

“I Love You” (ILU) Abdominal Massage

1. Used for constipation/loose bowels and generalized pelvic and abdominal pain
2. Always do from right to left, using soap in the shower, or cream on your fingertips
3. 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.
4. 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.
5. 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”**.
6. Finish with 1-2 minutes of **clockwise circular massage** around the belly button to stimulate the small intestine
7. Do this massage once/daily

