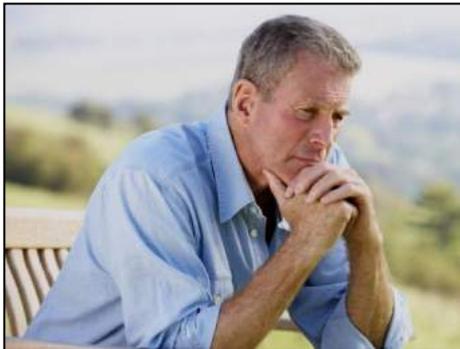




BOWEN SA

THE BOWEN ASSOCIATION OF SOUTH AFRICA
NEWSLETTER

Hello all,



When I first started with this idea of doing a newsletter on men's issues, I thought that I would find a profound difference between men and women. What I found is that, other than pregnancy and a woman's monthly cycle, there is actually very little difference between men and women with regards to health issues. Men suffer a lot of the same things that women do, including things like breast cancer and, yes, male

menopause is a real thing. There were couple of surprises but well for the most part, men and women physically seem to be very similar and suffer the same problems.

Some men even suffer along with their partners during pregnancy. I have one colleague who, while pregnant, had a husband suffering her morning sickness, while she didn't have a queasy moment. This is apparently not so unusual. Men will also say, tongue in cheek, that they suffer along with their female companions during her monthly cycle. All I can say is, being on the receiving end of hormonal storms is difficult for both sexes.

This put me in a bit of quandary about how to fashion a Bowen newsletter around men's issues if men tended to have similar issues to women. So, I decided to mix it up and show up the differences between the genders, as men suffer more from certain illnesses than women and vice versa. Also, it has recently been brought to my attention, that for young woman to work on strange men can cause problems. Because of this, I have also included some hints and tips on this subject. Of course, men can also have problems treating young women in today's society of being so quick to take offence, so these tips should help the men as well.

Enjoy your newsletter!

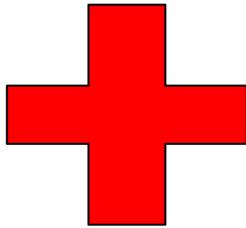
Kind regards

Channon



PS: Next month's newsletter is on the elderly and how Bowen can assist.

An illness comparison between men and women:



Major difference		Men tend to get chronic illnesses earlier in life than women
Heart Disease	- No typical symptoms of a heart attack or imminent attack - constant indigestion, jaw pain, neck pain, shoulder pain or back pain	- Typical symptom of a heart attack or imminent attack is chest pain - More likely to have heart disease
Cancer	- Breast cancer - Ovarian cancer - Cervical cancer	- Testicular cancer [20-34 yrs] - Prostate cancer - Men can get breast cancer - More likely to get bladder cancer - More likely to die of skin, lung, liver, rectum, colon or pancreatic cancer
Osteoporosis	- More common in women	
Parkinson's		- More common in men
Depression	More likely to suffer from depression but symptoms tend to be typical or opposite to overcompensate	Often atypical symptoms - quick anger, aggression, etc and are more likely to commit suicide
Hernias		- Much more likely to have inguinal hernias
Gout and cirrhosis of the liver		- Both are more common in men
Kidney Stones		- More likely in men
Obesity	Women are less likely to suffer the associated health problems of obesity because of where they carry it	Men carry extra weight around their middle, which increases their risk of heart attack or stroke.
Flu		Men are more likely to die of flu and/or complications

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- https://www.health.harvard.edu/newsletter_article/mars-vs-venus-the-gender-gap-in-health
- <https://www.conchovalleyer.com/awareness-monthsholidays/4-diseases-affect-men-more-women/>
- <https://www.aol.co.uk/2016/11/21/medical-conditions-men-heart-disease/?guccounter=1>

The "Man Flu"

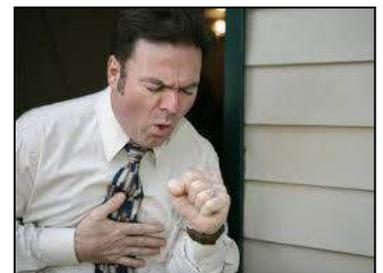


If you paused at the last item on the previous table in surprise, then this article will open your eyes. While the "man flu" has always been considered a bit of a tongue-in-cheek way of saying that men complain too much when they are sick, research has actually found that men and women actually react differently to the flu.

