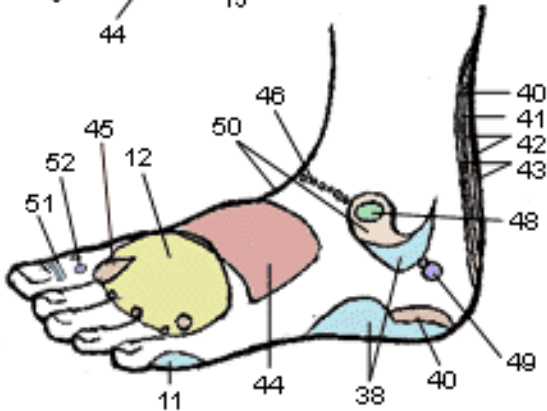
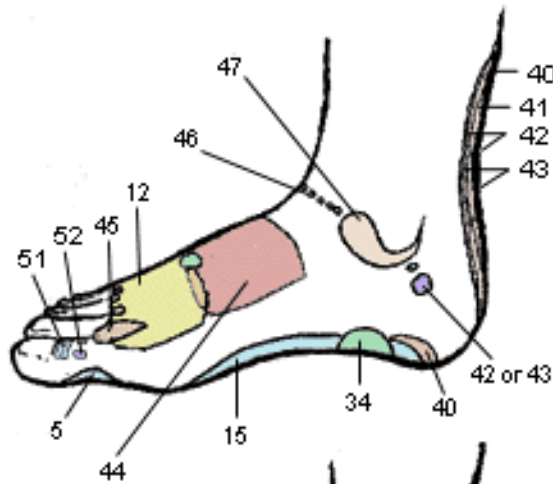
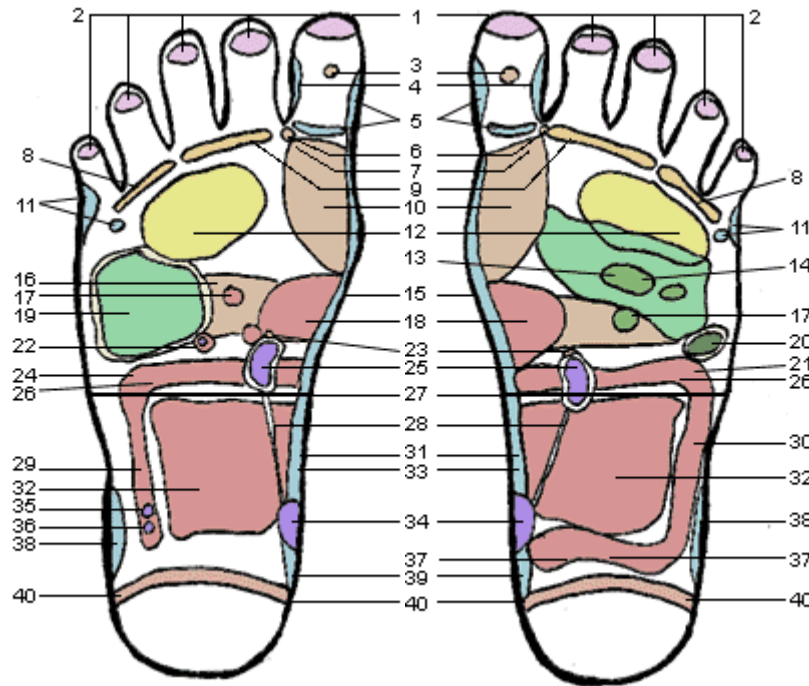


# Reflexology Chart

## The Feet



- |                        |                              |
|------------------------|------------------------------|
| 1. Top of Head         | 27. Waist                    |
| 2. Sinuses             | 28. Ureters                  |
| 3. Pituitary Gland     | 29. Ascending Colon          |
| 4. Temporal Area       | 30. Descending Colon         |
| 5. Neck, Cervical      | 31. Lumbar                   |
| 6. Upper Lymph Area    | 32. Small Intestines         |
| 7. Parathyroid Gland   | 33. Sacral                   |
| 8. Ears                | 34. Bladder                  |
| 9. Eyes                | 35. Ileo-Caecal Valve        |
| 10. Thyroid Glands     | 36. Appendix                 |
| 11. Shoulder           | 37. Sigmoid Flexure          |
| 12. Lungs and Bronchi  | 38. Hip & Lower Back         |
| 13. Heart Area         | 39. Coccyx                   |
| 14. Heart              | 40. Sciatic Area             |
| 15. Spine, Vertebra    | 41. Rectum                   |
| 16. Pancreas           | 42. Uterus                   |
| 17. Solar Plexus       | 43. Prostate                 |
| 18. Stomach & Duodenum | 44. Breast                   |
| 19. Liver              | 45. Lymph Drainage           |
| 20. Spleen             | 46. Fallopian Tubes          |
| 21. Splenic Fixture    | 47. Lymph Nodes (Arm Pit)    |
| 22. Gall Bladder       | 48. Sacro Iliac Joint        |
| 23. Adrenal Glands     | 49. Ovary or Testicle        |
| 24. Hepatic Flexure    | 50. Lymph Nodes (Groin)      |
| 25. Kidneys            | 51. Maxilla/Submaxilla (Jaw) |
| 26. Transverse Colon   | 52. Tonsils                  |