

MAYAN ABDOMINAL MASSAGE

What is Maya Abdominal Therapy?

Maya Abdominal Therapy is a non-invasive, external, massage technique. It guides internal abdominal organs into their proper position for optimum health and well-being. Maya massage improves organ function by releasing physical and emotional congestion from the abdomen. This massage is effective for both men and women.

The technique applies anatomy, physiology, herbology and naprapathy, (study of the ligaments, joints and muscles), with Ancient Maya healing techniques to address common female and male complaints. 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 symptomology.

Dr. Rosita Arvigo, DN, developed these techniques, after apprenticing with Don Elijio Panti, the last of the Traditional Maya Shaman in Central America, where she has lived for over 30 years. The Arvigo Techniques of Maya Abdominal Massage™ combine modern science with traditional healing and wisdom to produce a holistic path to physical, emotional and spiritual well-being.

Most common female symptoms relieved by this treatment:

- ☼ Painful or irregular menses
- ☼ Dark, thick fluids at the beginning & end of menses
- ☼ Blood Clots
- ☼ No menstruation at all
- ☼ Headaches/ Dizziness with menses
- ☼ Varicose veins
- ☼ Tired legs, numb feet/ sore heels
- ☼ Lower back ache
- ☼ Infertility
- ☼ Endometriosis/Endometritis
- ☼ Uterine Polyps
- ☼ Painful Intercourse
- ☼ PMS
- ☼ Uterine infections
- ☼ Frequent urination
- ☼ Ovarian cysts
- ☼ Vaginitis
- ☼ Hormonal imbalances
- ☼ Difficult Pregnancy & Delivery
- ☼ Weak newborn infants
- ☼ Premature deliveries
- ☼ Difficult Menopause
- ☼ Cancer of the cervix, uterus, colon or bladder

“The uterus is the woman’s center. If her uterus is not in proper position and good health, nothing in her life will be right. She will be as out of balance as her uterus.” — Don Elijio Panti

Most common male symptoms relieved by this treatment:

- ☯ Prostate swelling and inflammation
- ☯ Alleviates varicose veins
- ☯ Premature ejaculation
- ☯ Impotency problems
- ☯ Frequent urination
- ☯ Chronic stomach problems

What to expect in a treatment:

- ☯ Comprehensive review of personal history & health care needs
- ☯ Instruction in Self Care techniques that individuals can apply at home to enhance the benefit of treatment provided by an Arvigo Practitioner
- ☯ Abdominal Massage focused on aligning pelvic & abdominal organs
- ☯ Additional techniques to complement the Arvigo techniques according to individual need (i.e.: Chiropractic, Acupuncture, etc.)
- ☯ Consult focused on lifestyle changes

Additionally, herbal remedies and other natural products are available that may enhance the effect of the Arvigo treatment and may be indicated based on the initial consult.

Follow-up care depends on individual goals and results. You and I work together to ensure your individual health care needs either through Arvigo techniques j additional health care providers when necessary to achieve your goals.

Contraindications to this treatment:

When an IUD is present, immediately after abdominal surgery, or where an active infection or cancer is present in the pelvic region.

For more information:
www.arvigotherapy.com