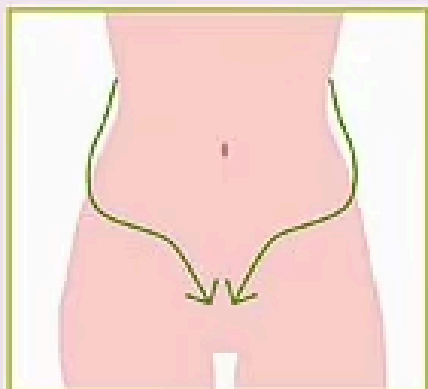


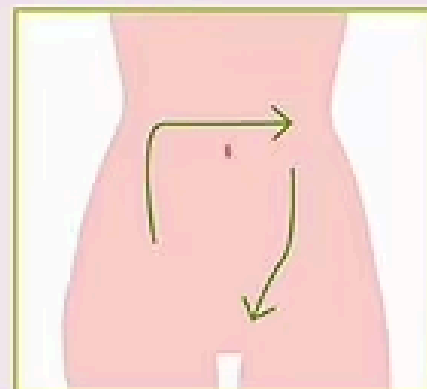
MY STEP-BY-STEP GUIDE TO THE PERFECT (GUT) MASSAGE



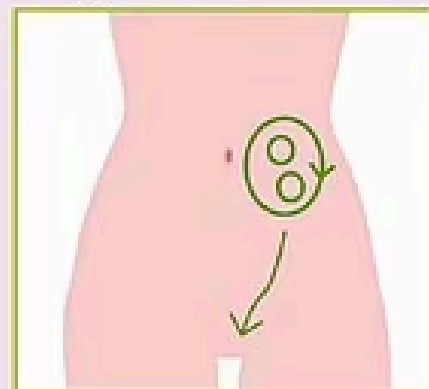
1. PREPARING THE GUT
Gently stroke upwards with a flat hand (three times).



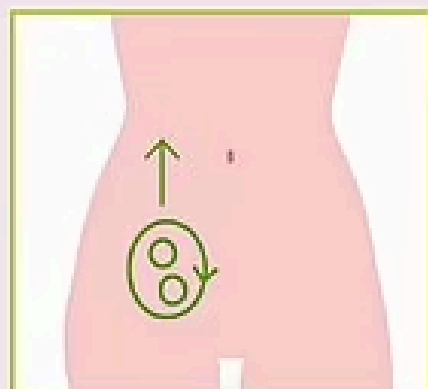
2. STIMULATING THE GUT
Stroke from your mid-back down the sides of your tummy into the groin (ten times).



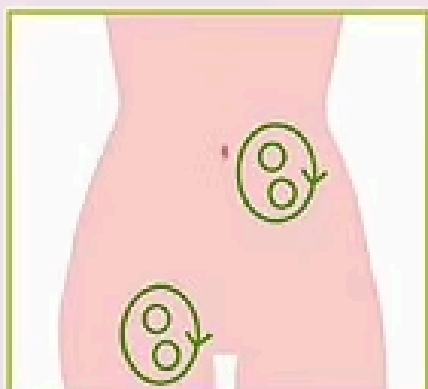
3. MOVING THINGS ALONG
Stroke around your large intestine, with your right hand moving up, across and left hand moving down (two mins).



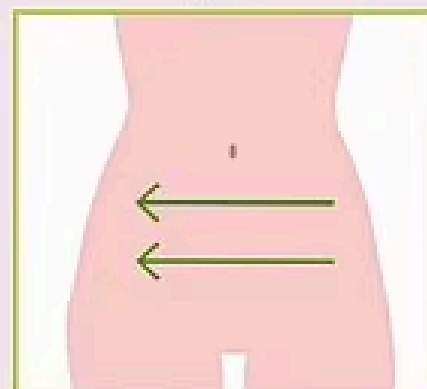
4. PUMPING DOWN
Using your fist, knead down the left side of your intestine. Imagine you're kneading dough down a tube (two mins).



5. MOVING THINGS UP
As step 4 but moving up the right intestine (two minutes).



6. FINAL PUSH
Repeat steps 4 then 3.



7. WINDING DOWN
Gentle stroking across with a flat hand (ten times).



8. GAS RELEASE
Gently push down and shake with a flat hand across the large intestine.

■ ADAPTED from: *Eat Yourself Healthy: An Easy-To-Digest Guide To Health And Happiness From The Inside Out*, by Dr Megan Rossi.