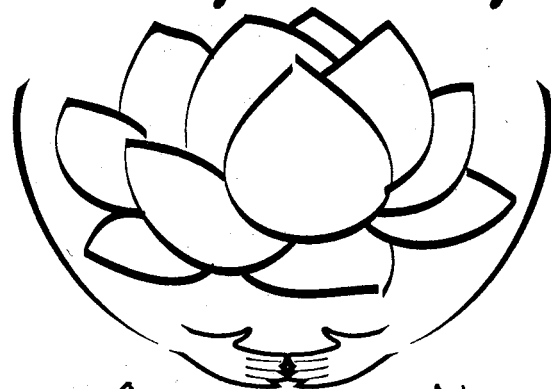


Belly Buddy™



A Hug For Your Belly

About Your Belly

When was the last time you thought about your stomach or your intestines? Not lately, right? Unless, of course, you have been feeling a little sick, or perhaps even a lot sick. Unfortunately, more and more of us are becoming like this.

Digestive ailments are literally epidemic in our society with 6 million people suffering from indigestion, 8 million from constipation, and another 5 million from ulcers. Irritable bowel syndrome is the #1 digestive problem plaguing Americans, competing with the common cold in terms of lost hours and high medical costs. And most frightening of all, colon cancer kills thousands each year. It's not so surprising then, that antacids, laxatives, and heartburn medications are some of the best selling medications in the US today.

So What's Causing All This Illness?

As you may have guessed, one significant factor is our poor diets. Americans, on the average, consume too much fat and too little fiber, as well as too many nutrient-deficient processed foods. Alcohol, drug abuse (including over-the-counter drugs), and smoking also take their toll on the digestive system, as does lack of sleep and exercise.

What you may not have guessed, however, is the significant role our emotions have on the digestive system. Americans often abuse food for social and emotional reasons, literally "stuffing" themselves when stressed or angry, anxious or depressed, just to avoid experiencing these feelings.

Our solar plexus (above the navel) is a collection of important nerves and our belly is considered our emotional center. It was stated by the ancient sages, and now supported by many twentieth century researchers, that many held and unexpressed emotions are stored in the belly. *Psychological stress* plays a large role in creating or adding to the development of common belly ailments, in turn adding to our stress

which leads to even more symptoms.

Holding tension in our bellies often is accompanied by shallow breathing which creates a muscular tightening in the gut. This “tense belly” can produce itself in a variety of emotional and physical challenges: belly aches, menstrual cramps, constipation, bloat, insomnia, irritable bowel, depression and stress.

During times of emotional and physical stress, blood and nutrients are shunted away from your belly, contributing to the myriad of belly discomforts.

When a baby needs your attention, it will cry until you take care of it. Your belly is going to keep “crying”—that is, causing uncomfortable and unpleasant symptoms—until you listen. Often these painful sometimes chronic symptoms bring our attention down into our bellies so we can reconnect with our emotional center. The body gives us these symptoms to prompt us to change our destructive habits, to let go, to forgive, and to pay attention. Doing what you need to do to attend to these symptoms can lead to better emotional and physical health.

Using your Belly Buddy™ assists in the healing process as its warmth draws blood and nutrients back to your belly and provides emotional TLC.

*Don't go outside your house to see the flowers.
My friend, don't bother with that excursion.
Inside your body there are flowers.
One flower has a thousand petals.
That will do for a place to sit.
Sitting there you will have a glimpse
of beauty
inside the body and out of it
—before gardens and after gardens.*

Kabir

Tender Loving Care For Your Belly

Using your specially designed, scented, and warmed Belly Buddy™ softens or relaxes the belly, releasing tensions and helping to ease numerous uncomfortable symptoms. With healing aromatherapy, the Belly Buddy™ comforts and nurtures.

Belly breathing can reduce the stress and anxiety that can cause or exacerbate symptoms. Find out how to quiet your mind and let go of stress with simple techniques described on page 12.

