

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 ears. 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 technique of reflexology involves massaging these reflex points with the fingers and thumbs in order to treat them, and thereby cause organs connected to the reflexes.

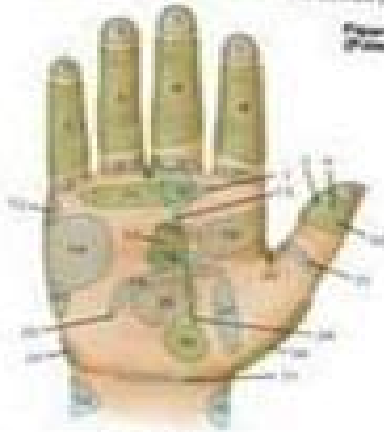


Figure 1: Right Hand (Palmar Surface)



Left Hand

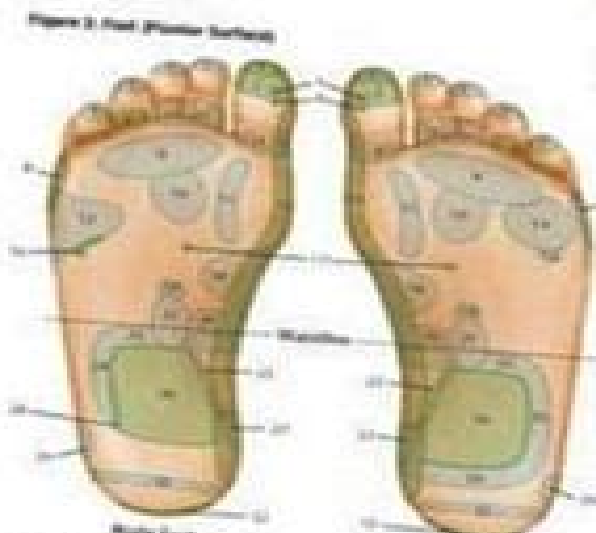
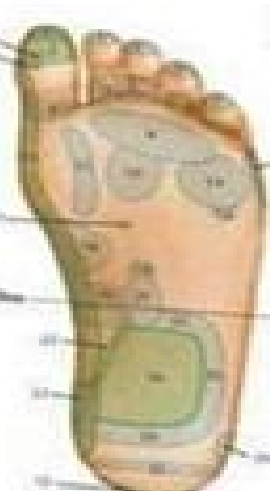


Figure 3: Right Foot (Plantar Surface)



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	Uterus
8	Prostate
9	Testes
10	Penis
11	Heart
12	Lungs
13	Liver
14	Gallbladder
15	Pancreas
16	Spleen
17	Stomach
18	Small Intestine
19	Large Intestine
20	Bladder
21	Uterus
22	Prostate
23	Testes
24	Penis

Reflexology Pockets Perma Charts

JS Bruner



Reflexology Pockets Perma Charts:

The Enigmatic Realm of **Reflexology Pockets Perma Charts**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Reflexology Pockets Perma Charts** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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