

Dr Mike Rowan (Osteopath) has been in the holistic health industry for over 20 years. He has not only been the sole practitioner of his own private practice for 18 of those years treating thousands of clients over this time but has also given back to his industry by being a lecturer at University in the faculty of Osteopathy both at RMIT and Vic Uni.

Mike travels yearly to be taught by the world's best. In fact, for the last 16 years he has been an author of an internationally recognised textbook in the field of Homoeopathy called the "Homoeopathy Colouring Book". Not surprisingly it is a book of pictures to aid and stimulate the student to learn. Mike's opinion is also sought after by the media in the area of holistic health, and he is a monthly columnist in the Melbourne Weekly Magazine. His role at RMIT was first as a clinical tutor for 6 years then lectured in his own subject. His interest in the big picture leads him to construct his own syllabus in diagnosis – helping the students to put together the complete picture and make sure they were safely and accurately diagnosing. He also has clinically tutored at Victoria University for 2 years.



B.App.Sc. (Clin.Sc.)
B.Osteo.Sc. (RMIT)
Dip.App.Sc. (Naturopathy)
Dip.Acup. (AAC)

Ever since he was a young boy he was passionate about seeing the big picture. Making connections and seeing how one thing caused another fascinated him. Now in his forties, his passion is just as strong, but it is channelled through his exploration of the workings and wisdom of the human body.

From the smallest cell to the largest bone, all of anatomy is alive and in constant dynamic, rhythmic motion. Blood flows, lymphatics drain and cerebral spinal fluid fluctuates. The heart beats and the ribcage expands and contracts with each respiration. Each and every organ gently moves as it functions. Each and every structure has its own inherent rhythmic activity. This is the living anatomy that osteopathic doctors feel with their hands. When this motion becomes impaired, the tissues will not function as they were intended. As a result of this altered motion, symptoms develop, and disease may even occur.

The reason people first and foremost should come to see him is because he lives and breathes holistic care. This is who he is. He is a living breathing example of **energy body food health**. Dr Mike loves working in an eclectic way - manipulations, massage, acupuncture, naturopathy and biodynamic work. He finds it a joy to treat you all and to develop the art of listening to the body and recognising the body's innate capacity to self-correct.

"I have built this practice on a philosophy of balancing your Energy, Body and Food.

Energy balance is all about maximizing your body's energy.

Body balance is getting you out of pain then helping your body return back to a posture that is stronger and core stable to prevent re-injury.

Food balance is about getting your diet back on track to help you achieve and maintain your ideal weight and to keep your body detoxifying. I mean after all we are what we eat."

He strongly believes that the body is capable of healing itself, but occasionally it needs some assistance in doing so. Through osteopathy, he aims to provide the right environment for your body to achieve optimum health. In a consultation, he will take a thorough case history to find not only the cause of the problem, but why it is being maintained. All of his treatments are individually tailored according to the patient's needs and presenting condition and use safe, gentle and effective osteopathic techniques. He also incorporates self-management strategies to allow you to manage your condition effectively in the long term.

Our philosophy

The **Osteopathic** profession is founded upon the belief that the person is a unit of body, mind and spirit capable of self-regulation, self-healing and health maintenance. This holistic approach and the quest to find health, not just disease in the patient, is a distinguishing feature of Osteopathy.

The **Naturopathic** philosophy is to treat the entire body-mind-spirit and emotions by improving the wellbeing of a person as a whole.

As a traditionally trained Chinese **Acupuncturist** he is trained to assess your "vital energy". Just as the Western medical doctor monitors the blood flowing through blood vessels and the messages travelling along the nervous system, Mike is trained to assess the flow and distribution of this "vital energy" within its pathways, known as "meridians and channels". Acupuncture aims to promote health and alleviate pain by balancing the body.

He combines both his Western medical training and clinical knowledge with the wisdom and spirituality of the eastern influences of Chinese medicine.

“Mike Rowan has a reputation and a commitment to deliver quality holistic care. This has been a lifelong passion to deliver this unique service.”