

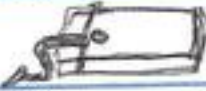
January 24, 2018

Don't B alarmed. Sometimes move in me 2 pen
this. Not exactly sure Y. But I trust God
some I will B blessed by it - supremely --

Here goes -

So there's a lot of commercials out there that
advertise stool softeners, constipation pills/drinks,
N what nots.

But (no pun intended) I'm here 2 tell U there's
better ways. FREE ways God has blessed us with
2 stay regular - n - relieve constipation -

- 1) water
- 2) sit-ups, crunches
- 3) walking
- 4) jogging
- 5) put'n ur hand on ur stomach - n - prayin / askin God 2
help U have a bowel movement
- 6) layin on ur stomach
- 7) put'n "weight" on ur stomach (deterrenary or a couple
books totalin 5-10 lbs)
- 8) bendin over the side of the bed / chair - like
this 
- 9) Even grab some headphones / small radio - n - let'n ur
stomach listen 2 some soothin music (4 me it's
gospel ☺)