



## The Arvigo Techniques of Maya Abdominal Therapy™ Maya Abdominal Massage Fertility Support Guidelines

Your Maya Abdominal Massage Practitioner has received additional knowledge and skills in working to enhance fertility for clients. The following are guidelines we have learned over the years to support fertility. As always, refer to a health care provider as needed. Your ATMAT practitioner is here to support you!

### **3 Month Program**

During this time, it is best to make a conscious effort not to conceive. Your body is taking time to restore, detox and rejuvenate itself in preparation for conception.

1. Receive ATMAT sessions from your practitioner within the week post menses and preovulation, approximately between day 5 and 13 depending on your cycle. As you are avoiding conception, you can also benefit from receiving a second massage in the week post-ovulation and pre menses.
2. Chart your cycles – refer to Taking Charge of Your Fertility by Toni Weschler, and/or The Garden of Fertility by Katie Singer.
3. Perform your self care massage daily, avoiding the 5 days before and during your menses. Perform only if not pregnant.
4. Take Vitex (Chaste Tree Berry) tincture or capsules 2x daily all month for 3 months.
5. Apply a hot water bottle or hot pack over uterus or sacrum during preovulation. Castor oil packs can be applied.
6. Take Female Tonic\* beginning 10 days before menses. Dosage is one dropperful 3 times daily. Please confirm that you are not pregnant before taking. Inform your ATMAT practitioner of any other herbals or medications you are taking.
7. Do an Herbal Pelvic Steam\* right before menses if not pregnant.
8. Drink Detox Tea 2 -3 times/day right after menses stop.
9. Sleep in the dark all month except the 3 days of ovulation. During the 3 days, add a small night light or moon light to wake up the pineal gland.
10. Take 1T. ground flax seeds and 2 capsules Nordic Naturals Ultimate Omega-D3 daily.
11. Decrease xenoestrogens by eating only organic produce, dairy and meats and drinking filtered (not bottled water) out of glass or stainless steel containers. Increase your intake of vegetables, fruits, beans/lentils, and eat only whole grains such as brown rice, quinoa and oats. Limit or eliminate wheat, sugar, caffeine, and processed food intake. Stop alcohol and cigarettes.
12. Gentle exercise such as walking, yoga, pilates, biking, swimming, belly dancing.
13. Decrease stress
14. Listen to Uterine Meditation\*
15. Have fun!!

### **1 Month Program**

Though it is best to spend 3 months getting the uterus and body into optimal health and try to avoid conception during that time, practitioners of ATMAT are aware many couples are actively engaged in other treatments for fertility. This one-month program was developed in response to their needs.

1. Receive ATMAT sessions from your practitioner within the week post menses and preovulation – approximately between day 5 and 13 depending on your cycle.
2. Chart your cycles – refer to Taking Charge of Your Fertility by Toni Weschler, and/or The Garden of Fertility by Katie Singer.
3. Apply a hot water bottle or hot pack over uterus or sacrum during preovulation. Castor oil packs can be applied.

4. Perform your self care massage daily. Perform only if not pregnant.
5. Herbal Pelvic Steam\* on first day of menses.
6. Take Female Tonic\* starting on day 1 of menses (full bleeding not spotting) and continue until 5 days after menses. Dosage is one dropperful 3 times daily. Inform your ATMAT practitioner of any other herbals or medications you are taking.
7. Detox Tea\* 2-3 times/day right after menses stops.
8. Sleep in the dark all month except the 3 days of ovulation. During these 3 days, add a small night light or moon light to wake up the pineal gland.
9. Take 1 T. of ground flax seeds and 2 capsules of Nordic Naturals Omega-D3 daily
10. Decrease xenoestrogens by eating only organic produce, dairy and meats, and drinking filtered (not bottled water) out of glass or stainless steel containers. Increase your intake of vegetables, fruits, beans/lentils and whole grains such as brown rice, quinoa and oats. Limit or eliminate wheat, sugar, caffeine and processed food intake. Stop alcohol and cigarettes.
11. Gentle exercise such as walking, yoga, pilates, biking, swimming, belly dancing.
12. Decrease stress.
13. Listen to Uterine Meditation\*
14. Have fun!!

\* Female Tonic and Pelvic Steam herbs can be purchased from Rebirth Midwifery.  
Uterine Meditation CDs can be purchased from [www.arvigotherapy.com](http://www.arvigotherapy.com)

Preferred brands of Vitex (aka Chaste Tree Berry) are HerbPharm for tincture and Vitanica for capsules.

Traditional Medicinals and Yogi Tea both make a good Detox tea.

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