

Client Consultation Form

First Name:
Last Name:
Email:
Address:
Town /City:
Post Code:
Phone Number:
Mobile Number:

Date:
Doctor / GP's Name:
Surgery Address 1:
Surgery Address 2:
Town / City:
Post Code:
Phone Number:

Are you currently taking any dietary supplements? E.g. Vitamins Minerals etc
What is your daily intake of water? roughly
Do you eat a varied diet?
What are your favourite foods?
Are you vegetarian or vegan?
How often do you exercise, and how?
How Active and motivated do you feel on a scale of one to ten?
Do you sleep well?
If not do you know why?

Have you have and jaw reconstruction or major dentistry?
Have you ever worn orthodontic appliances?
Have you had a significant number of teeth removed?
Are you currently taking any prescribed medication or of the shelf drugs?
Is there any possibility you could be pregnant?
Do you have breast implants or breast surgery?
Have you had any significant accidents & injuries, please describe and date?
Have you had any surgery, please describe and date?
Briefly describe the health problems you would like to resolve?
Have you used any other forms of therapy?
If so how successful where they?

Thank you for taking the time to complete this form. It will enable me to spend more time in treatment on the first appointment.

Deborah Wade B.Sc., ECBS, MBTER

07740 320002

HOW TO FIND US

Location:
17 Priory Road
Horningsea
Cambridge
CB25 9JL
07740 320002



Directions from A14 Westbound

Leave A14 Westbound at Stow-cum-Quy and take the left turn towards Cambridge. ¼ mile after the roundabout take a right turn along High Ditch Road to bring you into Fen Ditton. Turn right at the Blue Lion in Fen Ditton and drive up over the A14. Now follow 🌳

🌳 Directions from A14 Eastbound

Leave A14 Eastbound at Fen Ditton exit (B1047) signed Horningsea. Turn left at the top of the off-ramp into Horningsea village. Priory Road is the 1st left turn after Notcutt's Garden Centre and the pub. Now follow 🏠

Directions from Waterbeach

Drive through Waterbeach over the railway, over the river at the Bridge pub and circa 2 miles into Horningsea where the road colour turns red. Drive through village, past Crown and Punchbowl pub on your right, past the village bus stop and take your next proper right turn into Priory Road. If you reach the garden centre/Plough & Fleece pub you've gone too far. Now follow 🏠

🏠 Directions in Priory Road

Drive along Priory Road until just before the cul-de-sac bulb, we are on the left, No. 17. Please park on the drive, it's OK to park my cars in.

Satnav or GPS

If you have Satnav or a GPS device our postcode (CB25 9JL) is accurate to our address, however, if you find that your GPS does not recognise CB25 9JL then you may have an old postcode database. In that case use CB5 9JL, but only if CB25 9JL is not found.

Bowen Aftercare

The day of your treatment

- **Drink extra water** today this will flush your system.
- **Go for a walk**, or four if you feel like it. Move lymph and around your body and gently stimulate your circulation. It's important to walk around every half hour.
- Change sitting positions regularly if you spend some time seated. Movement helps your body discontinue old patterns and process the new changes offered by Bowen. If you have a long journey home, stop occasionally, walk around the car, then get in and drive again. If you have to sit at a desk job, set a timer so you won't sit longer than 30 minutes.

The week following treatment

- **Drink plenty of water.**
- **Avoid extreme hot or cold.** Warm baths OK, but wait on the hot tub, sauna, ice pack, and heating pad, until you've finished your Bowen series.
- **Do any exercises you have been given.**
- For Bowen to be effective, **skip other bodywork** such as massage, acupuncture, osteopathy, chiropractic, physiotherapy until at least five days after your Bowen series is completed.

If these guidelines seem unimportant and you're tempted to let them slide because, what difference will it make anyway? Just remember that those little Bowen movements seem pretty inconsequential, too. Most of the healing work occurs after the Bowen session, not during it.

Bowen work builds on previous sessions.

Book your next appointment not less than 5 days and not more than 10 days out. A week is optimum.

Call me with feedback or questions.

Responses following Bowen sessions vary and occasionally include temporary stiffness, soreness or headache, hot or cold flushes, dizziness, tiredness, body aches and emotional releases are just some of the reactions experienced by clients. These are very normal. These will pass and are good signs that your body is listening and adjusting. But a relapse after a condition had appeared to be resolved may signal re-injury and the need for an immediate follow-up appointment.

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