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**FOR IMMEDIATE RELEASE**

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## **RENEW PHYSICAL THERAPY ADDS ARVIGO MAYAN ABDOMINAL MASSAGE TO ITS WOMEN'S & MEN'S HEALTH SERVICES**

### **Arivgo Mayan Massage Helps Promote Fertility, Uterine Health, and Overall Wellness**

NEW YORK, NEW YORK - February 2007 - Renew Physical Therapy's Clinical Director Isa Herrera recently returned from Belize, where she completed the Arvigo Mayan Abdominal Massage professional training course under the tutelage of renowned healer, herbalist and author Dr. Rosita Arvigo. Isa became intrigued by Dr. Arvigo's work because she perceived it to be a fantastic complement at her New York based Renew Physical Therapy Center, where she treats female patients who suffer from pelvic pain conditions, incontinence and bladder problems. "The marrying of the two healing approaches is proving to be a great success for my patients," said Herrera.

The Dr. Arvigo's technique is used to reposition the lower abdominal organs, which when misaligned block chi, blood flow, lymph and nerve function."My patients are seeing amazing results from a combination of Dr. Arvigo's Techniques and my custom Physiotherapy Protocols. They are reporting reduced back pain, less bladder problems and overall better health," Herrera continued.

Isa Herrera plans to broaden her practice to include women suffer from infertility. "Many of these same women also experience pelvic pain as well and so my new combined approach will help them tremendously," Herrera stated. "It is important to remember that about 10 million women in their childbearing years suffer from pelvic pain, and millions also suffer from infertility. My combination of techniques will help both groups achieve their desired results," added Herrera.

If you'd like more information about this topic, or to schedule an interview with Isa Herrera MSPT CSCS, please contact her at 212-213-4660 or email [isa\[at\]Renew-PT.com](mailto:isa[at]Renew-PT.com)