

BOWENWORK

For a full 5 days after a treatment, your body will continue to shift as it incorporates the messages of the moves. Following these guidelines will assure that you receive the greatest benefit possible from the session:

ON THE DAY OF THE SESSION:

- **Do not sit too long. Get up every 30 minutes and walk around a little.** (This does not apply to naps ~~ we encourage them)
- Drink plenty of water.
- Walk, even if you can fit in only a brief one.
- Avoid taking a very hot shower, hot tub, sauna or bath. No ice packs.
- It is best not to exercise strenuously today, not even with any Bowen protocols that might have been prescribed. Begin them tomorrow.

THE REST OF THE WEEK:

- Should you have a flare-up of symptoms, it is ideal to walk, do protocols, and drink more water. Do not hesitate to call me with questions or concerns.
- "The Three W's": (1) WALK at least 10 minutes each day; (2) WATER: Drink at least 8-10 glasses per day; and (3) WAIT a week before you have any kind of body therapy. Any form of bodywork, even a backrub, can short-circuit the healing process and bring you back to "square one."
- Avoid extreme heat or cold: Hot or cold showers, hot baths, ice packs or heating pads during the 5 days after the treatment will override the work.
- Balance your weight onto both feet simultaneously whenever you rise from a sitting position.
- Try getting into your car with "butt first, then foot, foot". Exit the car by swinging both legs out together, supporting yourself with the door, and standing as evenly on both feet as possible.