



Donna J Zubrod, MSc, LMBT, CD(DONA)

Licensed Massage & Bodywork Therapist NC #7120 www.sevengenerationswellness.com 919.810.0003

by appointment at my work studio in Cary, NC 27519

Specializing in Preconception Wellness, Fertility & Maternity Massage

Frequently Asked Questions about the Arvigo Techniques of Maya Abdominal Therapy®

What are The Arvigo Techniques of Maya Abdominal Therapy®?

The Arvigo Techniques of Maya Abdominal Therapy® are a non-invasive, external, massage technique. When applied, they guide internal abdominal organs into their proper position for optimum health and well being. The techniques work by relieving congestion and blockages to improve the flow of chi and fluids of the circulatory, lymphatic and nervous systems to prevent the progression of chronic disease pathology. This results in improved organ function by releasing physical and emotional congestion from the abdomen. These techniques are effective for both men and women.

How do the techniques work for women?

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 mal-positioned. If the uterus is mal-positioned, women experience a multitude of symptoms.

What is "Self Care" and why does it help?

Each client is instructed in performing the abdominal massage for themselves. By performing self care massage daily at home, healing can progress more effectively as the client is supplementing and reinforcing the work of their practitioner.

Over the years, practitioners report that their clients obtain relief from their symptoms quicker when they perform daily self care techniques and make the necessary life style changes than clients who do not.

What could cause a displaced uterus?

- Injury to the sacrum or tailbone from a fall, car accidents, etc
- Pelvic ligaments that have weakened due to overstretching during pregnancy and birth
- High impact exercise, running on cement surfaces, high impact aerobics, etc
- Lifting & carrying heavy objects before or during menstruation and too soon after childbirth
- Time and gravity
- Past surgeries
- Weak pelvic floor muscles
- Chronic muscle spasm around the low back and sacrum
- Emotional armoring accompanying a traumatic experience

What are the symptoms of a displaced uterus?

- Painful or irregular periods; painful or irregular ovulation
- Dark or brown blood at the onset and at the end of menstruation
- Headache or migraine with period
- Varicose veins of the legs and/or tired, weak or numb legs
- Low backache; back pain with period
- More serious imbalances including: Endometriosis, Uterine Fibroids and Uterine Polyps
- PMS/ depression
- Frequent urination; bladder infections, incontinence
- Recurrent vaginal infections
- Chronic miscarriages
- Difficulty getting pregnant/Infertility
- Painful intercourse
- Chronic constipation
- Difficult menopause

How quickly should I expect a change?

Depending on the severity of the problem, it may take as little as one session and as long as many months for the uterine position to be corrected and for the ligaments to gain enough strength and elasticity for it to stay in place. Three sessions are usually the minimum.

Women often report a rapid improvement in symptoms and sense of wellbeing when self-care is performed regularly.

Are the techniques recommended for all women?

Almost every woman, even those who have had hysterectomies can benefit greatly from the Arvigo Techniques through improved circulation, lymphatic drainage and a decrease in the formation of scar tissue.

Direct application over the uterus is not performed:

- During menstrual bleeding
- Within the first 6 weeks following a normal vaginal delivery or the first 3 months after a c-section
- For a woman using an IUD for birth control
- If cancer is present or suspected anywhere in the pelvis, or undergoing chemotherapy for this condition
- During the first trimester of pregnancy

How are the Arvigo® 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.

How do the Arvigo® Techniques support enhanced fertility?

It has been estimated that approx 30% of woman who have been unsuccessful in conceiving eventually conceive after a succession of Arvigo® sessions. Treatments generally consist of massage, diet and lifestyle modifications, and herbal therapies to enhance fertility.

Once the uterus is in its optimal position, there is improved hemo dynamics and homeostasis to support and enhance fertility. When including the partner in the process, we find conception probability is increased! After all, men need this work as much as women do.

I've had a Hysterectomy - how do the Arvigo® Techniques help?

Women who have had hysterectomies benefit greatly from these techniques as they help to improve circulation in and around the area of the surgical scar(s). When circulation is improved, additional surgical scar tissue will be prevented from forming in the pelvis and existing scar tissue will continue to heal. Ligaments and other remaining organs also receive the benefits of improved circulation to the pelvic area.

How do the Arvigo® Techniques help with preparing for birth?

Untold numbers of Caesarian births could be prevented with this simple, safe, and easy to learn self care massage technique. Arvigo® practitioners use this to prevent the need for a C-section. 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.

Well being of the mother and baby are improved as they prepare for labor and delivery. Our midwife practitioners apply this technique during labor and delivery and report a decrease in laboring time and effort and easier delivery for mom and baby.

How do the Arvigo® Techniques help if I have had a Caesarian-section?

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 hysterectomies.

How do the Arvigo® Techniques support optimum digestion?

Many anxieties and emotions through life are stored in our body's tissues and organs. A very common place for this storing to happen is in the organs of the digestive system. 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 disease and more.

Stresses and emotions cause the small intestine and colon to be "twisted or kinked" leading to blockages in the flow of peristalsis. Surrounding fascia creates adhesions that mal-position organs and impede proper blood flow and enzyme secretions. These techniques gradually help to resolve fascia adhesions, scar tissue and remove any "kinks" in the digestive tract. Often there is a dramatic improvement after just one session when combined with proper diet and self-care.

Will the Arvigo® Techniques help with digestion problems following abdominal surgery?

Scar tissue and fascia adhesions can often cause problems with digestion after abdominal surgery. Again, by improving circulation, these techniques break down the scar tissue and adhesion from past or present surgeries. A few sessions combined with castor oil packs, diet and self care are often used depending on the particular situation. Make sure you allow 4-6 weeks to pass after surgery or secure the consent of your health care provider before applying this technique.

Who is qualified to administer The Arvigo Techniques of Maya Abdominal Therapy®?

Only those practitioners who have successfully completed the first two levels of training, which includes Self-Care and Professional Care, are qualified to apply these techniques in their practice.

Practitioners who have completed Certification are advanced practitioners who have completed the submission of client case studies and studied advanced body work applications.

Refer to the [list of qualified Arvigo practitioners](#) in your area to schedule a treatment session.