

My name is MRS Karin Young,

D.O.B. 11th December 1958.

Occupation. Over my life time I have had many jobs from waitressing, ARMY, factory worker, gardening, carer, and now I work in a Garden Center in the Kitchen as a Pot wash,

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My introduction to Bowen therapy was through word of mouth, this was mentioned to me as I was suffering with Severe Pain in my leg and I was getting desperate as the doctors were trying to convince me that although I said "I can't take" the type of pain of relief they wanted me to take they still insisted that I should try it again. It goes without saying all three pain relief made me Sick.

I had to push for a x-ray on my leg as the pain was constant, like someone had a sharp knife and they were pushing up the side of the Shin bone up to a point in my leg, which I now know was where there is a tumor in the bone.

Again at the time my doctors said it is 60% likely to be Cancer, but cutting a long

Story short after $\frac{2}{3}$ mths of test and waiting they decide the tumour was not Cancer and the pain I was getting was not connected but had no idea what it was.

By this time I was ready to give alternate medicine ago, I've always been open to try new things, so I was given Lucy's no° by someone who knew of her & her work.

During the first session Lucy explain how Bowen worked and gave me a leaflet on it. To start with I was not sure if I accept the concept of the inner doctor but as she explain ed it more I could see the logic of it. I also looked it up on the internet.

During the beginning of my treatment I was unsure if I was imagining different feelings I was getting with the different areas Lucy was touching, but when these feelings kept repeating each time she touch in these areas I accepted this was doing something. One of the things that comes to mine is when Lucy would touch a point on the chest bone on my right side, I would always immediately get a hitching sensation from that point travel up the throat, mouth, face and top of head, I would have to scatch my face and use my tongue to rub the inside of my mouth. This would only last a minute or so, but after this reaction I felt that my right side of my nose

was totally clear and I could breath normal
through my right side, this was a new thing
as since I was 10 years old I had my right
nosbril cauterize as it would not stop bleeding,
and I have always said I feel it doesn't
work like the left side. This sensation only
last a short time but has improved for
longer period over the time I been going,
which is getting on for a year now.

Going back to my leg problem over a
period of time with only treatment from
Lucy, my pain slowly became different and
then less and less, I was able to sleep
better, and cope with work again.
Sometime I would leave treatment, hardly
being able to walk to the car, which Lucy
was concerned about, but after traveling
20 mins home, the pain was all gone
and I felt like a new person, this would
last a couple of days at first, then got
more days as time went on, this continued
until I became Pain free for a while,
until I changed my Job, where I had new
foot pain, which would trigger the old pain
but it was different, but again with weekly
session with Lucy, I am now able to start
walking in the evening, I am now up to
5 miles on a walk.

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During the beginning of my treatment there was lots of feelings which I felt traveling to different points of my body, some are just a traveling feeling on energy moving to a part of my body which could be a completely different area to where Lucy had touch, some was like a burning sensation, and some was sharp pain movements, but none of these lasted long but I felt benefit in these areas after wards.

As a therapist I would highly recommend Lucy, which I have done to many others, she has come over as a very conscious lady that has a full understanding and trust in the Bowen therapy, that she practises. She always makes me feel welcomed and takes the time to talk to me on how I am feeling, before, during and after treatment. I always feel she gives 100% to me as an individual and I hope to continue as a top up procedure on a regular bases.

I have told family, friends and doctors of the benefits it has made to me and how I can enjoy life again, Lucy has had to really work hard with me as the leg pain caused me a complete body pain as I was holding my core wrongly to compensate for the pain I was in.

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I believe Bowen therapy can help in many area of health issues that modern medicine does not work in, I look forward to continue my treatment with Lucy and I will have no hesitation in highly recommending her to anyone I know.

Yours Sincerely
Karri Young.

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Marturie,

Numele meu este Karin Y, am 61 de ani si locuiesc in Anglia.

Am auzit de terapia Bowen de la o persoana care lucreaza cu Luminita (Lucy) Veteleanu, si care mi-a dat numarul ei de telefon.

Sufar de dureri severe in piciorul drept, pentru care mi-au fost recomandate analgezice puternice, care imi fac rau corpului.

Initial, in urma unui test cu raze x, am fost diagnosticata cu cancer osos, gasindu-se o tumora la nivelul osului tibial. Decizia medicilor a fost revocata dupa cateve luni, insa durerile continua sa fie prezente fara nici o cauza.

In tot acest timp, de luni de zile, am fost pregatita sa incerc si medicina alternativa. Cateva luni am urmat doar tratamentul cu Terapia Bowen. Durerile au scazut in intensitate, picioarele s-au desumflat, somnul a devenit mai bun, pot merge fara durere 5 mile, am reluat munca, chiar am schimbat locul de munca. Pe timpul tratamentului am simtit cum corpul lucreaza cu diferite senzatii, mai mult sau mai putin placute, cu durere mai intensa sau redusa.

Ca si terapeut o recomand pe Luminita(Lucy) cu incredere, care da dovada de profesionalism cand aplica aceasta terapie. Intotdeauna m-a facut sa ma simt binevenita acordandu-mi timpul necesar inainte, in timpul si dupa terapie. Intotdeauna am sentimentul ca acorda suta la suta atentie in ceea ce face.

Am spus familiei, prietenilor si doctorilor despre beneficiile pe care le-am primit in timpul acestui tratament, despre cum ma pot bucura din nou de viata.

Luminita(LUCY) a depus cu adevarat o munca grea cu mine, cu durerile care mi-au afectat intregul corp si viata.

Cred ca terapia Bowen poate ajuta in multe probleme de sanatate, acolo unde medicina moderna nu are rezultate.

Cu respect, Karin Y, Anglia