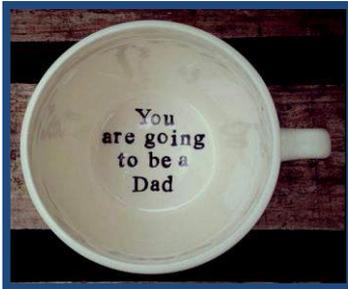
While the exact mechanism is not known, research on mice has shown that female mice got severe symptoms faster than males infected at the same time, but got over the illness in half the time. The theory is that oestrogen keeps female immune systems on higher alert and they react faster to the intruders, while testosterone slows down the immune system response.

There are numerous Bowen therapy moves that can assist with treating the symptoms of flu and having Bowen therapy assists the functioning of your immune system in general through activation of the parasympathetic nervous system. Remember, although there are numerous procedures that can assist someone who is suffering with flu, only use a few at a time.

- **BRM 1,2 and 3** reduce stress, improve posture, ease aches and pains; and boost immune function. They also help with stiffness caused from coughing and restless nights.
- **Head procedure** can help with those nasty headaches and congestion
- **Respiratory procedure** eases the diaphragm, helps with the stiff stomach muscles from coughing and assists with chest tightness
- **Upper respiratory/TMJ** can assist with congestion and jaw stiffness from restricted breathing, as well as loosen throat muscles that have tightened through coughing.
- **East and West procedures** assist with the typical forwardly rolled shoulders of someone who has flu [from coughing or generally from feeling ill]. Easing the aches in the rhomboids and loosening the pectoralis.
- **Thoracic procedure** can assist with chest pain and for bad posture caused by illness.
- **Sternal procedure** [Advanced] is good for lymphatic blockage in the chest area, anteriorly rotated shoulders and chest pain.
- **Navel procedure** [Masters] is good for lowered vitality
- **Abdominal procedure** [Masters] helps with breathing difficulties
- **Gallbladder procedure 2** [Masters] - the ileocaecal valve assists in regulating mucous in the body
- **Sinus procedure** [Masters] - sinus congestion



- **Additional Moves for Sinus problems [Masters] - sinus conditions**



Fertility

When I asked around to find out what my fellow practitioners treated men for, they advised that men mostly visited their practices because of injuries or because they were attending with their partner for fertility issues. Yes, Bowen can assist men with fertility issues as well.

As a tip for treating fertility in men, also suggest that they wear loose underwear. This allows the manly bits to stay cool, just as they were meant to, and encourages better blood flow. It can apparently take about 10 - 11 weeks for the sperm to recover from tight underwear.

Other factors that influence male fertility are:

- **Smoking,**
- **Excessive alcohol intake**
- **Obesity or severely low weight** [fat also produces oestrogen which affects hormonal balance]
- **Excessive exercise** [this lowers testosterone]
- **Environmental toxins** [BPAs in plastic, and pesticides are particularly harmful]
- **Chemotherapy**
- **Anabolic steroids** [these disrupt hormones, which can take 3-12 months to recover]
- **Low levels of vitamin C and zinc** [affect sperm production]
- **Anti-depressants** [these also suppress the production of sperm]
- **Marijuana** [the THC in marijuana has a negative effect on the production of both sperm and testosterone]
- **Opiates** [these interfere with testosterone production]
- **Varicoceles** [dilated veins in the scrotum are associated with low sperm quality and eventually testicular damage]
- **Infections and STDs** [certain infections and STDs can cause testicular atrophy and low sperm counts, others can block the epididymis tubes leading to infertility]
- **Hormone disorders**
- **Prostate problems**
- **Trauma to the pelvic area**
- **Diabetes** [or anything that affects circulation, such as **heart disease**]

There are many causes for infertility. Further information on causes for infertility can be found by following the reference links at the end of this section.

