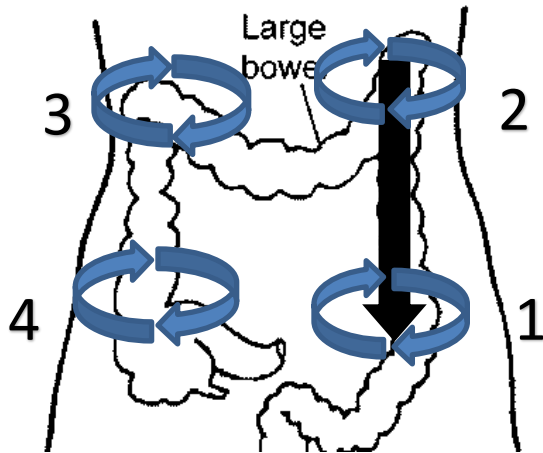


**FIRST: Circular massage in all 4 corners of the abdomen starting with 1 & ending with 4, CLOCKWISE DIRECTION, 5-10 circles**

## I L U Massage

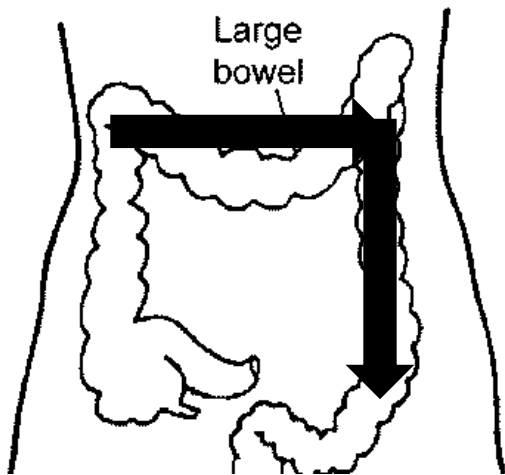
**Do this after meals, but before sitting on the toilet for toilet (poo) practice.**

**SECOND: 10 gentle strokes for each letter, I, L, U**



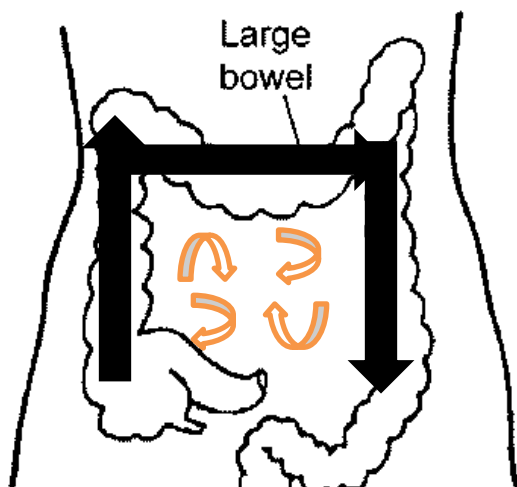
# “I”

I = from left lower rib cage down left side of abdomen to left iliac crest (pointy part of the front of the hip)



# “L”ove

L = from right upper abdomen, across top of abdomen (below rib cage) to left upper abdomen, and then down left side of abdomen (just like “I”)



# “U”

U = from right lower abdomen by iliac crest, up right side of abdomen, then across from right to left upper abdomen (just like “L”) and then down left side of abdomen (just like “I”)

**THIRD: Follow this with gentle circles in a clockwise direction around belly button 20-30 seconds**