

Perineal Steaming (Intimate sauna)

by

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Disclaimer

- *Here I am presenting the tradition of home help, and in the context of what you may use instead of the Korean infra-red top of the range model.*
- *Please be aware that I am not taking the place of a trusted health care professional that may be able to assist you face to face*
- *Lineage, culture and traditions.*
- *Maybe find someone whose own traditions are aligned with healing and self-help.*
- *They may share their traditional women's mysteries.*

Queen Heather

In 2013 in Korea – a beauty spa session – a profoundly moving experience: infra-red with herbs.



I am dressed in the traditional women's Korean dress – rubberised to cope with the task it is put to.

(Note that I do not look, or feel 58 here) Radiance – we can all do this at home – become ageless.

What are we talking about?

- *The use of plants/herbs as a tea of sorts - in a fragrant steam bath (intimate sauna) that you sit over (naked bottom).*
- *Comfortable, very soothing.*
- *Used the world over for health benefits.*
- *There are variants with smoke.*
- *Here we are covering perineal steaming.*
- *For all – not just vaginal steaming for women.*

Perineal steaming

- *Vaginal or yoni steam baths are an old, respected treatment for women used not just by Maya midwives and traditional healers in Central and South America, but in many different cultures worldwide.*
- *The practice is mentioned in early chronicles of Spanish friars who took time to record the healing practices of the Maya and Aztec.*
- *Bajos (ba-hoes) as they are called in Spanish are a common and effective treatment for many female complaints, especially those of a serious or chronic nature.*

Whatever you will read online I have noticed will not talk of digestive, general health benefits or of men's steaming.

Also as a general health aid

- *This ancient healing practice provides a renewed sense of wellbeing, and a peaceful state of mind, and will also increase sexual interest/arousal by stimulating a return to normal in the reproductive system.*
- *Stearns are excellent for those who suffer from any abnormal flows in their bellies/gut/life.*
- *Additionally – all tissues in the urinary, digestive and entire muscular systems are relaxed and invigorated.*
- *Feel it yourself – it is so well worth it!*
- *Vaginal steaming is helpful for women not only to increase uterine circulation: maybe with the following conditions:*

Vaginal steaming

Assists in resolving:

- *Uterine fibroids*
- *Painful menstruation, Hormonal imbalances,*
- *Vaginal dryness, weak uterine, vaginal muscles,*
- *Helps heal previous vaginal tears, surgery, trauma (including episiotomy), softens scar tissue*
- *Uterine weakness, prolapse, adhesions/Irregular menstrual cycles, ovarian cysts, endometriosis, inflammation and pain.*
- *Loss of dark purple or brown blood at the onset or end of menses.*

Also

- *May heal the lining and bring an errant period on*
- *Attend to any chronic infections, and also emotional heart felt wounds*
- *Calm prolonged stress,*
- *Ease general tension - thus allowing the loss of facial wrinkles (often you 'plump up' on the steamer and come out looking radiant).*
- *(Think what this then does for the tissues in direct contact).*
- *Allows all urinary/pelvic and gut tension/irregularities to settle down back to healthy flows.*

Still sounding too different?

- *Perhaps suspend judgment?*
- *It works.*
- *I use it a lot in clinic when there is too much cold present, when relaxation is needed and/or there are so many lower body ailments that I know will be attended to this way.*
- *This then allows the person to look after themselves in a safe, respectful, gentle and soothing manner at home*
- *If nothing else - it is extremely relaxing.*

When not to steam

- Any active infections
- When pregnant, or suspecting you may be
- When bleeding with a period, or any other time
- If you have any add-ins within your abdominal or uterine cavity – Mirena, mesh, etc.
- Ideally you will seek the assistance of someone who has this as a family tradition – or a trained Arvigo[®] therapist.
- This is perfectly safe: time honoured medicine

Why? When you would try steaming

- Comfort
- Relaxation
- Need to warm up
- Sexual assistance
- To clean out all old blood and menstrual mess
- Post-partum to alleviate any discomforts, infections, healing
- Aging reversal (all tissues)
- Assist gut health
- Undo any trauma in the lower regions, releasing the need for any pain messages that may be felt (whenever in the month).
- Accelerate fertility through replacing the warmth to the tissues to allow better blood flow
- Healing for all urogenital issues – gently

How does this work?

