

## 5 TRADITIONAL LATINO HEALTH TREATMENTS TO TRY

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There's a reason why abuela's home remedies work the best: She took a hint from her ancestors and their traditional health treatments that date back centuries.

It's time to go back to the roots, all in the name of health and wellness with these traditional Latino treatments that are worth a try:



### The Mayan Abdominal Massage

This ancient massage technique helps with menstruation pains and other female-related issues. The massage, typically practiced in Belize, Guatemala and Mexico, helps to “reposition” the uterus and eliminate the body of toxins.

“A displaced uterus can cause a number of troublesome symptoms such as fertility challenges and overly painful periods,” Naturopathic **Doctor Gabrielle Francis** explains. “The Mayan Abdominal massage restores proper alignment of the uterus and ovaries, promoting detoxification, properly balancing hormones, and restoring circulation of blood and nutrients.”