

## **BOWEN EXPLAINED FURTHER -**

It is based on Tom Bowen's belief that the underlying source of many muscular and skeletal, as well as other health problems can be traced directly to the soft tissue or fascia. Fascia surrounds all nerves, bones, arteries, veins and muscles. Fascial dysfunction can affect every muscle, organ and nerve in the body.

A treatment consists of a series of gentle rolling movements over a muscle or tendon that unblocks "gluing in the fascia, hydrating the tissues and enabling greater movement. As the fascia improves in its hydration your body is able to better supply nutrients to your cells and remove waste.

There will be less restriction on muscles, tendons and ligaments and the vascular, lymphatic and nervous system will be able to function more effectively.