**You may ask “Does Bowenwork help with Respiratory Problems?” The answer is yes in most cases.**

**Asthma, C.O.P.D, Diaphragm pain, Lung Problems, and other Respiratory Problems.**

**HOW DOES IT HELP?**

Respiratory problems have one thing in common, panic or stress when we cannot get enough air. The basics of Bowenwork are very relaxing, when the body relaxes it can then begin to heal and become a healthier body. Most respiratory problems are also related in that the Respiratory Diaphragm is usually tight and does not allow the lung to expand as well as it should. Bowenwork has special procedures which helps the Diaphragm to relax and begin to work normally. Bowenwork works with the Nervous System and the Brain to move the body back to normal, in Respiratory problems the Practitioner will utilize Bowenwork Procedures to help the whole body to normalize and pay special interest to the Procedures that work with the nerves and muscles that govern the Respiratory System.

You may wonder how many sessions will it take to overcome the problem? There are a few of the most recent onset problems that will resolve with two or three session, however most Respiratory Problems have been long-term and they usually take longer to resolve, each individual is different. The most severe cases should see some improvement in three to five sessions and if progress is seen it indicates that the body can make more changes given more sessions and time to help the body reprogram & hold the healthier pattern.

If you have questions give us a call at 325 676-9227 and ask us or set up an appointment for a free consultation. You can use that same number to set up an appointment for a session. The session price is $50.00 and the session usually last from 45 minutes to 1 ½ hours.