

# THE BOWEN TECHNIQUE

TREATMENT BY MAXINE CRINALL BTAA BTPA ITEC MNFSH

## THE BOWEN TECHNIQUE FERTILITY PROTOCOL

### HOW BOWEN CAN HELP YOU

- Balance of the hormonal system
- Establishing regular menstruation
- Help with gynecological conditions
- Structural realignment of the pelvis area
- Stress release

Available as part of our Silver Programme or together with our other therapies as part of the Gold or Platinum Programmes



## BOWEN - FASCIA RELEASE REMEDIAL THERAPY

Bowen is a gentle but effective therapy which releases the body's tissues through the fascia. The fascia surrounds our muscles, ligaments and tendons and is found in every area of the body.

Treatment is relaxing to receive, helps release the nervous system and balance the hormonal and adrenal systems.

### FERTILITY PROTOCOL

It is important to ensure the body is in alignment to promote the best possible environment for fertility, this may be achieved in one session or more depending on each individual case. Regular menstruation also needs to be established with the help of Hormonal Bowen treatment. Thereafter two sessions a month form the fertility protocol with the partner also receiving treatment for optimum results..



# THE BOWEN TECHNIQUE

SAFE, PRECISE, EFFECTIVE THERAPY

## FERTILITY PROTOCOL

It is a good idea to have an initial appointment with consultation for an assessment of your general health and have a full Bowen treatment to address any structural issues - for you and your partner.

Book your first Fertility Bowen appointment as near to the 21st or 22nd day after your period begins or seven days before your next period is due. If you are part of the Gold or Platinum programmes continue in this pattern.

## FERTILITY PROTOCOL

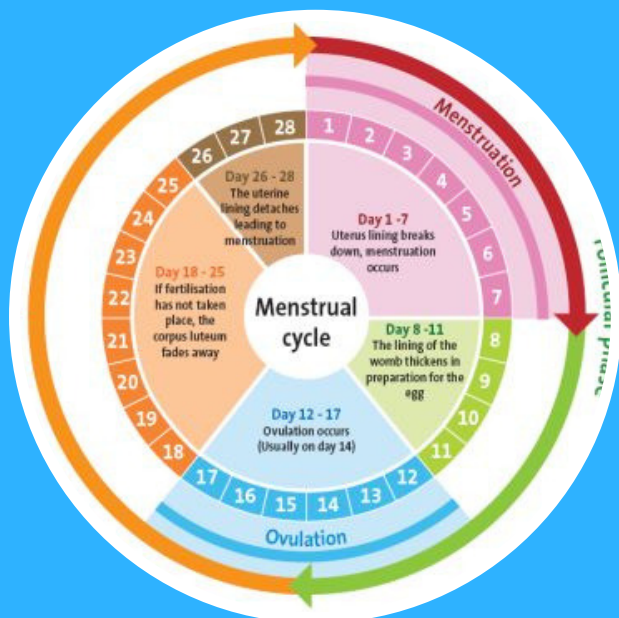
Silver Programme: 2nd treatment as near to 1st or 2nd day of your period as possible. No sex or masturbation for 12 days, only cuddles and affection. Subsequent treatments Days 1/2 & 12/13 days of the cycle (depending on your cycle). Regular menstruation also ne.

The male should be treated after the 1st treatment, appointments can be booked at the same time. NB. A pregnancy test will need to be taken before each appointment



## OTHER THERAPIES

Due to the continuing effects of Bowen after treatment it is recommended you do not have physical treatment for 1 to 2 weeks after treatment. Our Gold and Platinum fertility programmes have taken this into account. Hypnotherapy partners very well at anytime with Bowen.



Keep a note of when your period starts every month

Month 1					
Month 2					
Month 3					
Month 4					
Month 5					
Month 6					

## SEALE NATURAL HEALTH

Maxine Crinall BTAA BTPA ITEC MNFSH

mcrinall@live.co.uk

www.bowen-technique.com

Phone direct: 07930 882586

Centre: 01252 246824