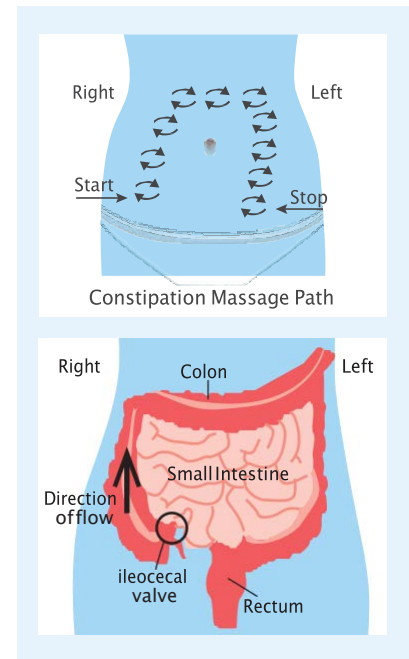


Techniques for Easing Constipation

Colon Massage

Colon massage can help ease constipation, keep you regular and reduce symptoms of abdominal pain. By massaging your abdomen in a specific pattern, you can help induce the wave-like motion that propels your stool through your large intestines.

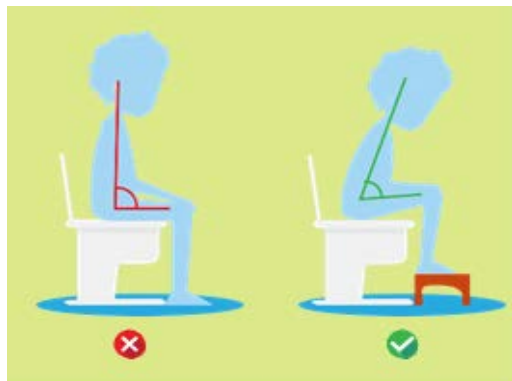
1. Begin massaging your lower right abdomen, inside your hip bone, firmly in a circular motion for 1 minute.
2. Take sweeping strokes up toward your upper right abdomen 5-10 times*.
3. Massage your upper right abdomen, below your ribs, firmly in a circular motion for 1 minute.
4. Take sweeping strokes to the left toward your upper left abdomen 5-10 times*.
5. Massage your upper left abdomen, below your ribs, firmly in a circular motion for 1 minute.
6. Take sweeping strokes down toward your lower left abdomen 5-10 times*.
7. Massage your lower left abdomen, inside your hip bone, firmly in a circular motion for 1 minute.
8. Take sweeping strokes down and diagonally toward your pubic bone 5-10 times*.
9. Massage above and the left of your pubic bone 1 minute.



*Avoid sweeping in the wrong direction of the flow of your massage.

Toileting Posture

When attempting to have a bowel movement, it is important to position yourself correctly on the toilet to facilitate better emptying of your bowels.



1. Prop your feet up onto a steady stool that is tall enough to allow your knees to be slightly above your hips.
2. Lean forward and rest your elbows onto your upper legs.
3. Breathe and relax your pelvic floor and abdominals. Avoid straining.