

*Inspiring Experiences of Arvigo Practitioners and Their Clients*

# *Journeys in Healing*

Compiled and published by the Arvigo Institute, LLC  
**The Arvigo Techniques of Maya Abdominal Therapy®**

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# Unexplained Infertility: Mom Knows Best

*Poco a poco, paso a paso,  
dia por dia.  
Little by little, step by step,  
day by day.*

—DON ELIJIO PANTI

*Vivian* I started my TTC (trying to conceive) journey a year before I got married in February 2011. I was on birth control for 6 years prior to my wedding, and I decided to stop the birth control a year before my wedding to give my body time to detox from the medication. I made an appointment with my ob/gyn later on that year in December 2011 to get tested and make sure my body would be ready to conceive. Results came back and everything looked great.

Fast forward a year later, to May 2012, when we were excited to get started on our family. After our wedding, we decided to let nature take its course, but after three months of trying to conceive without success I began using ovulation predictor kits to detect when I was ovulating as well as fertility monitors to see if that would help. After three months of using both, we still had not conceived.

I told my mother about my inability to conceive. She shared with me her story of conceiving my brother. After I was born she wasn't able to get pregnant with her second child. At the time I was eight years old, and we took a trip to Mexico, where she told her

mother (my grandmother) about her struggle to conceive her second child in spite of doing things in accordance with all the correct medical information known back then. My grandmother then told her she would give her a Mayan massage and vaginal steam bath, after which she conceived my brother right away. Mom suggested that I receive these treatments.

Not wanting to make a trip to Mexico, I searched online and found a blog from a woman who had a “Maya massage” and vaginal steam bath at the Earth & Sky Center where the Arvigo Techniques of Maya Abdominal Therapy® were offered. After receiving these treatments this woman conceived naturally.

I had my first session with Katinka Locascio in February of 2013, which was the most relaxing and optimistic experience. Imagine . . . to my amazement a month after the initial session, the pregnancy test was positive. However, I miscarried shortly after (this was referred to medically as a “chemical pregnancy”). At my second appointment in April, Katinka reassured me that my body was responding to the treatment. She gave me another Arvigo Therapy session and instructions for home self-care massage and vaginal steam baths. We planned to give it another two to three months to see if I would conceive naturally and then discuss what the next steps would be.

**PRACTITIONER PERSPECTIVE** Vivian came to see me because she was actively TTC for a year. She was 30 years old at the time and had been off the pill for two years. She was currently using ovulation predictor kit sticks to better time her fertile window. She shared the story of her mother’s challenge to conceive her brother. When she learned that I was an Arvigo Therapy practitioner and that vaginal steams (*bajos*) are part of the session, she came to see me.

At the first visit we reviewed her intake form and noted she had dark blood at the beginning of her cycle, painful periods, water retention, bloating, and low back discomfort—all symptoms of stagnation. Vivian had been charting her cycle and had a clear ovulatory pattern with at least 12 high temperatures in her luteal phase.

## EXPERIENCES OF ARVIGO CLIENTS

On the first visit we did a complete anterior treatment as well as a steam. The massage revealed a clear pattern of emotional holding in the lower abdomen. Her womb was generally centered though somewhat anterior leaning. We discussed doing daily self-care massage or warm hands and monthly steams. I also suggested some dietary guidelines to help reduce the water retention and prepare her body for a pregnancy.

Our second visit was rescheduled because Vivian called me to let me know she had had a chemical pregnancy that month. She had done her self-care (warm hands) and her period was late. A pregnancy test gave a faint line, which lessened each day, until finally her menses started; this time her menses started with bright red blood.

At Vivian's second Arvigo Therapy session in April, we added to her at home self-care regimen as her uterus felt much more open, and the emotional holding had shifted. I recommended doing the steams at home for the next few months, continuing with self-care massage and a tea with nettle, raspberry leaf, oats, and red clover.

*Vivian's Experience* In May I still hadn't conceived and decided to schedule an appointment with fertility specialists for July "just in case." I did not need that appointment as the next month, June, I was pregnant. I was overjoyed with the news! I truly believe that Arvigo Therapy, self care, and vaginal steam baths helped me to finally conceive.



**Katinka Locascio** LMT ([www.earthandskyhealingarts.com](http://www.earthandskyhealingarts.com)) Katinka is a licensed massage therapist in New York state, herbalist, body worker, and labor doula. She founded Earth & Sky Healing Arts 10 years ago with a vision to helping people live to their fullest potential while staying rooted in the wisdom of the body. Inspired by her background in science, she has pursued numerous trainings in the healing arts. Her practice focuses on women's health, pregnancy, and fertility, as well as integrative structural bodywork. She is currently pursuing a degree in osteopathic manual therapy and is looking forward to starting her two-year research dissertation. She lives and works in Long Island City, Queens, New York.

**Infertility** The inability to achieve pregnancy after 12 months of trying to conceive is defined as infertility. Approximately 10 percent of the population is affected; 30 percent of infertility can be attributed to male factors and about 30 percent can be attributed to female factors. In about 20 percent of cases infertility is unexplained, and the remaining 10 percent is caused by a combination of problems in both partners. Common causes of female infertility include ovulation problems (PCOS), fallopian tube blockage, pelvic inflammatory disease, uterine problems, endometriosis, and age-related factors. The main cause of male infertility is low semen quality (count, morphology, motility) and in some cases testicular malformation, hormone imbalance, or blocked ducts. In cases of unexplained infertility, it is believed that abnormalities are likely present but not detectable by current methods. Infertility testing involves a complete medical history and physical examination of both partners; blood work (hormones, thyroid function); and imaging tests (pelvic ultrasound, hysterosalpingogram, or HSG, and laparoscopy) for women and sperm analysis for men. Treatment depends on the cause of infertility. It may involve education and counseling, medication, surgery, fertility treatments such as intrauterine insemination (IUI), and in vitro fertilization (IVF). As many as one in five couples diagnosed with infertility eventually become pregnant without treatment. More than half of couples with infertility become pregnant after treatment.