

FERTILITY MASSAGE THERAPY.

Womb Facts Book



Womb Awareness Week

7th - 14th November 2016

#LoveYourWomb



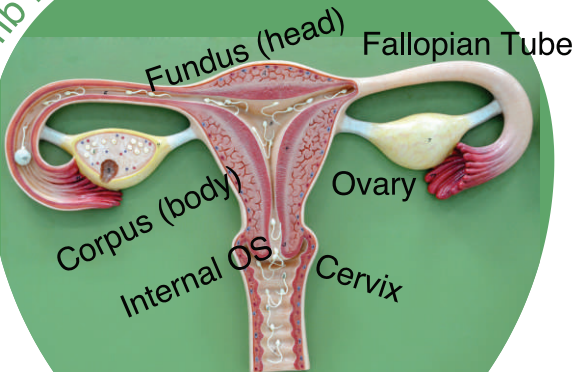
Womb Facts

DID YOU KNOW?

Our **Womb** is approx. 3 inches long, 2 inches broad & 1 inch thick.

You only receive 5% blood flow to your womb, even less when there are restrictions or blockages

Your Womb is made up of 4 segments



Womb Awareness Week



A non-menstruating womb weighs 1-2oz, a menstruating womb weighs 2-4oz.

This weight increases the pressure on any organs your womb is resting against.

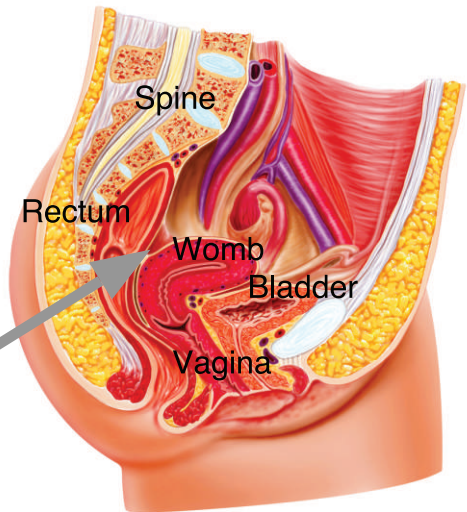


LOW BACK PAIN or WEAK LEGS prior to your bleed? or CONSTIPATION or DIARRHOEA??

DO YOU EXPERIENCE



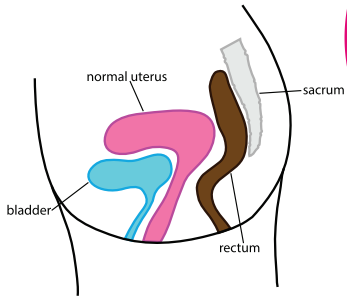
This is likely to be due to a Retro-verted or Retro-flexed womb, placing pressure on your spinal nerves or rectum.



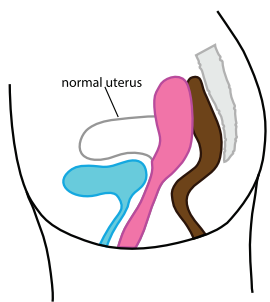
#LoveYour Womb



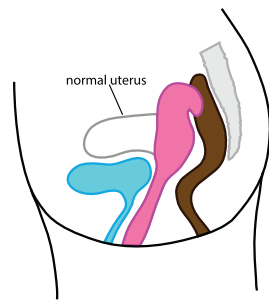
What does ANTE-VERTED, ANTE-FLEXED, RETRO-VERTED & RETRO-FLEXED mean?



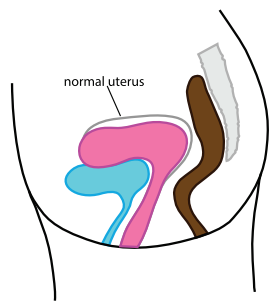
retroverted uterus



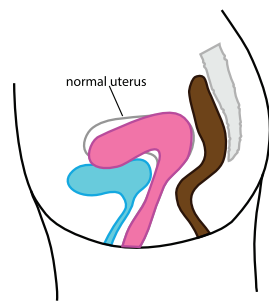
retroflexed uterus



anteverted uterus



anteflexed uterus



R. Wiseman

"VERTED" ~ Tipped forwards/backwards
"FLEXED" ~ hunched forwards /backwards

Womb Awareness Week

How do we get a MISALIGNED WOMB?



Structural Imbalances &

Poor Habits are the main culprit...

- High Heels
- Incorrect Seating Posture
- Running, aerobics, weight lifting in premenstrual phase
- Weak core muscles
- and many more...

80-90% of women have a misaligned womb

Do you get **Brown Spotting** at the beginning or end of a period?



Avoid heavy lifting 3 days before & during period



Blood at the beginning of a period is last months old lining

Stagnant blood is due to a misaligned womb not able to cleanse herself properly

Blood at the end of a period is many months old lining

#LoveYour Womb



Pain is NOT Normal!



If we are experiencing **any pain with menstruation**, then our womb space is not happy! Perhaps your womb is **misaligned**, therefore the side she is on will be congested and one of the four ligaments holding the womb in place will be tight and have restricted movement, causing pain with an expanding womb. Stagnation and congestion in the pelvic region is common, but it is a sign that it's not healthy!

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 and fertility, all other areas of the person should be addressed ~

PHYSICALLY, EMOTIONALLY & SPIRITUALLY

Womb Awareness Week

Healthy Womb Tips



Fertility Massage is a specialised & unique massage to increase circulation directly to the womb, encouraging hormonal flow, clearing congestion and freedom of movement within your pelvis.

