



Carrie Jones, N.D.

**By acting on your health now – the future will change accordingly*™*

~Mayan Abdominal Uterine Massage~

What is it?

An external, non-invasive massage for the reproductive and digestive systems using only the hands to reposition the organs and improve blood and nerve supply.

What to expect?

The massage involves work from the pubic bone up to the rib cage and from the tail bone up to the shoulder blades. At all times you will be draped with a sheet.

How does it work?

The uterus can shift from her normal anatomical position. This can cause abnormal pressure which restricts the flow of arteries, veins, lymph, nerve and chi. This restriction of vital fluid often can be the cause of most of our female ailments. In addition, a shifted uterus can lean forward on the bladder or backwards on the colon causing additional uncomfortable symptoms. Through the massage, it is possible to return the uterus to her proper position.

Work is also done around the diaphragm and rib cage. The diaphragm is an emotional organ that when tightened will restrict crucial blood supply down and up from the reproductive and digestive organs.

What are the contraindications?

The massage may not be done for 5 days prior to the onset of the menstrual cycle or while bleeding.

It may not be done if an IUD is present or if there is an active infection/fever/cancer.

Recent surgery, pregnancy or serious health concerns – please consult with Dr. Jones.

A pessary must be removed before treatment.

During the massage..

Please have a relatively empty stomach and bladder. I will be checking your hips, pelvis and diaphragm during the massage. This can be sensitive for some people as they are not used to massage in these areas.

My goal is to help you meet your goals in a comfortable, relaxing atmosphere. I will be continuously checking-in to see how you are feeling.

All human beings store emotions in the muscles. While I am massaging, I may release the emotion surrounding the memory. You may feel like crying, being tearful or expressing yourself. I want you to know that it is okay and it is better to have this release. There is nothing wrong with a release and I encourage you to let it go. I am here to support you with your healing journey.

After the massage...

The massage will take about 45 minutes. Afterwards I want you to drink at least 2-3 glasses of water in order to flush and cleanse your system. Your next period or two will be a 'cleansing' period. There may be thick clots, increased discharge, darker blood, mucus, smelly discharge, and/or loose stools. Do not be alarmed as this is your uterus stretching herself out of a cramped position and back into place. Menopausal women may experience one last period. If you were prescribed a treatment, please see the attached treatment plan. Should you have any questions or concerns, please call Dr. Jones at 503.693.1944.

Congratulations on taking another positive step towards your health!