

# Have You Heard of Arvigo Abdominal Therapy



Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-592957-z>

This is a genuine healing therapy, no sensual or naturist massage enquiries please. 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 Techniques of Maya Abdominal Therapy® are a non-invasive, external, massage technique which guide internal abdominal organs into their proper position for optimum health and well being. It relieves physical and emotional 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 symptomology which results in improved organ function. It is a therapy that can be applied throughout every stage of a woman, man or child's life.

Supports digestion /anxiety

This therapy helps unblock and release emotional congestion which we all carry in the abdomen. Over time, 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 which malposition organs and lead to poor blood flow, enzyme production. These adhesions slowly grow, fibria adhesion, "kinks" and remove the "kinks" in the digestive tract.

For men, the prostate is a glandular organ that rests behind the bladder, but has no ligament 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

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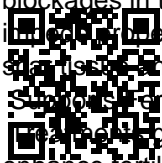
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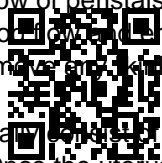
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massage relieve prostate swelling, but it helps alleviate varicose veins, premature ejaculation, some impotency problems and the need to urinate frequently.

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. but in fact, it is. 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.

Women who have had hysterectomies and Caesarean Sections benefit greatly from these techniques as they improve circulation in and around the area of the scar. Ligaments and other remaining organs are benefited from improving circulatory flow to the pelvis.

Self Care

The unique aspect of Arvigo® is that you learn how to massage your own abdomen, helping to sustain the good circulation and blood flow initiated by the treatment. Being taught how to massage your own abdomen is truly empowering. You are more in control of your well-being and physically and emotionally connected to the treatment process.