

FIBROMYALGIA AND BOWEN THERAPY

Two small scale studies have demonstrated improvements in fibromyalgia symptoms in those receiving Bowen Therapy. Tim Willcocks, a Bowen therapist from the UK, treated four patients who were diagnosed with fibromyalgia in the last 3 to 5 years. Four treatments were given. All participants experienced improvement, including improved sleep, cessation of vertigo, improved neck pain, and energy. Improved balance was also reported.

Jo Anne Whitaker, M.D. from the American College of Rheumatology, studied the effects of Bowen therapy in 20 patients with fibromyalgia. Most reported immediate relief following a Bowen treatment. Repeated Bowen sessions resulted in complete clinical remission for some of the participants. The results were statistically significant and correlated with improvement of clinical well-being.