

POSTPARTUM RECOVERY & HEALING

After birth a new mother's body undergoes major structural and physiological changes as it reverts back to her pre-pregnant state. This is the time for physical and emotional healing; a time for possible life enhancement as her body refashions itself.

Arvigo® Therapy after birth assists your recovery. It encourages involution to occur more quickly and efficiently. By supporting the uterus and ligaments to return to an optimal position, the pelvis is brought back into perfect balance.

The Arvigo® self-care massage in a woman's pregnancy and beyond:

- Ensures free circulation to your pelvis to enhance placental flow & fetal growth.
- Removes all pain from past low back/sacral/coccyx injuries during pregnancy and birth.
- Facilitates emotional healing from past life, surgical birth and birth trauma.
- Sets the place for a successful birth/ VBAC/HVBAC's and easy motherhood.
- Allows resolution of previous scar tissue.
- Encourages healing from the inside out

I delight in undoing what you may have thought was 'your lot'. There is so much healing that may happen in and around pregnancy, to enhance your and baby's life, forever after.

I look forward to working with you.

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ABOUT HEATHER BRUCE



Heather Bruce & Dr. Rosita Arvigo,
Belize, Central America, 2016

I am an acupuncturist and herbalist who was a transformative body worker for over 35 years before finding the Arvigo® work. I feel very graced to be able to be offer this missing piece of the maternal and life/wellbeing puzzle.

Over the decades, as a continuity-of-care (all of life) provider, I have helped couples with fertility challenges to successfully conceive, nurtured expectant mothers throughout their pregnancies, assisted easy labors and afterwards, and have offered relief from the discomforts caused by stressful or active lifestyles, traumatic accidents and surgeries.

I am passionate about educating everyone; wherever you happen to be on your life journey. To be more informed about your wellness, and to feel more empowered to make better choices is my goal, so you can not only benefit your personal wellness today but the health of future generations.

www.mayahealing.co.nz (Greymouth)

www.mayahealing.com.au (Brisbane)

The Arvigo® techniques of

MAYA ABDOMINAL THERAPY



Supporting your
pre- peri- & post-natal wellness
mayahealing.com.au

WHAT IS IT?

The Arvigo Techniques of Maya Abdominal Therapy® as taught by Dr. Rosita Arvigo, DN, are the legacy of an unbroken chain of knowledge handed down from generation to generation of midwives and village healers in Central America. Their traditions are founded on ancient Maya techniques of abdominal massage that help guide internal abdominal organs into their proper proposition so that organ functions are supported and enhanced. It is an external, gentle and non-invasive massage to the abdomen and lower back coupled with the Napropathic work added in by Dr Arvigo.

Arvigo® Therapy benefits women throughout the child-bearing years by enhancing fertility and conception, supporting structural changes and alleviating discomfort, providing optimal birth position for baby thereby easing labor, birth and post partum recovery.

At your initial session, you will be taught self care massage, which you can do yourself at home. This adds to the therapeutic benefits and assists your sense of calmness and wellbeing when you do your self-care regularly.



A MORE COMFORTABLE AND BALANCED PREGNANCY

Pre pregnancy Arvigo® therapy normalizes pelvic alignment, so the uterus may guide herself back to optimal positioning in your pelvis. Mum's digestion and body function during pregnancy are enhanced.

Beginning a pregnancy with a balanced body/mind /soul, perfect periods and cycles, and a comfortable body ensures easy fertility, easy pregnancy, easy birthing and easier maternity.

Past damage may be healed, normalizing all flows through your body, in turn, allowing for fetal development and for easy baby exit, when the time comes.

During pregnancy Arvigo® therapy supports the changes women experience. As additional strain is put on the uterine and pelvic ligaments and pelvic floor muscles whilst baby grows, any past damage or imperfections may show. This is where this work shines.

Happier birth outcomes such as significantly shorter and easier labors and efficient contractions are reported by all Arvigo® practitioners working on pregnant women.

Maximum benefits come from working with me as early as possible, to provide you and your baby with the these sessions can offer. Ideally you would schedule six to nine pre-natal sessions and at least a six week post partum session as well.

As a highly effective acupuncturist, herbalist and transformative energy healer I will be adding in all else that I see you may benefit from.

An holistic journey together.

WELLNESS BENEFITS AT-A-GLANCE BY BODY SYSTEM

REPRODUCTIVE

- Returns your body to optimal function and corrects positioning of all reproductive organs.
- Strengthens the uterine ligaments
- Decreases ligament discomfort
- Supports normal fetal growth

MUSCULOSKELETAL

- Decreases chronic muscle tension, restores balance to overstretched muscles & softens all ligaments.
- Improves pelvic flows, removing the causes of sciatic and hip pain.
- Improves sacral mobility and alignment allowing easier, more efficient birth resulting in a more comfortable body.

CIRCULATORY

- Improves blood flow to mother and baby
- Improves blood flow to pelvic floor muscles
- Improves lymphatic circulation and decreases incidence of edema (swelling)

RESPIRATORY

- Releases tension in ribcage and diaphragm, making it easier to breathe more deeply
- Reduces rib pain

NERVOUS

- Supports emotional healing of past traumas
- Increases oxytocin, releasing tension and anxiety whilst cultivating your maternal confidence.

DIGESTIVE

- Enhances digestion, reducing causes of nausea and heartburn
- Improves absorption of nutrients
- Improves elimination