

LUNG, CHEST & UPPER BACK



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SHOULDER



DESSERTS



SIDE-TO-SIDE

ADRENAL GLAND & LIVER



KIDNEY



STOMACH & SPLEEN



STOMACH & SPLEEN



TRANSVERSE COLON



DESCENDING COLON



SIGMOID COLON



SMALL INTESTINE



STEP 6

Working the inside of the foot

UTERUS/PROSTATE GLAND



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Reflexology Techniques Of Foot Massage For Health And Fitness

H Kauffman



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