

WHAT IS THIS?

These techniques, founded on the traditions of the ancient Maya ways of belly and back care are powerful, yet very gentle. Maya abdominal (and back) massage restore, support and enhance health and wellness in anyone's body in every phase of life (including babies and children, even animals). Performed externally, they gently gift connective tissue, organs and structure the choice to let go.

Let go of what?

Our bodies remember everything that has ever happened. The stored cellular and muscle memories hold structures hostage until we can liberate the stuck energy and emotional charges.

By restoring the body's five circulatory systems (Qi, blood: arterial and venous, lymph and nervous flow) this release is encouraged. When circulation improves, congestion is resolved.

Deeply held trauma on all levels from frights, falls, incidents and injuries (life residue) is lessened. Scars and adhesions are softened, allowing a gentle return to pelvic perfection.

With general stress and tension lifted and flows now balanced, reproductive and digestive systems can function as designed - easily.

Easy flows – easy life!



BACK TO BALANCE FOR ALL (INFANCY TO ELDERLY)

- Digestive disorders - Crohn's, irritable bowel syndrome (IBS), gastro esophageal reflux disease, (GERD) gastritis, constipation, indigestion, heartburn and all other upsets.
- Muscular and structural tension.
- Urinary challenges (incontinence, dripping, frequent urinary infections, pelvic pain).
- Varicose veins, cellulitis, DVTs, compartment syndrome, peripheral neuropathy, ulcers
- Sexual dysfunctions of all descriptions.
- Fertility enhancement.
- Post surgical health restoration (scar tissue, adhesions, post operative recovery).

FOR WOMEN:



- Menstrual and pelvic balance.
- Pre-conception care to postpartum ease,
- pregnancy woes relieved; easy birth prep on into the easy postnatal journey back to self and easy life.
- C-section/post hysterectomy recovery.
- Menopause – restoring inner calm, body flexibility and vaginal lushness.
- Pelvic congestion (endometriosis, fibroids, cysts, chronic abdominal/pelvic/vulval pain)
- Polycystic ovarian syndrome (P.C.O.S.)
- Chronic bladder/yeast infections
- Pelvic organ/tissue prolapses/hernias

FOR MEN:

- All of the above, including radical sperm improvement, resolving all stages of prostate distress (his womb). BPH (Benign Prostatic Hypertrophy)
- Prostatitis (mild, and severe)
- Impotence, erectile dysfunction (ED)
- Any chronic back and pelvic pain

WHAT TO EXPECT DURING A SESSION:

- Comprehensive review of your past and present healthcare needs focusing on structural and digestive health.
WHY? You are what you have stored away.
Your biography has become your biology.
- Bodywork to improve alignment of spine, and previously twisted pelvis, S.I. joint dysfunction
- Upper and lower abdominal gentle corrections.
- Reproductive and abdominal organs are encouraged to return to their optimal position.
- Improved circulation to all tissues.
- Instruction in home help, self-care massage to enhance your hands-on session with me.
- Recommendations of lifestyle changes and naturally, easily sourced inclusions to support your health and wellness such as:
 - Faja – a traditional lower abdomen support wrap - impressive with all forms of prolapses, back and pelvic girdle instability.
 - Perineal steaming – herbal pelvic steam bath of the Maya and most traditional cultures.
 - Castor oil and its use in resolving inflammation, adhesions and aiding in toxin release.
 - Nutritional and herbal support.

Expect massive structural shifts.

Typically 2-3 lengthy hands-on sessions will begin your significant journey back to health.

Deeper intensive programs offered.

As in all life endeavours, what you do to help yourself will enhance what we have begun together.

Being a master transformative energy/body mechanic, I choose whatever I feel will give you maximum benefit.

ORIGINS OF ARVIGO THERAPY®

Dr. Rosita Arvigo, DN, is a naprapathic physician (Czech village chiropractic skills) and master herbalist who has lived and studied with traditional healers in Central America for more than 30 years.

She apprenticed with the renowned Maya Shaman Don Eljio Panti for 10 years until his passing in 1996 at the age of 103.

Dr. Arvigo also learned traditional pregnancy care from Miss Hortence Robinson, and Miss Beatrice two well-known Belizean traditional herbal midwives. Rosita is one of my teachers.

She combined her knowledge of naprapathy (study of muscles, ligaments, connective tissues) with her extensive life experience in the traditional healing methods, to formulate the *Arvigo Techniques of Maya Abdominal Therapy*®, just one modality I use.



Heather and Rosita

clinic stamp

HEATHER BRUCE



The first woman acupuncturist in Brisbane city in the late 70's, and the co creator/ lecturer of an acupuncture course there in 1981, and now a mentor and teacher at all levels internationally. I have also been a herbalist/ naturopath for over 40 years.

Over the decades by simply realigning inner flows I have assisted so many to resolve their wellbeing challenges - usually when all else has failed.

In 2014/16 I became a certified Arvigo® practitioner/pregnancy specialist and was one of the few Self Care Australian/NZ teachers in the Arvigo Techniques of Maya Abdominal Therapy®.

In 2016 I discovered and incorporated the Mercier techniques into this innovative energy and body work, resulting in **Heather's Gentling Way**.

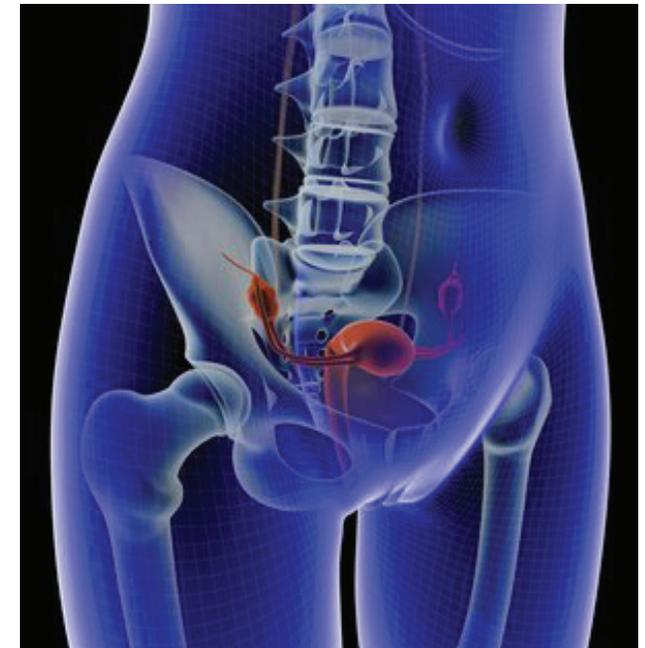
**The body is designed to heal itself
IF we follow Nature's lead.**

I am passionate about empowering and educating you in ways that you can help yourself – using traditional healing wisdoms.

We can transform ourselves!!!!

I look forward to working with you.

**Maya Abdominal Therapy
The Gentling Way**



**SUPPORTING YOUR
REPRODUCTIVE AND
DIGESTIVE WELLNESS**

mayahealing.com.au
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