

*Wendy Leung*

Holistic Health & Happiness Coach

# Abdominal Massage

## IBS SOS for bloated, painful tummies

From a Traditional Chinese Medicine perspective, bloating is a sign of a weak gut and/or stagnation in your digestive system, whether it happens after eating, with constipation or diarrhea, or just at random.

Applying a heat pad, drinking warm water (tea and coffee can be triggers), and doing light abdominal massage can be very helpful to warm up the area and get things moving in the right direction.

This booklet will teach you a gentle massage technique that will help calm your belly without causing additional pain.

Happy tummy-soothing!

Wendy

# Gentle abdominal massage

1. Start with warm hands. If your hands are cold, warm them up under running water or with a hot water bottle before getting started.
2. Rub your palms together to create more warmth and bring energy to them.
3. Place one hand above and one hand below your navel, with the lower sitting closer to your pelvis.
4. Lightly rub the top hand around the entire abdomen from your ribcage to your pelvis in a clockwise direction while the other hand rests lightly on your low abdomen. Complete one rotation in about 3 seconds, and repeat for 9 rotations.
5. Return your hands to the areas above and below your navel with your upper hand closer to your ribcage.

## Gentle abdominal massage

6. Lightly rub the bottom hand around the entire abdomen from your pelvis to your ribcage in a clockwise direction while the other hand rests lightly on your upper abdomen. Complete one rotation in about 3 seconds, and repeat for 9 rotations.

7. Move both hands to form a triangle around your navel with thumbs meeting above and fingers meeting below.

8. Take 3 deep breaths in and out, feeling the warmth of your hands warming up your abdomen.

9. Rotate your hands inward to cross your fingers over your navel and take 3 more deep breaths in and out, feeling the warmth radiate inside your belly.

10. Take one last deep breath, tuning into your body as your belly opens up and relaxes, and thank yourself for giving time for this practice.

# How it works

In the abdominal area there are many TCM meridians and many nerves that run through it, so it can respond well to therapies.

But pressure on an already bloated abdomen can be very uncomfortable and make you feel worse, so typical massage can be unhelpful during flareups.

By using only warmth and extremely light touch you can comfortably guide your gut into an open, relaxed state.

Combine that with a soothing warm drink and you'll have a calmer gut in no time!