

COLON MASSAGE

**To be completed daily, first thing in the morning,
with a warm beverage for maximum effectiveness**

- Stroke 5 times on left side from high waist near bottom of your rib cage toward your pubic bone
- Pump 5 times on right side over the tender area between your belly button and pelvic bone. You do not need to feel the tenderness, if you use broad pressure with fingers over the area you will get it
- Follow the path of the colon (from the tender spot described above, up to your right rib case, sweeping across and down to belly button then up to the left rib cage, down to the pelvic bone, and across to the pubic bone)
 - Knead 5 times in this path
 - Stroke 5 times in this path
 - Vibrate 5 times in the path
 - Stroke 5 times in the path