You can perform self help massage or visit one of the 100+ practitioners worldwide.

Special Offer ~ 50% Discount valid to 30th November

To purchase the Online Self Help DVD visit here:
<http://bit.ly/1LS0llw>

Yoni Steams are really supportive in improving menstrual flow by helping to clear the womb of any old blood that remains. They are a gentle self care practice that is relaxing and pleasurable. Best performed in the week leading up to your bleed. Herbal blends for yoni steams or sitz baths are created by a herbalist.

Find out more and Purchase

Yoni Steams here:

<http://bit.ly/1KtSXTP>



#LoveYour Womb



Castor Oil Packs are an external application of castor oil. A piece of wool flannel is saturated in castor oil and applied to abdomen with a hot water bottle. The Edgar Cayce readings recommend castor oil packs to improve assimilations, eliminations, circulation (especially of the lymphatic system) and breaking down scar tissue.

For full details of how to apply and where to purchase visit here:
<http://bit.ly/1Mf1Zvp>

Honour Your Cycles. Accept and honour your moon time! We live busy, stressful lives, we work hard, we play hard, we are mothers, wives, sisters, friends and we do everything at high speed to keep up with society. Plus the media and tampon marketeers have spent the last few decades telling us that we can keep doing all of this whilst we bleed and roller-skate too!

The simple truth is that we should try to slow down, rest and acknowledge our bleeding time rather than trying to ignore and carry on regardless. Try it, you may find your cycles improve!

To discover more

Red School Online is a fabulous online school that takes women on a journey to discover the wisdom of their cycles, visit here for more information: <http://bit.ly/1MJ51IQ>

Code Red by Lisa Lister is a must read, humorous and light-hearted, Lisa will have you loving your cycles in no time!

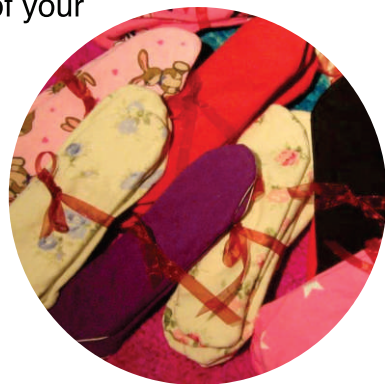


Womb Awareness Week



Wear Cloth pads, Mooncups ~ Avoid Tampax

Using cloth pads or other reusable menstrual products such as mooncups will improve the health of your womb. Disposable products are full of chemicals that can make bleeding worse and of course if your flow is heavy, then you are using more, unknowingly caught in a vicious cycle.



Receive 10% discount of all products by quoting Love Your Womb at

<http://www.moontimes.co.uk>

Improving your Diet is going to make a huge difference.

Western diets are so far removed from the diet our ancestors thrived on. We should be seeking to return to whole, natural foods and avoid processed foods. Seek advice from a nutritionist to help guide you along the right path.

Clean up your Lifestyle

Having an awareness of the chemicals and toxicity around us is vital. We should aim to minimise our exposure to harmful chemicals found in cleaning, beauty and household products. Avoid or limit your alcohol and cigarette intake, it doesn't mean living like a puritan, however, every little bit helps improve the health of our wombs!

Remember, if you are on a Fertility Journey, your future baby's first home is your womb - make it clean and welcoming for them!

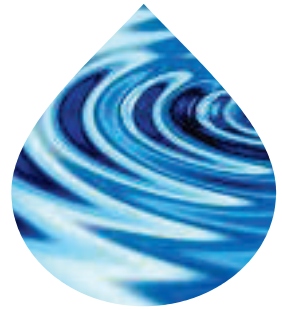
#LoveYour Womb



Stay Hydrated

Dehydration is a modern epidemic, hardly anybody really drinks enough water even though we know the recommendation is 6-8 glasses.

Being hydrated supports all of our bodily functions and supports good blood flow. If the womb has good blood flow, then it will improve menstruation.



Try to always drink clean and filtered water

Core Exercises

Along with Fertility Massage, core exercise helps to strengthen and balance the muscles and connective tissues that hold the organs in their correct place. A weak core has large implications for health and fertility as many important systems reside in the torso. Try Pilates, Functional Fitness or seek advice from a Personal Trainer.

For some fantastic guidance and home exercises, please visit:
<http://bit.ly/1jZ2eh5>



Womb Awareness Week



Express Your Womb

Once you have connected to your womb, allow the expression of her to come out in a creative manner.

Try writing a poem, journal or story, draw or paint her, make a clay model, create a womb flag, play her a song...whatever calls to you!

To join us on social media with your creative wombs or womb word, you can download a "Funky Womb" to cut out, decorate and express here: <http://bit.ly/1GvXudl>



#LoveYour Womb



Clare Blake N.D.

Founder of Fertility Massage
Therapy

e: info@fertilitymassage.co.uk

w: fertilitymassage.co.uk

"My aim with Womb Awareness Week is to educate and inform women about their bodies and womb, along with reconnecting them to their womb.

Our womb is not just an organ, she is our first home. We are all here because we were created, nurtured and birthed from within our mother's womb, the most awesome organ.

I hope that you enjoy the information shared and have gained some insight into your own body!

Please do join me on social media with pictures of your "expressed wombs" and feel free to share your thoughts with me too!"

Warmest womb blessings

Clare



@FertileMessage



FertilityMessage



FertilityMessage

#LoveYourWomb