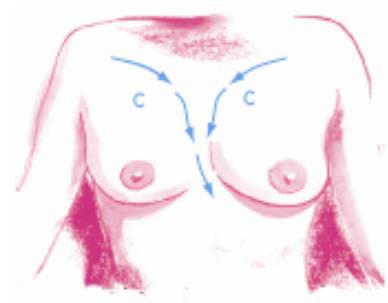


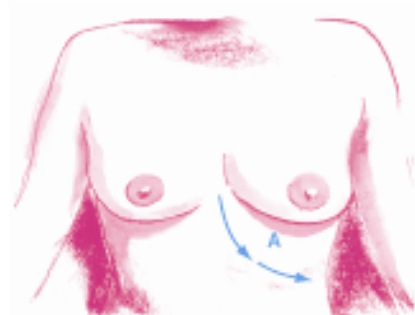
up and placed under her right hip to tip her body slightly off to the left, relieving any pressure off the heavy uterus and baby from her major arteries).



Stage 2

3) With the PADS of all your fingers, work DOWN the chest, (C) under the collarbone on both sides and then move along the path of the outside the breast area to the area under the left ribs.

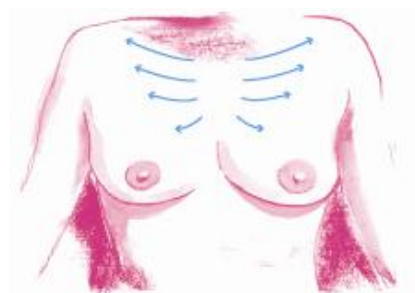
Stage 3



4) Repeat the initial move (A) – just on the left side.

Repeat at least 3 times or until you can't feel any more sludge or whatever moving under your fingers.

Stage 4



5) With the pads of all fingers – attend to one side at a time, starting at the midline, very deeply and very SLOWLY gouge outwards along the spaces between the ribs towards the arms.

It is to be very firm. If excruciating, start shallow and gradually go in deeper, not so as to leave bruising although it will often feel solid. This may take a while – be sure to do it slowly and thoroughly.