



MAYA ABDOMINAL THERAPY



The technique works by relieving congestion and blockages to improve the flow of chi and fluids of the circulatory, lymphatic and nervous systems to prevent the progression of chronic disease. This results in improved organ function by releasing physical and emotional congestion from the abdomen. This technique is effective for both men and women.

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The Maya Abdominal Therapy are founded on the ancient Mayan technique of abdominal massage which is an external non-invasive manipulation that repositions internal organs that have shifted, thereby restricting the flow of blood, lymph, nerve and chi.

What are The Arvigo® Techniques of Maya Abdominal Therapy?

The Arvigo® Techniques of Maya Abdominal Therapy are a non-invasive, external, massage technique. When applied, they guide internal abdominal organs into their proper position for optimum health and well being. The techniques work by relieving congestion and blockages to improve the flow of chi and fluids of the circulatory, lymphatic and nervous systems to prevent the progression of chronic disease symptomology. This results in improved organ function by releasing physical and emotional congestion from the abdomen. These techniques are effective for both men and women.

This session includes an assessment of your uterine position and instruction on performing the Self Care techniques on yourself.

In men, the abdominal massage ensures a full blood supply to the prostate, preventing swelling and inflammation. It can help also help relieve premature ejaculation and the need to urinate frequently.

Benefits for Women

Normally the uterus leans slightly over the bladder in the center of the pelvis, about one and a half inches above the pubic bone. It is held in this position by muscles, the vaginal wall and ligaments that attach it to the back, front, and sides of the pelvis. Uterine ligaments are made to stretch to accommodate a growing fetus inside and to move freely when the bladder or bowel is full. The ligaments and muscles can weaken and loosen, causing the uterus to fall downward, forward, backward or to either side.

A uterus in any of these positions is called tilted or prolapsed. Modern medicine has little or nothing to offer women with this problem. Options may include using the birth control pill, muscle relaxants, or surgery and women are generally told, "your uterus is tipped, but that is normal and don't worry about it." Yet women have a laundry list of physical and emotional symptoms that can be addressed and prevented with these simple, noninvasive massage techniques. When reproductive organs shift, they can constrict normal flow of blood and lymph, and disrupt nerve connections. Just a few extra ounces sitting on blood and lymph vessels can cause havoc throughout the different systems in the body. By shifting the uterus back into place, homeostasis, or the natural balance of the body, is restored in the pelvic area and the surrounding organs. Toxins are flushed and nutrients that help to tone tissue and balance hormones are restored to normal order. This is essential for healthy pregnancy, labor, and delivery.

Old adhesions from invasive treatments to the pelvic and abdominal area, including fibroid tumors, endometriosis, and cesarean delivery are diminished when addressed by uterine massage. In addition, digestion, urinary and bladder problems can be helped.

For Women

- Displaced or prolapsed uterus and or bladder
- Painful menstrual cycles and ovulation
- Irregular menstrual cycles and ovulation
- Bladder or yeast infections
- Miscarriages, difficult pregnancies
- Endometriosis

- Peri menopause, menopausal symptoms
- Infertility
- PMS/Depression with menstruation
- Ovarian cysts
- Uterine fibroids
- Abnormal uterine bleeding
- Enhances Pregnancy, aids in labor and birthing
- Pelvic congestion, pain

Benefits for Men

Men benefit greatly from the techniques as well. By ensuring a full blood supply to the prostate, the abdominal massage helps to prevent swelling and inflammation. Men report that they can feel a distinct difference in blood flow after a treatment. Not only does the massage relieve prostate swelling, but it helps alleviate varicose veins, premature ejaculation, some impotency problems and the need to urinate frequently.

For Men

- Early stages of prostate swelling
- Benign Prostatic Hyperplasia (BPH)
- Prostatitis (mild)
- Impotence, Erectile Dysfunction (depending on cause)

Digestive and Emotional Benefits for Men and Women

Individuals with digestive disorders benefit greatly from the techniques. Many of our common disorders such as Irritable Bowel Syndrome, indigestion, constipation, and heartburn are treated with antacids, muscle relaxants, and a variety of other medications. These treatments address symptoms, not the causes. By using The Arvigo Techniques of Maya Abdominal Therapy®, the upper abdomen is also given a deep, thorough massage to loosen the tight muscles around the stomach and the arteries that feed the digestive and eliminative organs with their vital blood supply. The diaphragm is gently massaged allowing relaxation of tight musculature.