- The **BRMs** are going to be helpful for reducing stress, which is important for fertility and male performance.
- **Upper respiratory/TMJ** - helps with hormonal balance
- **Coccyx procedure** - assists with fertility issues but also helps with prostate problems
- **Gracilis procedure** [Advanced] - gives a strong energetic release up into the abdominal area and associated with the triple warmer meridian, pituitary gland and any endocrine imbalance.
- **Psoas procedure** [Advanced] - a tight psoas restricts organs
- **Coccyx Oblique procedure** [Advanced] - non resolving reproductive issues
- **Pubic Symphysis release** [Masters] - for male reproductive problems and also for male incontinence.
- **Procedure for Bladder and Prostate problems** [Masters] - for impotency and prostate problems



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<https://prostate.net/articles/15-things-may-making-infertile>

https://urologyclinics.com/symptoms/infertility_m/causes.html

<https://www.mayoclinic.org/diseases-conditions/male-infertility/symptoms-causes/syc-20374773>

Acne



With acne, I was surprised to learn that males and females suffered in fairly equal amounts from acne. Both sexes get acne due to male hormones called androgens - yes, women also have male hormones present and, unfortunately, with their monthly hormonal fluctuations, women are more likely to have a more stubborn and long lasting form of acne into the thirties and beyond. Higher levels of androgens also mean more severe acne.

The reason that men's acne seems so much more severe in the teenage years is due the amount of testosterone being produced, some basic structural differences between male and female skin, and the growth of facial hair.

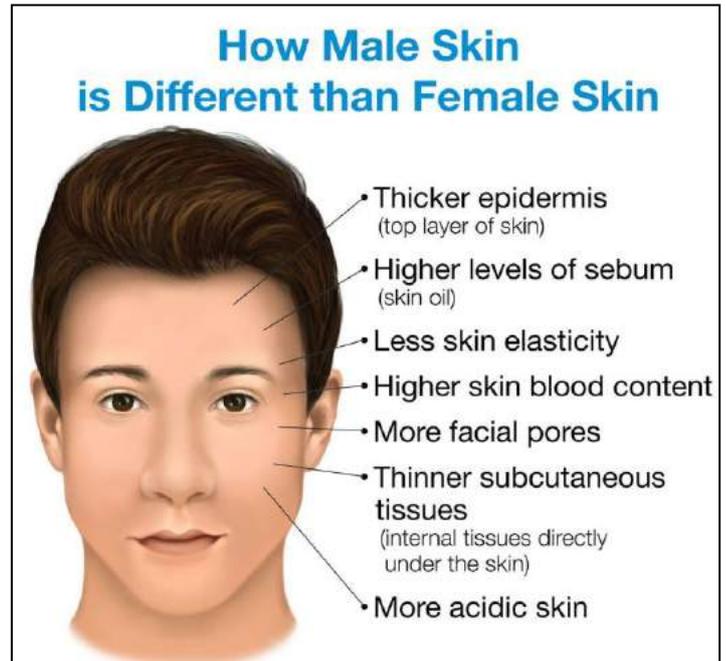
Unfortunately, with men, they cannot use hormonal treatments to assist with their acne, while women can use hormonal treatments using estrogen or progestogen. There are medications that block androgens to assist with severe acne, caused by the overproduction of sebum, but these medications are usually only prescribed to women. In general, normal and stable amounts of testosterone do not cause acne, but excess androgens increase sebum production, cause blocked pores and, thus, encourage bacteria.

Unfortunately, excessive and vigorous washing, as well as shaving, can irritate acne and spread the bacteria. Harsh soaps dry out the skin, causing the skin to produce even more sebum to compensate. The skin needs to be kept clean but the acid/alkaline balance and the oiliness/dryness balance need to be protected as well. It's still a bit of a conundrum.

What can Bowen do to help with acne?

Increasing lymphatic drainage assists the body's immune function and clears away toxins, which could cause extra

inflammation. Since stress also affects hormonal balance, lowering stress can help as well.