- Gently allowing the body to take in the fragrant healing oils and steam, to loosen and release any old tissue/residue
- The combination of steam and essential oils (**never from a bottle – always a plant**) from the plants penetrate deeply into the cervix and uterus to dislodge indurated/lodged menstrual fluids and the possibly pathological accumulations that have not properly sloughed off with each cycle.
- “Better out than in.”
- Allowing the healing all through the gut, pelvis and total body structure.

Exposed. . .



What I have learned

- *Anything is possible when gently assisting the body to heal itself.*
- *What is written (e.g. not to steam till 6 weeks after birth) is not necessarily correct. Case by case.*
- *Often when steaming someone – as part of the Maya massage – I hear the traditions long lost filter through – one Vietnamese – Chinese woman told me of her mother – who still at 84 sits on her steamer every night before bed. (Her mum apparently looks no older than she does).*
- *At 52 she has not done this and is plagued with reproductive, digestive and structural problems that no doubt her own mother wonders why she has. She was steamed every day x 3 times for 3 months after her three children*
- *Her family used semi-precious stones, and the bark of a tree and leaves she did not know the name of – this is easy to remedy – ask all what their grandmothers did.*

Maybe not everyone's cup of tea



What to use in the water (herbs)?

- Always source organic
- Pick with love
- Say prayer and send gratitude to the spirit of the water and the plants for helping you.
- **You can also throw a handful of what seems to be household herbs into boiling water to steam...**
- The woman's specific herb to Rosita Arvigo's knowledge would be Motherwort - fibroids and polyps resolution.
- It could even be Italian seasoning... oregano is one of her favorites!

What herbs?

- Depends what you want to do.
- I have a lot of dried lemon myrtle and that is divine!!! (I love its energy).
- **Never use essential oils**, or culinary herbs sourced and packaged in tiny boxes from the supermarket as you do not know what they have done to them first..
- Grow fresh plants from the garden – start your own! Or use dried organic medicinal herbs online.
- Also flowers - fresh and dried – sourced from a reputable herbal supplier - not with pesticides and chemicals as these defeat the healing purpose!!

Rosita Arvigo



- <http://www.birthing-institute.com/birthing-wisdom-events/rosita-arvigo-vaginal-steams-for-preconception-and-postpartum>
- This is a wonderful resource – please take the time to listen to Rosita's wisdoms.
- So easy – self-care.
- This is about loving yourself and being kind to your body.
- Many traditional peoples were given these tools as part of initiations into adult life. To be in charge of their bodies.
- We may have missed this empowerment.
- Time to take it back!!

Essential oils

- *Plants are entire healing tools – ask them for help – after you have listened to Rosita - and gone through the entire presentation, you know what you are looking for.*
- *Please note - **do not use essential oils** in liquid form for steams as they are far too concentrated for this purpose.*
- *Use plain sea salt if there are no plants.*
- *Italian seasoning*
- *Rosemary, basil, whatever you would use aromatically fresh in cooking*
- *Marigolds (tagetes) from the garden.*

Fresh from the garden



Flowers?

- **Marigold:** *Tagetes erecta* is used to induce perspiration, cleansing of the vaginal tissues. It is also healing to wounds.
- **Calendula officinalis** aids in the healing of tight scarred tissues of the labia and perineum due to episiotomy, or vaginal tear. Note: Do not steam an open wound, this could cause pain and swelling.
- **Rose petals:** RED Rose petals are gentle and astringent to tissues of the genitals.
- *Rose is a relaxing and uplifting herb.*
- **Hibiscus** – red again. Especially for healing all female parts
- **Chamomile** – obvious as a calminative

Ready to become dried petals



Drying for steaming in winter



Herbs

- **Rosemary:** Increases circulation to the reproductive organs, aids in clearing out of old fluids, is also antiseptic and purifying.
- **Lavender:** One of the most relaxing herbs, calms the mind and body. Nourishing to the nervous system. Lavender is antiseptic to the vaginal tissues. It is also an antispasmodic, aiding in healthy uterine function.
- **Oregano:** Used to bring on menses. Increases scanty flow. This herb is used for its antiseptic, stimulating and strengthening qualities. Oregano is a wonderful herb for aiding in prevention of infection.
- **Basil:** May reduce painful menstruation. Helps to bring on menstruation. Anti-infection also.
- Other herbs used in combination with above Burdock leaf, Motherwort, St. John's Wort, Yarrow, Red Clover, Damiana, Chamomile, Dandelion, Yellow Dock, and Squaw Vine.
- Traditional Chinese Medicine herbs often used are Mugwort and Wormwood. Korean – always Mugwort.
- Investigate your local area and traditions.

