

ASTHMA EXERCISE

Hold the rib cage with both hands. Press in while taking a deep breath. Continue pressure on the exhale. Repeat as many times as is comfortable. Do exercise throughout the day to strengthen muscles surrounding the chest cavity.

After your first 2 weeks of Bowenwork, you will be instructed in the asthma move to use on yourself during a breathing emergency.

If asthma is not corrected completely by bowerwork, then Tom Bowen, the founder of the modality, generally recommended that his clients eliminate all foods made with dairy.