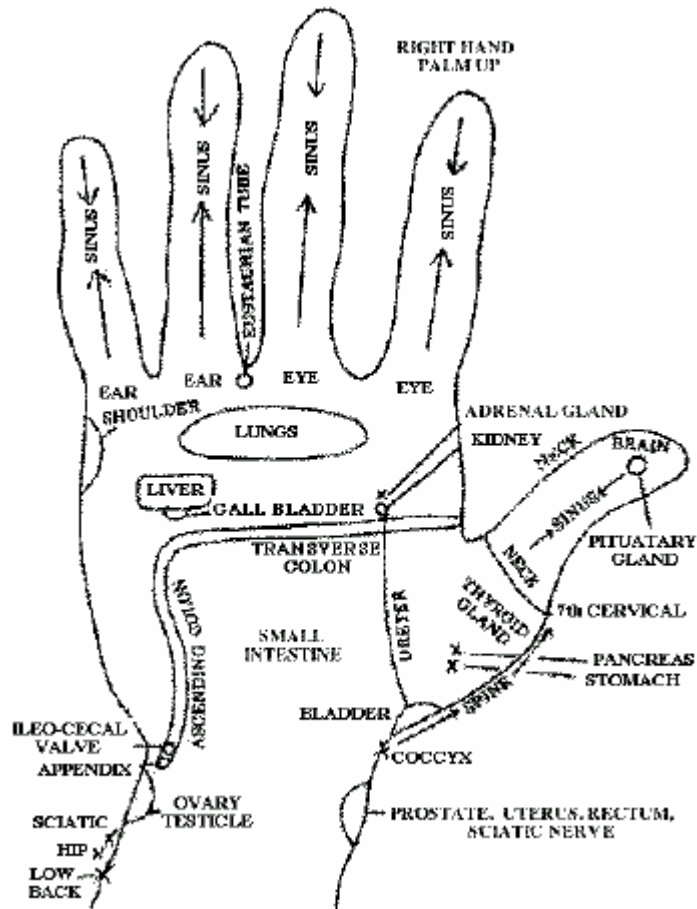
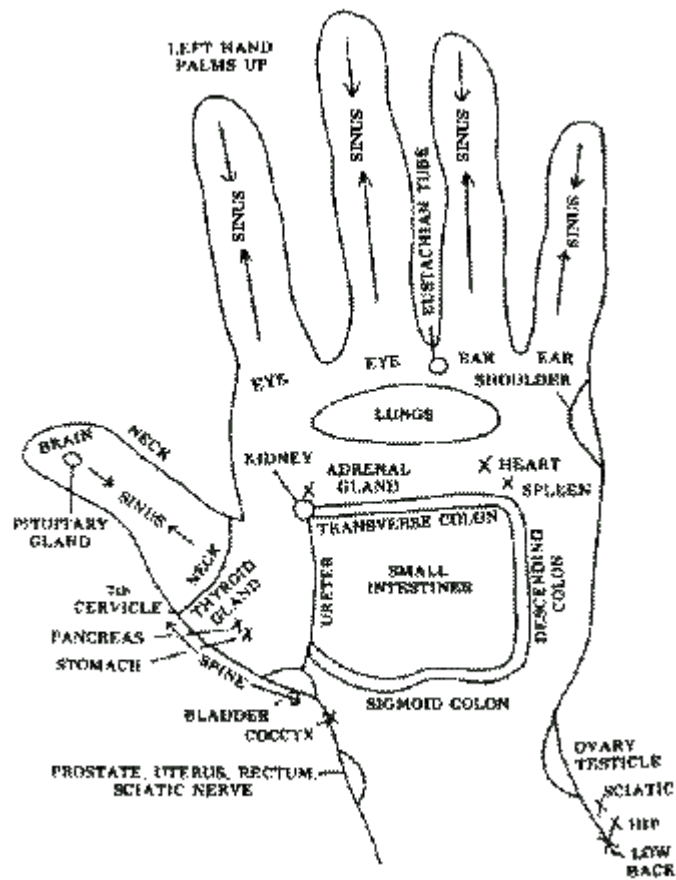
