



STRENGTHENING YOUR REPRODUCTIVE SYSTEM WITH EXERCISE AND MASSAGE

Taking good care of yourself should involve some kind of massage, meditation, or other physical indulgence. Chapter 7 will define specific acupoints that when stimulated help resolve patterns of imbalance and relieve overall stress levels. While general massages will make you feel more relaxed and pampered, there are specific techniques to help redirect your body's attention and energy to your reproductive organs. Here are a few exercises you can do to improve the blood flow to the uterus and ovaries.

FEMORAL MASSAGE

This exercise increases blood flow to pelvic organs, providing more nourishment to the uterus and ovaries. (This massage may be more effectively performed by a partner.)

1. Compress (by applying pressure with your fingertips) the large artery just beneath the crease in your groin between your thigh and lower abdomen (see fig. 6.1). This is the femoral artery, which comes from the iliac artery. The iliac artery has branches that supply blood to the uterus, fallopian tubes, and ovaries. (The ovaries have an additional Blood supply, which branches off the arterial section that supplies the Kidneys.)

2. You should be able to feel with your fingertips when the pulsation in the artery stops. Hold the pressure for 30 to 45 sec-

onds. The blood is now backing up and increasing the pressure in the iliac arteries, forcing more blood into the pelvic arteries and flooding the pelvic organs with more blood.

3. Release the pressure and let the blood flow normally. When the hold is released, you should feel a sensation of warmth rushing down your leg as the blood supply returns to the lower extremity.

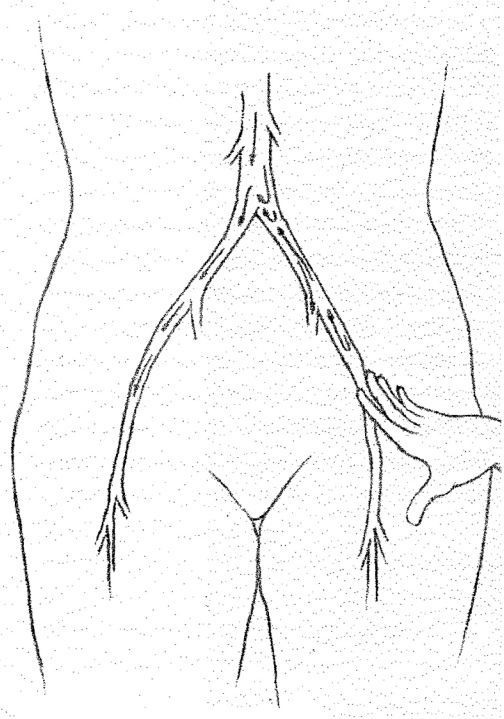


Figure 6.1: Femoral Massage