

Reflexology

AND CHARTS

Reflexology is an alternative health therapy that uses pressure of reflex points to stimulate the body's healing processes. It is based on the principle that there are numerous energy pathways that travel to every angle of the body and have endings or points to allow just below the skin surface (primarily in the hands and feet). The reflexology touches manipulating these endings for relief points to improve energy flow in order to treat disease and alleviate pain or organs situated on the pathway.

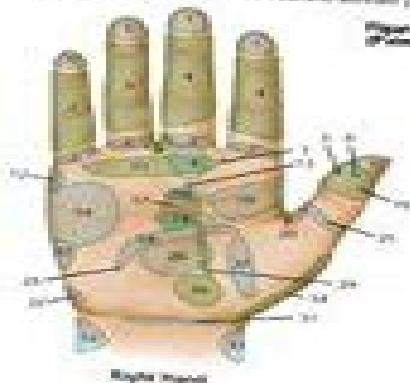
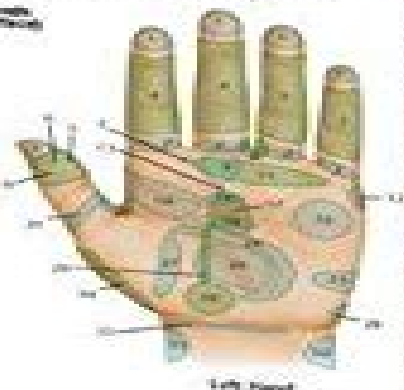
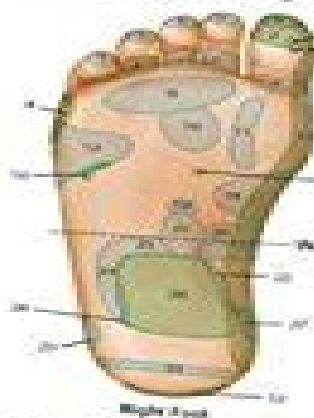


Figure 1: Right Hand (Palmar Surface)

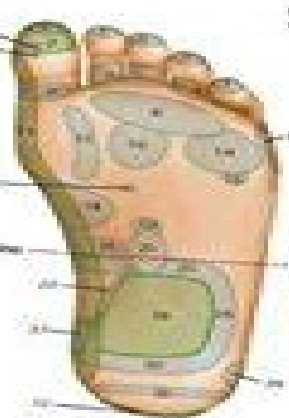


Left Hand

Figure 2: Foot (Plantar Surface)



Right Foot



Left Foot

Figure 3: Foot (Dorsal Surface)



Right Foot

Figure 4

- 1. Head
- 2. Neck
- 3. Shoulder
- 4. Upper arm
- 5. Elbow
- 6. Forearm
- 7. Wrist
- 8. Hand
- 9. Fingers
- 10. Thumb
- 11. Index
- 12. Middle
- 13. Ring
- 14. Little
- 15. Pinky
- 16. Ring
- 17. Middle
- 18. Index
- 19. Thumb
- 20. Head
- 21. Neck
- 22. Shoulder
- 23. Upper arm
- 24. Elbow
- 25. Forearm
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- 33. Little
- 34. Pinky
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- 36. Middle
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Figure 5

Reflexology Pockets Perma Charts

AW Rasmussen



Reflexology Pockets Perma Charts:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Tender Moments: **Reflexology Pockets Perma Charts** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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