

STOMACH DRAINAGE SCRIPT

Stomach Drainage stimulates lymph flow in the abdominal area encouraging the movement of lymphatic fluid.

Here are the steps of the Energy Flow® Stomach Drainage exercise:

1. Stand with your feet shoulder-width apart.
2. Take several deep breaths, expanding your abdomen as you inhale and gently contracting it as you exhale.
3. Place both hands on your lower abdomen, just below your belly button. Use light pressure with your fingertips as you begin the exercise.
4. With your hands in place, begin making gentle, in circular motions around your abdomen.

Reflection questions:

1. As you used circular movements on the abdomen, what did you notice in your stomach area?
2. How did deep breathing affect the movement or comfort in your belly?
3. After the exercise, did you feel any change in softness, digestion, or ease?