Flowering rosemary



Organic

- There are quite enough contaminants causing you trouble – please only use organic.
- Roses as an example are sprayed with many fungicides and bug deterrents, as well as chemical enhancers.
- Look through what each doses - as steam – will be very different often that taken as a tea/made into drops as these are sold to do.
- Source online sellers of organic bulk herbs.
- Australherbs in Australia. Some require an ABN number to sell to you.

Again: When never to steam

- *If you are pregnant, or think that you may be pregnant, unless you are full term and in labor and directed by your midwife.*
- *At the second part of your cycle if you are intending to get pregnant*
- *If you have an IUD, or any mesh surgically embedded*
- *With hormonal rings that may be left intentionally (may fall out)*
- *When a lower body infection is present*
- *If you have genital piercings, you must remove the jewelry first, as the metal will heat up and may cause burns.*
- *Avoid steams with open sores*

HOW? Equipment: Heating

Easy in times past

- *Large teapot/cooking pot over an open fire*
- *Pot heated in a fire and then placed in a large hole in the ground*

Nowadays

- *A large pot heated in the stove and placed on the floor to have you sitting over it*
- *When you use a regular bowl after heating, the water tends to cool off very quickly – much like a hot bath that has no way of adding in more – you may wish to . . .*
- *You may have a few bits of equipment sitting about in the Kitchen. Rice cooker? Usually have teflon or aluminium. Neither will be ideal as taking toxins out is beneficial*
- *A slow cooker/crock pot is a nice way to control the heat.*
- *Pick one with a ceramic bowl.*

Easiest



Use a pot on the stove



Traditionally

- *A pot was heated and then the person sat/ stood over the steam until it cooled down.*
- *We have access to electricity and modern appliances.
We could still use the pot on the stove and place it on the floor - but once the steam is gone – it is a short process and so much more calming to sit on a constant heat source.*
- *I prefer to have a gentle heat source – and add in more hot water when a bath cools down.*
- *What to use?*
- *Not an aluminium pot as most rice cookers are.*
- *If you have a fancy one – maybe not - as it may turn off with the lid up, defeating the purpose*

Pot under a chair

Even the bread board (under the pot) is seconded into the action!



Easy in the kitchen




Blankets strewn about after the steam – always keep cosy!

Rice steamer



Steam and herbs cooking

Slow cooker over rice steamers

- No metal or chemicals to be let loose within you (see also  <http://safe-intimate-care.com/> about how else foreign chemicals are wrecking your being).
- Slow cooker needs to be warmed well before use as it is by nature SLOW. The rice cooker has two speeds – ‘cook’ and ‘warm’ – so you constantly go between too hot and too cool.
- Depends a lot on the steam loss – you can funnel it to you from the pot – but this is more likely to burn: perhaps go for the slow cooker.
- You really want something easy – so you can just sit back and relax.

We all have the raw materials to do this already in the house



Rice cooker peeping out from the blanket under the plastic chair with a hole cut specially

Slow cooker and U chair ready

Always give yourself a blanket to wrap up with so the steam is not escaping unnecessarily but also to keep you warm whilst you gently undo all the cares of the day!



What to sit on?

Essentially you want to be comfortable



Chair minus its seat



Homemade fancy stool



Chair minus cane inset



Add in a loo seat. Also construct a homemade version for men, so it the chair is interchangeable.

Man-hole on emptied out chair



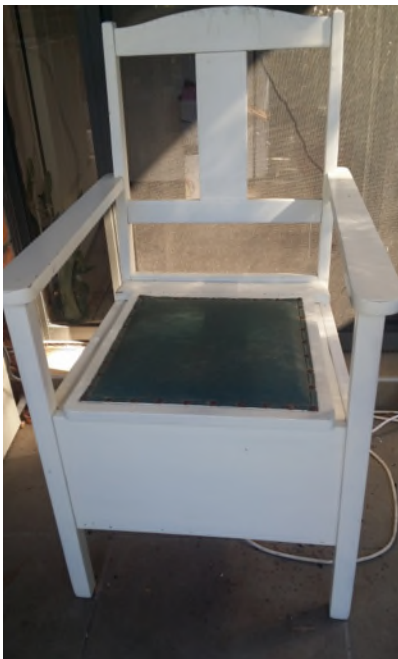
Beware of making varnish or paint finish or of using treated timber – we are so affected by what is absorbed from all surfaces – particularly when there is heat and steam involved. The seat does not need to look pretty – again – use a ring of toweling for comfort

