



**Your well-being, your journey.
Start today with...Melissa Belliard**

I'm certified in *Abdominal Therapy*. I am passionate about this work and the many benefits it offers. After just a short time of doing the self care, I saw dramatic changes in my monthly cycle and digestion. I want my clients to be empowered around their own self care, and love to educate and provide resources. It's the small things we do on a regular basis that provide long-term positive results. Take charge of your health today!

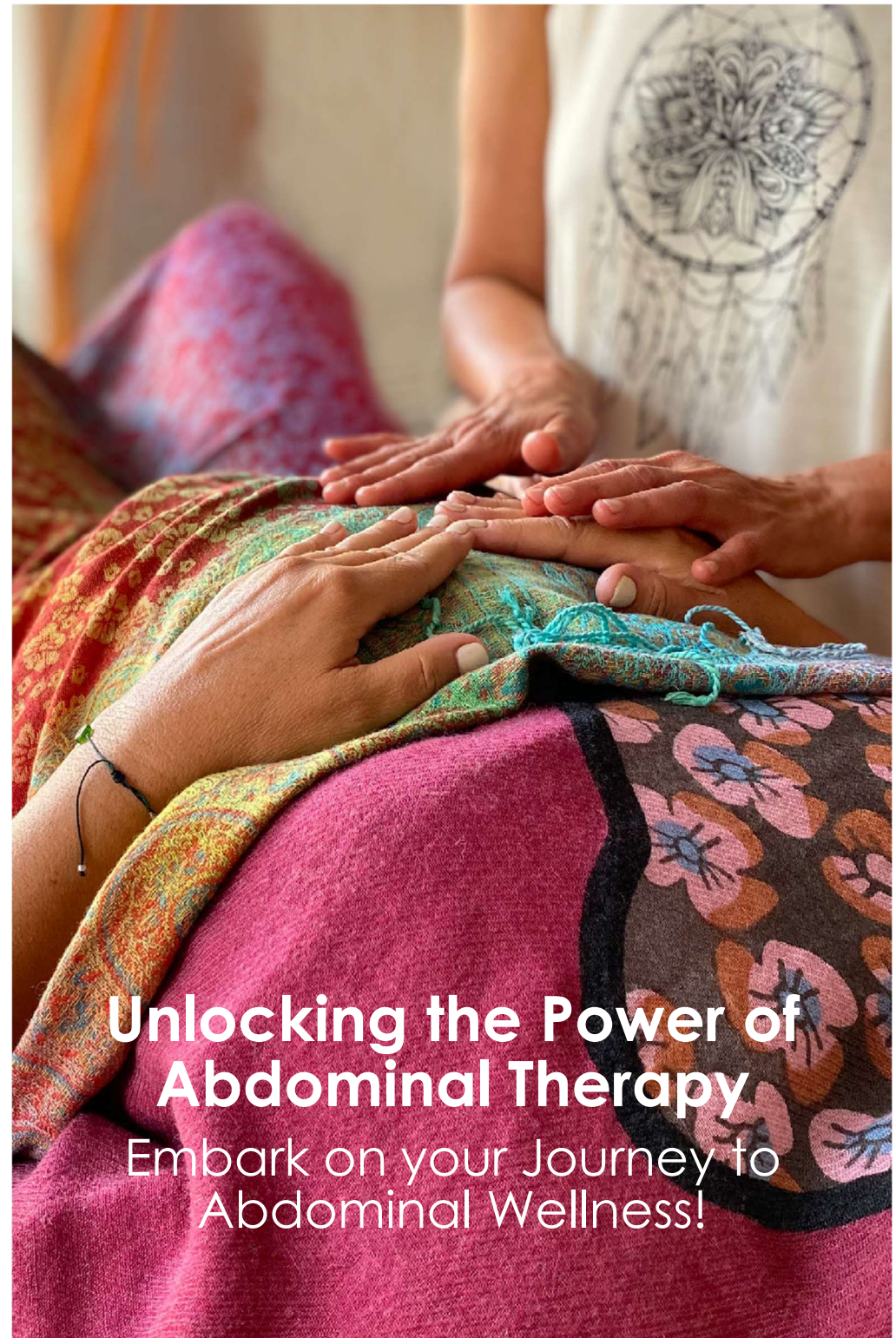
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Abdominal Therapy consultations are available in-person and online.

