

# Bowen Therapy in Brightling

For bad backs, stiff necks, sciatica or sore knees many of you will perhaps have used the services of an osteopath  
or  
physio-therapist, but may not have tried  
The Bowen Technique.

This gentle non-invasive therapy which originated in Australia gets straight to the heart of the problem often providing immediate pain relief and increase in mobility.

As the body is gently allowed to rebalance and heal itself even long standing aches will often be permanently resolved.

Bowen works well for many conditions, most notably: backache, sciatica, frozen shoulders, headaches, whiplash, broken bones, stress, sports injuries.

**Nicole Livingstone-Smith (E.C.B.S.),  
an experienced practitioner, has a clinic in Robertsbridge and Cranbrook**

**and can be contacted on  
01424 838683 for an appointment.**