

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®

Edited by Donna J Zubrod, MSc, MBA, LMBT, CD(DONA),
and Diane MacDonald, RN, MSN, with Rosita Arvigo, DN

“Rosita Arvigo™” and “Arvigo™” are trademarks owned by The Arvigo Institute LLC, a Limited Liability Company formed under the laws of the State of New Hampshire, United States of America. “THE ARVIGO TECHNIQUES OF MAYA ABDOMINAL THERAPY®” is a registered trademark owned by The Arvigo Institute LLC, a Limited Liability Company formed under the laws of the State of New Hampshire, United States of America. All other trademarks, if owned by others, are the property of their respective owners.

Entire contents Copyright 2014 by The Arvigo Institute LLC.
All Rights Reserved.

Cover Design: Margaret Baker
Interior Design and Page Production: Jill Shaffer
Copyediting: Nan Fornal

A NOTE TO READERS

THE CASE STUDIES presented in this book are actual evidence-based clinical outcomes. The specific Arvigo practitioners have been identified; the client names have been changed to maintain their privacy.

This compilation of case studies reflects Arvigo practitioners' experiences and their practice outcomes. Arvigo practitioners are trained by the Arvigo Institute, LLC, and practice under license or similar legal regulation where they live and work. (Their application of the Arvigo Techniques is governed under that license or regulation, whatever it may be.) The Arvigo Techniques should not be used to diagnose or treat any particular illness or condition or as a replacement or substitute for medical care applied by a qualified medical professional.

The Arvigo Techniques of Maya Abdominal Therapy® may be applied as a complement to medical care, particularly when referred by medical professionals or when seeking symptomatic relief. Additionally, the Arvigo Techniques should not be applied to clients by persons who have not been trained in their use by the Arvigo Institute, LLC, or by persons applying the techniques to self unless instructed in how to do so by a qualified Arvigo practitioner.

Rosita Arvigo, the Arvigo Institute, LLC, and Arvigo practitioners accept no responsibility for use of this book other than as an information resource for examples of how the Arvigo Techniques properly applied by Arvigo practitioners have provided relief and benefit to clients of those practitioners. Therefore, we expressly disavow responsibility for any incidental or consequential damages in connection with, or arising out of, any interpretation or application of the information in this book.

Navigating Perimenopause

*Where is the one who will open
their heart to this hard work?*

—DON ELIJIO PANTI

Angela I'm 42 now, and I started my periods around the age of 13. They have always been heavy and a problem, but in the last few years they have become intolerable. I have been back to my doctor on numerous occasions, complaining about pain, heavy bleeding, depression, mood swings, problems sleeping, vaginal dryness, cystitis-like symptoms, including blood in my urine, and a whole host of other problems.

Eventually, my doctor tested me and said my hormone levels suggested I was perimenopausal. He offered me pills to help me sleep, pills to help with my moods, and not a lot else. I was becoming desperate. My moods affected the whole family—my husband, 9-year-old son, and 14-year-old daughter. I love my husband very much, and he has been endlessly supportive, but some days I could barely get out of bed to do more than the absolutely necessary.

The pain would start with ovulation, which some months could be crippling, and then the mood would slowly descend into darkness. The first few days after I finish bleeding are the best each month, but that is in fact a small window of only a week or so. The pain,

EXPERIENCES OF ARVIGO CLIENTS

the exhaustion, and the depression were ruining my life, so when Hilary Lewin offered me a series of Arvigo Therapy treatments and I understood how they might help me and my symptoms, I jumped at the chance.

PRACTITIONER PERSPECTIVE Angela came to me in a state of despair. She felt written off by her doctor, and her only hope was that at some point she would reach menopause and she would leave the pain and depression behind. Her menstrual cycles had never been easy, and whilst she valued herself as a woman, she felt let down by her womb.

Her first session with me was very moving; she shared her story of sexual trauma as a teenager and the loss of her father in the fourth month of her second pregnancy. We talked about how these emotions can be held in our bodies and the power of nurturing herself each day with the self-care massage.

The first session I applied the Arvigo Therapy techniques with a feather-light touch on her abdomen and equally gentle on her back. She shed a few tears, seemed to enjoy the session, and was keen to return for more treatments.

I saw her three more times at 2-week intervals, and her progress was a joy to watch unfold. The tightness in her belly fell away, and she was able to tolerate deeper work. The sacrum which had initially felt puffy and congested improved, and the colour of her skin changed from a blue tinge to pink over the weeks that we worked together.

Angela was able to find time each day to do the self-care massage, and this has become an important part of her life.

Angela's Experience During my first Arvigo Therapy treatment with Hilary, I experienced strange spasms in my belly. I was not asleep, but it was though I dreamt of my teenage self and I said goodbye to her. I had never completely let go of her; I still feel her, but it felt good to let her go. The next day I started my period. It was several days early but it was amazing as I had no pain!

JOURNEYS IN HEALING

After my next session I had no breast tenderness. I am sleeping better and generally feeling less anxious and tired. I love doing the self-care massage as it feels really positive.

The most amazing thing is that I then had no pain on ovulation which has historically been worse than my periods. You have no idea how good it feels to be coping with life again, and my husband and kids are starting to notice a difference.

This work has taught me a way of listening to my body and somehow seems to have alleviated so many of those symptoms my doctor had no answer for. The bladder symptoms are slowly improving; there is no more blood in my urine, and I am confident I will continue to improve.

A combination of being listened to, having a clearer understanding about what is going on each month with my body, and learning some new ways to look after myself has been life changing. I am bringing my daughter to see Hilary soon as I think so much of this should be taught to teenage girls in school. If we as women understood our bodies better, we would be able to explain ourselves more clearly and access better treatment. Arvigo Therapy should be available to all women at least once in their lives.



Hilary Lewin (www.suistherapies.co.uk) Hilary has joyfully been spreading the Arvigo "word" around the planet for some years after discovering the work, studying it in the States, and bringing it back to the UK. As a massage therapist and founder of Doula UK, Hilary found that the Arvigo Techniques of Maya Abdominal Therapy® filled in the missing gaps. She has trained as an Arvigo instructor and now teaches therapists around the world. She practices from Guildford, Surrey, working with women and men at all stages of life and has developed a reputation as a straight-talking therapist who helps people to help themselves. Hilary is currently working on a post-natal programme to support women through the first 40 days after birth.