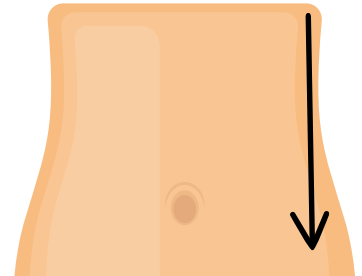


Abdominal Massage for Bowel Movements

One effective method for treating symptoms of constipation is abdominal massage. This specific method is called the “I Love You” (ILU) massage because of the pattern of massage strokes, which will be explained below. **It may be helpful to complete this massage routine every night while laying in bed to help your intestinal muscles move stool through your system while you sleep.** You can also use this massage technique while trying to pass a bowel movement instead of straining or pushing.

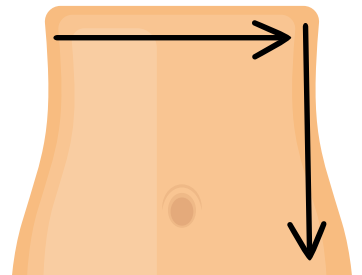
1. Place your hand at the bottom of your left ribs. With firm pressure, use your hand to massage down from your left ribs to your left pubic bone. Repeat 10 times.

I



2. Next, place your hand at the bottom of your right ribs. With firm pressure, use your hand to massage from your right ribs to your left ribs and then down to your left pubic bone. Repeat 10 times.

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3. Finally, place your hand above your right pubic bone. With firm pressure, use your hand to massage up from the right pubic bone to the right ribs, from the right ribs to the left ribs, and then down from the left ribs to the left pubic bone. Repeat 10 times.

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