A box with intentions



Slow cooker within. No need for extra blankets to hold the steam in

Old style commode

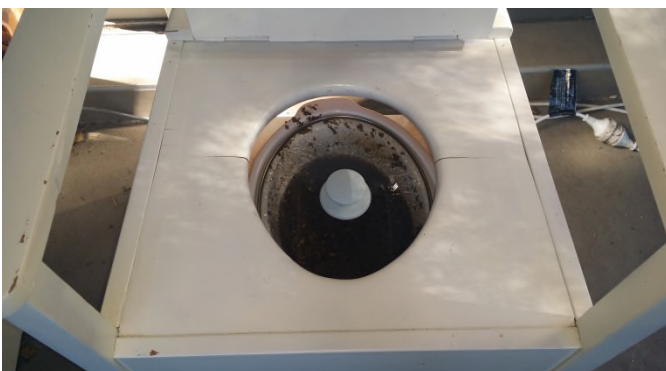


Lid Up



Slow cooker within

View from behind



Just add a handy wood worker



The 'thunder box' of old: Different lid and purpose



Slow cooker inside the box



Sit in between with butt cheeks on each chair edge



Handmade purpose build



A beautiful corner unit



Stools - a great possibility



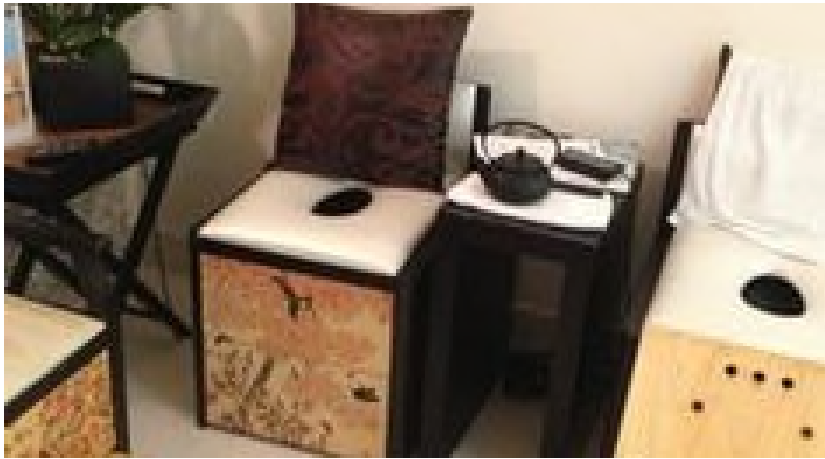
An easier model



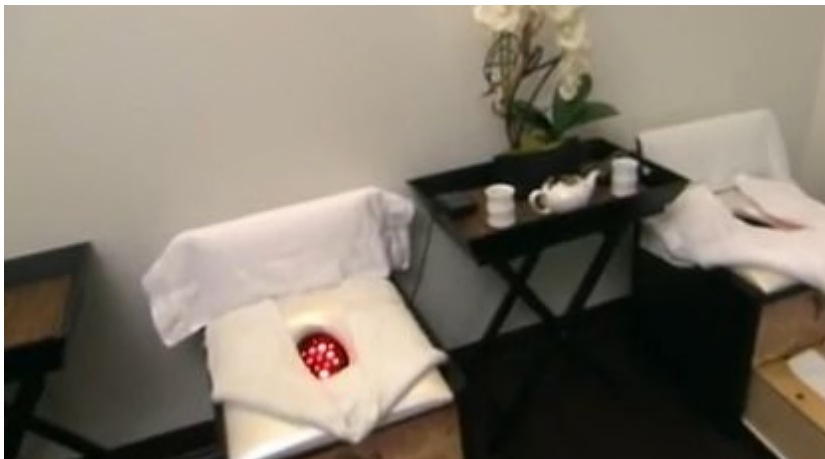
Pot under a loo seat basic model



Korean model (front drawer opens to insert the water and herbs)



The Korean spa treatment



Up close



Pot under a chair (beware of contaminants through the mesh)



A social event?



Potty seat will maybe melt/buckle?



