



Congratulations  
to Sarah S  
who won the  
Bowen Supplies  
by Helen  
competition in the  
October issue

## THE GENTLE TOUCH

**Rheumatoid arthritis sufferer Brenda Howard explains how the Bowen Technique helps relieve her painful symptoms**

Living with rheumatoid arthritis (RA) for 30 years means I've tried many different complementary therapies to help manage the physical, and emotional, challenge of this extremely painful condition.

While some provided temporary relief and others, such as acupuncture and manual lymphatic drainage, worked well for a specific problem, it is Bowen Technique that has hugely improved my quality of life. Since being referred to Bowen therapist Helen Mary Perkins in Peterborough, I've cut down on pain-killing medication and maintained a more positive outlook. It helps with mobility so I can keep driving and retain independence.

At first, it seemed unlikely that such a gentle therapy could have any impact on my condition, which has required many operations.

Bowen has been a revelation and Helen an absolute life saver; a therapist whose empathy and intuition matches her professional skills.

On my first visit I was suffering terribly with my back, shuffling into Helen's room half bent over. I left the session feeling lighter and more optimistic, looking forward to my next visit.

Helen explains Bowen as a series of precise soft tissue moves to rebalance the body, helping it to heal itself. She added: "Initially I applied Bowen therapy while Brenda was seated but within a couple of sessions she was able to lie down on the couch which allowed us to work more effectively on the fascia (connective tissue).

My aim was to help support the muscles around the joints to improve Brenda's

mobility. It has been a pleasure to see her condition improve so markedly.'

In addition to the physical benefits, the sense of well-being and relaxation should not be under-estimated, giving emotional and spiritual support.

At home I use Bexters Soda Crystals to reduce swelling around the joints, soaking my feet and using a hand mitt containing crystals. Joints then become more flexible.

My doctors are aware that I enjoy Bowen Technique and can see that I look and feel better. While it might not work for everyone, I recommend people keep an open mind and give it a go.

*To book a session call 01733 555476 or go to [www.helenperkins.com](http://www.helenperkins.com). Initial consultation £75; future sessions £50. Three sessions pre-booked £135.*