

FERTILITY TREATMENTS

MASSAGE, BODYWORK,
AND MODERN MEDICINE



BY TRADITIONALBODYWORK.COM

Contents

PREFACE	6
INTRODUCTION.....	8
<i>What is Infertility?.....</i>	9
<i>Getting Pregnant versus Having a Baby.....</i>	11
<i>Modern Medicine (Conventional Medicine)</i>	13
<i>Traditional Medicine.....</i>	14
<i>Traditional versus Modern Fertility Treatments.....</i>	16
<i>A Holistic Approach of Infertility.....</i>	17
<i>Why People Use Traditional Fertility Treatments.....</i>	20
<i>Types of Fertility Treatments.....</i>	23
<i>Assisted Reproductive Technology (ART).....</i>	25
<i>Ethical Questions around Fertility Treatments.....</i>	26
<i>What is Massage and Bodywork?</i>	28
<i>Energy Work versus Bodywork</i>	31
<i>Herbal Medicine</i>	33
<i>Massage and Psychosomatics.....</i>	37
<i>Erotic Massages and Fertility</i>	39
<i>Fertility Massage and Reflexology.....</i>	41
<i>Self-Help Fertility Massages.....</i>	43
<i>Postpartum Care for Future Fertility</i>	45
<i>Fertility Massage vs Abdominal Massage</i>	46
<i>Intimacy Aspects of Fertility Massage therapy.....</i>	48
<i>The Fertility Massage Experience</i>	50
<i>Massage Treatment Precautions and Contraindications</i>	53
BASIC ANATOMICAL LAYOUT.....	57
<i>Female Reproductive Organs</i>	58
<i>Male Reproductive Organs.....</i>	59
TRADITIONAL MASSAGE AND BODYWORK.....	60
<i>Acupuncture and Moxibustion</i>	61
<i>Aphrodisiacs</i>	65
<i>Avagaha Sveda Yoni Sitz Bath</i>	67
<i>Balinese Asmaragama Massage</i>	69
<i>Chai-Yok Vaginal Steaming</i>	70
<i>Chi Nei Tsang Abdominal Massage</i>	72
<i>Ekgakraohm Herbal Steam Baths</i>	76
<i>Fu Ke Traditional Chinese Medicine for Women</i>	78
<i>Ganggang Vaginal Treatment</i>	80
<i>Garbhadhana Sanskara</i>	81
<i>Heated Salt-Filled Clay Pot Compresses</i>	83
<i>Hilot Traditional Healing</i>	85
<i>Jabkasai Testicles Massage</i>	89
<i>Javanese Ratus Vaginal Treatment</i>	91
<i>Juagen Manhood Massage</i>	94
<i>Karsai Nei Tsang Genital Detox Massage.....</i>	96

Kon Sau Hot Stone Compresses.....	100
Medical Qigong.....	101
Naturopathy	103
Pelvic Floor Muscles Exercises.....	104
Prostate Massage	107
Sengkak Uterus Massage	109
Sexual Qigong (Sexual Kung Fu).....	111
Sitting Above Charcoal.....	113
Sitz Baths.....	115
Thai Ovary Massage.....	116
Thai Traditional Fertility for Women.....	118
Thai Womblifting	120
The Moola Bandha (Mula Bandha).....	121
Traditional Chinese Medicine (TCM).....	122
Traditional Japanese Medicine.....	123
Traditional Thai Massage	124
Urut Batin Malay Manhood Massage	126
Uttara Basti (Uttara Vasti)	129
Vaginal Rendam-Rendam Treatment.....	130
Ya Dong Lao.....	132
Yoga	134
Yok Thong (Uterus Massage)	138
Yoni Egg Exercises (Jade Egg).....	139
Yoni Dhupana	145
Yoni Mudra	146
Yoni Pichu.....	147
Yoni Prakshanam.....	150
Yoni Steaming.....	151
MODERN MASSAGE AND BODYWORK	152
Arvigo Techniques of Maya Abdominal Therapy®.....	153
De-Armoring Massage and Bodywork.....	156
Genital Mapping	158
Holistic Pelvic Care™	159
Kegel Exercises	161
Lingam Massage.....	163
Mercier Therapy Gynovisceral Bodywork	165
Mizan Therapy	167
Sacred Spot or G-Spot Massage.....	168
Self-Fertility Massage™	170
Sexological Bodywork	171
Tantric Massage (Tantra Massage).....	173
Tao-Massage	176
Taoist Erotic Massage.....	178
Womb & Fertility Massage Therapy™	180
Womb Meditation	181
Yin-Yang Massage.....	182
Yoni Mapping	184
Yoni Vaginal Massage	186
Yoni Yoga	189
MODERN MEDICINE (CONVENTIONAL TREATMENTS)	190

