



# Fertility Massage Therapy

by Clare Blake N.D.

Within the natural fertility world, Fertility Massage Therapy is creating a buzz of excitement at this seemingly new treatment.

This “new” treatment, is in fact “old” and is drawn from many indigenous cultures; a fusion of leading edge techniques including abdominal-sacral, pulsing, rebozo, reiki, guided visualisations and a twist of intuition that when blended together create this uniquely nurturing and sacred massage.

I’ve had clients from Nigeria, India, China and Russia who have all exclaimed how they had received or known of a similar womb massage in their home countries. A traditional massage that for many has been passed through generations, mothers have massaged their daughters from a very young age, particularly if there has been a fall to the sacrum or coccyx which can lead to a misaligned uterus.

Our reproductive organs are the only dispensable organs in the body, choosing to shut down if the body is not functioning optimally, to save impinging on the body’s health. Therefore, in order to restore health to the reproductive organs, all other areas of the person should be addressed – physically, emotionally and spiritually which is why Fertility Massage Therapy is an ideal complement on a fertility journey.

## What Conditions Can Benefit from Fertility Massage Therapy?

There are many conditions that can benefit from this treatment, those listed below are the most common ones, this list is not exhaustive.

### Reproductive Complaints

- Infertility/Miscarriages
- PCOS
- Endometriosis/Fibroids
- Dysmenorrhoea (painful periods)
- Menorrhagia (heavy periods)
- Oligomenorrhoea (irregular cycles)
- Clotting
- Poor egg health/weak ovulation
- Cysts

### Digestive Complaints

- Constipation or Diarrhoea
- Bloating or Excess wind
- IBS
- Crohn’s Disease
- Celiac Disease
- Emotions
- Stress
- Suppressed feelings
- Childhood issues
- Emotional, physical or sexual abuse
- Loss, grief, fear and anger

### Overview of Key Benefits:

- Increases circulation to the uterus, ovaries and fallopian tubes
- Increases circulation to the digestive system thereby enhancing immune system
- Promotes hormonal balance
- Helps the body to rid itself of old stagnant blood, tissues and scar tissue
- Helps to reposition a tilted uterus

## Where is Massaged?

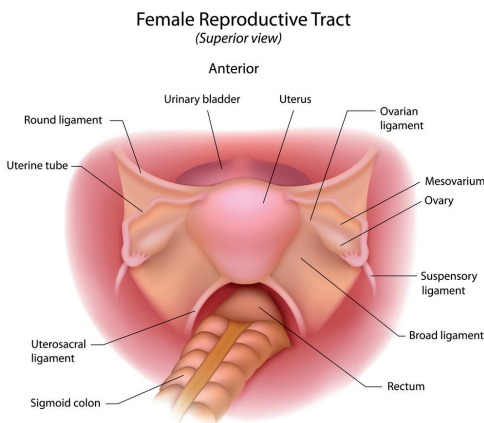
Unlike many massages which avoid or skim the abdomen, the main focus of the massage is the torso. The anterior massage is from the pubic bone to ribs and posteriorly; lower lumbar, sacrum, coccyx and gluteal region.

# massage technique

## fertility massage

It is important to treat the lower lumbar and lower abdominal regions together as the nerves in these areas share commonality with the reproductive and digestive organs. Therefore, any complaint in one area, may trigger a reaction within another. For example, many clients presenting with constipation, are also affected by lower back ache.

A key focus of the massage is to bring the abdominal organs into alignment, in particular the uterus. A misaligned uterus is common, with between 80–90% of us experiencing this.



## Uterus Alignment

The uterus is held in place by these 4 ligaments:

- **Broad ligaments** – flat & wide completely surrounding the uterus front & back
- **Round ligaments** – 4-5in round cords. Attached to the sides of the uterus, extending toward and through the inguinal canal, finally attaching into the perineal fascia.
- **Cardinal ligament (Mackenrodt's)** – attached from the side of the cervix to the side of the pelvic wall. Supports both uterus and vagina and contains most of the uterine blood vessels
- **Uterosacral ligaments** – from the 2/3 sacral bones to the side of the uterus.

As with all ligaments; tension and weakness can occur, hence the ability of the uterus to move within the pelvic regions. These are the common terms

used for the positions of the uterus:

- **Ante** – toward the front of the body; the pubic bone
- **Retro** – toward the back of the body; the sacrum
- **Version** – cervix / cervical axis of the uterus pulled/pointed
- **Flexion** – uterine fundus pulled/folded

There are variations of these positions, for example:

- **Anteverted** – uterus and cervical axis tilting toward the pubic bone
- **Anteflexed** – uterus tilting toward the pubic bone, with the anterior portion of uterus concave
- **Retroverted** -uterus and cervical axis tilting toward the sacrum
- **Retroflexed** – uterus tilting toward the sacrum, with the anterior portion of uterus convex

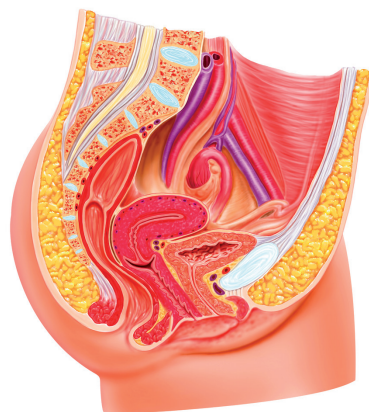
There are 2 less commonly known positions:

- **Retrocessed** – both the top and bottom of the uterus are pushed towards the sacrum
- **Vertical** – uterus is pointing straight upwards toward the diaphragm

Whilst in any of the above positions, the uterus may also be leaning more towards the right or left too.

