

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 parts of the feet and hands. The technique of reflexology involves manipulating these reflex points with pressure to improve energy flow in order to heal, stress, and disease-free in organs connected to the pathway.

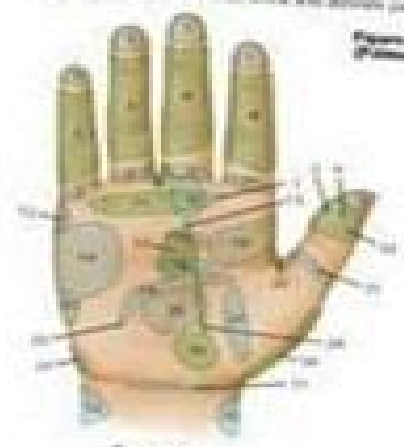
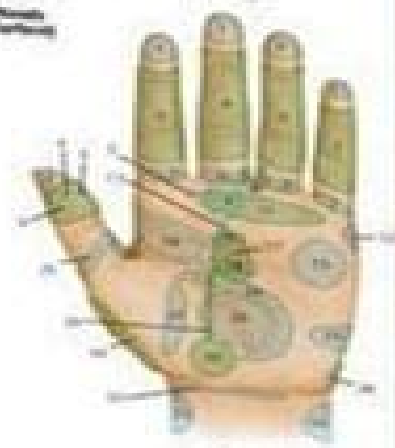
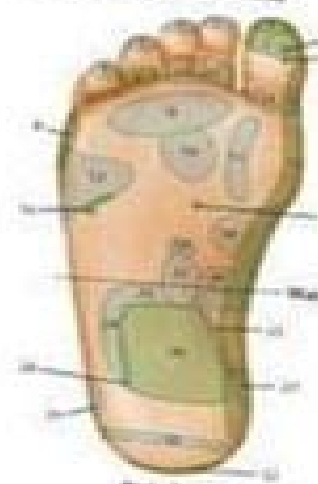


Figure 1: Right Hand (Palmar Surface)

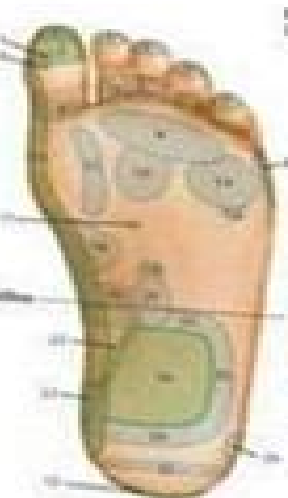


Left Hand

Figure 3: Right Foot (Plantar Surface)

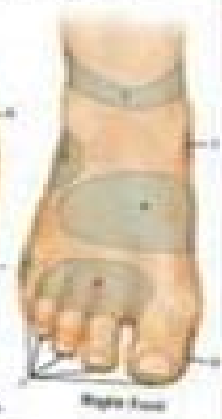


Right Foot



Left Foot

Figure 5: Right Foot (Dorsal Surface)



Right Foot

Figure 6: Reflexology Chart

Reflexology Point	Corresponding Organ/System
1	Head/Brain
2	Neck/Throat
3	Shoulders/Arms
4	Heart/Chest
5	Lungs/Breath
6	Stomach/Digestion
7	Small Intestine
8	Large Intestine
9	Bladder/Kidneys
10	Uterus/Ovaries
11	Prostate/Vagina
12	Testes/Scrotum
13	Penis/Scrotum
14	Rectum/Anus
15	Perineum
16	Genitals
17	Bladder
18	Kidneys
19	Uterus/Ovaries
20	Prostate/Vagina
21	Testes/Scrotum
22	Penis/Scrotum
23	Rectum/Anus
24	Perineum

Reflexology Pockets Perma Charts

Kevin Kunz, Barbara Kunz



Reflexology Pockets Perma Charts:

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Foot Reflexology (Quick Reference Guide) Quick Charts, 2014-06-26 The most beneficial aspect of reflexology is its completely natural and systematic approach to healing The majority of modern medicines involve surgery and harsh prescriptions Reflexology pinpoints abnormalities in the body and works toward controlling them using precise massage and musculoskeletal responses True reflexology incorporates modern physiologic understanding with ancient and proven methods of non invasive treatment

Reflexology Michele Gilbert, 2015-09-18 Do you want to learn more about reflexology Would you like to know how to self perform reflexology and practice it on others The history of reflexology is fairly broad and fairly extensive What it comes down to is the fact that there is a lot history that is loaded with the application of physical touch to make people cope with their suffering whether physical mental or spiritual It wasn t until the modern era that people started putting a name to the idea that you could apply pressure on areas of your body that would influence the feeling of other parts It was often joked that a person who had a toothache should squeeze their toe to get some relief from it During the 16th century the idea of Zone Therapy began to become more and more prominent This idea that there are zones in the bodies and that there are ways to access them from different places in the body became more and more popular and more and more time was dedicated to the research of it Here Is A Preview Of What You ll Learn What Is Reflexology The Basics of Reflexology The Basics of the Foot The Basics of the Hands The Massage Tags reflexology hand reflexology foot reflexology total reflexology reflexology guide reflexology manual reflexology diagram reflexology chart reiki acupuncture acupressure flexology foot map chart map learn reflexology relieve tension treat illness treat pain reduce pain alleviate pain foot reflexology what is reflexology does reflexology work facial reflexology reflexology headache headache headaches reflexology techniques reflexology therapy alternative therapies foot therapy natural therapy reflexology map hand reflexology chart foot reflexology chart reflexology charts reflexology

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