

It Worked

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Father Resolves Eczema

Using the Bowen Technique

My daughter Melissa has had eczema since she was three months old. From a young age she has been under the care of one of Auckland's top skin specialists. She has had creams of all descriptions applied to her face, arms and legs every day, including a special tar and hydrocortisone mixture. If a day was missed, the eczema would flare up again. The battle to keep the rash away was constant and very distressing for Melissa. It was also distressing for myself to see my pretty little girl withdrawn and traumatised by this disfiguring condition.

As Melissa grew older her eczema worsened considerably, so in November 1998 when she was nine years old, Melissa was referred to the Paediatric Dermatology Department at Waikato hospital. The specialist dermatologist, Dr M Rademaker, stated in a report that Melissa had both atopic eczema and eczema herpeticum. He told Melissa's mother that Melissa would

be able to contain the eczema using steroid creams, but it would be an ongoing problem that never completely clears. We were told to discourage her from any career involving hairdressing, food or involving the use of chemicals.

Last year the outbreaks became worse and it seemed she had a resistance to all the steroid creams she had been given. During the third term of 2000 Melissa had over ten days off school, with wakeful nights and constant scratching - the photo on the left shows the severity of her eczema at the time.

By the time Melissa was 11 years old, I decided I would try a different approach to her treatment. I had trained in the original Bowen Technique called BOWTECH and thought that it would be worth a shot so I commenced treatment on 20 September 2000. Her treatment focused on possible digestive, respiratory and hormonal imbalances. As part of her treatment

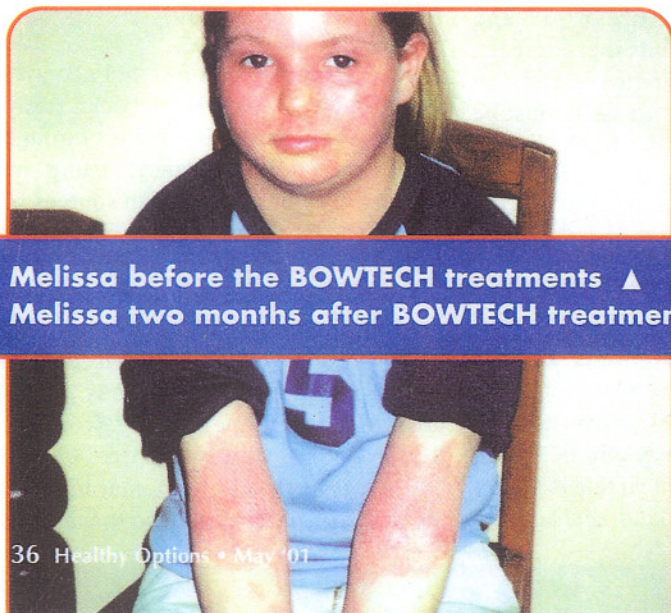
Melissa also increased her water intake, replaced the occasional Coca-Cola with lemonade and used Evening Primrose oil capsules daily. The response was almost immediate, you can see the amazing improvement in the photo on the right, which was taken 20 November 2000. After two months she had absolutely no rash and the swelling in her face, arms and legs had completely gone. It has now been six months since her first treatment - no sign of eczema. Melissa is now able to feel more pride in her appearance and has a major boost in confidence.

Graham Wilkinson

To contact Graham,
phone (07) 572 3254.

What is the Bowen Technique

The Bowen technique was developed in the 1950s by the late Tom Bowen in Victoria, Australia. The treatments consists of a series of gentle and precise moves on the skin (or through light clothing), with the patient usually lying on a bed or treatment couch. Sessions usually last from half an hour to an hour and most patients find that a small number of treatments are adequate even for long-standing complaints. The dynamics of how the treatment works cannot be easily explained within a scientific framework, however it is reputed to encourage a gentle response which empowers the body's own resources to heal itself.



Melissa before the BOWTECH treatments ▲

Melissa two months after BOWTECH treatments ►