## Effects of a Misaligned Uterus

If you are female, how many of the following questions do you tick yes too?



*The correct anatomical position of the uterus*

Do you experience either before or during your bleed:

- Brown blood at the beginning or end of your cycle**
- Change in bowel motions (constipation/diarrhoea)**
- Lower back ache**
- Frequent urination**
- A dragging or heavy sensation in your lower abdomen**
- Dyspareunia (painful intercourse)**
- Dysmenorrhoea (painful periods)**

It's rare that none of those resonate, and therefore it is likely that instead of your uterus sitting in the correct anatomical position just above your bladder, you may have a misaligned uterus.

So why do women only feel these sensations leading up to their menses and not throughout the month? An empty uterus weighs about 1-2oz and a uterus full of endometrial lining weighs approx 4oz! Heavier if you they have fibroids.

When the uterus is upright, cleansing and releasing the endometrial lining each month can take place however, when flexed (hunched over), the lining will pool and create the brown blood that can be seen each month either at the beginning or end of a bleed. Brown blood at the beginning of the cycle is last month's old lining. Brown blood experienced towards the end of the cycle is months and months old lining.

When the uterus is retroflexed or anteflexed, then it must contract harder to clear the lining, in turn creating cramping sensations, as it pulls on the attached ligaments.

When the uterus is anteverted or retroverted, the cervix will be pointing in the wrong direction making it more difficult to find in a cervical smear or for approaching sperm!

Although a misaligned uterus is not detrimental to fertility, it's certainly beneficial to realign, heal and cleanse her.

If the uterus is in the perfect position; cleansing beautifully each

month presenting with a rich red bleed, the cervix has a luscious flow of fertile mucus and menses are pain free. This combination makes for a healthy, happy home for a future baby.

## Common Causes of a Misaligned Uterus

**Weak core muscles** create a weak environment for the reproductive organs. By core muscles, I am not talking about the typical kegel exercises. Core muscles are the whole abdominal structure, developed through functional exercises including Pilates.

**Being overweight** will place stress on the internal organs, and often when you are overweight, your core muscles are weakened.

**Heavy lifting, running or excessive exercise** in the 3 days leading up to a period. This is due to the increased size of the uterus in the lead up to the bleed, and therefore the increased pressure and strain on the surrounding ligaments, in particular the pounding of running on hardened surfaces.

**Births** that are too close to each other. The uterus needs about 3 years recovery between births, especially where caesarean sections have been involved. Traditionally women breastfed for approximately 3–6 years, which ceased their fertility, allowing their bodies the chance to fully recover between births.

**Damage to the lower back**, can cause a weakening to the utero-sacral ligament. This is the ligament that connects the sacrum to the uterus; if this is tight it will restrict the positioning and movement of the womb.

It is also believed that for some women, they are born with a misaligned uterus.

## Circulation

Many men and women experience cold lower abdomens, even in warmer climates. This shows poor circulation to the area and is generally caused by a restriction; perhaps at the diaphragm, restricting the aorta.

With only 5% of our blood flow reaching our uterus, and less when there is congestion in the pelvic region, it makes sense to massage the abdomen to increase the circulation to the uterus. We all know that increased blood flow will bring fresh oxygen, nutrients and hormones to the body. Our Uterus will only benefit from increased circulation to help prepare for conception.

The uterus is served by the uterine artery which connects to the internal iliac artery at the top, across the ureter anteriorly, wraps around the cardinal ligaments and end in the uterus. The uterine artery also supplies the vagina, uterine tube, uterine ligaments and ovaries.

Improving circulation to the ovaries and testes will encourage fresh blood and nutrients to the developing sperm and egg, an obvious benefit for fertility.

Hormones are transported through the blood, so it will help to transport hormone responses which again is vital for reproductive health and fertility. This can help to balance the hormones which will in turn help regulate cycles, which may be a cause for concern with fertility.

We can get a build up of internal or external scar tissue either from surgeries or from inflammation within the body caused by toxins or diets too high in sugar, this scar tissue also needs to be broken down by the massage, leaving the area to be freer. Enhancing the lymphatic circulation will enable the body to cleanse itself of these waste products broken down through the massage, cleansing the body from the toxic waste.

We need to have good quality, fertile mucus present for the sperm to be able to swim up the vagina, but also to survive and be nourished, and by increasing the circulation and lymphatic flow to the cervix, it will help to promote a healthy cervix and hormonal balance, which in turn will help to improve the production of the fertile mucus.

