

Bowen and Infertility



It is estimated that one in seven UK couples – approximately 3.5 million people, have difficulty conceiving and infertility problems. Although the majority of these will become pregnant naturally given time, a significant minority will not.¹

It has been suggested that infertile patients in general make a greater use of complimentary therapies for their infertility than the general population.²

Bowen therapy is a gentle fascial release technique that helps to re-align and re-balance the body to optimise health and well-being and thereby increasing the chance of becoming pregnant naturally. Bowen therapy has a proven track record of success with infertility. Trials done around the world have shown remarkable results with Bowen and this was evidenced in a report published in the Guardian in 2001.³

There are many factors that can influence fertility whether it is physical, hormonal or emotional. Stress and emotional strain can cause the body to function at a suboptimal level.

Bowen therapy is performed on the superficial fascia and an immediate tissue release can often be observed by the therapist. The fascia is the part of the connective tissue that envelops, separates and influences every organ and tissue in the body. It has been suggested that fascia is the richest sensory organ in the body which links to the autonomic nervous system and this connection has a deep effect on the body's physiology and function.⁴

Bowen therapy can help balance the endocrine system and regulate the menstrual cycle and therefore enhance fertility. It is important that the male partner is also treated as the stress of trying to get pregnant and the fear of tests and procedures can put enormous pressure and strain on both partners. Stress upsets the body's equilibrium and reduces blood flow to the reproductive organs so it is vital that both partners strive for optimal health and wellbeing both physically and emotionally.

Bowen therapy is also beneficial not only for conception but for pregnancy and beyond. During pregnancy, hormonal fluctuations and weight gain can bring about many body changes and discomforts. Bowen can have a positive effect on common problems such as backache, pelvic pain, tiredness and fatigue, headaches and mood swings. Bowen can also help with the onset of labour if baby is overdue and during labour by aiding relaxation.

Birth can be a traumatic process not only for mother but also for the baby. Bowen is a gentle therapy and babies respond very well. Unsettled babies, poor sleepers and those with colic and constipation can be helped with Bowen.

Childbirth can exacerbate back and pelvic pain and there is also additional stress on the spine whilst nursing, feeding and carrying the baby. Bowen effects are so diverse that it can help in the whole process of conception to birth and beyond and is suitable for all ages. It is believed that the Bowen Technique prompts the body to reset, repair and balance itself and clients report the experience of pain relief, improvement of function and recovery of energy.⁵

References:

¹ http://www.hfea.gov.uk/docs/facts_and_figures_03-04.pdf

² <http://www.biomedcentral.com/1743-1050/2/5>

³ <http://www.theguardian.com/theguardian/2001/aug/11/weekend7.weekend5>

⁴ <http://www.sciencedirect.com/science/article/pii/S1360859202000670>

⁵ <http://thebowentechnique.com/what-is-bowen/what-is-the-bowen-technique/>