

My name is Tina Jarvis and I am 61yrs old, my mobile No° is 07922763545.

I am now retired, I started paid work at the age of 10yrs old working in Cafes and Hotels, after leaving school I joined the W.R.A.C (Army) for 4yrs then came out and worked in several jobs including factories, retail shops, but have spent most of my years in Gardening and Care work.

I heard about the Bowen therapy through an old school friend who work with Lucy, and she recommended that I tried it, as she knew the pains & trouble I had.

I have Coeliac (allergy to gluten) which brings its own problems, but I also have arthritis in my left thumb - I felled off of my push bike and did damages many years ago, but during these last few years I have, really bad pains in my left hand and arm.

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and a missing Joint, I have had 2 very painful injections in my thumb, one lasted a yr the 2<sup>nd</sup> one only lasted 4 mths, but I really didn't want another injections so that what made me try the alternative treatment, especially as the specialist had said that eventually I would have to have a treatment which would include an operations on my thumb, which I could ~~lose~~ loose the used of my thumb and finger next to it. As I am a very active person, I thought it has got to be worth a go on the Bowen treatment, at this point I could not bend my thumb or grip hold of anything, and it stop me playing an octave on the piano which I was learning, I also had shoulder blades that was not lined up, which I found out when I started the treatment and mentioned

to Lucy about my bra strap on one shoulder kept falling off, and obviously getting older doesn't come alone so I had unexplainable pains that was not helping the way I was feeling.

I had not heard about the treatment until my friend said about it, then Lucy explained how it worked, I'm not a person to try alternative medicine, but I did go into it with an open mind. I understand that it works by a layer of nerves under the skin that send signal around the body, and then it learn to repair it self, and it take a few weeks for the body to learn to accept the signal.

During my treatment at the beginning I had some weird sensations around my body, and could feel the heat in different area, but during the rest period



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in the early stages I could not leave my left arm down by my side, but as the weeks went on, I could leave my arm down as the pain I have been living with disappeared and the moments in my fingers came back and my piano teacher couldn't believe the different in the stretching I can now do.

My shoulder has been aligned and my bra strap is also better now.

I still have a small amount of pain but I'm happy to live with it where as before it was getting me down.

Lucy the therapist has obviously administered the therapy well, and confidently, she has been calm, positive and taken time to explain things and ask questions, she is friendly & energetic and has good bedside manner.

I have already recommend  
Lucy and the Bowen therapy to  
my husband Mike, my daughter Tanya  
and her 3 young children, my sister and  
brother inlaw and my piano teacher  
Some have been having treatment  
for months, others have just started  
but all seem to be <sup>impressed</sup> with both  
Lucy and the effects of the treatment

If I feel like I need further  
treatment to keep my body out  
of pain I will go to Lucy

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*Marturie,*

*Numele meu este Tina J, am 61 de ani si sunt la pensie. Am inceput sa lucrez la varsta de 10 ani, in cafenele si hoteluri. Dupa ce am terminat scoala, m-am inscris in armata WRAC pentru 4 ani, dupa care m-am retras si am lucrat in diferite locuri de munca, insa cei mai multi ani i-am petrecut in gradinarit si ingrijiri la domiciliu.*

*Am auzit despre terapia Bowen de la o veche colega de scoala si prietena, care lucreaza cu Luminita ( Lucy ) Veteleanu, la azilul de batrani, si mi-a recomandat sa incerc, stiind de durerile si problemele pe care le am.*

*Am boala Celiaca (alergie la gluten) care a adus cu ea multe probleme; de asemenea am si artrita in articulatia degetului mare de la mana stanga- aparuta in urma unui accident de bicicleta. In ultimii 3 ani am avut dureri mari in bratul stang, in palma cu articulatia degetului mare. Am avut 2, foarte dureroase , injectii in articulatia degetului mare, una in urma cu un an, a doua in urma cu 4 luni si cu siguranta nu doresc o alta injectie. Asta a facut sa incerc si tratamentul alternativ, in special cand medicul specialist a precizat ca pot avea un tratament ce include o operatie la degetul mare, pe care l-as putea pierde sa-l folosesc, impreuna cu degetele alaturate. Fiind o persoana foarte activa, am gandit ca este bine sa incerc terapia Bowen. Nu puteam sa indoi degetul mare, sa apuc si sa sustin ceva cu el, si era foarte dificil sa cant la pian, unde iau lectii. De asemenea aveam probleme cu umerii, cu durere la nivelul omoplatilor, mai ales la stangul. Nu stiam nimic despre acest tratament pana cand prietena mea a vorbit despre asta, apoi Luminita (Lucy) mi-a explicat cum lucreaza .*

*Nu sunt o persoana care sa incerce medicina alternativa, dar am mers sa fac asta cu mintea deschisa. In timpul tratamentului, inca de la inceput am avut ciudate sensatii in corp, am simtit caldura in diferite parti ale corpului. In diferite etape nu am putut lasa mana in jos. Dar cu fiecare saptamana mana stanga era mai usoara, durerea a disparut, degetul mare l-am putut misca mai mult, mai bine si profesoara de pian nu putea sa creada cat de bine pot sa-mi folosesc palma stanga pentru a canta la pian. Umerii s-au aliniat si nu mai am dureri. O mica durere in palma stanga dar este suportabila.*

*Luminita(Lucy), terapeutul, cu siguranta a administrat bine terapia, cu incredere si calm. Pozitiva, cu explicatii pe intelesul meu si cu intrebari bine puse; prietenoasa si energica , s-a descurcat foarte bine. Am recomandat-o pe Luminita(Lucy) ca terapeut Bowen, sotului meu ,Mike, fetei mele, Tanya cu cei trei copii ai ei, cumnatei si cumnatului meu si profesoarei de pian. Unii au inceput tratamentul de luni de zile, altii doar de cateva saptamani, dar toti sunt impresionati de Luminita(Lucy) si de efectele tratamentului.*

*Daca voi simti ca am nevoie de tratament pentru a mentine corpul fara durere voi merge la Luminita(Lucy).*