

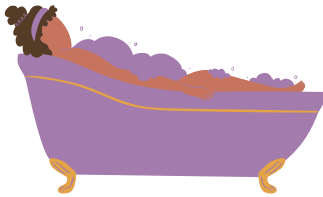
Abdominal Massage

7 tips to get started

Abdominal massage has helped many people achieve regular bowel movements!

1

Relax legs



2

Relax belly



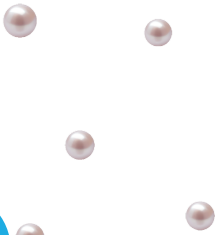
3

Favorite oil or lotion



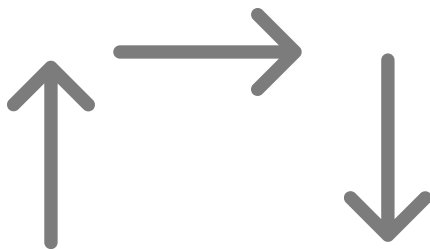
7

Listen to signals



6

Up right, across, down left



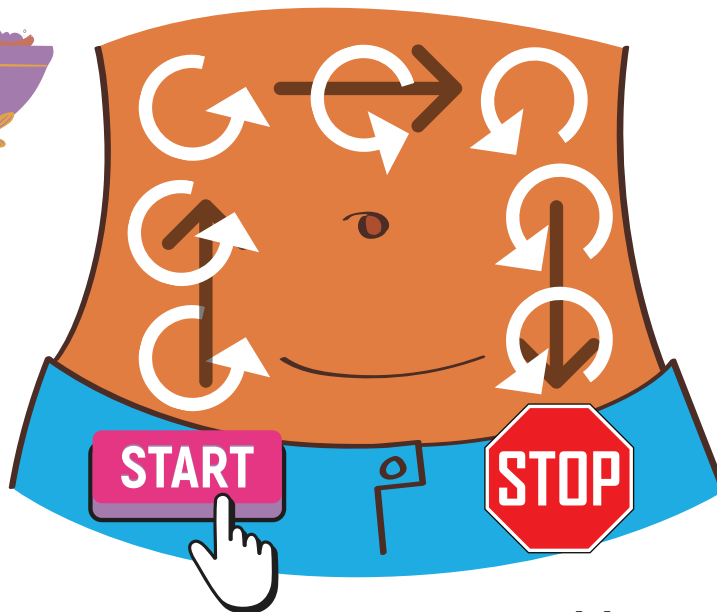
4

Toilet nearby



5

Massage in a "C" Scooping pattern



Do not perform if you're pregnant, have cancer, unexplained pain, bleeding, irritated skin, open sores or incisions.