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Effect of Bowen Technique Treatments on Blood Glucose Levels in Patients with Type 2 Diabetes Mellitus

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Objective

- Diabetes is one of the most common endocrine diseases in the world, and its incidence is increasing rapidly both in Latvia and globally.
- In 2022, there were 92 187 registered type 2 diabetes patients in Latvia (almost 5% of the total Latvian population!).

Oficiālais statistikas portāls. Statistikas dati par 2022. gadu. (Sk. internetā 20.04.2024)
https://data.stat.gov.lv/pxweb/lv/OSP_PUB/START__POP__IR__IRS/IRS010/table/tableViewLayout1/

- Between 2018 and 2022 there were 28,825 new type 2 diabetes patients enrolled, and the fastest increase was in 2022, when 8120 new type 2 diabetes patients were enrolled.

Veselības statistikas datubāze. Cukura diabēta pacienti sadalījumā pa cukura diabēta tipiem un reģioniem. [Sk. internetā 20.04.2024]
<https://statistika.spkc.gov.lv:443/sq/b3fdf268-1d33-4baa-b8af-3f6584a305cc>



- Nowadays, there is still no cure for diabetes!
- The main risk factors for type 2 diabetes:
 - overweight (80% of people with diabetes are overweight),
 - sedentary lifestyle,- family history of type 2 diabetes,
 - age over 40,- history of diabetes during pregnancy,
 - stress (impairs insulin use).

Latvijas diabēta federācijas mājas lapa. (Sk.internetā 15.02.2024)
<https://www.diabets.lv/post/biezāk-uzdotie-jautājumi>

- In recent years there has been a growing interest in massage as an alternative therapy for diabetes worldwide, with studies also demonstrating the effectiveness of massage in preventing diabetes and reducing symptoms.

Crescent Journal of Medical and Biological Science. Vol. 7, No. 1, January 2020, 22–28.
http://www.cjmb.org/uploads/pdf/pdf_CJMB_413.pdf



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- Not all people can have a massage, but there are several alternative and complementary methods to massage, one of which is the **Bowen technique**.
- The Bowen technique can address the symptoms of stress and possibly improve the symptoms of diabetes and return to good health in the following ways:
 - 1) by acting on the autonomic nervous system - switching the body from sympathetic to parasympathetic dominance,
 - 2) acting on and reversing dysfunction in the HPA axis (hypothalamic-pituitary-adrenal axis, which responds to stress through the central nervous and endocrine systems) and acting on the pancreas.

J. Wilks, I. Knight "Using the Bowen Technique to Address Complex and Common Conditions", Singing Dragon 2015



- **Aim of the qualification:** To investigate the effect of Bowen technique procedures on blood glucose levels in patients with type 2 diabetes
- **Hypothesis:** The Bowen technique can reduce blood glucose levels in patients with type 2 diabetes mellitus.
- **Method:** Quantitative - quasi-experimental research method. In four weeks ten type 2 diabetic patients underwent 4 Bowen technique procedures, before and after which blood glucose measurements were taken and compared.



Results

- A total of 40 Bowen technique treatments were performed.
- 6 patients showed an overall decrease in glucose levels, 3 showed an increase, 1 showed variable results.
- The increase in glucose levels was observed in most cases at the first visit (may be explained by excitement) and in those procedures when the patient's glucose levels were within the normal range.
- When looking at procedures where glucose levels were above normal (above 6.1 mmol/l), a decrease in glucose levels was seen in 78.6% of procedures (22 out of 28). It was also observed that glucose levels continued to fall 30-60 minutes after the procedure.