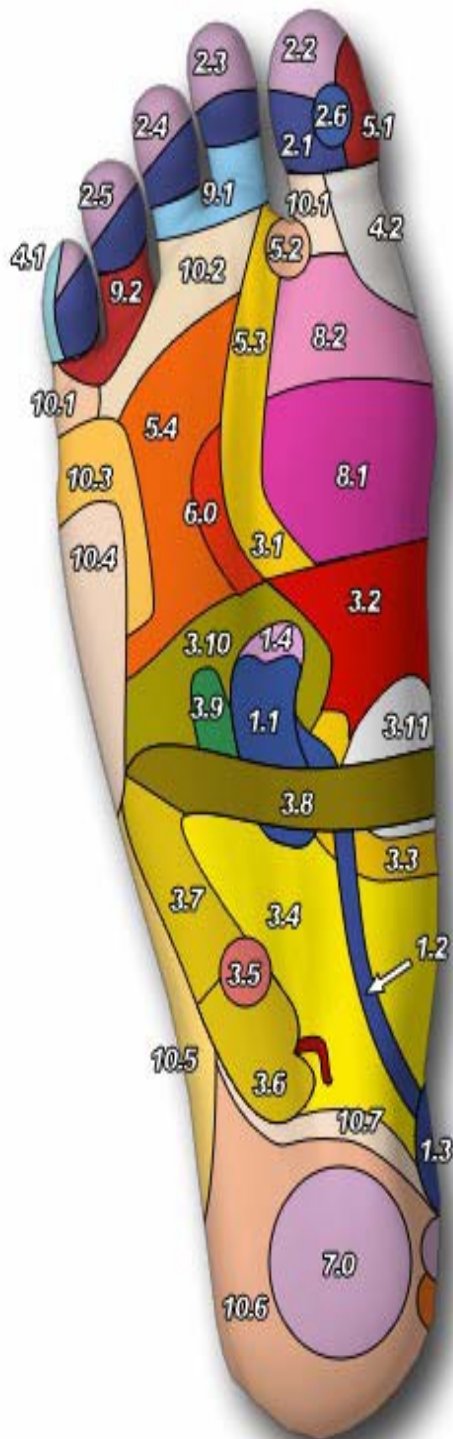