## The Role of the Digestive System

Improving circulation in the digestive tract will help with elimination of digestive waste, easing constipation, bloating and tenderness. Breaking down hardened areas of the large and small intestines will improve absorption as these areas of hardening indicate inflammation and faeces that have stuck to the intestinal wall. When this occurs in the small intestines, nutrients are unable to be absorbed through the intestinal wall, regardless of however healthy the food intake is. When hardening occurs in the large intestines, the faeces become thinner due to an inability to form large sausage like shapes, and peristaltic action may weaken too. All of which indicates a poor and weakened digestive system. Digestive, reproductive & immune systems are all intrinsically linked and need to be functioning correctly for good health & fertility.

Dr. Alan Beer MD. stated that 40% of unexplained infertility and 80% of unexplained miscarriages are due to the immune system. With 80% of our immune system residing in the digestive tract, it is imperative to help create a balanced immune system, by treating the digestive system.

## Beneficial for Common Reproductive Conditions

The following conditions are the most commonly seen in clinic, listed here with an overview of how Fertility Massage can benefit each condition.

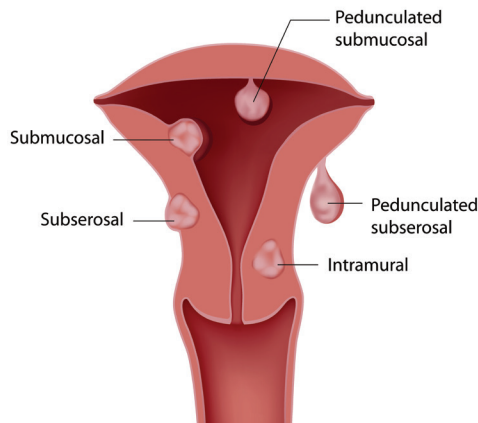
### PCOS

- Encourages hormonal balance
- Helps to clear congestion
- Brings fresh, oxygenated blood to the ovaries
- Clears pathways for feedback between reproductive organs and endocrine system



# massage technique

## fertility massage



Uterine Fibroids

### Endometriosis & Fibroids

- Massage releases endorphins, which eases pain
- Strengthens the liver to enhance oestrogen metabolism
- Helps to clear congestion
- Brings fresh, oxygenated blood to the ovaries
- Clears pathways for feedback between reproductive organs and endocrine system, promoting hormonal balance
- Breaks down scar tissue and adhesions
- Releases trapped nerves, which eases pain

### Heavy, Painful or Blood Clots

- Helps to bring fresh blood to the uterus
- Helps the body to get rid of old, stagnant blood
- Increases endorphins which help reduce pain
- Aids the uterus in getting rid of blood clots
- Helps restore correct position of the uterus, which can ease pain and lessen blood clots.
- Easing trapped nerves, brings pain relief.

### Irregular Bleeds

- Eases stress which has a huge impact on cycles
- Increased circulation increases hormone delivery, thus hormonal balance.

### Poor Egg (or Sperm) Health

- Helps to bring fresh blood to the Ovaries (testes)
- Increased circulation increases hormone delivery.
- Helps the body to release scar tissue surrounding the ovaries, easing the journey of an ovulating egg.

### Blocked Fallopian Tubes

- Helps to reduce inflammation
- Breaks up scar tissue causing blockages in tubes
- Increased circulation aids in tissue elimination and repair
- Helps the body to loosen tension within tissues
- Encourages tone and strength

### Emotional Aspect of Fertility Massage

As with all holistic therapies, we understand the connection between our mind and body, therefore the emotional and spiritual aspects are an essentially important element of this therapy.

Many women experiencing Fertility issues, are likely to be under the guidance of the medical profession. Hence they start to lose control of their bodies physically and emotionally. Fertility Massage gently helps women to feel empowered as they regain connection to their bodies, in particular their wombs.

Although Uterus is anatomically correct, I will use the term "womb" as I feel it is a much softer approach to use when discussing this amazing female organ from an emotional aspect.

Wilhelm Reich was a major contributor to the body-mind science in the early 20th century. Quite simply explained as the body holding tension where emotional stress or trauma has occurred. He believed that by massaging the body to release the tension, the emotional stress was also released, allowing the life force to flow freely.

Throughout my years of treating hundreds of clients, many have experienced a huge sense of lightness, freedom and release where stress had been stored previously.

We all hold some emotional stress to some degree in our body and like all stressors can cause an hormonal imbalance, therefore, it is important to release stress and encourage a relaxed environment as much as possible.

As much as helping couples to achieve a healthy pregnancy is the key focus of this treatment, it is important to help women to reconnect to their bodies, and their wombs. The womb is the woman's inner goddess, her divine feminine centre and intuition. When this connection occurs, women gain clarity and vision, thus, when they become pregnant, they feel more connected to their babies inside them. This faith, trust and love for their womb, usually results in women being more mindful about their birthing choices; helping to bring forth a calmer baby.



### Clare Blake N.D. Fertility Massage Therapy & Training

For further information on Fertility Massage Therapy or Fertility Massage Training, please visit [www.fertilitymassage.co.uk](http://www.fertilitymassage.co.uk)