



## The Arvigo Techniques of Maya Abdominal Massage™ 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 MAM 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 and rejuvenate itself in preparation for conception.

1. Receive MAM Sessions from your practitioner within the week post menses and preovulation. Between 7 and 10 days depending on ovulation.
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 daily. Perform only if not pregnant.
4. Apply heating pad on the low setting over uterus or sacrum during preovulation. Castor oil packs can be applied.
5. Take Female Tonic 10 days before menses. 1 dropper full 3 times daily. Please confirm that you are not pregnant or before taking. Inform your MAM practitioner of any other herbals or medications you are taking.
6. Herbal Steam right before menses if not pregnant.
7. Vitex-take 2x daily all month for 3 months.
8. 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.
9. Take 1T. daily of ground flax seeds and alge based fish oils (nutru deva brands is recommended)
10. Decrease xenoestrogens and high fat foods. Eat only organic foods and meats. Increase your intake of fruits, vegetables, whole grains.
11. Decrease stress
12. Have fun!!!
13. Uterine meditation
14. Detox tea right after menses stopped.

**1 month program** – Best to try to avoid conception, however, practitioner of MAM are aware many couples are actively engaged in other treatments for fertility. This one month program was developed in response to their needs.

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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 heating pad on the low setting over uterus or sacrum during preovulation. Castor oil packs can be applied.
4. Perform your self care daily. Perform only if not pregnant.
5. Herbal Steam on first day of menses.
6. Take Female Tonic starting on day 1 of menses (full bleeding not spotting) for 10 days 1 dropper full 3 times daily. Inform your MAM practitioner of any other herbals or medications you are taking.

7. Detox tea right after menses stopped.
8. 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.
9. Take 1T. daily of ground flax seeds and alge based fish oils (nutru deva brans)
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