A bought model used differently



Easily sourced materials we all have at home – or easy to find second hand



Towels used to make up the comfort level.

From here a lot of woolen/ natural fibre blankets or similar to keep the steam in – also a pillow at the back.

Comfy outside in my balmy Brisbane clinic:

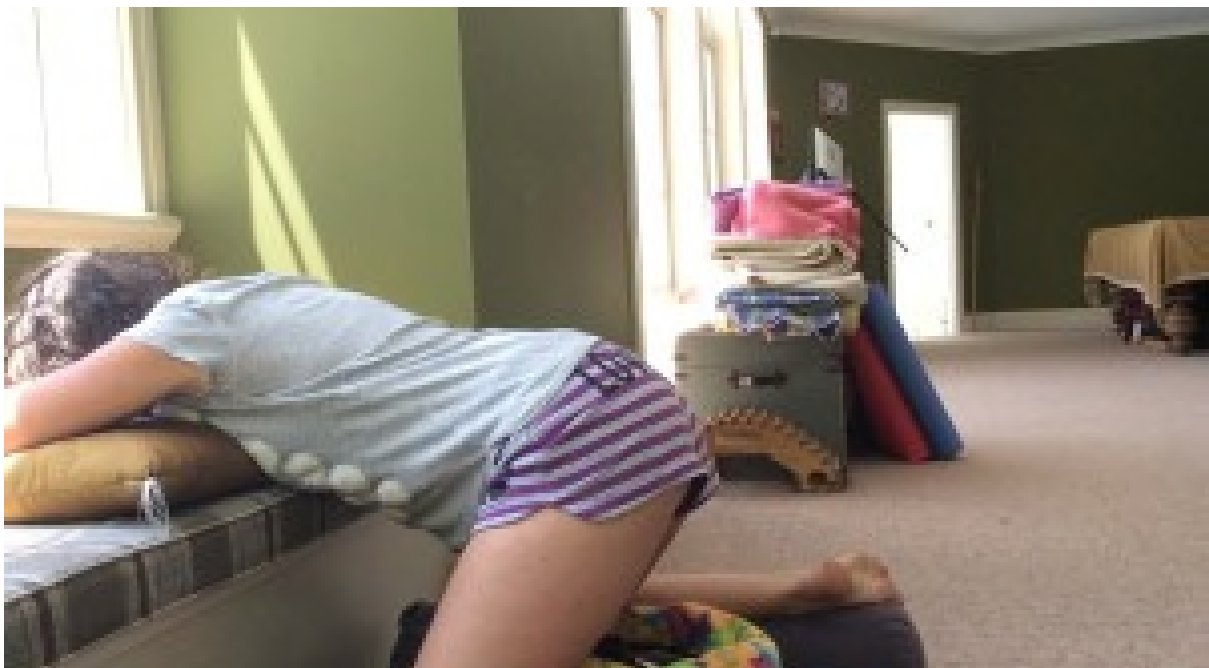
Always have the feet up so you can lean forwards and feel the steam hitting the inside of your vaginal area – yum!!



A wrapped up rice cooker ready



To use wrapped up yourself to keep the steam in



Entire package (spa session)



Note the lovely ceramic pot

Camping stool as the basis



All ready to go – home version



Rolls Royce model chair



Homemade version of a commode

Wooden loo seat for comfort



A chair back recycled



Just insert the cooker

Pad it up - have towels around to contain the steam for your own comfort

Travel version – a wide mouthed Thermos Flask



*Don't let constant travel stop your health administrations!
A steaming hot cup of fragrant herbs, a blanket or something to wrap around you as you stand/squat will be fine*

Construction of a comfy model

- *Ideally you would not need all this washing/drying but it is all doable immediately whilst you work out how to access a more enclosed box.*
- *Women - Always use a footstool to get the steam up higher into you when you lean forwards – or have a very low model stool where you will not need this.*
- *Be out of all wind/draughts and in a place of supreme calm.*

Have a hole cut in the chair. Place over the steamer



Roll up a small towel to add in for comfort. And a pillow.