Belly massage is another powerful way to heal. You'll find instructions on page 14 on how to give yourself a soothing, abdominal massage.

Changing certain lifestyle habits can help to greatly relieve uncomfortable symptoms. Follow the suggestions throughout the Belly Buddy™ Booklet to give your belly the TLC it needs.

Belly Buddy™: TLC For Your Belly

An aromatic herb-filled pillow made carefully to fit in the cavity of the abdomen. Used heated or unheated, the Belly Buddy™ brings warmth and comfort with belly awareness. It's like a hug for your belly!

- Relieves bellyaches
- Helps reduce anxiety and tension
- Encourages the healing of digestive dis-ease
- Relaxes your tight, cramping, or spastic bowel
- Eases PMS
- Enhances breathing
- Lulls you to sleep
- Comforting for adults and children
- Assists in inner exploration
- May facilitate the release of repressed feelings
- A warm and comforting sleeping companion
- A nurturing gift for yourself or for anyone you know with a belly!

Heat & Aromatherapy

Heat Things Up!

The warmth of your heated Belly Buddy™ can achieve many things. On a physiological level, it relaxes spasms and muscular tightness. Heat can also calm the nervous system. It increases the flow of blood and nutrients to the belly for healing tender areas and stimulating the digestive, eliminatory, and circulatory systems.

Unlike appliances, such as electrical blankets, which emit a low-frequency electromagnetic field now recognized as a potential health risk, the trusted Belly Buddy™ safely eliminates such concerns with its 100% natural, simple ingredients: rice, seeds, and essential oils.

It is not recommended to use heat if you are pregnant, or if you have a recently formed scar, hemorrhaging tendencies, or skin conditions such as rashes, sunburns, or gangrene. Always check with your doctor for persistent symptoms.

How to Heat the Belly Buddy™

Place the Belly Buddy™ in your microwave for 3 minutes or wrapped in aluminum foil in a preheated oven at 225 degrees for 15 minutes. Touch test your Belly Buddy™ before holding it against your skin: it should feel hot without discomfort. Generally the Belly Buddy™ stays warm for up to an hour. When it cools down, reheat for less time (1 minute in the microwave, 10 minutes in a conventional oven).

The Practice of Aromatherapy

The practice of aromatherapy dates back thousands of years, but only now does modern science validate the power of scent to evoke changes in one's state of being. The healing aromas of herbs, plants, and flowers produce a wide variety of beneficial effects in physical and emotional health.

The special fragrances used in the Belly Buddy™ are designed to alleviate stress, soothe, and heal. When, depending on usage, the herbal fragrance diminishes, apply a few drops of your favorite essential oil onto the pillow insert.

Belly Breathing

Belly breathing is a deep breathing process that helps you relieve the tension that many of us “hold” in our bellies. It has been shown scientifically to reduce stress, and is often used as a relaxation technique in Yoga, various types of psychotherapy, and body-mind healing philosophies. Benefits include: the relief of menstrual cramps, enhanced digestion, normalized bowel function, and increased circulation to the belly, thereby increasing oxygen and nutrients that help prevent dis-ease. Belly breathing can bring back vitality and spontaneity while calming and slowing us down.

Here's How

1. Lie on your back, wearing loose comfortable clothing.
2. Place your Belly Buddy™ on your stomach for

- visual feedback on the depth of your breathing.
3. Rest your hands on your belly or Belly Buddy.
4. Relax and notice your breathing pattern.
5. Breathe in slowly through your nose, deep enough to expand your abdomen. Imagine that you have a balloon inside and as you inhale you are expanding it, causing the abdominal area to expand. Notice your hands rising.
6. Breathe out through your nose. Gently pull the abdominal muscles in as you exhale all the air out your lungs. Experiment with this a few times.
7. Now, let's add a variation: Take in your breath slowly to the count of eight. Hold your breath to the count of four, relaxing around the held breath. Exhale slowly again for the count of eight.
8. Another variation: As you exhale, let go of all worries, concerns, and negative thoughts. Inhale *peace and relaxation; all is well*. Repeat the breathing cycle five times. Feel the relaxation spread throughout your entire body.

