

Gentle Stomach Massage Instructions

This is a great technique to assist your digestion ANY time. If you have just eaten or are in the process of an enema, only apply light pressure.

To practice this self-massage technique lie down in a comfortable position. Bend your knees or place a pillow behind your knees for extra comfort if you'd like.

1. Use your ring, middle, and pointer fingers on both hands to apply gentle pressure
2. Start your hands towards your right hip or where you see 1. on the figure below. Press your fingers in gently while you inhale and when you exhale drag them up to point two
3. Continue this process following the arrows. Once you get to your pubic bone, pick up your fingers and begin at point one again
4. Repeat as many times as you'd like. This is a great opportunity to practice breathing deeply into your belly

