

# “I Love You” (ILU) Abdominal Massage

*Used for constipation/loose bowels and generalized pelvic and abdominal pain.*

- Always do from right to left, using soap in the shower, or cream on your fingertips.
- Start by forming the letter “I” by stroking with moderate pressure from the left ribcage down to the left hipbone. Perform this motion 10 times.
- Next, form the letter “L” by stroking with moderate pressure from the right ribcage, underneath the ribcage to the left, and down to the left hipbone. Perform this motion 10 times.
- Last, do 10 strokes from the right hipbone up to the right ribcage, across to the left ribcage, and down to the left hip bone, forming the letter “U”.
- Do this massage once/daily.