- **BRMs** - for stress [especially prevalent in teenagers], BRM3 also initiates body detoxification
- **Respiratory procedure** for stress
- **Upper respiratory/TMJ procedure** to assist with lymphatic drainage and hormonal balance
- **Coccyx procedure** for hormonal balance
- **Chest procedure** for lymphatic congestion [acne often spreads down the chest and back]
- **Sternal procedure** [Advanced] for lymphatic drainage in the chest area
- **Rhomboids** [Advanced] these are associated with the liver and detox.
- **The "Pea" procedure** [Masters] for lymphatic congestion in the upper body

There are factors which increase testosterone and will increase the severity of acne:

- Steroids
- Vitamin D and zinc are linked to increased testosterone levels
- Adrenal gland disorders
- Hypothyroidism

Remember, with acne, the bacteria can also affect the practitioner. Avoid touching your face while treating a client with acne; wash any towels or "softs" in hot water and sanitize your hands regularly.

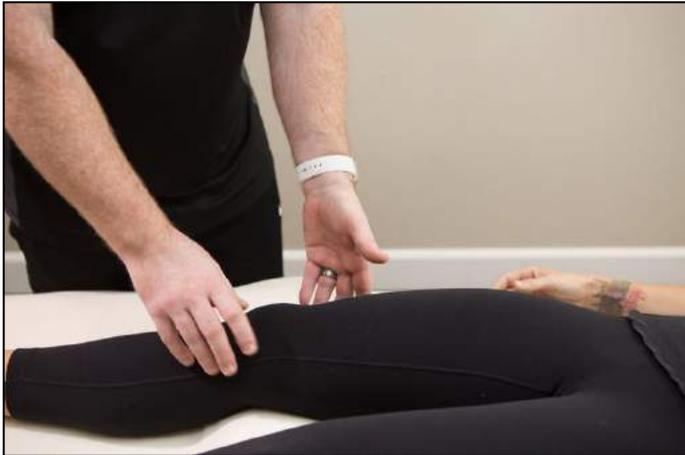
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<https://www.acne.org/treating-acne-in-male-vs-female-skin.html>

<https://www.sciencedaily.com/releases/2007/10/071019155627.htm>

<https://www.bioclarity.com/blogs/clear-skin/the-connection-between-testosterone-and-acne>

Gender considerations when doing Bowen Therapy



In a perfect world, we would be able to treat our clients and assist them in healing without any problems arising from the gender of either the client or practitioner. Unfortunately, we do not live in the perfect world.

There are certain moves in the Bowen manuals which strongly suggest a client's permission before performing and possibly the presence of third party. These are namely:

- Pelvic procedure
- Coccyx procedures

However, any movements that come close to sensitive areas need to be approached with an awareness that they might either give rise to offense or unintentional responses. These moves include any moves around the pelvic area or around the breasts, in women. Be careful with your draping, explain the procedure to your client beforehand and take care to put your hands on only the intended areas. If necessary, have a third party present.

If you are treating a man and his "bits" happen to be in the way, you can either move them using the draping or ask him to move this own bits out of the way. Be matter of fact about it.

In some cultures, any touch between genders is frowned upon and it might be necessary to take further precautions in these situations. Use pillows between yourself and your client if there is any possibility of causing offence by body contact other than with your hands.

Some female practitioners have decided to not treat men at all due to threatening stances or uninvited sexual advances. If you are worried, take precautions and share a practice with someone else or avoid having your practice in a place that is too isolated. Take care with your clothing and avoid certain movements that might seem suggestive. It is a sad comment on our society that such things are necessary but we have to live in reality. If your



client does make you uncomfortable with inappropriate behaviour or remarks, if is perfectly okay to tell him to leave and not come back.

