

ASTHMA AND BOWEN THERAPY

Improvements in asthma symptoms is a prime example of how Bowen therapy can improve conditions that are thought to not be of musculoskeletal origin. Nikke Ariff is a bowen therapist from London, England. She conducted a study to test the efficacy of Bowen therapy for asthma. The results of the 1 year study were remarkable to say the least. Eighty-three percent of the participants reported a reduction in the frequency of asthma attacks, whereas 75% of the participants used less medication than before the Bowen research project.