

CONNECT	
No2 Problems? Well, Try This...	

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This is a medical and general health tip which will provide instant relief!

- 1

I first saw this image on a friend's bedroom wall – and since then, have come to know it's one of the world's most iconic of images. Well, I can see the photographer captured something of interest for tennis fans. But...

The thing is - this young woman in the 1970s – wasn't really a tennis player at all. The picture was staged – plus the tennis racquet was borrowed, the balls were really the family dog's playthings and the tennis shoes were the woman's father's – apparently! The whole thing was a bit of fun for the two involved then – but now, this image can be of immense help to us all!



- 2

It's a bit funny when two obscure things come together – but that is exactly what happened this last week.

The first thing was a conversation – of all things about constipation – and difficulties on the loo, doing our no.2s. To put it very bluntly – there are times when we can all struggle on the loo. There's a blockage in the number two department and the thing seems as awkward as hell - and just won't shift.

Passing time can help - relaxing for a bit, doing other paperwork - until you have another go. And having another go can make life decidedly uncomfortable - and frankly exhausting. I guess we have all been there.

The second thing. It came out in the media recently that the young woman – who's now been seen around most of the world – and is proudly hanging in the **Wimbledon Lawn Tennis Club**, of all places – is in fact **Fiona Walker**.

Fiona - maiden name being Butler - agreed with her then boyfriend **Martin Elliott**, while they were both at university in Birmingham, to pose for the pic. [The Daily Mail covered the story](#) – among other platforms.

Fiona declares that she never earned a penny in royalties from the poster's distribution. Also, Fiona never received recognition on the tennis court either – basically because she wasn't a fan of the game and didn't play much.

3 But here's the thing!

Fiona provides the near perfect image to demonstrate a solution to the No2 problem. By placing a hand in the area depicted – as seen in the original version of the poster below – the problem can be rectified! Ideally, the hand should be an inch or so lower than shown – and the fingers not spaced, but rather together.

By applying gentle pressure with the fingers you can achieve instant success. That blockage is eased through and with absolutely no discomfort whatsoever.

Oh, and there's no messy fingers if you do it right either. It's important that you know that too!



4 Try it – and let us know how you get on. Actually no - let's keep this private among ourselves. But then, you might pass the secret on – at a discreet moment – to a friend. Believe me, when you know how well this works for you, you will not want to keep it from your friends and family. Tell your kids – or share this pdf – the knowledge will stay with them for life.

I do wonder how many GPs know about it – and pass it on?

- 5 Jethro – comedian, told this one-liner – going something like this.
If Turkey became constipated – would Greece help?
It might I suppose, but really – no grease is needed for this!
Just slight pressure – and it's finished!

We extend our thanks to Fiona Butler for her help with this problem.

- PS1 If any of our readers know of other simple, easy to administer health tips we could pass on – do let us know. We'll do our bit to help others in the world.

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CONNECT'S Maxim and Oath

Connect is only interested in finding and sharing the TRUTH.
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By: David Charles

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- 2 [LINK](#) **Daily Mail:** I was that cheeky tennis girl says 52-year-old mother of 3

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