

DO YOU SUFFER FROM....



Location **South East, West Sussex**
<https://www.freeadsz.co.uk/x-546300-z>

Irritable Bowel Syndrome (IBS) - 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 - 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 - Anxiety and Depression - Amenorrhea

The Arvigo Techniques of Maya Abdominal Therapy® can help!! - A non-invasive, external, abdominal massage technique.

How do the techniques support digestion /anxiety?

Many anxieties and emotions through life are stored in our body's tissues and organs and lead to health problems. A very common place is in the organs of the digestive system. Even those so called "butterflies in your stomach" can lead to constipation, indigestion, heartburn, gastritis, and eventually to Irritable Bowel Syndrome (IBS), Gastro Esophageal Reflux (GERD), Crohn's and more.

This therapy helps unblock and release emotional congestion which we all carry in the abdomen. This

congestion can even be felt as tension in the tissues themselves. One of the biggest causes of Irritable Bowel Syndrome is to be "overlinked" to the digestive system. This causes the flow of digestion to be blocked, leading to constipation, indigestion, heartburn, gastritis, and eventually to Irritable Bowel Syndrome (IBS), Gastro Esophageal Reflux (GERD), Crohn's and more. These techniques slowly and gently release the "adhesions" in the digestive tract. This is a disease of movement, and one session when combined with proper diet and self-care.

How do the techniques support Fertility?
 It has been estimated that approx 30% of women who have been unsuccessful in conceiving eventually conceive after a succession of Arvigo® sessions. Treatments generally consist of massage, diet and lifestyle modification and herbal therapies to enhance fertility. Once the uterus is in its optimal position, there is improved hemo dynamics and homeostasis to support



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and enhance fertility.

How are the techniques helpful for men?

The techniques are applied the same way for men. 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. 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.

How do the techniques work for women?

75% of women are walking around with a tipped uterus and don't even know it. This external massage gently lifts and guides the uterus into its optimal position in the lower pelvis. The uterus is held in position by over 10 ligaments. Ligaments, when stressed or strained cause the uterus to become malpositioned. If the uterus is malpositioned, women experience a multitude of symptoms. Many women are told that a tipped uterus is no big deal. In fact, 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, including those listed above. Just a few extra ounces sitting on blood and lymph vessels and the digestive system can cause havoc throughout the different systems in the body. The therapy is also a wonderful way to naturally regulate and improve painful periods and improve the quality of the blood flow. That's right - periods are not supposed to be painful!

I've had a Hysterectomy

They improve 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.

How do the techniques help with Ceasarean sections?

Untold numbers of Caesarean births could be prevented. By strengthening and toning the uterus, ligaments and other pelvic organs, the massage helps to place and maintain the uterus in her optimal position for giving birth.

For women who have had a C-section, this technique is beneficial for breaking up scar tissue in the same way it works for women who have had.