



Digestion Issues? Try this

HAPPY BELLY ACTIVITY

Target area: Abdomen and digestive system, particularly your colon

- Lie in a comfortable position. Start by placing your fingertips of both hands on the right lower part of your belly (next to your pelvic bone). With gentle pressure, massage the area with a small circular motion to the left, making about 3-5 circles. Then, move up a little, and repeat the same circular motion.
- Slowly continue to move up the right side of your belly with the circles until you reach your ribs. Now move across the upper abdomen, again, making small circles all across.
- When you reach the left side of your belly, start moving down the left side toward the L pelvic bone. Once you reach the left lower abdomen, lift your hand off and go back to the start position (right lower abdomen). Repeat this sequence about 5 times. Be gentle - This should NOT be painful.

Why: Holiday foods, changes in our typical diet/fluid intake, and travel can give us digestive issues, like constipation. If you feel things have slowed down, these belly rubs can help move things along. See your healthcare practitioner if you experience abdominal pain or severe constipation

