

# Peaceful Bodies

HEALTH AND WELLBEING THROUGH BOWENWORK



PHOTOS BY MELISSA DiPALMA

The gentleness of Bowenwork touch makes it an ideal bodywork for infants and children.

**b**owenwork (a gentle, manual therapy that works through the autonomic nervous system to reset the body to heal itself) has long been a positive alternative to a wide range of symptoms affecting adults, but this innovative technique also works to heal mothers and children.

Pamela Pendlebury, a Professional Bowenwork practitioner, offers relief through Bowenwork to children and adults in the Monadnock region. Pamela's long history of working with children began when she was an art therapist and child life specialist, caring for the emotional needs of children at Boston Children's Hospital and Shriners Burns Institute in Cincinnati. As a certified art teacher and art therapist, she worked with at-risk children in a variety of educational settings. "Helping children and their families over the past thirty years has been a great joy for me," Pamela shares. "I love discovering new techniques such as Bowenwork that enable me to help my young clients feel better physically and emotionally."

Children typically require much shorter and fewer Bowenwork sessions than adults for similar issues. From newborns with colic, to athletic teens with sprain and strain injuries, Bowenwork can offer remarkable



results. Some children report they are able to concentrate better at school after a Bowenwork session, and feel less anxious. Others express a renewed sense of wellbeing and confidence.

Mothers-to-be can also benefit from Bowenwork to relieve tiredness and fatigue, back pain, neck and shoulder tension, swollen ankles and legs and other pregnancy-related discomforts. New mothers can find relief for lactation problems and mastitis.

"Bowenwork stimulates the body's natural healing ability through gentle, precise movements on muscle and connective tissue that encourage the body's autonomic nervous system to rebalance," explains Pamela. "All aspects of your child's health are positively affected."

#### Help for little bodies:

- colic
- projectile vomiting
- feeding problems
- distressed or unsettled babies

#### Help for childhood conditions:

- falls and sports injuries (including falls on tailbone)
- headaches
- growing pains
- colds and coughs
- asthma symptoms
- ear aches
- bed wetting
- digestive complaints
- difficulty sleeping
- stress and anxiety

#### PAMELA PENDLEBURY

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