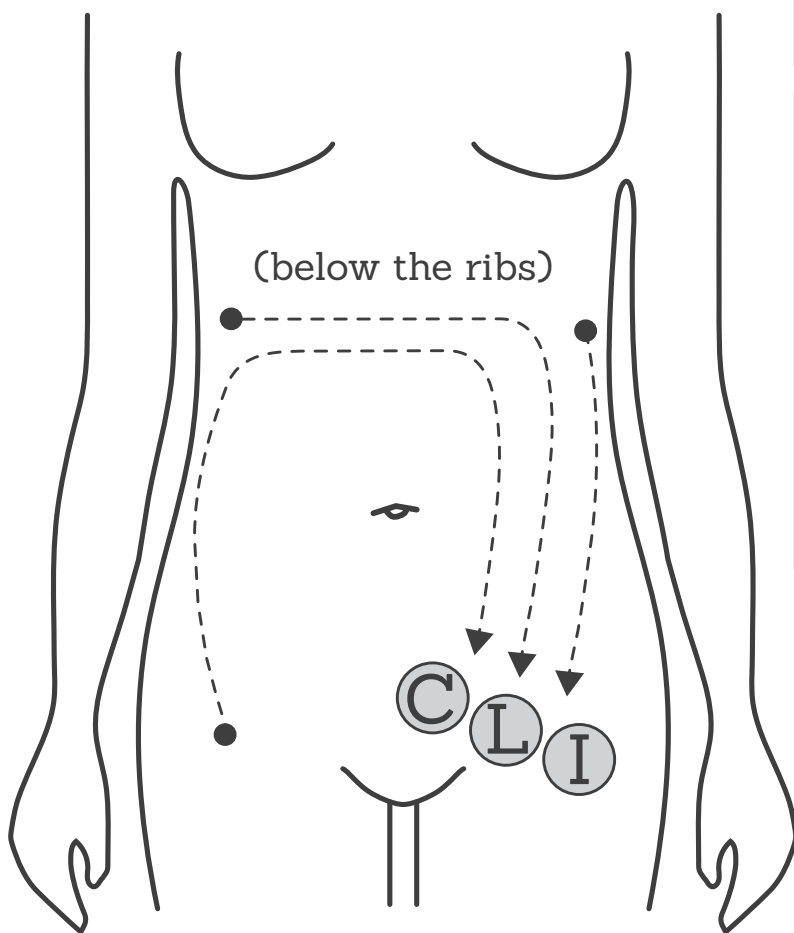


ILC Massage for Digestion



TECHNIQUE

- 10 - I massages down left abdomen (the deepest pressure because bowels are deep)
- 10 - L massage strokes - across then down on left
- 10 - C massage strokes - up - across - down

GET IT MOVING

- Butter/hot prune juice
- Prune juice/bran/applesauce
- Brown cow

GASTROCOLIC REFLEX

- Wake up - drink a hot beverage
- Walk around for 10-20 minutes
- Sit on toilet (good toilet posture) and wait calmly (breath)

