

FOOT REFLEXOLOGY CHART

The Foot Reflexology Chart is a visual aid that shows which pressure points on the feet represent different physiological systems, glands, and organs. The foundation of reflexology is the idea that the feet are a miniature representation of the body, with different parts representing the energetic, emotional, and physical equilibrium of a person's general well-being. It is thought that applying light yet accurate pressure to these reflex spots promotes self-healing, lowers stress levels, and brings the body's functions back into balance.



Reflexology For Beginners Healing Through Foot Massage Of Pressure Points

A Gutmann



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