

# **NST, The Bowen Technique**

## **“Balancing the Autonomic Nervous System”**

**NST Bowen therapy may help you with the following:**

**Asthma**  
**Scoliosis**  
**Relieve Pain**  
**Decrease Stress**  
**Treat Fibromyalgia**  
**Hip and Back Problems**  
**Muscular and Skeletal Injury**  
**Autonomic Nervous System Imbalances**  
**Chronic Pain due to Injury or Emotional Trauma**

**Tom Bowen, 1916-1986** of Geelong, Australia developed this amazing and highly effective technique. A few of his associates documented this technique and started teaching it in the United States in the 1990's.

**The Bowen Technique NST** (Neurostructural Integration Technique) uses a series of simple, gentle “Moves” across muscle and connective tissue. It is similar to tuning a stringed instrument sending harmonic vibrations that balance the body. Because it works in harmony with the Bowen Technique is incredibly effective for most any muscular, skeletal or nerve imbalance. The technique is so gentle it can be used on anyone from infants to the elderly. **Bowen produces a deep relaxation** and can release blocked emotional energy which can assist the body in creating a context for auto-regulation/healing process to occur.

**While substantial relief** is often experienced with the first session, long term resolution is typical with the 2<sup>nd</sup> or 3<sup>rd</sup> session. Certain chronic or degenerative conditions may benefit from further or ongoing treatment.

**For an appointment please call:**

**Catherine Kelly, LE LMP**  
**360-421-1531**  
**2108 Riverside, Mount Vernon, WA**  
(located in Sunsational Salon)

**This information is not a substitute for a treatment that may have been prescribed by your Doctor.**