Typically replies in minutes

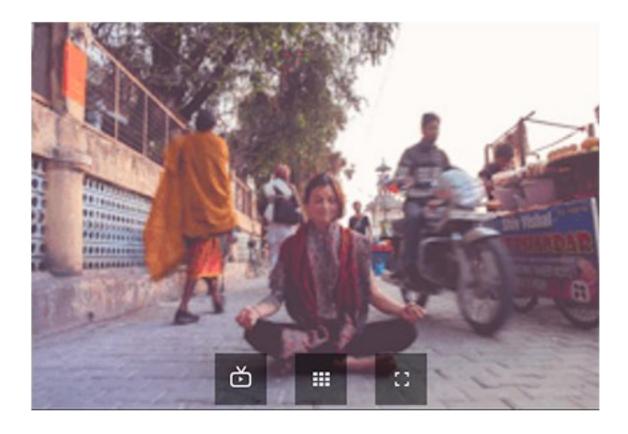


Let's do it now, it's easy! Breath deep into your belly for a slow count of 6.

Inhale slowly for a count of 4.



Place one hand on your belly and repeat above. Exhale and inhale 5 more times. Easy peasy.



Was that helpful?



Yea, it was.



No. Next please.