



Let it Heal

Asthma Exercise

Hold the ribcage 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 two weeks of Bowen, you will be instructed in the asthma move over point 8 to use on yourself during a breathing emergency.

If asthma is not corrected completely by the Bowen, then all dairy must be eliminated from the diet, including the milk or lactose in prepared foods.

Advanced Bowen Therapy



Detox Ion Spa Footbath



www.letitheal.com
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