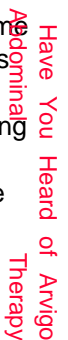




Digestive, urinary and bladder problems can be helped. The massage loosens tight muscles around the stomach and the arteries that feed the digestive and eliminative organs with their vital blood supply. Many anxieties and emotions are stored in our body's tissues and organs which can lead to constipation, indigestion, heartburn, gastritis, and eventually to Irritable Bowel Syndrome (IBS), Gastro Esophageal Reflux (GERD), Crohn's and more. Stresses and emotions cause the small intestine and colon to be "twisted or kinked" leading the blockages in the flow of peristalsis. Surrounding fascia creates adhesions

The uterus can fall into any number of incorrect positions. If it falls backwards, it can even fuse onto the



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colon, causing toxins to be absorbed from the colon.

Many women are told that a tipped or prolapsed uterus is no big deal. It is a big deal. When the uterus is incorrectly aligned, the normal flow of blood, lymph and energy are constricted and can disrupt nerve connection. The circulation of blood to the uterus, ovaries, bladder, and bowel is blocked. This cause many adverse health problems. Just a few extra ounces sitting on blood and lymph vessels can cause havoc throughout the different systems in the body. It is also a wonderful way to naturally regulate and improve painful periods. That's right - periods are not supposed to be painful.

Also called a "wandering womb," a prolapsed or tipped uterus can be corrected by Maya abdominal massage. This external, non-invasive massage strengthens the ligaments and muscles that support the uterus and ovaries.

In men, the abdominal massage ensures a full blood supply to the prostate, preventing swelling and inflammation. The prostate is a glandular organ that rests behind the bladder, but has no ligaments to speak of for support. The prostate gland can become congested resulting in early stages of Benign Prostatic Hypertrophy (BPH), impotence (depending on the cause), decrease sperm count, etc. By applying the massage to the abdomen it supports healthy organ function and relieves congestion. 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.

This massage also encourages self-care, which is a simple 10 minute abdominal massage performed at home to keep the muscles and ligaments in their new, healthy position.

Typically most conditions on average are dealt with in 3 sessions but this will be discussed at your initial.