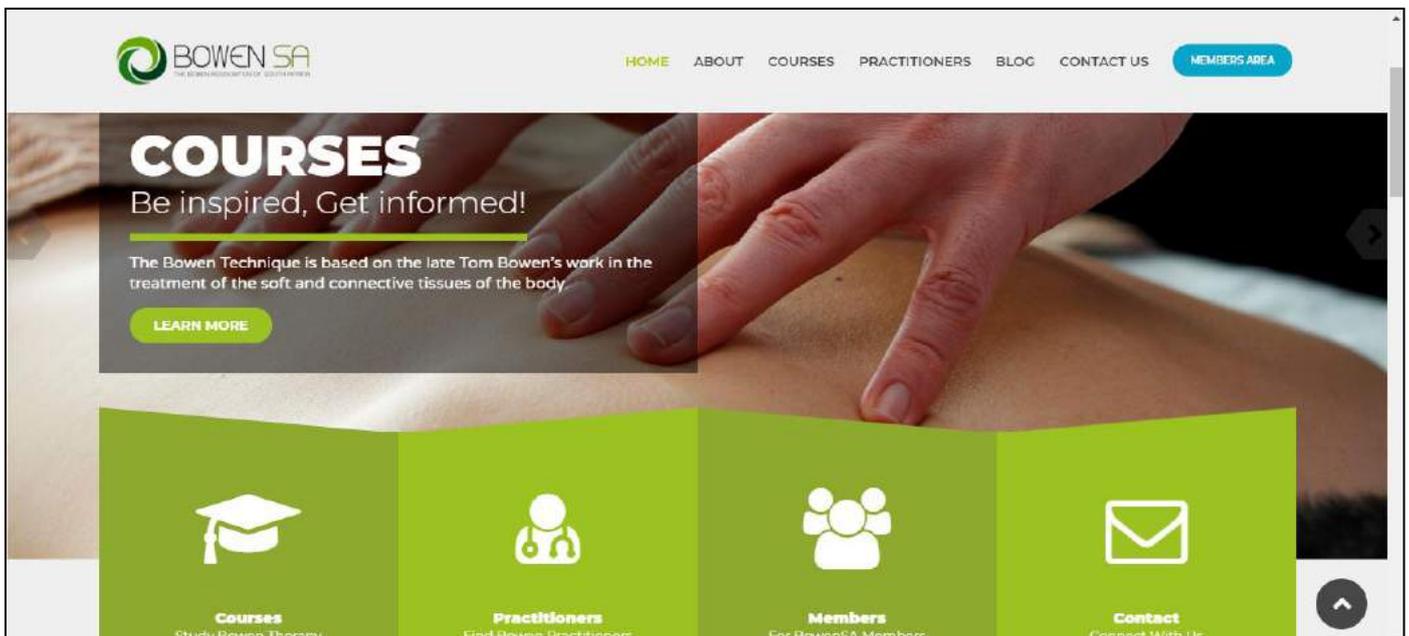
Society has made problems for male practitioners as well. They have to take care not to give offence to both their male and female clients and the chance of being accused of misconduct is higher.

The only advice that can be given is to take care, keep your clients informed of what you are doing and be matter of fact and professional about the necessary moves.

Website Launch!



After problems with our website hosting service, we are finally fully launching our new website tomorrow afternoon. Estelle Moys and I will be busy with our web designer, Jody Kolby from Writer's Hand Studios, to check all the information and make sure that everything is just as it should be. If you do spot any errors after tomorrow, please do let us know so that we can correct them.



Available courses:

Course Facilitator: Jean Nortje
Email: macjeano@icon.co.za
Tel: [+27 82 707 8528](tel:+27827078528)

Cape Town:

> *Meadowridge Library*
 Module 5: September 8-9
 Module 6: October 28-29
 Module 7: November [date to be finalised]

Masters: October 20-21

Johannesburg:

> *Dennis Road Guesthouse, Lonehill*
Module 5&6: 3-5 November

Course Facilitator: Zirkia Fourie
Email: zirkiafourie@gmail.com
Tel: +27 83 556 3345

Johannesburg:

Advanced: 8-9 September

Course Facilitator: Claire van Aardt
Email: clairevanaardt@gmail.com
Tel: +264 81 128 2814

Claire is looking to put courses together in Windhoek and Swakopmund - minimum of 4 people per course. Please contact her if you are interested.

Get in contact and be a part of the community:



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Also, have a look at our new public Facebook page:



<https://www.facebook.com/BowenSouthAfrica/>

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Sudoku Puzzle 5 Solution

9	4	8	2	7	6	1	3	5
7	5	1	4	3	9	6	2	8
2	6	3	5	8	1	7	9	4
8	9	6	7	4	3	5	1	2
1	2	5	9	6	8	4	7	3
3	7	4	1	5	2	8	6	9
4	3	7	6	9	5	2	8	1
5	8	2	3	1	7	9	4	6
6	1	9	8	2	4	3	5	7

Quote of the day:

*"Being a male is a matter of birth,
 being a man is a matter of age, being
 a gentleman is a matter of choice."*

Anon