

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.

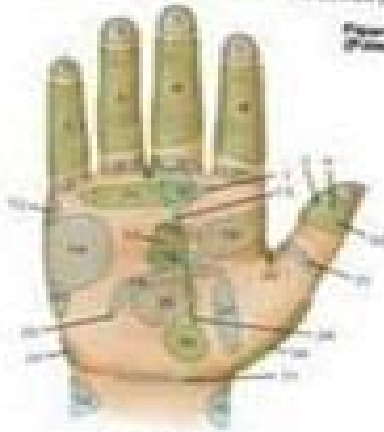
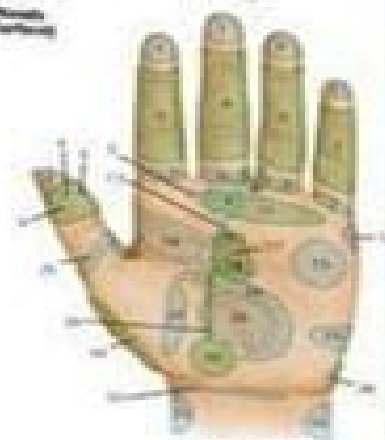
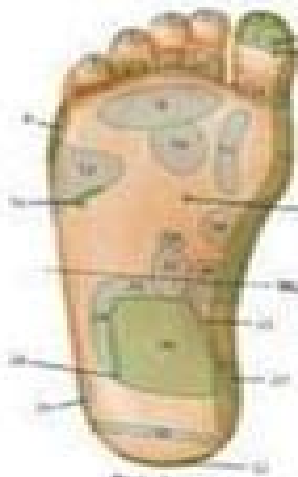


Figure 1: Right Hand (Palmar Surface)

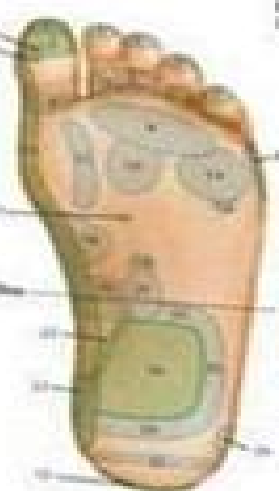


Left Hand

Figure 3: Right Foot (Plantar Surface)

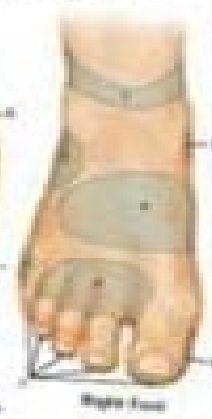


Right Foot



Left Foot

Figure 5: Right Foot (Dorsal Surface)



Right Foot

Figure 6: Reflexology Points on the Hand and Foot

Point	Location	Organ
1	Thumb	Head
2	Index	Stomach
3	Middle	Liver
4	Ring	Heart
5	Little	Small Intestine
6	Base of Thumb	Brain
7	Base of Index	Stomach
8	Base of Middle	Liver
9	Base of Ring	Heart
10	Base of Little	Small Intestine
11	Between Thumb and Index	Thyroid
12	Between Index and Middle	Stomach
13	Between Middle and Ring	Liver
14	Between Ring and Little	Heart
15	Between Little and Heel	Small Intestine
16	Between Heel and Ankle	Large Intestine
17	Between Ankle and Heel	Bladder
18	Between Heel and Ankle	Uterus
19	Between Ankle and Heel	Prostate
20	Between Heel and Ankle	Testes
21	Between Ankle and Heel	Pancreas
22	Between Heel and Ankle	Spleen
23	Between Ankle and Heel	Gallbladder
24	Between Heel and Ankle	Adrenals

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Milady



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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 treatment reflexology foot map reflexology hand map reflexology maps **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 *Foot Reflexology Chart* D. Barry,1995-12-01 **Reflexology** Vincent Perez,2025-05 Zones associated with qi chi or life force used in the practice of Reflexology are mapped over anatomical illustrations of the surface anatomy of the hands feet and ear to better locate the zone needed Many views offer a 360 degree mapping of the zones for reference There are over 10 million QuickStudy anatomy guides in print all with beautiful Illustrations by award winning and best selling medical illustrator Vincent Perez Vincent's life mission is cataloging the beauty and detail of our complicated body systems for medical professionals whether future doctors or medical coders formative students and anyone needing to know human anatomy from personal trainers to yoga instructors Anatomical illustrations include Right Left Plantar Foot Left Right Dorsal Foot Right Left Palmar Hand Left Right Lateral Hand Left Right Dorsal Hand Right Left Medial Hand Left Right Medial Foot Right Left Lateral Foot Suggested uses Reflexologist use as reference when discussing techniques and the process with clients Instructors Students a handy go to reference while learning the zones The

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