M	Mouth	SI	Small Intestine	Ur	Ureter	Spl	Spleen
E	Esophagus	LI	Large Intestine	Kid	Kidney	H	Heart
CO	Cardiac Orifice	Pr	Prostate	Pan	Pancreas, Gall Bladder	W	Windpipe, Trachea
St	Stomach	Bl	Bladder	Liv	Liver	Tri	Triple Warmer



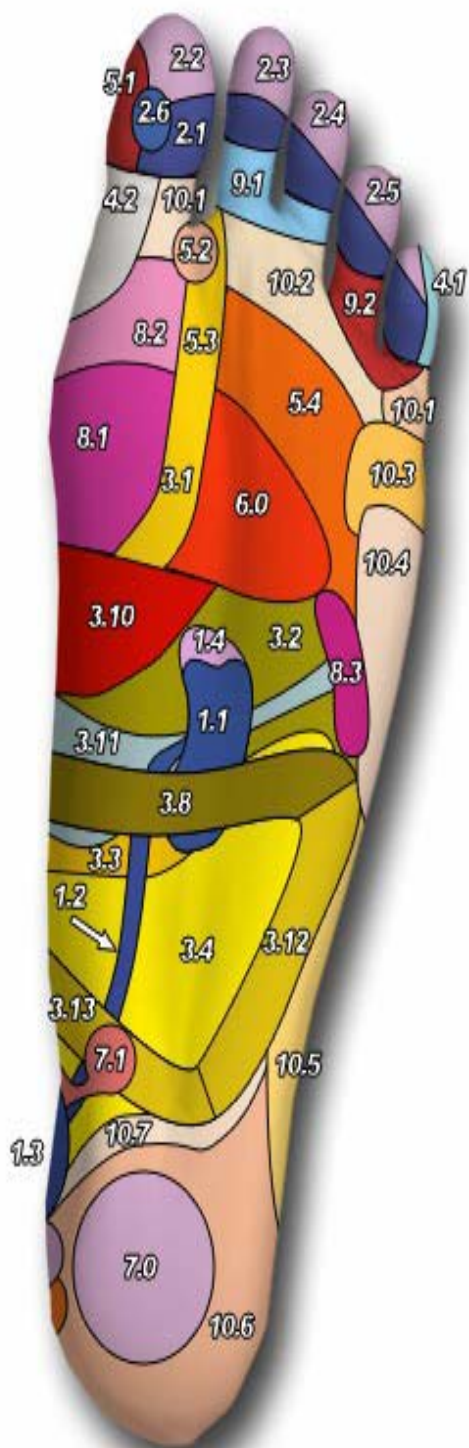


Reflexology Map of the Male Right Foot (sole)



1.1 Kidney	5.1 Nose
1.2 Ureter	5.2 Larynx
1.3 Bladder	5.3 Trachea, bronchi
1.4 Adrenal gland	5.4 Lung, bronchi
2.1 Cerebellum	6.0 Heart
2.2 Cerebrum	7.0 Genital organs
2.3 Frontal lobe	8.1 Thymus gland
2.4 Temporal lobe	8.2 Thyroid glands
2.5 Occipital lobe	9.1 Eye, inside
2.6 Pituitary gland	9.2 Ear, inside
3.1 Oesophagus	10.1 Nape
3.2 Stomach and liver	10.2 Trapezoid musculature
3.3 Duodenum	10.3 Shoulder blade and joint
3.4 Small intestine	10.4 Upper arm
3.5 Ileocaecal valve	10.5 Knee, elbow, leg, forearm
3.6 Appendix (caecum)	10.6 Pelvis, seat
3.7 Ascending colon	10.7 Groin
3.8 Transverse colon	
3.9 Gall bladder	
3.10 Liver	
3.11 Pancreas	
4.1 Occiput	
4.2 Cervical vertebrae	

