

ILU Abdominal Massage for Constipation

This self-massage is used for constipation/loose bowels and generalized pelvic and abdominal pain. Use small circular strokes with light to moderate pressure with or without cream/essential oils on your fingertips. These strokes follow the path of the large intestine, helping to calm it if it is irritated, and increasing the motility (movement) of food in your gut.

- Begin with 1-2 minutes of a clockwise circular massage 2-3 inches away from the belly button going around the belly button to stimulate the small intestine (see arrows on photo).
- Next, form the letter "I" (pink) by stroking with light to moderate pressure from under the left side of the rib cage down to the front of the left hipbone, 10 times.
- After that form the letter "L" (blue) by stroking with light to moderate pressure from under the right rib cage, across and underneath the rib cage to the left and down to the front of the left hipbone, forming the letter "L", 10 times.
- Last, do 10 strokes from the front of the right hipbone up to under the right rib cage, across to the left rib cage and down to the left hipbone, forming the letter "U" (orange), 10 times.
- Do this massage 1-2 times daily.

