walk.** Walking is a wonderfully gentle bi-lateral (using both sides) movement for the body! It will help aid the unwinding process tremendously to walk.
- **Be gentle with yourself.** Even if you can't yet detect it, your body is going through a lot of change. Get lots of rest. Feeling emotional is a common reaction to treatment.
- **Listen in** to what your body wants and *DO indulge in good self-care.*

✗ HMM, MAYBE NOT

- **Do not sit for more than 20 minutes without getting up.** Simply getting out of your seat and walking around it a little will do. Important to remember when driving especially.
- **Avoid crossing your legs.**
- The Bowen process stimulates the nervous system to release the fascia (connective tissue). Interference may stop the unwinding of the Bowen process. Therefore, **avoid any manual connective tissue release methods such as:**
 - **Myofascial release tools.** Foam rollers, lacrosse balls, fascia blasters, etc.
 - **Other types of therapy.** Such as chiropractic, acupuncture, massage, etc.
 - **Ice and heat.** Including saunas, soaking in hot tubs or really hot baths.
- **Avoid strenuous exercise.** Even if your body is feeling better than ever, it is still adjusting to some big changes! It's ok to continue your regular exercise routine, just take it really easy. This goes for stretching too - nothing too deep. Light, relaxed stretching is fantastic!

NOTE: Reactions to Bowen therapy are all unique because they are based on the condition of your body and nervous system prior to treatment. It is possible that you may experience detox side effects such as headaches, flu-like symptoms, or emotional ups and downs. It can be intense. **DON'T PANIC.** A strong reaction is a sign of your nervous system detoxing. Hang in there, heed the advice above, and text me if you have any questions at all. ☎(917) 523-5974. Laura.