

Maya Abdominal Massage

The Arvigo Techniques™

Congratulations on taking the first step to uterine and pelvic health. Now you may continue treating yourself gently and lovingly.

You may experience some new sensations now that we have realigned your uterus and opened up the flow of energy, blood, and lymph. Please do not be alarmed! As a new blood supply greets the uterus you may feel mild to moderate menstrual like cramps which should go away in a day or so. The uterus has new space in which to stretch. Some women may have some spotting or vaginal discharge within a day of treatment. The uterus is “letting go” of fluid leftover from the last period. Heavier bleeding, darker fluids, clots, ropes and strands of mucous, yellow pus, grayish matter, or chunks of flesh may present during first two or possible three periods you have. Again, do not be afraid! These are good signs! It is proof that the “gunk” is coming out of a more properly aligned uterus. Continue your self-care with confidence and connection.

The abdominal massage you received may cause you to release some stored emotion. We say “our issues are in our tissues.” You may experience sadness, anxiety, or revival of old memories. Others describe being more clear-headed, alert, and focused. Whatever the response you may or may not have, treat yourself gently, get rest, plenty of non-alcoholic beverages, sunshine and good companionship.

Please watch for changes in the way you “feel.” Are your symptoms of pelvic congestion, pain, or heaviness improving? Do you have warmer, less stinky feet? Has your libido increased? Have your bowel movements changes? Jot down these impressions so we can explore the need for another treatment or continue with self-care. Please call if you have any questions or concerns- 608-441-9355 or 608-279-9183 (cell).

Now, a reminder. The best time to massage your uterus is after your period, during ovulation and up until five days before your period. Stop at ovulation if you are actively trying to conceive. Be sure to realign your uterus after a fall, hard day on your feet or strenuous activity. Stop doing the massage if you get pregnant (I will do a different technique in pregnancy). Do not continue self-care if you have pelvic infection, cancer, have an IUD placed or have recently had abdominal/pelvic surgery. Let me know if you seek medical care for any of those issues.

Remember that you can only help yourself with these techniques. There is no one testing you and it is ok if you can't feel your uterus, it does not change the massage. Keep doing the massage and you will begin to know your uterus in a way you never imagined.

To your health and feminine spirit,

Chandon E. Williams, CMT