

Self Fertility Massage to Naturally Increase Fertility

by Iva Keene MRMed. ND. - Thursday, January 21, 2010

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We all know that a well-done massage not only reduces pain and relieves stress, but also has other health benefits. Self Fertility Massage™ is completely natural and is a technique that women can use without any external aid to boost their reproductive ability and handle their menstrual cycles better. Another advantage is that the immune systems becomes stronger that help women have better bodies and also enhance their fertility. Caution must be exercised to not employ this technique when a woman is menstruating or thinks she's pregnant. It's also advisable to consult a qualified physician before starting on this massage therapy.

Why Use Self Fertility Massage™

If your [fallopian tubes are blocked](#), or you have Poly Cystic Ovary Syndrome or Ovarian Cysts, or Endometriosis, then Self Fertility Massage™ would prove to be really beneficial for you. Sometimes, your infertility could be due to inexplicable reasons or such a condition could even be causing stress. Hormonal imbalances, menstrual cramps, and poor circulation are other reasons why you should consider giving Self Fertility Massage™ a shot. Basically, the massage aims at improving the health by promoting blood circulation thus nourishing the organs.

What Makes Self Fertility Massage™ Work

This system supports the overall health of the uterus, ovaries, and fallopian tubes in addition to having positive effects on the intestines, liver, and stomach. The uterus may be under a lot of duress and hence not seeing enough blood circulation. If you aren't very active physically or you have been operated upon around the uterus region and it hasn't completely healed, then again you could have issues. Fecal pressured intestines, endometrial tissues, and fallopian tubes that are twisted are other painful concerns. Ovaries are positively influenced by this massage because the eggs are supplied with fresh blood rich in Oxygen and nutrients. When you use the Self Fertility Massage™ technique, in case the fallopian tubes are blocked they're cleared and the scar tissues are loosened.

Additionally, the massage helps digestion and elimination of toxins from the body. Even the surplus hormones that could do us considerable damage are flushed out. It's essential that feces are moved out of the human system regularly to not cause any damage to the digestive system. Because of the fecal pressure, there could be unwanted impact on the reproductive organs.

What is Self Fertility Massage™

Chi Nei Tsang ensures that the forces making up our body flow without any obstructions the different parts. Whether you have surplus heat or are deficient in heat, this type of organ massage helps clear blockage and is based on the principle that the body can heal itself.

Deep Tissue Massage is a great way to detoxify and improve circulation. You not only feel relaxed but any adhesions, if any, are broken down and fresh blood flows to the organs. In Myofacial Release, myofascia that could have become twisted due to improper usage is released. This makes it easier for Oxygenated blood to flow to the different muscles and organs.

Acupressure, the well-known Chinese technique centers on the belief that the pressure applied at strategic points can bring about better coordination and balance.

One of the other components of Self Fertility Massage™ is Reflexology. The foot points corresponding to endocrine, digestive, and reproduction organs are worked upon to ensure that the blood flow is encouraged and congestion is removed.

The healing therapy using Castor Oil is another facet of this massage. In this particular method, castor oil is applied on the lower abdomen to facilitate digestion.

Since you stand to gain so much with Self Fertility Massage™, it's definitely worth a try. You can learn more about Self Fertility Massage here. You can also purchase the Self Fertility Massage DVD [here](#).

Written by Hethir Rodriguez, Certified Massage Therapist, Master Herbalist and Natural Fertility Specialist.