

Bowen Seizure Protocol report – Liz Corbett

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The Bowen Technique includes a Seizures Protocol. It is an amazing procedure that has been found beneficial in helping people reduce the number and intensity of seizures. It has been developed and used for people who have experienced intermittent or regular seizures.

The protocol includes 9 sessions over a 6 month period. It requires participants to be dedicated and committed in order to complete the entire protocol and experience the benefits.

The Bowen Seizures Protocol is being offered at the Epilepsy Waterloo Wellington. The first Protocol began in April 2008. [Epilepsy Waterloo Wellington](#)

There were two Bowen Seizure Protocols performed during 2008 and 2009. 9 participants started and 7 completed the 2008 protocol. 3 started and 2 completed the 2009 protocol, this was the second protocol for these two participants. **In general the number of seizures decreased and the intensity lessened for all participants.**

1. Participant 1 started out averaging 5-6 seizures a week; during the last 4 weeks of the protocol this participant experienced 1 seizure. **Seizures have diminished and are rarely happening**
2. Participant 2 was averaging 7 seizures a day, the **last 4 weeks no seizures were experienced.**
3. Participant 3 was having 1-3 seizures during a 3 week period. **During the last 4 weeks experienced 3 seizures.**
4. Participant 4 was having 1 grand mal seizure a month and had no seizures during the last 4 weeks of the protocol. After 6 months this participant had another seizure and joined in the second protocol. **One seizure was experienced during the first 14 weeks; no other seizures during the protocol and for 10 months afterwards.**
5. Participant 5 was experiencing 1 seizure a month; during the first 4 weeks had 2 seizures, **then no seizures for 14 weeks; during the last 4 weeks this participant had 2 seizures.**
6. Participant 6 had had 10 random seizures, none in the past 3 months. **No other seizures were experienced during the protocol.**
7. Participant 7 had had two seizures approximately 2 months apart. **No seizures were experienced during the protocol. One mild seizure was experienced 3 months after the protocol ended. A second seizure protocol was started with no seizures during that time, and then 7 months later had 2 more seizures. A third protocol was started and no seizures were experienced during and for 4 months afterwards.**

Quality of Life Survey

All participants completed a Quality of Life Survey at the start of the Bowen Seizures Protocol and then again at the end. 5 participants completed the survey. This questionnaire asked 15 questions concerning how the participant's life has been affected, during the past 4 weeks, due to seizures. For each statement, they would circle one of the numbers from 0 to 5. If the statement did not apply, they would circle the 0.

During the past month, have seizures:

Question 1: ...increased your worry about when the next seizure will occur? **45% decrease**

Question 2: ...made it difficult to do things around your home? **63% decrease**

Question 3: ...created difficulties with relationships? **50% decrease**

Question 4: ...made doing activities difficult? **58% decrease***

Question 5: ...made going away from home difficult? **71% decrease***

Question 6: ...made having a good night's sleep difficult? **67% decrease***

Question 7: ...made your working to earn a living difficult? **67% decrease**

Question 8: ...made recreation, sports or hobbies difficult? **67% decrease**

Question 9: ...made you visit Doctors and Hospitals more often? **79% decrease***

Question 10: ...caused increased cost for medical care? Not enough data

Question 11: ...given you side effects from medication? **47% decrease**

Question 12: ...made you feel like you are a burden to friends and family? **73% decrease***

Question 13: ...made you feel a loss of self control in your life? **70% decrease**

Question 14: ...made it difficult for you to concentrate or remember things? **43% decrease**

Question 15: ...made you feel depressed? **37% decrease**

*** P-Value <0.05 using a Paired T-Test – meaning the results are statistically significant.** Some results may not be significant because the sample size is so low, but with more participants may end up being significant. Paired T-Test performed by Scott C Corbett, PhD; Lead Systems Engineer, ABIOMED, Inc.

Amazing Bowtech in India

From: Bowen Hands, The Journal of the Bowen Therapy of Australia, June 2007 - page 6

For close to three years now, Freny Palia, Zeeba Shroff and I, Delna Sanghvi have been doing Bowen for 25 boys at the Happy Home and School for the Blind. Kaizeen Palia, who works with us, has taken the past year off to have her second baby.

We have addressed a variety of complaints from the common cold and tight hamstrings, which a lot of them seem to have, to aggression and of course sight related disorders and the results are heartening.

The boys enjoy the Bowen, the older ones often asking pertinent questions about the moves, and all of them always wanting to know when the next Bowen session is.

One of our noteworthy cases is that of eleven year old James, who was very aggressive and averse to touch. We were unable to do more than a couple of moves on him when we first started. Now he lies down happily enjoying the Bowen, and thanks us after each set of moves.

His teachers report a marked improvement in his behaviour. The aggression surfaces rarely and he is happy amongst his peers.

Another eleven year old, Zameer, whose speech was garbled and indistinct, and who was afraid to speak for fear of being ridiculed, now speaks clearly, and is a happier and more confident child thanks to Bowen.

Young Shailesh, who could not see with his left eye, has recently reported vision returning to this eye. This is very encouraging, and we are confident of further improvement with ongoing Bowen sessions.

Aman, a cheerful young boy, cut a sorry figure when we first saw him, weighed down by braces and strapping on his limbs. Multiple surgeries supported by Bowen over the past couple of years see this child able to walk without external supports. His limbs are stronger and straighter, and his gait is much improved.

In addition to the regular Bowen, my instructor Farida Irani encouraged me to embark on the [Seizures Protocol](#) for those suffering from seizures.

Although it has not been used very widely I was excited to try it out on these children. Between June 19, 2006 and December 4, 2006 I treated 12 boys aged 7 to 16 with the 9 stipulated Bowen sessions. Due to floods and school vacations, there were a couple of occasions when the exact day recommended could not be adhered to. I worked as precisely as circumstances permitted.

Of the 12 cases, 6 reported no seizures during this time. The remaining 6, who did report seizures, reported the same to be fewer and milder than before. I am sure that with continuing Bowen they will all benefit further in the near future.

We sincerely appreciate the support of the director of the school, Ms. Meher Banaji. Her own problems with carpal tunnel syndrome and mid back pain have been successfully addressed by the Bowen. Even her old cocker spaniel, Goldie, is a Bowen success story. She suffered paralysis of the hind quarters, had difficulty walking and moving her bowels. A few basic Bowen moves by Freny, have put her right.

My colleagues and I enjoy being able to help these children and for that our sincere thanks to Farida Irani, and of course, Tom Bowen, for the amazing gift he has left us!

Delna Sanghvi Mumbai, India

(Please note that the names of the boys have been changed to protect their identity)