<i>Antioxidant Supplements</i>	191
<i>Assisted Zona Hatching</i>	193
<i>Autologous Endometrial Co-culture.....</i>	194
<i>Blastocyst and Embryo Transfer</i>	195
<i>Cryopreservation (Egg, Sperm or Embryo Freezing).....</i>	196
<i>Diet and Nutrition</i>	197
<i>Egg, Sperm or Embryo Donation.....</i>	198
<i>Endometriosis Treatment</i>	199
<i>Fertility Medications (Ovulation Induction).....</i>	200
<i>Gamete Intrafallopian Transplantation (GIFT)</i>	202
<i>Gestational and Traditional Surrogacy</i>	203
<i>In Vitro Fertilization (IVF)</i>	205
<i>In Vitro Maturation (IVM)</i>	207
<i>Intracytoplasmic Sperm Injection (ICSI)</i>	208
<i>Intrauterine Insemination (IUI).....</i>	209
<i>Lifestyle Changes</i>	210
<i>Preimplantation Genetic Diagnosis (PGD)</i>	213
<i>Sperm Banking and Sperm Donation</i>	214
<i>Sperm Retrieval Procedures</i>	215
<i>Sperm Wash</i>	216
<i>Surgery</i>	217
<i>Vasectomy Reversal.....</i>	218
<i>Zygote Intrafallopian Transfer (ZIFT).....</i>	219
POSSIBLE CAUSES OF INFERTILITY	220
<i>Age</i>	221
<i>Anovulation</i>	223
<i>Birth Control and Delayed Fertility.....</i>	224
<i>Cervix Disorders</i>	225
<i>Dyspareunia (Painful Intercourse).....</i>	226
<i>Endometriosis</i>	228
<i>Erectile Dysfunction (Impotence).....</i>	230
<i>Fallopian Tubes Disorders</i>	232
<i>Genetic Problems</i>	233
<i>Lifestyle.....</i>	234
<i>Low Libido.....</i>	235
<i>Low Self-Esteem.....</i>	236
<i>Luteal Phase Defect (LPD).....</i>	238
<i>Menstrual Cycle Disorders</i>	239
<i>Orchitis (Testitis).....</i>	240
<i>Orgasmic Disorders</i>	241
<i>Ovarian Hyperstimulation Syndrome.....</i>	243
<i>Ovulatory Disorders</i>	244
<i>Pelvic Adhesions.....</i>	245
<i>Pelvic Inflammatory Disease (PID).....</i>	246
<i>Polycystic Ovary Syndrome (PCOS)</i>	247
<i>Prostate Health Issues</i>	248
<i>Recurrent Pregnancy Loss (Multiple Miscarriages)</i>	251
<i>Secondary Infertility.....</i>	252
<i>Sexual Dysfunctions.....</i>	254
<i>Sexual Trauma.....</i>	256
<i>Sperm Abnormalities.....</i>	258
<i>Sperm Obstructions</i>	259

<i>Sexually Transferred Diseases (STD)</i>	260
<i>Unknown Causes (Unexplained Infertility)</i>	261
<i>Urinary Tract Infections</i>	262
<i>Uterine Disorders</i>	264
<i>Uterine Fibroids</i>	265
<i>Vasectomy</i>	267
<i>Vulvodynia</i>	268
QUICK LOOKUP OF TREATMENT MODALITIES 269	
<i>Fertility Treatments for Men and Women</i>	270
<i>Fertility Treatments for Women Only</i>	272
<i>Fertility Treatments for Men Only</i>	274
SUPPLEMENTARY ARTICLES..... 275	
<i>Adoption</i>	276
<i>An Example of Integration of Traditional and Modern Medicine</i>	277
<i>Fertility Tourism</i>	280
<i>Meditation, Mindfulness and Sexuality</i>	281
<i>Somatic Sex Coaching and Counseling</i>	283
<i>Postnatal Massage and Reflexology</i>	286
<i>Prenatal Massage and Reflexology (Pregnancy)</i>	288
<i>Perinatal Massage and Reflexology</i>	290
<i>Third-Party Reproduction</i>	292
<i>Vaginal Steaming Benefits and Risks</i>	293
APPENDIX..... 295	