He who half breathes, half lives.
•Ancient Eastern Proverb

Belly Massage

Everyone loves a massage, so why not give your belly a soothing belly massage to relieve those uncomfortable aches?

Here's How

1. Lie on your back with a pillow under your knees.
2. Pour warmed massage oil into the palms of your hands.
3. Take three deep Belly Breaths.
4. Starting at the lower right side of your belly, directly above the hip bone, move your fingertips in a circular motion, slowly moving up the right side until your fingers are just below your ribcage. Stop often to take a few belly breaths.
5. Continue to massage across your upper belly, just above your navel and down your left side to just directly above your left hip bone.

6. If you notice any tender or tight areas, apply light pressure with your fingers on that area and invite your breath to enter into that space. Notice how that can relieve the tenderness or tightness.
7. Repeat the process once again, this time spiraling in toward the navel.
8. Complete the massage by placing both palms on the center of your belly and allowing a belly breath to fill your abdomen.
9. Place your warmed Belly Buddy™ on your abdomen and notice how your belly feels.

Belly Wisdom Affirmation:

"I trust the process of life. All I need is always taken care of. I am safe."

Belly Aches & Irritable Bowel

Who Tied the Knot So Tight?

Common symptoms: nausea, gnawing and burning pain, tenderness, gas and heartburn, and a tight uncomfortable pulling in the gut alternating with constipation or diarrhea.

Common causes: A poor diet of too many refined foods, sugars, caffeine, fried or spicy foods, and alcohol; eating too much, too fast; holding nervous tension in your belly.

How to Use Your Belly Buddy™

The warmth and aromatic fragrance of your Belly Buddy™ is extremely relaxing for an aching belly. After placing your warmed Belly Buddy™ directly on your belly, feel the comforting qualities as your bellyaches melt away.

Other TLC Invitations

- Use the "Conversations With Gut" audio cassette (see Order Form) to explore your symptoms.
- Use Belly Breathing.
- Use Belly Massage using lavender oil.
- Express or journal your feelings: Who or what is irritating you?
- Use herbal relaxants.
- Use acidophilus and bifidus.
- Include more fruits and veggies daily; cut back on processed foods as well as alcohol and caffeine.
- Eat only when relaxed.

Belly Wisdom Affirmation:

*"I digest and assimilate all new experiences
peacefully and joyously."*

- Louise Hay

Stress

Bad Day?

Researchers estimate that stress contributes to as many

as 100,000 deaths a year in the United States. Stress is often an unfortunate byproduct of life, putting a tremendous strain on

your and immune systems. Your Add Vi

your message to take a break.

symptoms: Changes in appetite, high fatigue, headaches, recurrent illness, and feeling ready to scream!

causes: Constant physical, emotional, and bringing on mental or physical work; lack of exercise; poor eating sleep; shallow breathing; and pushing g with life.

Your Belly Buddy™

your phone, lock your door, let others be you "your time."

- Reduce your fr
- Begin
- Yoga, and ce
- Do no further
- Get su
- Take a
- Rent si

"Stress: Tl
y"

2. Put on some soothing music or the Belly Buddy™ relaxation tape and get comfortable.
3. Place your warm aromatic Belly Buddy™ on your belly. Breathe . . . let the world of stress go away.

Other TLC Invitations

will relaxation on both with relaxation as
versations. With Gut

stress supplements daily:

caffeine and sugar intake; increase
d vegetables.
inue a regular exercise program.
tion, and prayer help you stay relaxed
ss or deny your emotions which only
ounds stress.
sleep each night.
f.
any movies and laugh!

Belly Wisdom

ig you get when your gut says 'no' and
uth says 'Yes, I'd be glad to.'"