A blanket – in this case a flannelette sheet is covering the back and sides – to stop steam escaping



Another sheet for capturing the steam

Add in a footstool to allow the elevation needed to get the steam to where it is to go



Pop feet up so you can lean forwards and feel how the warmth permeates into the vagina

Cover the feet as we want to stay cosy. Enjoy - 15-20 minutes at least



Remember

- *This is for your absolute comfort.*
- *Plus – when using the anti inflammatory herbs, expect a miracle. Natural healing is very possible.*
- *Extra care always to ensure you do not get cold in this process*
- *(Maybe you have been taking out the cold using my navel cupping methods - instead of the smoky moxa – you may go straight from cupping to steaming.*
- *You may also add into your belly the goodness of castor oil packs. Start steaming also!*

Digestion: Food factory



The inner cauldron that is your oven needs all the help it can get in this modern world.

We need inner warmth

- *The metabolic energy is called Yang Qi in all Asian medicine.*
- *This is the inner fire that allows **transformation** of all states to others, to support life.*
- ***Circulation** of everything: all wastes out, all nourishing substances within – is powered by this.*
- *Immune system and all **protection** on all levels is also fuelled by the normal fire of the gut.*
- *Keeping **warmth** where it is to be, normal body temperature, pores working, thermostat intact.*
- *Holding true: all organs, tissues, blood (and even babies) in place as intended – all will be enhanced through the use of heat to help. Never ice.*

Hydration

- *Steaming itself is a detox process.*
- *To assist this - drink more pure water.*
- *Water is essential for all life. Whilst on the steamer, please drink copious amounts – far more than you usually do – and choose water instead of eating as a habit, and before all meals – about 30 minutes before – to make the digestive juices.*
- *At least 3 litres daily.*
- *You will be surprised - as most 'health' issues are really dehydration - not being able to flush away body residues.*

Suggested eating regime

Bodies require constant attention and awareness.

- *We all eat to live – to fuel and to repair our bodies.*
- *Fat, fibre, colour – are all essential components of a healthy diet.*
- *Start with 9 cups of coloured vegies daily.*
- *As much fat (saturated) as you can eat.*
- *It is what you make all hormones with – and also assists in the absorption of mineral and fat soluble vitamins.*
- *Fat is a natural source of all that is needed to regrow a better you.*

Remember:

- *The temperature of what you put in your mouth is often more important than what it is you choose to eat.*

All problems are gut problems

- *(Or will become also gut problems eventually)*
- *Essentially if we cannot nourish and circulate what is to fuel us, we are in trouble.*
- *The stress of whatever is ailing us elsewhere will start to impact in all body functions.*
- *To calm you, and to allow warmth to permeate upwards to enhance sleeping – steam yourself before bed.*
- *It is remarkably soothing.*

Inflammation

- *All foods that transform inside you into sugar are inflammatory.*
- *This means all fruits and juices, anything that tastes sweet and all grains/cereals..*
- *Whilst you may think this is what to only eat – it is also why you may be searching for health answers.*
- *Becoming more well and thinner may happen just by ditching all that tastes sweet and what may have been your previous 'comfort food'.*
- *Stop feeding the inflammatory process.*
- *This will enhance your life.*
- *Drink more water*

Not just vaginal – Men

- *This is not only for steaming vaginas - the entire perineum and what is above also gets attention*
- *This means all have the anal opening – which allows all gut problems to be addressed this way.*
- *For men of course the prostate is directly affected.*
- *I have steamed men with catheters in place.*
- *Steaming can only help the flow as infections/lymphatic congestion and all states of unwell need normal to be re established.*
- *What are your other options?*
- *Everything feels better afterwards*

Prostate problems?

- *Prostate is the male version of a uterus.*
- *Anything that upsets a uterus will similarly set off the prostate – usually into swelling – making peeing and life very difficult.*

What to do as well?


- *A little **castor oil** (organic always) inserted via finger pad up inside the anus – towards the front.*
- *Castor oil is anti inflammatory and pulls out toxins.*
- *Also it heals adhesions/scar tissue.*
- *Sitting on the steamer nightly will help your body relax.*
- *Depending on the herbs used – everything (including your gut) will gradually improve – especially if you follow all the other aspects of the self care -*

(Self abdominal massage, cupping out the cold and moxa usage).

Case 1 - Massive gut problems

- One man who had ulcerative colitis, come to me for the Maya/Arvigo® work. After sitting on the steamer he looked at least 20 years younger (he was under 40 to start with).
- He said the next day that his rectum was back inside his body – usually it was too inflamed to all fit in (now that must have been uncomfortable).
- 20 x to loo daily all his life. .
- You can imagine that the use of this work could be a life saver for some.

