

## **Bowen Technique – relief for migraine**

*by Janie Godfrey*

Recently, a 21 year old young man, David, came to try Bowen Technique treatment for the migraines he had been experiencing since the age of 6. His migraine pattern had worsened over the years and now he was having at least one migraine per week. The duration of his migraine was anywhere from a few hours to five days, with the 'normal' duration being a day or two. During the attack he would have to be in a dark room and try to sleep. The frequency of this problem was playing havoc with his job, as he was unable to work while having a migraine and he was close to losing his job. He had tried any number of treatments and medications to either manage or get rid of the migraines but nothing had worked.

David's response to his first Bowen treatment was pretty typical – he had 3 migraines in quick succession during the week following the treatment! While this may seem a backward step, in fact the duration and pattern of them was different than usual. And it was the beginning of the change that we are looking for.

After David's second Bowen treatment, a really big change was apparent in that he had another 3 migraines on the three days following the treatment, but they were each gone in a maximum of 3 hours, and after that he didn't have any. After his third Bowen treatment, I didn't see him for two months and then he returned for a 'top-up' Bowen treatment. He reported that he had only had 2 or 3 very minor migraines and hadn't been off work at all.

A Bowen treatment consists of a series of gentle rolling-type moves, using thumbs and forefingers, at very precise points on the body, mainly on back, legs and neck and it is given through light clothing. During the course of a Bowen treatment the practitioner leaves the room at intervals for two or three minutes to allow the patient's body to respond to the gentle stimulation of the moves. The breaks are an important part of Bowen work with adults but they are not normally necessary with children, whose bodies respond quickly to treatment.

*Janie Godfrey is a fully accredited Bowen Technique therapist practicing in Frome, Somerset and is a full member of the professional Bowen practitioners' organisation, the Bowen Therapists' European Register (B.T.E.R.) For more information or to book an appointment, ring her on: 01373 451 558*