For Everyone

- Headaches/migraines
- Digestive Disorders
- Low energy
- Irritable Bowel Syndrome (IBS)
- Gastro Esophageal Reflux (GERD)
- Crohn's Disease

- Chronic constipation
- Low Back ache
- Chronic indigestion or heartburn
- Gastritis
- Restricted breathing due to tension

What should I expect during a treatment session?

- Comprehensive review of your personal health history and current health care needs.
- Abdominal massage focused on aligning reproductive and abdominal organs
- Evaluation and application of structural alignment of spine with attention to the sacrum, lumbar and thoracic spine.
- Instruction in Self Care Home techniques to enhance your professional treatment session. Self-care is a tool for you to use for your entire life—such a gift!
- Recommendation of complementary modalities:
 - Herbal remedies
 - Castor oil packs
 - Faja (organ support wrap)
 - Yoni Steams/Bajos: *Traditional vaginal steam bath of many ancient cultures, yoni steams are like a detoxing facial for your yoni and entire pelvic region. They cleanse, tone, and nourish your cervix, uterus, and vaginal tissues. Yoni steams relieve stagnation and coldness in the body, they dilate the blood vessels, increase blood circulation, provide oxygenation and relax the pelvic floor muscles. Yoni steams can support the healing of many discomforts and dis-eases of the pelvic area, including pelvic organ prolapse. Yoni steams bring nourishment to the pelvic floor; with pelvic rejuvenation being the intended result!*
- Nutritional and or lifestyle education and adaptations
- Contraindications, Cautions, and Modifications

There are certain conditions where application of The Arvigo Techniques of Arvigo Techniques of Maya Abdominal Therapy®™ are either contraindicated or require modification. Some of these times include:

- During active menstruation
- IUD (intra-uterine device for contraception) is present
- Immediately after abdominal surgery
- Active infection or cancer present in pelvic area, or while undergoing chemotherapy
- During the first trimester (19 weeks) of pregnancy (modification)
- Hiatal Hernia (gentle massage required)
- Active and acute infection
- Abdominal Aneurysm
- Diastasis Rectus
- Pessary for uterine prolapse (remove prior to your session)
- Any serious health condition that causes you concern

How do I prepare for the treatments?

Once you have had an initial Naturopathic appointment with Dr. Kyla Wright ND, you are ready to begin treatment. It is recommended that you wear comfortable, loose-fitting clothing during the treatment. Avoid eating a large meal immediately prior to treatment.

Can I undergo this treatment if I have had a hysterectomy?

Women who have had hysterectomies benefit greatly from these techniques as it improves circulation in and around the area of the scar. When circulation is improved, scar tissue will be prevented from forming in the pelvis after surgery. Ligaments and other remaining organs are benefited from improving circulatory flow to the pelvis.

Can the Arvigo techniques be performed if I am currently undergoing fertility treatment?

Arvigo techniques can be performed if a patient is undergoing fertility treatment, such as IUI or IVF, and has been shown to improve hemo-dynamics and homeostasis to support and enhance fertility. One to two sessions are generally booked during the follicular phase of the menstrual cycle, from day 3 to day 12.

What are the cautions and contraindications associated with this treatment?

The Arvigo Techniques of Maya Abdominal Therapy are safe and effective with few contraindications of untoward outcomes. There are certain conditions where application of these techniques are either contraindicated or require modification. Please consult with your practitioner if you have any questions.

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The session with consultation is around 45-90 min. It's required not to eat any food 3 hours prior to session. Please wear comfortable loose clothing around the hips. Please remove all jewelry. We recommend 3 sessions and then continue to use the self massage technique.

Cost:

\$50 for 3 sessions

\$70 for 1 session only