

NST – Neurostructural Integration Technique (*Also known as BowenST*) is considered by leading health authorities to be the world's premier 'hands-on' technique in spinal and structural therapy for lasting pain removal and rejuvenation.

Using highly specialised soft-tissue manipulation, NST is able to reset the body's muscle tension system causing safe, natural **auto-regulation** to occur within the spinal column and its structures, there by rapidly eliminating pain and symptoms, while restoring postural integrity and vitality.

Typically an NST session induces deep relaxation followed by profound and often miraculous results! Clinical research has confirmed that even in chronic cases, over 80% of NST recipients are symptom free within 1-5 sessions.

Safe for all conditions and age groups, an NST session may last anywhere from 15minutes to 1hour, depending on the individuals presenting symptom.

NST –Symptom reversal

Natural law dictates that the body will intelligently reverse patterns of imbalances and dysfunction based on its inherent resources to do so.

As lifestyle irregularities undoubtedly have their consequences for our health, each individual's response to NST is an honest expression of their body's unique state of wellbeing, exposing both intrinsic strengths and areas that require attention.

Notably, temporary corrective responses may be experienced as the body returns to balance, such as tiredness, general body aches, toxic and emotional releases all of which should be regarded in a very positive therapeutic light.

History and development

NST was developed in Melbourne, Australia between 1991-1995 by Dr. Michael J. Nixon-Livy.

Inspired by the life's work of Tom Bowen from Australia and Major Bertrand DeJarnette from USA, two greats in the Spinal Integration field, using Advanced Kinesiology Nixon-Livy was able to isolate then integrate the intrinsic elements of both men's work into a new Spinal Integration super technique called NST.

Since its European launch in 1996, NST has grown to become global phenomena in the spinal, sporting and natural health fields.

Dr. Michael J. Nixon-Livy is an internationally renowned lecturer, teacher, author and health practitioner who was born in Melbourne, Australia in 1954.

He holds qualifications in Osteopathy, Psychology, Applied Physiology, Bowen Therapy, Science and Art. He is the founder of the highly acclaimed Neurostructural Integration Technique –NST and travels the world teaching NST to groups of chiropractors, osteopaths, physiotherapists, manual therapists and a variety of other health professionals.