

# Bowen Seizure Protocol Report

**Bowenwork is a Complimentary Therapy that allows the body to retune and repair itself. There is a Bowen Seizure Protocol which is specifically designed to help people who have been experiencing seizures. The protocol includes 9 sessions over a period of 6 months.**

There were two Bowen Seizure Protocols performed during 2008 and 2009. The Protocol includes 9 sessions over the span of 6 months. The Bowenwork was performed at the Epilepsy Waterloo Wellington Centre as well as privately. 9 participants started and 7 completed the 2008 protocol. 3 started and 2 completed the 2009 protocol, this was the second protocol for these two participants. In general the number of seizures decreased and the intensity lessened for all participants. These are the results according to the progress reports filled in by each participant after each session:

1. Participant 1 started out averaging 5-6 seizures a week; during the last 4 weeks of the protocol this participant experienced 1 seizure. Seizures have diminished and are rarely happening.
2. Participant 2 was averaging 7 seizures a day, the last 4 weeks no seizures were experienced.
3. Participant 3 was having 1-3 seizures during a 3 week period. During the last 4 weeks experienced 3 seizures.
4. Participant 4 was having 1 grand mal seizure a month and had no seizures during the last 4 weeks of the protocol. After 6 months this participant had another seizure and joined in the second protocol. One seizure was experienced during the first 14 weeks, with no other seizures during the protocol and for 10 months afterwards. As of February 2011 she had had no daytime seizures; she thinks she may have had one seizure during the night that month, because she woke up a bit disoriented.

5. Participant 5 was experiencing 1 seizure a month; during the first 4 weeks had 2 seizures, then no seizures for 14 weeks. During the last 4 weeks this participant had 2 seizures.
6. Participant 6 had had 10 random seizures, none in the past 3 months. No other seizures were experienced during the protocol.
7. Participant 7 had had two seizures approximately 2 months apart. No seizures were experienced during the protocol. One mild seizure was experienced 3 months after the protocol ended. A second seizure protocol was started with no seizures during that time, and then 7 months later had 2 more seizures. A third protocol was started and no seizures have been experienced since that time.



## Quality of Life Survey

All participants completed a Quality of Life Survey at the start of the Bowen Seizures Protocol and then again at the end. 5 participants completed the survey; the other two were younger children and did not complete the survey as all questions were not applicable to their situation. This questionnaire asked 15 questions concerning how the participant's life has been affected, by seizures during the past 4 weeks. For each statement, they would circle

one of the numbers from 0 to 5. If the statement did not apply, they would circle the 0.

During the past month, have seizures:

Question 1: ...increased your worry about when the next seizure will occur? 45% decrease

Question 2: ...made it difficult to do things around your home? 63% decrease

Question 3: ...created difficulties with relationships? 50% decrease

Question 4: ...made doing activities difficult? 58% decrease\*

Question 5: ...made going away from home difficult? 71% decrease\*

Question 6: ...made having a good night's sleep difficult? 67% decrease\*

Question 7: ...made your working to earn a living difficult? 67% decrease

Question 8: ...made recreation, sports or hobbies difficult? 67% decrease

Question 9: ...made you visit Doctors and Hospitals more often? 79% decrease\*

Question 10: ...caused increased cost for medical care? Not enough data

Question 11: ...given you side effects from medication? 47% decrease

Question 12: ...made you feel like you are a burden to friends and family? 73% decrease\*

Question 13: ...made you feel a loss of self control in your life? 70% decrease

Question 14: ...made it difficult for you to concentrate or remember things? 43% decrease

Question 15: ...made you feel depressed? 37% decrease

\* *P-Value <0.05 using a Paired T-Test – meaning the results are statistically significant. Paired T-Test performed by Scott C Corbett, Ph.D.; Lead Systems Engineer, ABIOMED, Inc.*

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