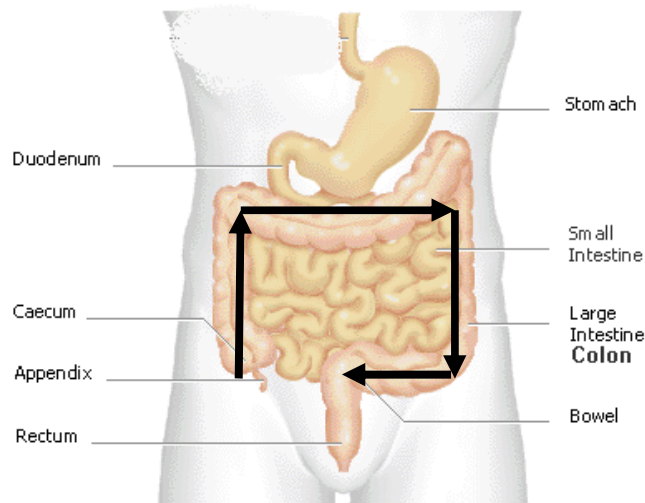


Abdominal Massage for Constipation



Slowly massage abdomen following the course of the colon. Use moderate pressure in a clockwise direction starting in the right lower quadrant, moving up, to the left, and then down. Move toward the center of the lower abdomen, up toward the navel, and down toward the pubic bone. Repeat several times for a total of ten minutes.

The Following Recipe uses essential oils which are believed to help with constipation. These can be found at any health food store.

15 drops rosemary oil
10 drops lemon oil
5 drops peppermint oil
Blended in 30 ml jojoba oil

Procedure: Blend oils together. Perform on a test patch of skin to check for an irritation or allergic reaction prior to treatment. Perform the abdominal massage described above using the oil blend directly on the skin.