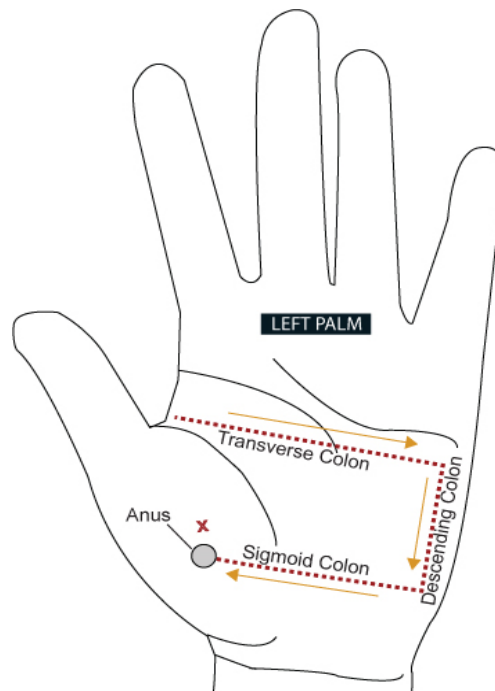


Hand Reflexology – Constipation

Use your right thumb to apply gentle pressure to follow the path of the transverse colon, descending colon and sigmoid Colon.

At the end, hold the reflex for the anus for a few seconds.
Repeat this 5 times.



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