- Dick Frances

Constipation

“I Huff and Puff...but I Can’t Get It Out!”

Constipation plagues three quarters of the American population, so you know you are not alone in your discomfort. Common symptoms: Bowel movements that are infrequent and difficult to pass, fatigue, nausea, nervous irritability, depression, bad breath, body odor, and sallow skin.

Common causes: poor diet with too many flour and bread products; insufficient fiber and fluids; the intake of too much dairy, caffeine, and alcohol; overeating; overuse of drugs; lack of exercise; emotionally “holding on” to memories or feelings that are no longer useful and may be affecting your “letting go” process.

How to Use Your Belly Buddy™

Begin by bringing some TLC to your congested belly by placing your warmed aromatic Belly Buddy™ on

your belly, allowing the warmth to soften and relax any tightness of the bowels. Remember to take deep Belly Breaths.

Other TLC Invitations

- Try Belly Breathing and Belly Massage.
- Journal about what you might be “holding on” to.
- “Let go” of what no longer serves you (negative thoughts, toxic relationships and/or jobs).
- Take brisk walks daily.
- Drink plenty of H₂O, at least 6-8 glasses a day.
- Take acidophilus twice daily.
- Mix oat bran or ground flax seeds into your cereal.
- Incorporate more fruits and veggies in your diet.

Belly Wisdom

*“There came a time when the risk
to remain tight in the bud
became more painful than the risk
it took to blossom.”*

- Anais Nin

Gas

It's a Gas!

Everyone's got it, some of us just have it more. Your belly is so bloated you can't even suck it in enough to zip up your pants. Common symptoms: Rumbling noises, nausea, and sometimes abdominal pain.

Common causes: Overeating; eating when stressed or upset; food allergies; gassy foods; eating too fast and swallowing air; a need to protect your feeling center (the solar plexus).

How to Use Your Belly Buddy™

Use your Belly Buddy™ to help soothe your belly and get out some of that obnoxious gas!

1. Beginning in a kneeling position, sit down on top of your feet. Place your aromatic warmed Belly Buddy™ on your abdomen.
2. Lean forward with your Belly Buddy™ between your belly and thighs. Belly Breathe as long as it

is comfortable in this position.

3. Slowly lift your head and lie on your back.
4. Place your faithful Belly Buddy™ on top of your belly for additional comfort. Open the windows and enjoy the relief!

Other TLC Invitations

- Drink chamomile or peppermint tea.
- Give yourself a Belly Massage.
- Drink one tablespoon of apple cider vinegar in eight ounces of water with your meals.
- Eliminate your most common foods for a week (for example: dairy, pasta, bagels, sugar).
- Take activated charcoal capsules for reducing gas.
- Include acidophilus and bifidus daily.
- Journal on what emotions and feelings you may be needing to protect yourself or others from; be gentle with yourself as you explore.
- Eat less, chew more.

Belly Wisdom

"I never eat more than I can lift."

- Miss Piggy

PMS Discomforts

Razzle Snazzle . . . It's My Hormones

Common symptoms: Abdominal bloat, constipation, breast tenderness, depression, or irritability.

Common causes: Before your menstrual period, excess estrogen over-balances progesterone, producing those uncomfortable PMS symptoms. Consuming too much caffeine and sugar can exacerbate the problem as can unexpressed/suppressed feelings and ideas that need to be shared.

How to Use Your Belly Buddy™

The weight and warmth of your Belly Buddy™ gives you the right amount of nurturing pressure for your tender belly. These qualities often help relax your belly and the occasional accompanying constipation. The aromatic fragrances ease irritability. This is the time to give yourself plenty of TLC and honor your womanhood.

