

## 腹部自我按摩

### Abdominal Self Massage (Chinese)

按摩肚子可以帮助粪便沿着结肠内部移动。它可能有助于缓解紧绷、压力、痉挛和腹胀的症状。

Massaging your stomach can help to move stool along the inside of your colon. It may help relieve symptoms of tightness, pressure, cramping and bloating.



- 从肚子的右侧靠近骨盆的骨头开始。轻轻地以圆形运动在右侧往上揉搓，直到触及肋骨为止。直接向左侧移动。从左侧向下到髋骨，然后回到肚脐按摩 2-3 分钟。

Start on the right side of your stomach down by the bone of your pelvis. Rub in a circular motion lightly up to the right side till you reach your rib bones. Move straight across to the left side. Work your way down to the left to the hip bone and back up to the belly button for 2-3 minutes.

- 用指尖以圆形运动揉搓。您可以用手指按得更深一点。花大约 1 分钟从右髋骨移动到右肋骨，然后横过中间（轻轻）按摩 1 分钟，然后花一分钟从在下面的骨盆左骨移动到肚脐。

Rub with your fingertips in a circular motion. You may press a little deeper with your fingers. Spend about 1 minute moving from the right hip bone to the right ribs then 1 minute across the middle (gently) and then 1 minute down to the left bone by your pelvis to the belly button.

- 重复揉搓，保持顺时针方向移动，持续 10 分钟。

Repeat rub, always in clockwise motion, for 10 minutes.

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