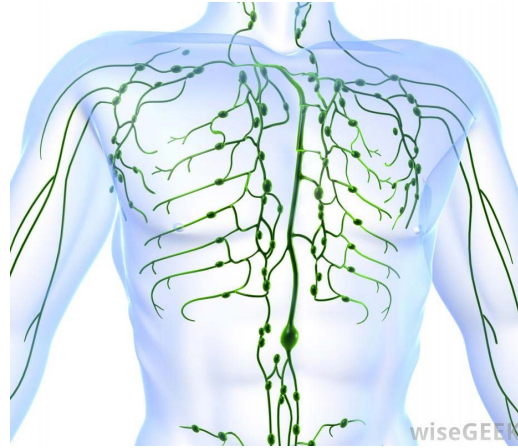


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## What is lymphatic drainage and can Bowen Therapy stimulate this?

Q: What is lymphatic drainage and can Bowen Therapy stimulate this?

A: The gentle movements in a Bowen session stimulate lymphatic flow and drainage. Bowen Therapy activates the body's fluid circulation that helps remove toxins, fats and aids the re-absorption of inflammation and oedema through the lymphatic system. The immune system is also boosted by increased lymph flow and this addresses symptoms such as bronchitis, sinusitis, tonsillitis, laryngitis, acne, and eczema, chronic fatigue, Ross River fever, Glandular fever, fibromyalgia etc. Lymphatic drainage relieves pain by reducing fluid pressure or congestion on nerve endings and speeds up healing in the body.



After a Bowen session the body is relaxed, balanced and generally has a feeling of wellbeing. It is better able to cope with stress, fatigue, emotional shock and the loss of physical activity caused by pain and injury, all of which can overload our lymphatic system.

Image sourced from > <http://www.wisegeek.com/what-is-lymphatic-drainage.htm#>

By Linda Woodward | Q&A | 3

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### 3 Comments

**JOCELYNE LABELLE** April 15, 2015 at 10:55 am - Reply

MAKES A LOT SENSE LOVE 2 KNOW THE COST ..LIVING IN PAIN HIS AWFUL & SCARY...ANNOYING.....I DONT WISH PAIN ON NO1....WITH ALL IM DIAGNOSE WITH AND MY AGE PRETTY MUCH WEAR & TEAR ALSO DONT KNOW IF ANYTHING WILL WORK BUT SURE NOT GIVING UP YET...

**Linda Woodward** April 28, 2015 at 6:26 am - Reply

Many people have had relief from Bowen Therapy where no other treatments have worked. I suggest you speak to either myself or someone who is close to where you live to work out cost. I agree that you should try lots of things as we never know which one is the one to give some relief or resolution to our problems. Good luck with your search for well being.

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**Louise** April 25, 2015 at 4:57 pm - Reply

I had one treatment a month ago and I was amazed. No morTMJ corrected itself. Such a relaxed state and I rest and sleep better. So thankful I found this treatment!

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*"Feel the difference today!"*