Other TLC Invitations

- Take a hot sage or lavender bubble bath.
- Give yourself a Belly Massage with sage and lavender oil.
- Listen to the Belly relaxation tape.
- Cut back on sugar, caffeine, and alcohol intake.
- For a natural diuretic, eat cucumbers and watermelon.
- Drink PMS herbal tea to reduce uncomfortable symptoms.
- Drink plenty of H₂O.
- A vitamin or mineral supplement with extra B's helps calm and reduce edginess.
- Slow down, cocoon, pamper yourself.

Belly Wisdom

*"I now take care of my feminine and creative side.
I embrace and honor all the cycles of womanhood."*

Insomnia

Tossing and Turning

An estimated 15%-17% of the population suffers from insomnia at any given time.

Common symptoms: Inability to sleep, prematurely ended or interrupted sleep, waking up in the middle of the night for no apparent reason.

Common causes: Hypoglycemia, indigestion, breathing problems, excess worry, stress, tension, depression, anxiety and/or pain, too much caffeine and sugar, the inability to turn your "mind off."

How to Use Your Belly Buddy™

The warmth and weight of your Belly Buddy™ will help bring you out of your "chattering mind" and bring your attention to your belly. Your warmed Belly Buddy™ will lull you sleep. Do some Belly Breathing, slowly and deliberately, to enhance the relaxation effect.

Other TLC Invitations

- Journal before you go to bed.
- Gaze at a lighted candle for three minutes before retiring.
- Eat small evening meals.
- Avoid caffeine, sugars.
- Apply chamomile or lavender oil on your temples.
- Exercise in the morning, ideally outdoors.
- Let go and trust that all "concerns" will work out perfectly as they are meant to.
- Take 2 capsules of Kava Kava and 2 capsules of St. John's Wort 1 hour before bedtime with a full glass of water.
- Take an Epsom salt bath before retiring.

Belly Wisdom

"There are things I can change. . . There are things I cannot change. Please guide me to know the difference."

- Serenity Prayer

A Comforting Companion

Lonesome? Sad? Grieving?

Common symptoms: Feeling like you just want to pull the shades down, curl up into a ball, and make the world go away; depression, fatigue, digestive disorders; everything feels bleak.

Common causes: loss of a significant other; loss of a job or other personal loss; just one of those days, weeks, or lifetimes.

How to Use Your Belly Buddy™

Your Belly Buddy™ can give you the nurturing you need at this time. Place your warmed Belly Buddy™ on your belly. Feel the warmth of your Buddy™ “hugging” you back.

Other TLC Invitations

- Soak in a hot bath with six drops of rose oil and six drops of chamomile oil.

- Give yourself a Belly Massage with rose oil.
- Place your Belly Buddy™ on your heart and feel how that nurtures you.
- Eat healthy fruits, vegetables, and protein. Take a vitamin mineral supplement to keep your immune system on track during this time.
- Know that this time, too, shall pass.

Belly Wisdom

*“The loss I have felt is healing now.
Love and live now. Show me how.”*

- Anonymous

Reading List

Here's a list of some great books that can help heal the mind, the body and soul!

21 DAY DETOX by Jeffrey Bland

THE POWER OF THE MIND TO HEAL by Joan Borysenko,
PhD.

HOW TO SURVIVE THE LOSS OF A LOVE by Colgrove,
Bloomfield, McWilliams

THE 2ND BRAIN by Dr. Michael Gershen

YOU CAN HEAL YOUR LIFE by Louise Hay

CONSCIOUS BREATHING by G. Hendricks

MOLECULES OF EMOTION by Candace Pert, PhD.

ORDER FORM
(please print)

NAME _____

ADDRESS _____

_____ PHONE _____

Payment Method _____ Cash _____ Check _____ Credit Card

☐ VISA ☐ MASTERCARD

CC# _____ Exp. Date _____

Signature _____

SEND OR FAX TO:

PARTNERS IN WELLNESS
1967 N. DAYTON, CHICAGO, IL 60614.
Phone: 773.868.4062
Fax: 773.868.4063
Email: gutwisdom@aol.com