

The Bowen Technique National Asthma Study

December 2002 to March 2004

Organised by Nikke Ariff (Tel: 079811 54321)

Aim:

The National Research program was launched to determine the efficacy of The Bowen Technique in the treatment of the Asthma condition. The research was aiming to record any changes in their pattern Volunteer's symptoms in terms of:

- frequency
- severity of attacks
- and reliance on medication over a period of 12 months whilst receiving Bowen treatments.

Selection of candidates: The Volunteer Group

The parameters set were as follows:

- the volunteers had to be over 16 years of age
- they must not have been hospitalised for their condition
- they must have been diagnosed as an Asthma sufferer by a Gp or hospital specialist
- Asthma must be their main health concern

The Volunteer Group: Profile

Of the 24 Volunteers: 16 women, 8 men

Length of time diagnosed as an Asthma sufferer:

1 to 5 yrs:	2 (8%) volunteers
5 to 10 yrs :	8 (33%) volunteers
10 to 15 yrs:	3 (13%) volunteers
15 yrs plus :	11 (46%) volunteers

The Therapists

All were fully qualified in the Bowen technique and fulfilled the qualifications set out by the governing body The Bowen Therapists European Register (www.bter.org email: info@bter.org).

The Research Program:

The Program was carried out over a 12-month period. No treatment protocol was set for the Bowen therapist to follow. This is because Bowen is a holistic therapy and it was felt that the Bowen therapist should not be compromised in having to treat according to a set protocol as opposed to treating the Volunteer as a unique individual. The Asthma Volunteer kept a weekly diary throughout the 12-month period. Additionally, a diary was completed for every Asthma attack experienced during the Research Period.

Results of the Bowen Technique National Asthma Research Program

Of the 24 participants who completed the 12 month program:

All 24 volunteers reported that Bowen had made a positive difference to their asthma condition.

7 registered "My asthma has improved dramatically"

14 reported " My asthma has improved substantially"

3 reported " My asthma has improved slightly"

20 (83%) reported a reduction in the frequency of their asthma attacks

18 (75%) reported a reduction in the severity of their attacks

18 (75%) reported they were now using less medication than before starting the Bowen Research project

14 (58%) reported they were responding better to their medication

17 (71%) reported their sensitivity to triggers had reduced

Although only 15 of the 24 volunteers used Peak Flow meters at home, all 15 (100%) of them reported their readings had improved.

Volunteers rated their asthma condition on a scale of 0 to 10:
Before Bowen treatments were received:

Mild : 3 (12.5%)
Moderate: 12 (50%)
Severe : 9 (37.5%)

After 12 months on the Research Program:

Mild : 18 (75%)
Moderate: 6 (25%)
Severe: 0 (0%)

Total number of Asthma attacks:

The total number of Asthma attacks reported showed a dramatic improvement in the second 6 months on the research program:

First 6 months: Total of 84 Asthma attacks recorded

Second 6 months: Total of 26 Asthma attacks recorded

This represents an **improvement of 69%** in the number of asthma attacks over the first 6 months.

Other Benefits:

Of the 24 Volunteers who completed the program, 22 reported that secondary health concerns had also improved within the 12-month Research period underlining the holistic nature of the Bowen Technique. These issues included:

Positive responses

Back, Neck & Shoulder problems:	15
Knee problems & Other joint problems:	4
Headaches & Migraine:	3
Hayfever:	8
Irritable Bowel Syndrome & Digestion:	4
PMT & Circulation:	2
Insomnia:	4
Anxiety, Stress & Depression:	13
Energy levels:	8

Mind Body Positive Ltd

Following the results, Nikke Ariff of **Mind Body Positive Ltd** concluded:

"The Asthma Research is my second project and my thanks and appreciation go to the Volunteer Asthma sufferers and the dedicated Bowen Therapists who took part over this 12 month programme. Asthma is a very individual condition, and a holistic therapy such as Bowen is ideally designed to address the individual according to his or her individual health needs.

I am very pleased with the results of the National Research Programme, which has recorded positive results for all 24 of the Asthma Volunteers. I trust that more people will be encouraged to approach complementary therapies with an open mind for the regular maintenance of their health and well being."

Dr Claire Pickin, Warwickshire GP:

"I am pleased though not surprised to see the patients in this trial benefiting from the Bowen Technique. I use the Bowen Technique frequently in my GP practice, mainly for musculoskeletal problems, but notice that patients' general health improves as well.

"Asthma is a cause of much morbidity and sadly, still mortality, in this country. Its incidence has increased by 250% in the last 20 years and the latest figures show 1 child in 8 is being treated for

asthma. The fact that such a simple, gentle, non-invasive technique can reduce the distressing symptoms of asthma deserves attention. The results of the trial are impressive.

“Asthma can be life threatening, so it is important that medication is not stopped suddenly. Bowen Therapists European Register code of practice states that the therapist will never advise patients to alter prescribed medication without first consulting with their doctor. A doctor will be happy to reduce medication gradually as symptoms improve in the long term.”

Conclusion:

The results are very positive, evidenced also by the fact that every Volunteer replied they would recommend the Bowen Technique to fellow Asthma sufferers. Bowen addresses the individual as an integrated biodynamic system as opposed to his or her isolated ailment. The Asthma condition has a myriad of triggers ranging from emotional trauma, stress levels of the individual, exercise, food and environmental allergens. These factors are so varied, that a holistic therapy like Bowen should be considered as a valid option for the health of an Asthma sufferer.

Clearly this is the result of only 24 volunteers, but the overwhelming positive results are very encouraging.

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