



## **Eliminate hay fever the natural way**

As the spring/summer time approaches many people look forward to the longer, brighter days, however there are many that dread this time of year due to higher pollen counts resulting in dreaded hay fever.

Around 15 million people in the UK suffer from hay fever. The symptoms of hay fever are caused when a person has an allergic reaction to pollen, hence why the spring/summer season can be quite awful for sufferers. Symptoms include: frequent sneezing, runny or blocked nose, itchy, red or watery eyes (also known as allergic conjunctivitis), an itchy throat, mouth, nose and ears. Less common symptoms include: the loss of sense of smell, facial pain (caused by blocked sinuses), sweats and headaches. Many of these symptoms can interfere with an individual's sleep and daily activities at school or at work.



Although there are many drugs, anti-histamines and nasal sprays on the market claiming to help hay fever sufferers, the Bowen Technique is a natural, drug-free, non-invasive complementary therapy that can also help treat the seasonal disorder.

The Bowen Technique, which was invented in Australia and introduced to the UK in the 1990s, prides itself on being able to trigger the body's own healing systems. Rather than 'making' the body change, Bowen 'asks' the body to recognise the ailment and make the changes it requires. With primarily fingers

and thumbs, the Bowen practitioner makes small, rolling movements over muscles, tendons, ligaments and soft tissue at precise points on the body, using only the amount of pressure appropriate for that individual. No hard-tissue manipulation or force is needed or used. Between each set of moves, the body is allowed to rest for a few minutes, to allow it to absorb the information it has received and initiate the healing process.



Bowen is generally pleasant to receive, each session lasting 30 – 60 minutes, depending on the age of the client and the nature of their condition. Many clients become so relaxed they fall asleep during the treatment. Furthermore, there are none of the side effects often related to many hay fever drugs, anti-histamines and nasal sprays

Since last year, Bowen practitioner Carole Hough has been treating her client, who says, *“Since starting my Bowen sessions I have a general feeling of well-being, I feel calmer and more relaxed. As regards to specific problems I no longer have hay fever and therefore no need for use of anti-histamines.”*

As with many other alternative therapies the success of a treatment mainly depends on visiting a legitimate, well-trained practitioner, like Carole Hough, who is a member of BTPA (the Bowen Therapy Professional Association). BTPA is the largest UK professional association for qualified Bowen Therapists. Members of this association are qualified in Anatomy & Physiology and First Aid. They are also fully insured, abide by a strict code of conduct and ethics and are committed to a programme of continuing professional development.

**For further information on Bowen Therapy and to find registered BTPA members in your area visit [www.bowen-therapy.co](http://www.bowen-therapy.co) or call 0844 561 7173**