

Here's a great testimonial from a client of Vickie Fu's, a Bowenwork practitioner in CA.

Humbled and thankful for the opportunity to help Diana -- 15 years of pain from head to toe and balance issues melted away after her first ever Bowen session. Diana suffered two major strokes a month apart 15 years ago. She shared that her insurance didn't cover much after stroke care for her and so she was sent home debilitated and unable to do much of anything a month after her second stroke. She didn't want to become a burden on her family; so, she gradually taught and trained herself to again read, write and walk. Physically she still suffered difficulties with her balance (a dropped foot) along with aches/ pains/ ailments from head to toe (e.g. headaches daily, digestive issues, sciatica, plantar fasciitis). Diana is a fighter and didn't lose hope in helping herself. Her mother brought her in to try a Bowenwork session a few weeks ago (May 5th). By the end of the session, my heart cried tears of joy for Diana watching her stand and walk. Diana just emailed me today with an amazing testimonial and reports that everything is holding up; it's like celebrating Christmas in May! Of course, I would recommend a return for a Bowenwork tune up when she is in town visiting her mother again! Please read and feel free to share Diana's Bowenwork experience with others.

"In the past, I was a very active person enjoying hiking, gardening, dancing, etc. lots of strenuous activities. Then in Feb. 2001 (48 years old), I had two major strokes that partially paralyzed my left side, knocked my balance out and left me with chronic headaches (from brain damage) that never went away. Now 15 years later, I struggle with sciatica, arthritis, plantar fasciitis, digestive issues, lack of balance and the list goes on. Sciatica and balance issues have been a major issue even requiring a trip to the ER for relief.

I have tried pain meds, chiropractic, physical therapy, diet changes, etc. I got some relief, but still not where I would like to be. I came to accept my limitations and pain, then my Mother came upon Bowenwork. It helped her, so I thought I would give it a try. My Mother and I went in for our visit. I filled out my form, the one that shows a picture of a body. Everything was marked. It looked like a child had scribbled all over that picture. My body was a mess from head to toe and I had been accepting this as my normal. After seeing this in black and white, I was not happy. It struck me then what I had come to accept.

My therapist (Vickie Fu) took me to a back room and started her work. She slowly did one spot, then gave my body a rest. This went on for many times. She started on my back, then turned me over and worked on my front, including my jaws and face. She had me sit up, then stand up, then asked me to walk. When I sat up, I wasn't dizzy...a good sign. When I stood up, I felt taller, more aligned...even better. Now to walk. I was barefoot -- not good as I wear shoes for balance. The balance and pain were greatly improved. I didn't need to touch walls or hang on to something, this was great. She had me lay back down, and she did more work on me. She then, had me once again, sit up, stand up, then walk.

This time it was amazing. I walked down the hall and back again, with my arms to my side. I didn't have to spread them out for balance or touch walls for fear that I might stumble and fall. The room was a

little crowded with my Mother, the practitioner and myself. I had to take a step backwards. Not only did I take one step backwards, I took several steps and didn't have to hang on to something. In 15 years, I have not been able to do. I felt like a kid in a candy store! I did this little thing several more times. I was almost in tears. I was thankful, so very thankful, for what my practitioner had done for me. My body was no longer filled with pain! My sciatica was gone! My balance was back!! My headache was minimal.

My old normal was no longer my new normal. I was back to what I was prior to my strokes. Talk about Cloud 9. I walked out standing tall and proud and pain free and able to walk backwards...thank you, thank you, thank you. I realize that as I age, my body will breakdown, but with Bowenwork on my side, my natural aging process will be more comfortable. I plan on being independent and not a burden to my family, and live to be 100. I think with Bowenwork I might be able to do that. I think I can go barefoot now, even wear high heels again and go dancing until midnight. All in little steps of course. I would recommend this to anyone with issues, whether they have tried other alternatives or just starting to look for any avenue for relief or just doing better with what they already have.

Bowenwork is not directly covered by insurance in California, but with a hope for the future it will become more widely used and covered by insurance just like physical therapy etc. It all takes time to become accepted and used as an alternative therapy. Hopefully before I reach 100".

Respectfully,

Diana