

TIPS FOR CONSTIPATION 🍌

Dealing with constipation? Try these **4 tips** with our squatty potty to help!

STEP 1.
Place feet on squatty potty to relax your Pelvic Floor. 🚽



STEP 2.
Inhale (DROP pelvic floor, belly comes out) and Exhale (Belly comes in) 🙄



STEP 3
Twist your trunk to the right, Breathe. Then twist to the left, Breathe



STEP 4.
Shimmy one knee in front of the other. while feet on squatty potty



STILL STRUGGLING?
Visit our website and call to Learn more how we can help



703-962-6802