

Reflexology is an alternative health therapy that uses knowledge of reflex points to stimulate the body's natural processes. It is based on the principle that there are correspondences between the organs of the body and reflex points on the hands, feet and face. Reflexology is a non-invasive therapy that aims to improve the circulation of blood and lymph, and to release the body's natural healing abilities. The techniques of reflexology involve massaging these reflex points with the fingers and thumbs in order to treat them, and thereby cause organs connected to the pathway.

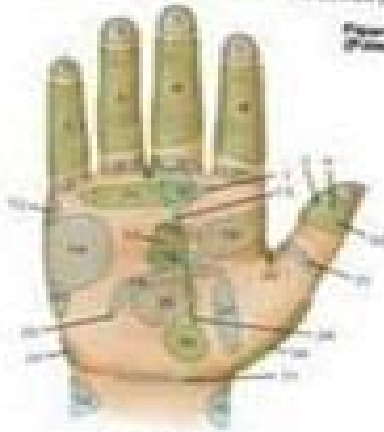
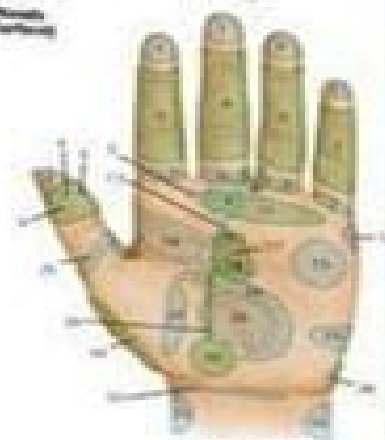
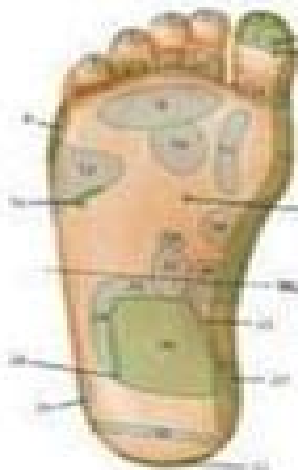


Figure 1: Right Hand (Palmar Surface)

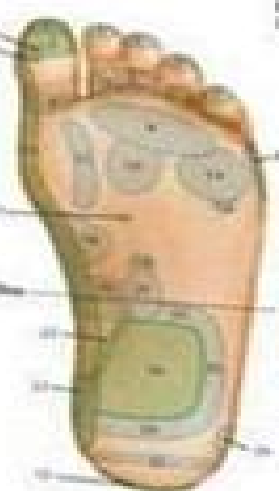


Left Hand

Figure 3: Right Foot (Plantar Surface)

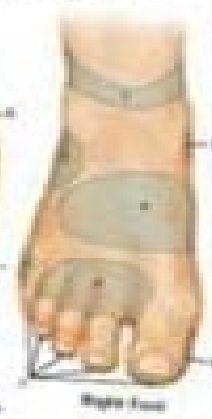


Right Foot



Left Foot

Figure 5: Right Foot (Dorsal Surface)



Right Foot

Figure 6: Reflexology Points

Point	Organ/System
1	Head
2	Brain
3	Stomach
4	Small Intestine
5	Large Intestine
6	Bladder
7	Prostate
8	Uterus
9	Ovaries
10	Testes
11	Penis
12	Rectum
13	Heart
14	Lungs
15	Liver
16	Gallbladder
17	Pancreas
18	Spleen
19	Kidneys
20	Adrenals
21	Thyroid
22	Parathyroids
23	Endocrine System
24	Reproductive System

Reflexology Pockets Perma Charts

Sabine Zange



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