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Conclusions

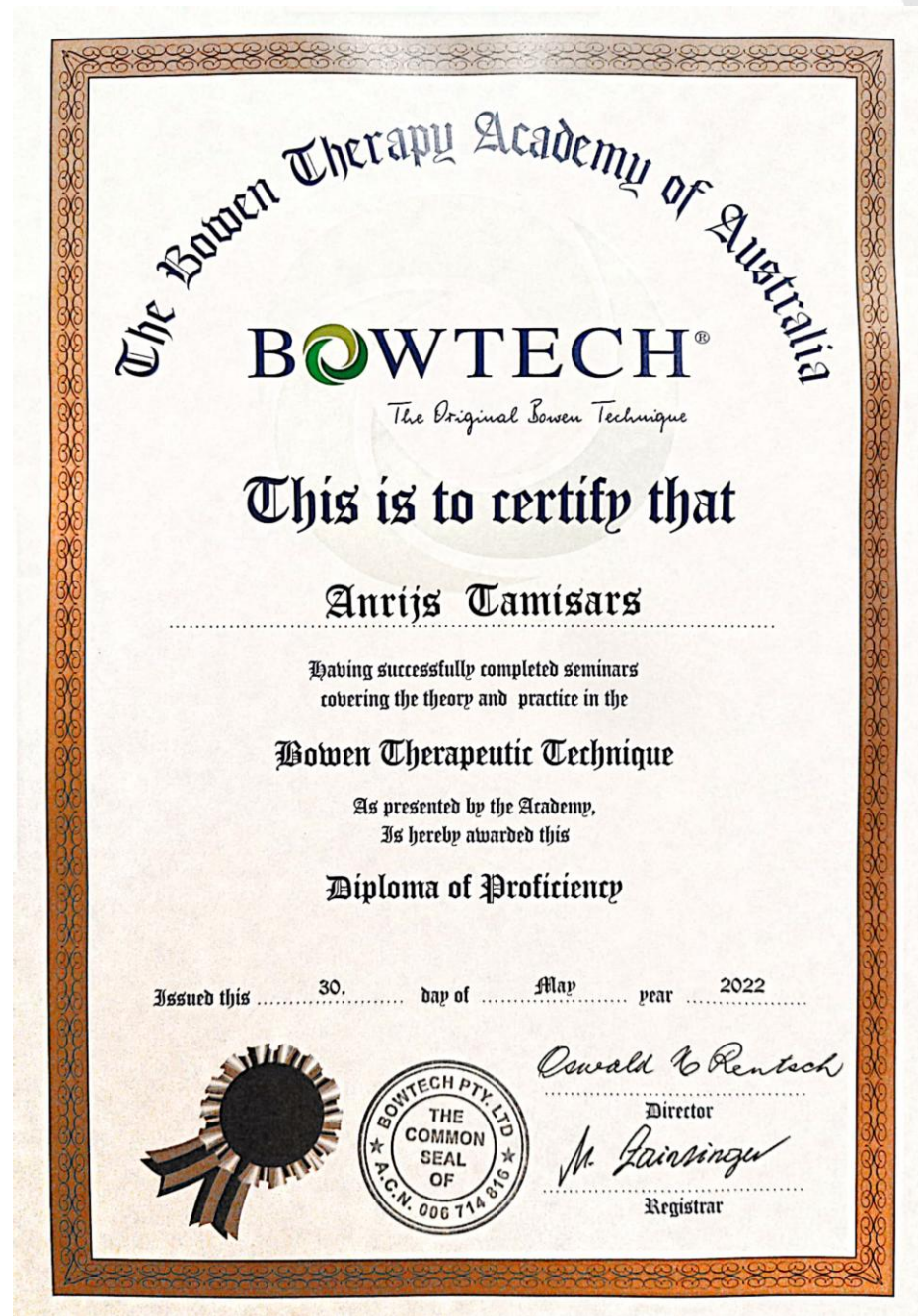
- Bowen technique treatments can reduce blood glucose levels in the short term, especially when blood glucose levels are elevated above normal.
- The positive effects of the Bowen technique continue for 30-60 minutes after the treatment.
- A study with a larger number of respondents would be needed.
- A larger study in patients with type 1 diabetes would be desirable.
- The Bowen technique can be used as an adjunctive therapy in patients with diabetes mellitus.





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Thank you for your attention!



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