Ask your practitioner for more details.

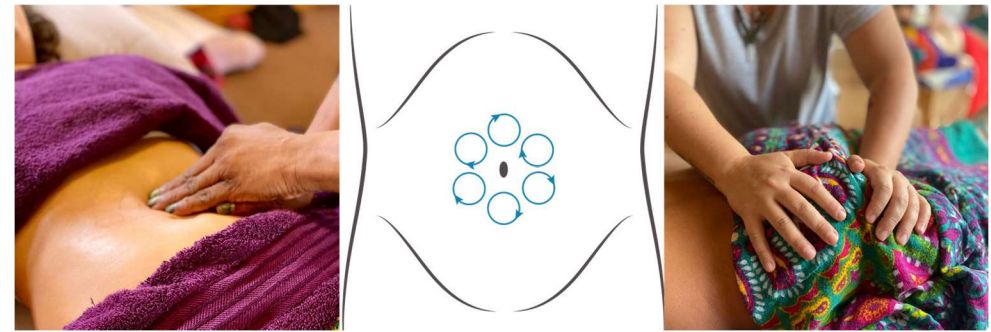
To find a practitioner, learn about training, or to discover more about *Abdominal Therapy*, visit www.abdominaltherapycollective.com

ABD@MINAL
THERAPY
COLLECTIVE



**Unlocking the Power of
Abdominal Therapy**

Embark on your Journey to
Abdominal Wellness!



An introduction to *Abdominal Therapy's* lineage

This time-honored wellness system is rooted in ancient healing traditions. One of its strongest roots is the Maya traditions. *Dr. Rosita Arvigo, DN*, has lived and practiced in Central America for over 40 years. She developed these techniques after apprenticing with *Don Eljio Panti*, one of the last Traditional Maya Shamans in Central America.

Don Eljio was Rosita's friend and mentor, and he gave her his blessing to teach this work. Dr. Rosita Arvigo wove the threads of these ancient healing traditions together with a scientific understanding and offered the world a well-crafted gift of *Abdominal Therapy*. In some regions of the world, this work is known as *Maya Abdominal Massage*.

Abdominal Therapy is a blend of massage and healing techniques that address mind, body, and spirit concerns, such as digestive issues, reproductive health, and overall well-being. It focuses on organs, muscles, and fascia of the abdomen, back, hips, and pelvis.

At its essence, the practice of *Abdominal Therapy* stimulates the flow of nerves, blood, energy, and lymph thus assisting the body in achieving and maintaining its natural healthy balance, known as homeostasis. The results can be improved areas of discomfort in the back and hips, digestive, circulation, as well as better menstrual, reproductive, and sexual health.

Abdominal Therapy places education at its core. *Abdominal Therapy Practitioners* believe understanding your body leads to empowerment and long-term healing. For these reasons, your *Abdominal Therapy Practitioner* will share with you valuable insights into your body that will foster a deep connection between understanding and well-being.

Most importantly, you will be shown how to massage your own abdomen. With regular self-care massage called *Your Abdominal Massage (YAM)*, you will maintain the positive effects of your treatment, and you can gain control over your well-being.

An *Abdominal Therapy* treatment tailored to your own needs will include:

Your Health Story

A detailed discussion of your past and present health concerns and your health aims for the future.

Massage

Massage techniques which target the abdomen, back, hips, and pelvis to improve circulation to abdominal organs and associated tissues and fascia.

Your *Abdominal Massage (YAM)* Instruction

Learn empowering self-care massage techniques to enhance the benefits of your *Abdominal Therapy* session.

Tailored Recommendations

Your *Abdominal Therapy Practitioner* may suggest supportive care approaches such as abdominal wrapping, herbal pelvic steaming, castor oil packs, energy healing, herbal tinctures, and lifestyle education.

Course of Treatment

Your *Abdominal Therapy Practitioner* is dedicated to understanding and addressing your unique needs. For optimal results, a minimum of 2-3 professional sessions is typically recommended to effectively address most conditions. Some conditions may require ongoing attention. Clients who incorporate *YAM* into their routine consistently, report a significant improvement in their symptoms.