

TARGET YOUR IMMUNE SYSTEM

LYMPHATIC BOWEN

IMPROVE HEALTH
& WELLBEING



LYMPH & THE LYMPHATIC SYSTEM

The Lymphatic System is probably the single biggest player in our immune system, and our first line of defence against disease.

A lymph system that is not properly functioning is able to trigger unexplained aches and pains all around our bodies. If you have or are feeling any of the following then they may be signs of a compromised Lymphatic System



- Fatigue
- Swollen glands
- Eye puffiness
- Headaches
- Sinus infections
- Constipation
- Brain fog
- Food sensitivities
- Swelling in the fingers / ankles
- Bloating or holding onto water
- Weight gain and extra belly fat
- Breast swelling or tiredness
- Soreness or stiffness upon waking
- Worsened allergies
- Skin issues, dry or itchy skin
- Increase colds or flu

SAFE TO
MOVE

Acknowledgement: SAFE TO MOVE 2020
Paula Esson BSc Sport Science / Cert CBS
& Gus De La Querra Cert CBS, Cert ETA

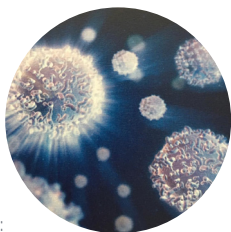


Bowen therapy
makes it better

Lesley Green

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The lymphatic system is extremely important in the proper functioning of our immune system, organ health, vitality & movement. It eliminates viral & bacterial pathogens, clears foreign matter, waste materials & toxins.



FUNCTIONS

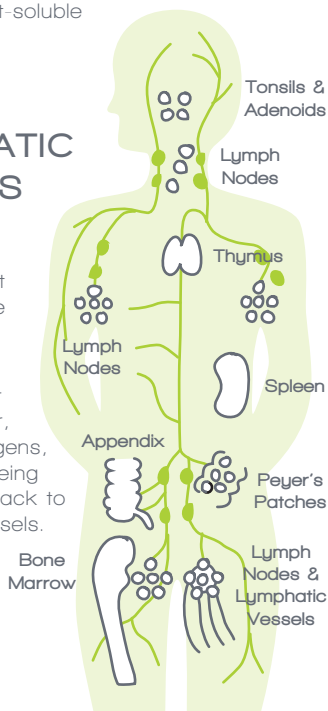
The Lymphatic System has three main functions:

- It maintains the balance of fluid between the blood and tissues.
- It forms part of the body's immune system and helps defend against bacteria
- It facilitates absorption of fats and fat-soluble nutrients

LYMPHATIC ORGANS

These organs all play an important part in our immune response.

Lymph nodes screen & filter foreign matter, including antigens, from lymph being transported back to the blood vessels.



PRICES

£40 Per Treatment Session

Clients are requested to complete an online assessment prior to initial session

LYMPHATIC BOWEN KEY POINTS

- Clothing can stay on during treatment
- No manipulation or adjustment
- It is different to massage
- A gentle, subtle & relaxing experience
- Movement & water after treatment is important



ABOUT ME

Bowen is an emerging science that relies on skilled practitioners with excellent anatomical knowledge and practical hands on intelligence.

Lesley Green is a qualified nurse with over 35 years experience having held a variety of nursing posts within the NHS, including working as a nurse consultant. She is professionally trained in the Bowen Technique, Fascia Bowen, Lymphatic Bowen & the McLouglin Scar Tissue Release Technique and works as a therapist and practitioner based in a clinic in Hartlepool.



If you are receiving treatment through your health insurance a certificate can be provided where required.

Should you have any queries, or would like to book an appointment, please do not hesitate to contact me.

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DISCLAIMER

The information provided should not be used for diagnosing or treating a health problem or disease. It is not a substitute for professional care. If you suspect you have a health problem, you should consult your GP. Pregnant or lactating women should consult a doctor.