

"I L U" Abdominal Massage

Below you'll find a picture of the "I L U" massage that is useful for both adults and children for bloating, constipation, diarrhea and general abdominal discomfort. These moves follow the path of the large intestine, the one that forms our stool, help to calm it down if it is irritated or overactive, and increase the movement of food in your gut. You can do this "ILU" technique 1-2 times a day if you find it helpful, or only as needed when you are feeling abdominal discomfort. Use cream or lotion on your hands and stop if your discomfort increases.

Directions

1. Start at the **BLUE arrow** below. Using both hands, stroke with moderate pressure from under the left rib cage down to the front of the left hip bone – that is, from the splenic flexure down the descending colon. (This forms the letter "I.") Do this 10 times.
2. If you feel pressure/discomfort at the very bottom of the "I," do several strokes down and at an angle towards your right leg. This helps move stool or gas that may be backed up at the sigmoid colon (**PURPLE arrow**).
3. Next, form the letter "L" (**RED arrow**) by stroking with moderate pressure from the right ribcage, underneath the ribcage moving left, and then down to the left hipbone. That is: from the hepatic flexure, across the transverse colon, to the splenic flexure, and then down the descending colon like before. Do this 10 times.
4. Make the letter "U" 10 times from the front of the right hip (cecum) to the right ribcage, across to the left ribcage, and down to the left hip bone (**GREEN arrow**).
5. Finish with 1-2 minutes of a circular clockwise massage about 2 or 3 inches out from your belly button. This gently stimulates the small intestine, where digestion and food absorption mainly happen.

