

Arvigo
Techniques
of Maya
Abdominal
Therapy

Who is Rosita Arvigo?

- Naprapath from the USA
- Studied herbology in Mexico
- Studied with Don Elijo Panti, renowned Maya Shaman from Belize, as his apprentice for 10 years
- Developed this technique to present it to the world with Don Elijo's blessing



Symptoms of displaced uterus

- Painful menstruation
- Irregular menstrual cycles
- · Abnormal uterine bleeding
- Painful intercourse
- · Recurring vaginal infections
- Bladder infections
- Urinary Issues
- PMS
- Ovarian Cysts

- Fertility challenges
- Miscarriages
- Difficult pregnancy
- · Discomfort during pregnancy
- Endometriosis
- Uterine fibroids/polyps
- Pelvic pain
- Constipation

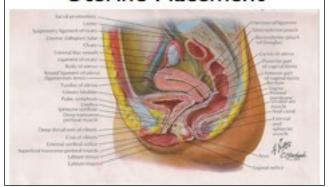
Modern Medicine treats these symptoms with:

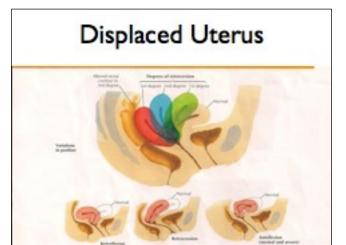
- · birth control pill or other medication
- muscle relaxants
- surgery

Arvigo Techniques of Maya Abdominal Therapy

- · Get to the source of the symptoms
- Correct the problem

Proper Uterine Placement





Arvigo Massage

- · Addresses position of the uterus
- · Alignment of the pelvic bones
- Best known for correction of the prolapsed, fallen or tilted uterus

Why this works

- Uterus is suspended in the body by ligaments
- Ligaments allow the uterus to move -(grow larger in pregnancy)
- Massage corrects the uterine position, decongests the abdomen and opens up the "Five Flows"

Given half a chance, the body will heal itself!

- We do the massage which repositions the uterus and opens up the flows.
- The body heals itself.

Holistic Approach

- Maya treat all aspects at once
- Anatomy/physiology massage
- Nutrition
- Herbs Rainforest Remedies
- Emotional components
- Spiritual components



Some case studies

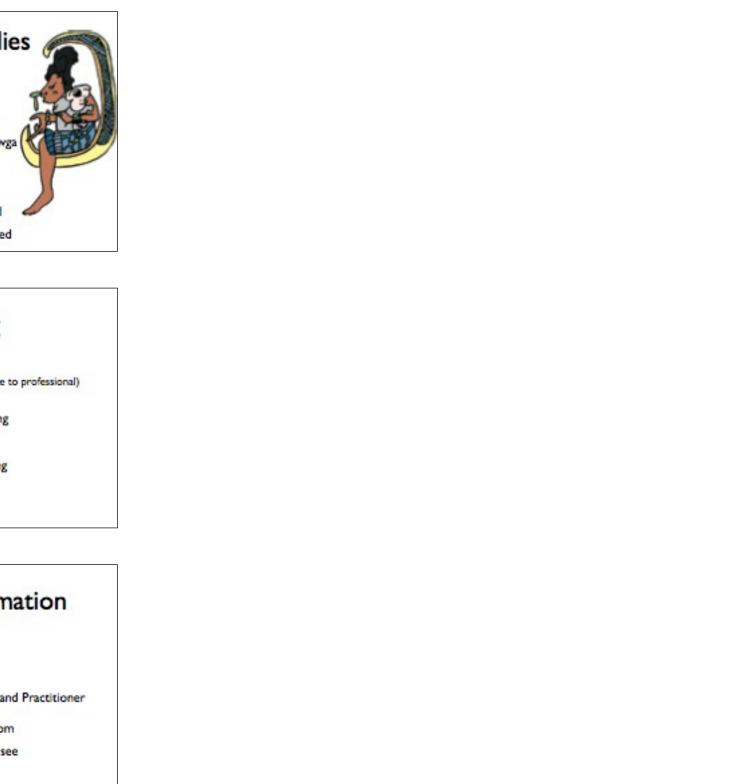
- Painful menstruation
- Painful intercourse
- · Fertility challenges pregnancy
- · Painful uterine ligaments at 28 wga
- Prolapse after childbirth
- Preterm labor Malaysia
- Pregnancy discomforts resolved
- · Urinary urgency greatly improved

Training

- Level I, Self Care (prerequisite to professional)
 17 CEUs from MEAC
- Level 2 Professional Training
- Level 3 Certification
- Pregnancy Specialty training
- Spiritual Healing

Contact information

- www.arvigotherapy.com course schedule
- Anne Hirsch, CPM, LM
 Certified Self Care Teacher and Practitioner
 (727) 452-6188
 anne@midwlfehomebirth.com
- For a practitioner near you see www.arvigotherapy.com practitioners



Further Reading

- Two books by Rosita Arvigo Sastun, My Apprenticeship with a Maya Shaman Rainforest Remedies
- Midwifery Today, Issue 84, Winter 2008,
 A Modern Midwife's Experience with Ancient Maya Abdominal/Uterine Massage, Anne L. Hirsch
- Mothering, March-April 2010, Mayan Wamb Massage, How an ancient massage technique can prepare your body for conception and ease menstrual cramps, Catherine S. Gregory