

# Controlling Meniere's Disease with The Bowen Technique

**Meniere's: Controlling Meniere's Disease in 'SPIN Magazine' – By Lindsey Sandy, Newbury**

I have been reading Spin Magazine [the magazine of the Meniere's Society] for years and have found it a "friend in need" during the many dark moments that come with Meniere's disease. However, I do remember in the desperate times with the illness, getting very depressed reading about people's bad experiences and preferring to read the positive stories and try out any advice. I promised that if I did find a "breakthrough" that I would send an article that might lift people's spirits. I am still on my "journey" but feel the time is right to write this and if it can help just one person, then it is worth it!

I had been struggling with Meniere's Disease for many years when I read a letter in Spin Magazine recommending McTimoney chiropractic treatments. Unfortunately McTimoney was not the answer to my prayers but the practitioner did notice that there was a problem with my jaw being out of alignment. A friend then recommended another therapy called The Bowen Technique, which she thought might help with my jaw. I had never heard of Bowen before but it was a major breakthrough for me and it has changed my life and enabled me to control my Meniere's disease. I found a wonderful therapist and I still have treatments to keep my body balanced.

The Bowen Technique is a very relaxing treatment, which is non-manipulative, and works on the whole body, physical, emotional and mental. Bowen literally resets the body to heal itself and balance is

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I began to cope with my life from that moment and was so impressed with the Bowen Technique that I decided to learn it myself. I packed in my job and I have been a Bowen therapist for the last two and a half years. Bowen never ceases to amaze me, and I love seeing people get well. I have had no further attacks, although I would never say that I have permanently beaten Meniere's Disease. However, if the attacks do return, I know that Bowen will balance me. One of my clients also suffered badly from Meniere's. I could empathise with him, sensing his fear as he tried to cope with Meniere's, but Bowen worked it's magic and he is free from attacks.

I don't think anyone, unless they have experienced Meniere's Disease, can understand how it can control your every waking moment.

I spent years desperately trying to find a "cure" for my Meniere's which I have found so frightening, debilitating and isolating. My family and my doctor have been very supportive but following the diagnosis from the consultant, I was given very little information other than it was incurable. My doctor did give me details of the Meniere's Society and a prescription for Serc and Stemetil. As with many others of you, I have read everything I can about the disease in the hope of finding something that will help. Four years ago I was having regular severe attacks, was virtually deaf in my left ear and had experienced the dreaded "drop attack". That has to have been the worst nightmare. In desperation I tried every therapy going, but nothing worked until I found Bowen and then I began to live my life again rather than allowing Meniere's to control me!

Although it might seem strange to some of you, I have to say that Meniere's actually made me get on with my life. My doctor had warned that the attacks would get worse as the disease progressed and I would probably go completely deaf in my left ear and that it might go across to the other ear. I started a lip reading course immediately and as I had always wanted to travel, I started travelling the world, blocking out my fear.

My first trip was to New Zealand and Australia via Hong Kong. I must admit that I was terrified because I had a very severe Meniere's attack lasting three weeks before I went and as I was doing the first leg of the journey on my own, and having a 3-day trip to the Barrier Reef on my own at the end of the holiday, I did question my sanity a few times. However, with the help of Halls Mentholated sweets to clear my airways on the ascent and descent of flights (a brilliant tip), I coped really well. I also put a note in my passport to warn people just in case I had an attack while I was on my own, that I was not drunk or on drugs! I have always believed in the quotation "feel the fear and do it anyway!" but The Bowen Technique has been the answer to my prayers! I have always felt that if you have the tools (Bowen) to deal with things, and I am still learning more tools, then you can cope with whatever life throws at you! – August 2007

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