

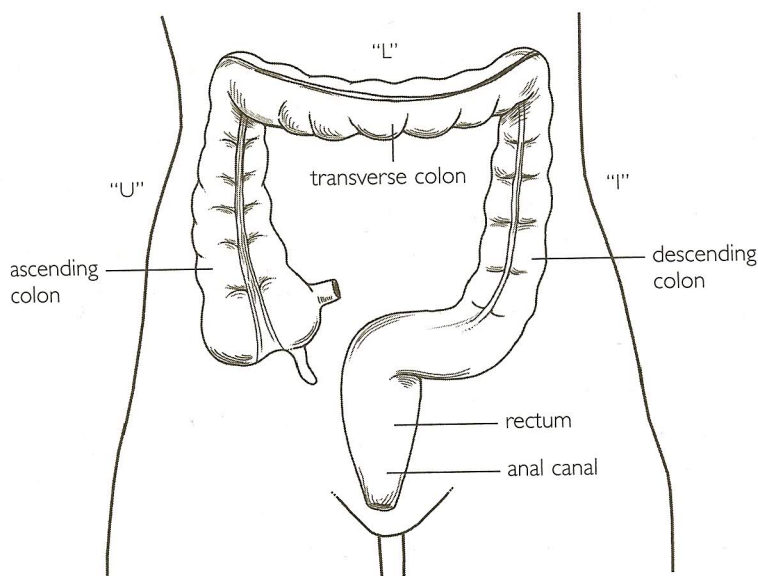
between 5 o'clock and 7 o'clock because that is the location of the tailbone, and massaging bone can be painful, although it is not harmful to do so. Again, leave these areas to the professionals.

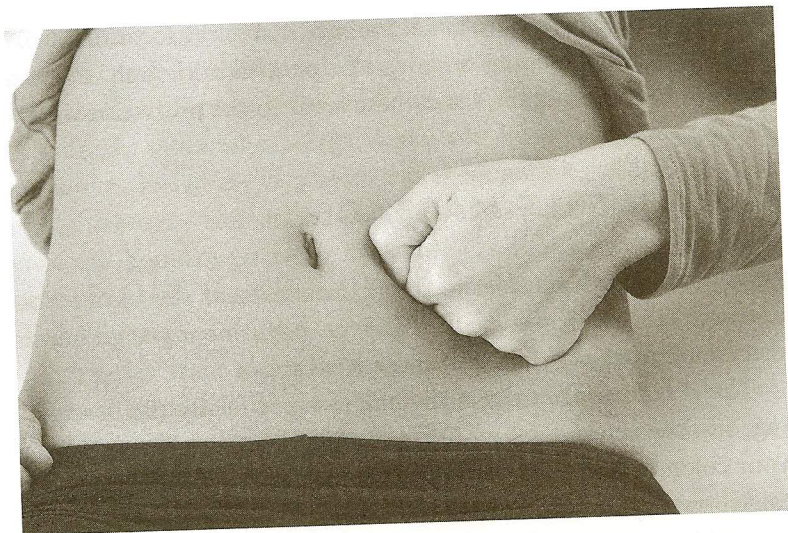
THE ILU SELF-MASSAGE

Many of my patients refer to the ILU massage as the I Love You massage. The reason it's called ILU is that your massage movements will trace the shapes of those letters.

The ILU massage targets the colon—specifically the descending, transverse, and ascending colon, as shown in Figure 5.1. If your colon is blocked—if you have constipation, diarrhea, or irritable bowel syndrome or any similar discomfort—the ILU massage works like a charm. But you don't have to have any symptoms at all

Figure 5.1 Anatomy of the Colon for "ILU" Massage





to benefit from the ILU massage. It's just an excellent way to relax your core and keep it healthy. Here's how to do it:

Lie on your back—preferably on your bed, but a firm sofa or other comfortable surface will do. You might want to wedge a couple of pillows under your knees. Use your hand in the most comfortable way possible—either as a fist, using your fingers, or using the edge of the palm. Begin on the left side of the body—think of the belly button as the center—just beneath the left rib cage, and massage down toward the pubic bone in a straight line. In other words, draw the letter *I* from the bottom of your rib cage downward. In doing so, you are massaging your descending colon. Draw the *I* 10 to 15 times.

Now for the *L*. This time, start on the right side of your body, just under the rib cage to the right of the belly button. Massage from right to left, then down toward the pubic bone: across, then down, as in the letter *L*. This also massages the descending colon, but it massages the transverse colon as well. Do this 10 to 15 times.

Finally, draw the *U*. Start to the right of the belly button, but this time, begin at the top edge of the pelvic bone and massage