Case 2 – testicular discomfort

- 72 yo with a huge testicular cyst – and sore back and shoulder – but these structural problems – his shoulder were a nuisance relative to his growth.
- Cupping out the cold, adding in the moxa, needles.
- I then sat him on a steamer – and he was amazed - his shoulder felt miraculously better!
- Why not try for your own body?
- His scrotal sac – once he was wearing the  faja – was completely comfortable.
- Easy – do what our elders did – home self-help.

He intended to go home and explore what other herbs he could add in – and to do this very often as he felt such relief

Hole cut for a man (anal steam)

Cover the hole with a rolled up had towel for comfort.

Arrange the male package over and above the towel and sit comfortably to steam the entire digestive system and prostate. Roll up a small towel to add in for comfort



Man hole on emptied out chair



Beware of making varnish or paint finish or using treated timber – we are so affected by what is being absorbed from all surfaces. Particularly when there is heat and steam involved this does not need to look pretty – again – use toweling for comfort

How for men?

- Tuck the scrotal sack up and over the rolled up towel
- Sit back and allow the anus full exposure to the steam.
- Have a small hole – not the usual commode version women need. (The chair in the next pictures is for 'steaming virgins/first timers' and men – I use the full commode for women after their first time)

Having a steamy rest



Using the woman's steamer (hole central) so sitting back to allow the man bits to avoid the steam as the hole is for the anal area only

Outside, viewing the garden, steaming throne on a sunny day



What lies within...



When to steam?

- *As often as you like.*
- *Following the example of the older North Vietnamese woman - I try to do this nightly.*
- *I suggest if you are following Heather's Healing Academy programme – **cupping out the cold** – you follow the process with this for best results.*
- *I often do this with patients post cupping - that usually has ginger/moxa/salt in a tissue next – as we all I see have too much cold stored within.*
- *Easy home help*
- *Empowerment is the best medicine*
- *Great to do before the Maya abdominal massage*

When for women?

- *As a natural part of the week/month/life*
- *NOTE – not in the second part of the cycle, or when you suspect/expect pregnancy or are pregnant*
- *Not when frankly bleeding.*
- *To clear up any and all menstrual/urinary/pelvic/sexual or local AND digestive and structural issues.*
- *Pre IVF transfer apparently has a 30% increase in pregnancy – as per the USA Maya practitioners working with IVF clinics.*
- *This will definitely assist in sexual awareness for older women, softening and soothing and rehydrating the vaginal tissues. It does not increase but lowers hot flushes.*

What to expect – relief

- Anything could happen in the path of your healing
- This may mean a lot of extra fluid/tissue may appear that you may never have seen/experienced before.
- As the uterus shifts and moves away from old positions and old ways, there may be cleansing and where better else than out? Do not be alarmed.

Women have reported to me (and shown me photos) that they have passed endometrial clots and masses.


- Also something looking very much like a hunk of tissue.

One woman was finding hunks of what she took to be bowel mass being passed. (She had a bowel disorder – diverticulitis - and felt so much better afterwards.

What normally happens

- At least an easier flow with periods.
If there is a lot going in that needs correcting, the next few months may be interesting as the body cleans out.
Sandy, coffee grounds, old clumps and tarry bits may appear.
- Nothing bad is happening – you are just being relieved of what your body had no idea what to do with – hence correcting what was to come in the future.
- Blessed be!!

Precautions

- **Q: What are the precautions associated with vaginal steaming?**
- A: Women who have an Intrauterine Device (IUD), an internal infection (cervical, uterine or ovarian inflammation), or a fever should not do a vaginal steam.
- Nor should heavy bleeders (unless they are currently under the care of someone who is paying attention to why this is happening – see more here – my natural  [health problem solving app for all](#) (Periods covers all except baby making in women of all ages and stages).
- Or women who think they might be pregnant.

Puberty

- *As with all period issues - to normalise circulation*
- *Will reduce the likelihood of infection and odours.*
- *Specially initially before sexual encounters*
- *(think marriage if still a virgin): this would be a great preparation.*
- *After all sexual encounters - especially if unwanted attention happened.*
- *As a safe and comforting way to spend quality time with self*

Period problems?

