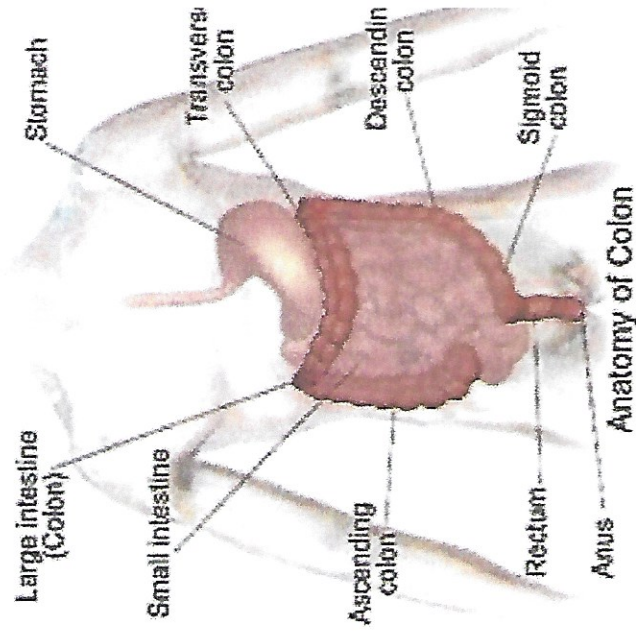


Bowel Massage

Let's Practice!

1. Descending colon - L rib to L pelvis 10x
2. Transverse colon - R rib to L rib 10x
3. Ascending colon - R pelvis to R rib 10x



This should not hurt! Use firm pressure but not too deep.

Recommend 1x/day usually at night, but fit it in when it works for you.