



Ottawa Integrative Health Centre Inc.

1129 Carling Ave., Ottawa, ON K1Y 4G6 (613)798-1000 www.oihc.ca
New satellite office inside The Ottawa Birth and Wellness Centre - 2260 Walkley Rd. Ottawa

Helping You Achieve Health . . . Naturally!

February 2015



Complementary Traditional Medicine for Longevity, Strength & Vitality

By Diana M. Sheldrick
RMT, P-ATMAT

Maya Abdominal Therapy is a non-invasive, external, massage technique that has been around for thousands of years, successfully improving organ function by releasing physical and emotional congestion from the abdomen. It guides internal abdominal organs into their proper position for optimum health and well-being. This massage is effective for both men and women. Both traditional Mayan and Chinese practitioners have noticed the congested abdomen and pelvis lead to the progression of symptoms of many common chronic diseases. These techniques have been taught, practiced and passed down through the lineage of the Mayan peoples and is now being shared to continue this Traditional Medicine approach here in Canada and abroad.

Here are just a few comments from my Clients in My Practice so far:

- 'After being treated by Diana and Maya abdominal therapy, I experienced overwhelming relief from years of irritable-bowel symptoms.' Woman, 42 years old
- 'Working with Diana over the course of the past year, I have seen a great improvement in the functioning of my digestive system, as well as a more comfortable menstrual cycle. Diana has a soothing, healing touch and she is very knowledgeable about her craft. I would highly recommend Maya Abdominal Massage.' Woman, 39 years old
- 'I thought I was getting arthritis in my hips until Diana did abdominal massage on the area and now all the stiffness and pain is gone.' Woman, 51 years old
- 'Relief from constant gas, bloating and burping are significantly reduced since undergoing Maya Abdominal Therapy.' Woman, 42 years old
- 'I've been noticing an overall improvement with many of my chronic digestive problems.'

Man, 59 years old

- 'Since beginning regular treatments during pregnancy, I was amazed at how most of my lower back pain disappeared'. Women: 34, 29, 23, 42, etc. years old
- 'A uterine cyst that I had for 3 years which put a lot of pressure was completely released after a course of Maya Abdominal Therapy'. Woman, 42 years old
- 'Before Maya Abdominal Therapy treatments, my menstrual cycles were painful and uncomfortable for days. Three to four days out of the cycle I would rely on pain medications to relieve some of the constant pain and cramping. Now, my pain and uncomfortable symptoms are minimal at best and no longer requires any pain medications!' Woman, 25, 31, 32, 35, 36, etc. years old

Number of Sessions Recommended:

The number of sessions depends on the client's individual needs and goals for the treatments. An average client, who practices the self-care exercises as recommended between each

Recipe Corner

BROWN RICE FLOUR BREAD 1

1 ¾ cups	white or brown rice flour
½ cup	tapioca starch
1 tsp.	salt
1 tsp.	active dry yeast
1 ½ cups	warm water
2 Tbsp.	unrefined olive oil
2	eggs
2 Tbsp.	honey or maple syrup

- In a bowl, mix rice flour, tapioca starch, and salt together.
- In a separate bowl, combine yeast, warm water and honey. Allow to sit for a couple of minutes or until it foams.
- While the yeast is sitting, in another bowl, mix oil and eggs together.
- Add the yeast mixture and the other liquids to the flour mixture. Stir thoroughly.
- Pour into a loaf pan and bake at 400°F for 40-60 minutes. The bread should be golden brown and when a toothpick is inserted it will come out clean.
- Cool on a rack before cutting.

treatment, would benefit the most from 1 session per week for 3-4 weeks to begin. One session could then be scheduled every 2-3 weeks after the first series of treatments. The final step is to begin a maintenance program of 1 session every 4-6 weeks to keep the corrections made by the techniques to encourage long term changes. This treatment is intended to be complimentary with a long term maintenance health care plan. Depending on the severity of the sometimes more chronic conditions and how the body responds to treatment, this average client scenario may

be extended if more treatments are needed for the best results possible. Please ask your local Practitioner for further details.

Some Cautions to Consider:

Performing these techniques under the guidance of a qualified Arvigo Practitioner is safe, but there may be times when they should be either modified or discontinued altogether. Consult with your Arvigo Practitioner if you have any questions with regards to your specific treatment.

- **During the 5 days prior to menses**, do not deeply massage the uterus. You may massage over the groin and upper abdomen. **During menses, it may be appropriate to apply gentle and superficial massage over the uterus.**

- **Do not perform Self Care during the first 20 weeks of pregnancy**, Self Care massage can be appropriately adapted after the 20th week of pregnancy. See the Pregnancy Self Care Guidelines.

- **Abdominal surgery**, typically requires 6-8 weeks for tissue to fully heal after surgery. Consult with your licensed medical doctor or health care provider to determine when you are able to perform or receive abdominal massage.

- **Pain medications or other substances**, may mask your response to this modality.

- **Do not perform Self Care if you have an IUD (Intra-Uterine Device)**, in place except as may be instructed by your Arvigo Practitioner.

- **If your Self Care appears to generate intense abdominal pain or discomfort**, stop the massage and inform your Arvigo Practitioner and seek out a licensed medical doctor or health care provider for further intervention.

Diana M Sheldrick, RMT, P-ATMAT, has been a Registered Massage Therapist (RMT) since 2005. She graduated with an advanced diploma from the Massage Therapy program at Algonquin College and has been

UpComing

Starting Week of Jan.5 to April 2nd

Adaptive Yoga - Monday 2:30-3:30 pm

Unwind Yoga - Monday 6:30-7:45 pm

Hatha Yoga - Thursday 10:30-11:30 am

Nutrition For The Growing Mom

This comprehensive series of 4 seminars will cover everything you need to know about nutrition from pregnancy to breastfeeding!

Monday nights from 6pm-7pm

February 2, 16, March 9 and 23

\$40/seminar or \$140 for all four +HST

Listening to what my body is trying to tell me...

My moods, my pain, my lack of sleep, my lack of energy; what is the message behind all these symptoms

***5 week series, starting February 19, 2015
6:00pm – 7:30pm \$ 90.00***

offering clinic based and on-site massage therapy services since. After working in both chiropractic and physiotherapy settings her belief strengthened in the importance of the co-operation between all health care professionals to focus on treating the client as a whole person, mind, body and spirit. She completed her education in Maya Abdominal Therapy (P-ATMAT) in 2011. Only Chiropractors, Physiotherapists, Doulas, Naturopaths or Massage Therapists can earn this designation which is given by certified teachers from the Arvigo Institute, in Belize, South America. Currently, I am the only practitioner in the Ottawa area.

For more information or to make an appointment please call:

(613) 798-1000 or email: info@oihc.ca or visit our website at: www.oihc.ca