- *Your body is sending you messages.*
- *Please pay attention and respectfully attend to her.*
- *Relieve all with the improvement of the circulation throughout your body, especially the lower regions.*
- *The addition of heat will assist as will the use of the specific herbs to help your condition of flow impairment.*
- *Q and A from the master*




- <http://www.birth-institute.com/alternative-medicine-and-childbirth/vaginal-steams-rosita-arvigo>

Pre pregnancy assistance



- *Please listen to [Rosita Arvigo here](#)*
- *Find out how vaginal steaming can be used to treat fertility challenges and prepare the womb for a baby, plus how vaginal steaming can support women after giving birth.*
- *Learn how and when to use this incredible remedy that has been used throughout the ages for everything related to the uterus!*
- *(And the gut, as you steam all holes at once)*
- *To moisten, nourish and normalise the flows of all blood, nerves, lymph and Qi circulation to the reproductive area, undoing any past trauma on any level.*
- *To assist in the growth of a succulent uterine lining, and prepare your womb as a perfect baby nest.*

Induration – hardening/ thickening of a lining

- *Induration is of the uterine wall is due to inflammation, infiltration of a growth of any description, or an accumulation of blood.*
- *After using a variety of treatments, and after we really get the uterus cleaned out, if the sperm is fertile with both prospective parents in excellent health, a pregnancy should happen within 1-3 cycles.*
- *But even if that isn't the issue, who wants to put a baby in a dirty crib? I encourage all women to clean the uterine membrane before they get pregnant.*
- *Combine vaginal steaming with pulling out the cold to allow the normal circulation, and the use of castor oil packs, plus deep external uterine massage.*
- *Allied to using the  [castor oil packs](#), and releasing the body of the cold stored within (blocking all normal flows*

After birth

- *Maya midwives may give them within 1-9 days after childbirth depending on the personal preference and the woman's condition.*
- *When you have possible retained products, infections and anything that may otherwise 'need' surgical or antibiotic 'rescue'.*
- *Maybe the use of the oregano, basil and rosemary and other herbs growing in your garden at least twice daily in a steam may alleviate the need for any medical interventions.*

Postpartum

- *Traditionally across time, this depends upon It depends on the midwife, the culture and the country.*
- *Some say to do it immediately, some say 3 days after birth, others say 6 days, others say 9.*
- *Obviously, in cases of extreme bleeding or surgery, or hemorrhaging, a vaginal steam would be contraindicated.*
- *Usually, very soon after birth, most cultures use the vaginal steam to prevent the possible problems - distended abdomen, infections and general discomforts.*
- *However this is case by case – if you are being threatened with surgery for infections, retained products – maybe a simple oregano steam will avoid all of this.*
- *A gentle, graceful and soothing way to repair and relax.*

Older women

- *No need for any 'help' with hormones.*
- *Allow the different herbs to soothe and relax and repair.*
- *Maybe nightly*
- *Provides moisture and elasticity: enhancing all sexual relations: as you feel like it again!*
- *Undoes any reasons for discharges, any infections, any unusual growths*
- *There is juiciness, lusciousness, warmth – as your tissues become infused with flowery love (think dried and easily sourced organic red hibiscus and red rose leaves)*
- *This does not give you more but less hot flushes!*
- *You may (really) lose your facial wrinkles!*

Revision


- **Why?**
Steaming softens and reduces all tension and toxins held within – normalising back to perfect health
- **When/How often?**
- *As often as you like. Preferably at least weekly and often daily – not when pregnant or frankly bleeding.*
- **What to use?**
- *Anything that you could take internally. Fragrant healing herbs.*
- **Who can?**
Anyone

When to avoid again?

As this is not a medical advice, please use your own discretion.

- *When in doubt, don't.*
- *Do not use if you have a medical device/mesh/or equipment inside.*
- *Never when frankly bleeding or when pregnant suspecting you may be*
- *There will be likely no wise women/aunties to ask about this; hence I have put this presentation together, hoping to have answered all your questions. Go slowly and respectfully for your body.*
- *I expect you to look after yourself and not to burn yourself, not to cut corners.*
- *In looking online, please do not seek medical validation, as that model is based upon outsiders being experts: not home grown, time tested common sense.*

Enjoy!!!!

- *Maybe become a Maya/Arvigo® practitioner yourself*
- *The introductory course is about looking after yourself - you will learn more about steaming*
-  <https://www.arvigotherapy.com/course/all>
- *At least do this Self Care course. You can heal all that is carried in your womb space – and the men?*
- *Also liberates their belly and soul*

Actually empowering people to help themselves and it is as a wonderful adjunct to being an acupuncturist/any form of body worker



Thank you

