

Have You Heard of Arvigo Abdominal Therapy



Location **South East, West Sussex**
<https://www.freeadsz.co.uk/x-542897-z>



Conditions for which this work may be helpful Amenorrhea - Painful PMS - Fertility difficulties - Multiple Miscarriages - Endometriosis - Menstrual Pain - Menopause - Ovulation Pain - Surgery recovery - Uterine Fibroids - Ovarian Cysts - 'Polycystic Ovarian Syndrome (PCOS) - Chronic bladder or vaginal infections - Hemorrhoids - Displaced or Prolapsed Organs - Enlarged Prostate - Certain Types of Erectile Dysfunction - Fluid Congestion in the Pelvic Region - Post Surgical Scar Tissue and Adhesions - Back and Hip Pain - Frequent Urination - Digestive Issues - Pelvic organ prolapse - Crohn's Disease - Ulcerative Colitis - Irritable Bowel Syndrome - Gastro Esophageal Reflux Disease (i.e. Heartburn or Acid Reflux) - Constipation - Small Intestinal Bacterial Overgrowth (SIBO) - Urinary system issues (Interstitial Cystitis, incontinence, frequent urinary infections, etc.) - Varicose veins - Mood disorders (Anxiety and Depression)

The Arvigo Technique of Maya Abdominal Therapy® are an external non-invasive manipulation which helps to restore the body to its natural balance by correcting the position of abdominal organs that have shifted and clearing congestion in the body which are restricting the flow of blood, lymph, nerve and chi energy, and so promote optimal health.

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

that mal-position organs and impede proper blood flow and enzyme secretions. These techniques slowly dissolve the adhesions and release the organs from any "kinks" in the digestive tract. When there are digestive problems, one should always combine this with proper diet and exercise. The main benefit of the abdominal massage is its ability to enhance the body's natural ability to correct itself. A tip of the uterus is 75% of the time walking around with a tip of the uterus and don't know it. The uterus is held in position by muscles and ligaments that connect it to the pelvis. These ligaments are designed to stretch for either a baby growing or when bladders and bowels become full. When these ligaments and muscles become weak and loose, they can no longer hold up the uterus correctly. Other causes are falls, car accidents, pregnancy and labour, running on concrete, chronic constipation, high-impact activities like dancing, aerobics, horseback riding, gymnastics and even wearing heels.

The uterus can fall into any number of incorrect positions. If it falls backward, 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.