

BALANCE in the Core

Liz Allen, NCTMB, LMT

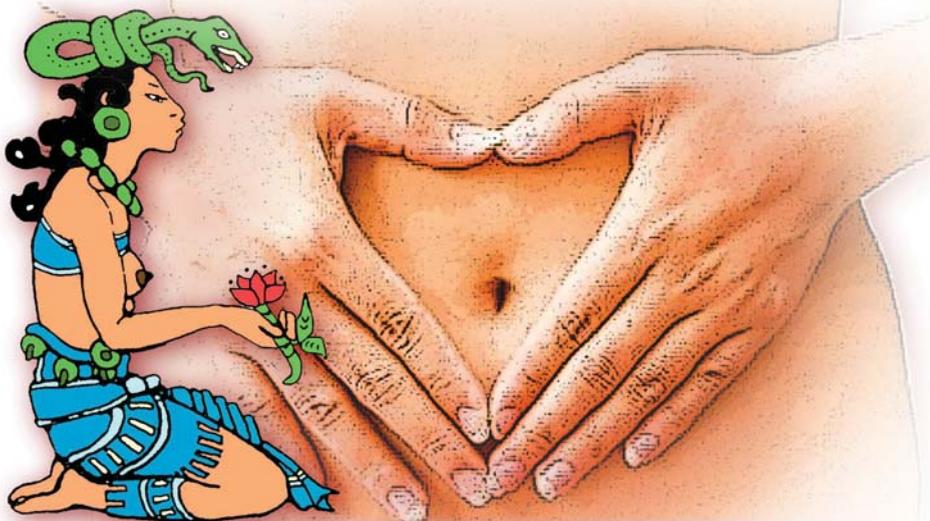
The positive benefits of the **Arvigo Techniques of Maya Abdominal Therapy (ATMAT)** are plentiful. Aside from the physical benefits of bringing blood to stagnated tissues and organs, there is also a spiritual connection. The belly button is our original portal beyond our self.

Unconsciously, unresolved emotions can settle here.

The Mayan culture has long understood that in the abdomen resides the pelvic brain. We have 100 million neurons in our gastrointestinal tract, more neurons than in our spinal cord. 90% of the communication between the gut and the cranial brain comes from the gut to the brain, not vice versa.

The largest lymph organ in our body, the cisterna chyli, is deep in the abdomen, above the belly button. Proper lymphatic movement is essential to maintaining vitality. When lymphatic movement is slowed we have less range of motion in our joints and often experience an inflammation in our muscles and ligaments.

ATMAT can help women alleviate **stagnation, painful periods, infertility, fibroids, polycystic ovarian syndrome, indigestion, and endometriosis**. For men, **prostate and bladder health** can be supported and **stagnation, indigestion, Irritable Bowel Syndrome**, and **erectile dysfunction** can be aided.



One symptom of stagnation in women is dark blood in the beginning or at the end of the menstrual cycle. This old blood can indicate that the uterus is in a non-optimal position, or that the uterine lining is not sloughing off entirely at the end of the cycle.

A uterus out of balance can lead to painful periods, low back pain, moodiness, headaches, migraines, cramping, fibroids, etc. These symptoms are normalized in our culture, but your period is not something you have to suffer through. One woman I met in my training, used to pass out when she began her period. Obviously, she has a dramatic story, but she experiences much less negative menstrual side effects after receiving several ATMAT sessions, and keeping up with her self-care massage.

Sometimes intense exercise, like running on pavement, chronic emotional distress, or a physical violation such as rape, can lead to muscle armoring and push the uterus out of balance.

As part of your treatment in receiving Maya abdominal massage, you learn a self-care technique to use on yourself. When you practice this 5 minute technique daily, you will experience a deeper connection with your core. Often times when we do not “check in” with our abdomen, or any other part of our body, we find a diminished sense there. That means that it might feel scary to receive touch. We can be unaware how much tension we are holding. ■

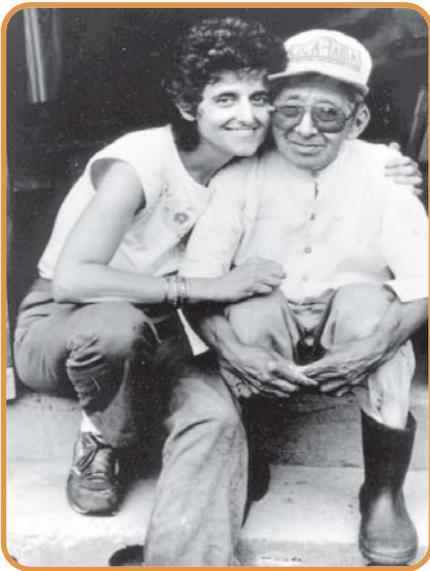
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Liz Allen, NCTMB, AMTA MEMBER



The ATMAT work comes from **Don Elijo Panti, a traditional Maya healer who lived in Belize**. He treated his patients with herbs, massage, and always with some laughs. The roots of this work in treating the mental, physical, and spiritual are what give it such healing power. **Rosita Arvigo, a Naprapathic Doctor**, apprenticed with Don Elijo and brought the technique to the U.S. Her book **Sastun, My Apprenticeship with a Maya Healer**, chronicles her time with Don Elijo and is an excellent read.



Liz Allen, NCTMB, LMT is a massage therapist with 10 years experience. She holds professional certification in the Arvigo Techniques of Maya Abdominal

Therapy (ATMAT) and uses cranial sacral, deep tissue, myofascial release, and lymphatic techniques. Liz enjoys helping people feel better, and loves empowering her clients. She believes health care serves us better when it's a daily consideration. Call 570-7799.



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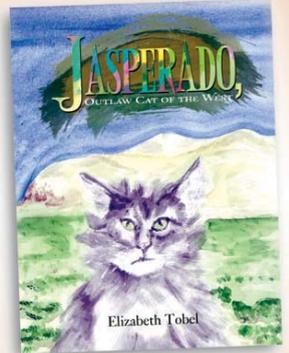
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