



# Maya Abdominal Massage

## INDICATIONS FOR TREATMENT

### Female

- PMS/Depression prior to menstruation
- Painful intercourse Painful periods
- Late, early or irregular periods
- Headache, migraine or dizziness with period
- Blood clots and excessive bleeding
- Difficult menopause
- Chronic miscarriage
- Premature deliveries
- Difficult pregnancy
- Fertility issues
- Endometriosis
- Polyps/Fibroids
- Vaginal Yeast conditions
- Uterine infections

### Both

- Gastritis, Colitis, Crohn's
- Irritable Bowel Syndrome
- Multiple food allergies
- Low back ache
- Frequent or painful urination
- Bladder infection
- Incontinence
- Chronic skin conditions
- Varicose veins of legs and hemorrhoids
- Tired weak legs
- Constipation or diarrhea
- Diverticulitis
- Sore heels when walking
- Chronic indigestion or heartburn

### Male

- Prostatitis (acute, chronic and allergic)
- Benign Prostatic Hyperplasia (BPH)
- Fertility Issues
- Impotence/Erectile dysfunction (depending on cause)
- Painful ejaculation
- Burning pressure/sensation in pelvis

### CAUSES OF SYMPTOMS

Causes include but are not limited to:

- Running on hard surfaces
- Falls or direct trauma to sacrum and coccyx
- Heavy lifting before or during menstruation or too soon after childbirth
- Childbirth
- Repeated pregnancies close together
- Poor pelvic bone alignment with the spinal column
- Sitting for prolonged periods
- Prolonged driving (e.g. truck driver)
- Car accidents
- Wearing improper shoes
- Chronic constipation with straining
- Stresses to the ligaments that support the abdominal and reproductive organs including the bladder
- Emotional armouring resulting from significant trauma in pelvic and abdominal area (rape, sexual abuse or incest)

(Continued)



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## WHAT TO EXPECT DURING THE FIRST TREATMENT

- a. A complete health history (a detailed intake form will be completed by you and brought to your first session).
- b. Massage techniques focusing on the mid and lower back muscles, sacrum, lower and upper abdomen as well as pelvic bone structure and alignment.
- c. Learning self-care techniques to continue at home to enhance your healing process. These are simple, safe and easy to learn techniques.
- d. Consultation about diet and lifestyle changes.
- e. When indicated, herbal care and other techniques may be suggested.
- f. Follow up recommendations will be provided based on Individual goals and treatment results. The first treatment session is 2 hours in length and follow up sessions are 1 hour or 90 minutes each.

## CONTRAINDICATIONS TO THIS TREATMENT

- a. Not recommended 5 days before period or during menstruation.
- b. If there is an IUD present.
- c. Immediately following abdominal surgery or in cases of active infection or cancer in the pelvic region.
- d. During the first 20 weeks of pregnancy- a modified technique is used.

You will find the Maya Abdominal Massage simple, straightforward, reliable, safe and dramatically effective. Often, only one treatment is necessary and you will immediately experience relief from symptoms. In other, more complicated or chronic situations, more time and treatment will be required. These techniques are wonderfully effective on their own or as an adjunct to most other treatments you may be having for the same symptoms.

Treatments are by appointment only - Flexible hours available - STRICTLY CONFIDENTIAL

Contact Tara to arrange your appointment or for more information

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