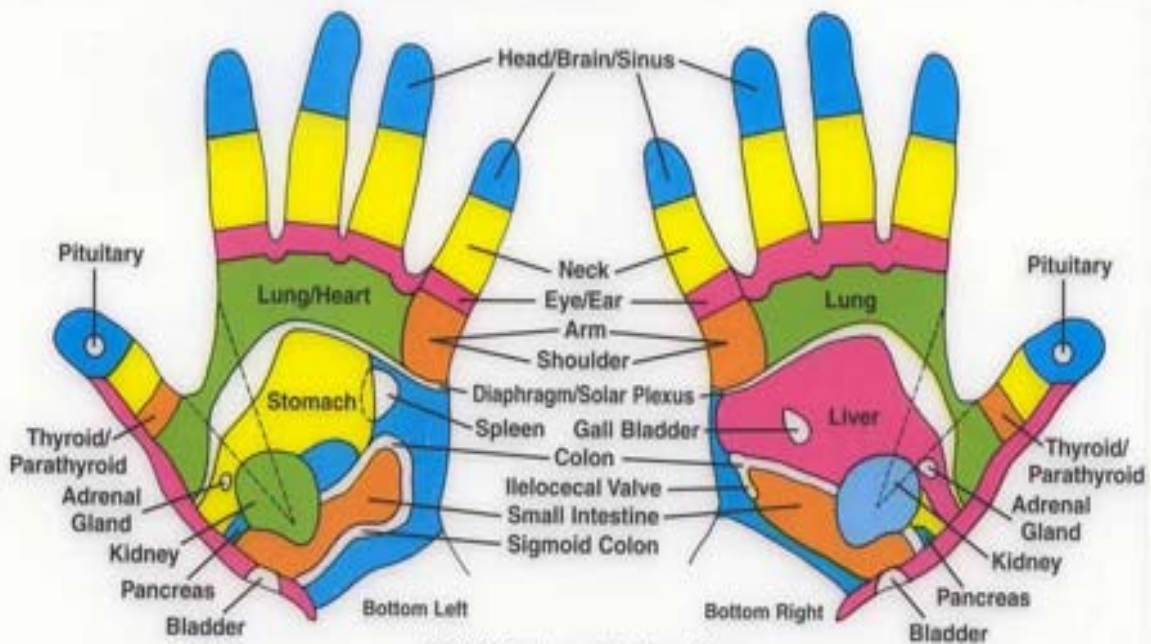
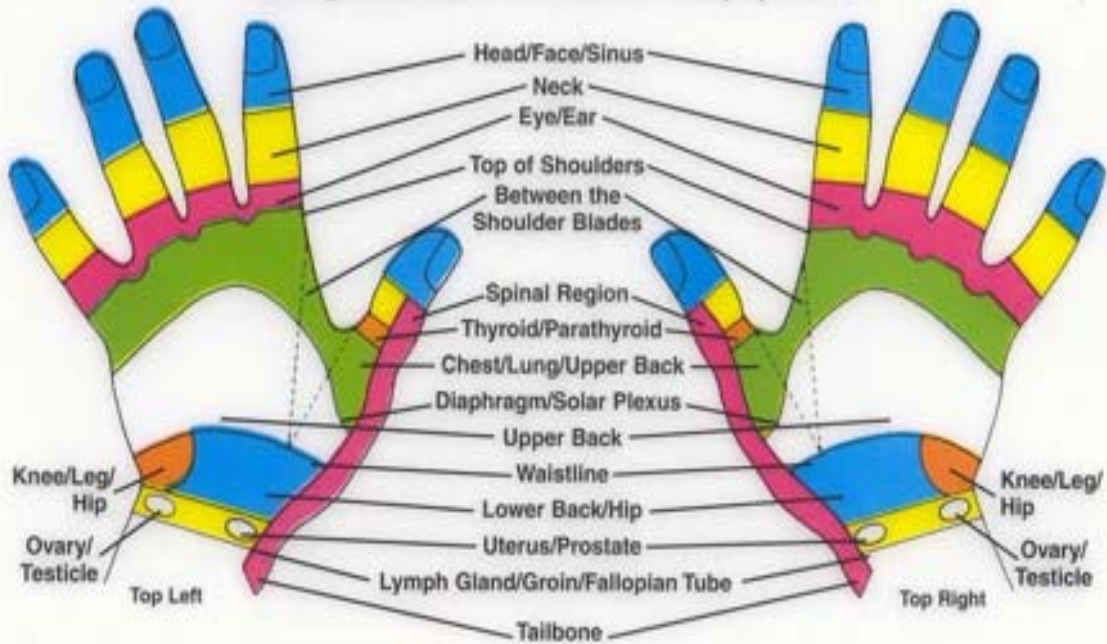
Reflexology Map of the Female Left Foot (sole)



1.1 Kidney	5.1 Nose
1.2 Ureter	5.2 Larynx
1.3 Bladder	5.3 Trachea, bronchi
1.4 Adrenal gland	5.4 Lung, bronchi
2.1 Cerebellum	6.0 Heart
2.2 Cerebrum	7.0 Genital organs
2.3 Frontal lobe	7.1 Ovary, fallopian tubes, uterus
2.4 Temporal lobe	
2.5 Occipital lobe	8.1 Thymus gland
2.6 Pituitary gland	8.2 Thyroid glands
3.1 Oesophagus	8.3 Spleen
3.2 Stomach and liver	9.1 Eye, inside
3.3 Duodenum	9.2 Ear, inside
3.4 Small intestine	10.1 Nape
3.8 Transverse colon	10.2 Trapezoid musculature
3.10 Liver	10.3 Shoulder blade and joint
3.11 Pancreas	10.4 Upper arm
3.12 Descending colon	10.5 Knee, elbow, leg, forearm
3.13 Sigmoid flexure, rectum	10.6 Pelvis, seat
4.1 Occiput	10.7 Groin
4.2 Cervical vertebrae	

HAND REFLEXOLOGY CHART

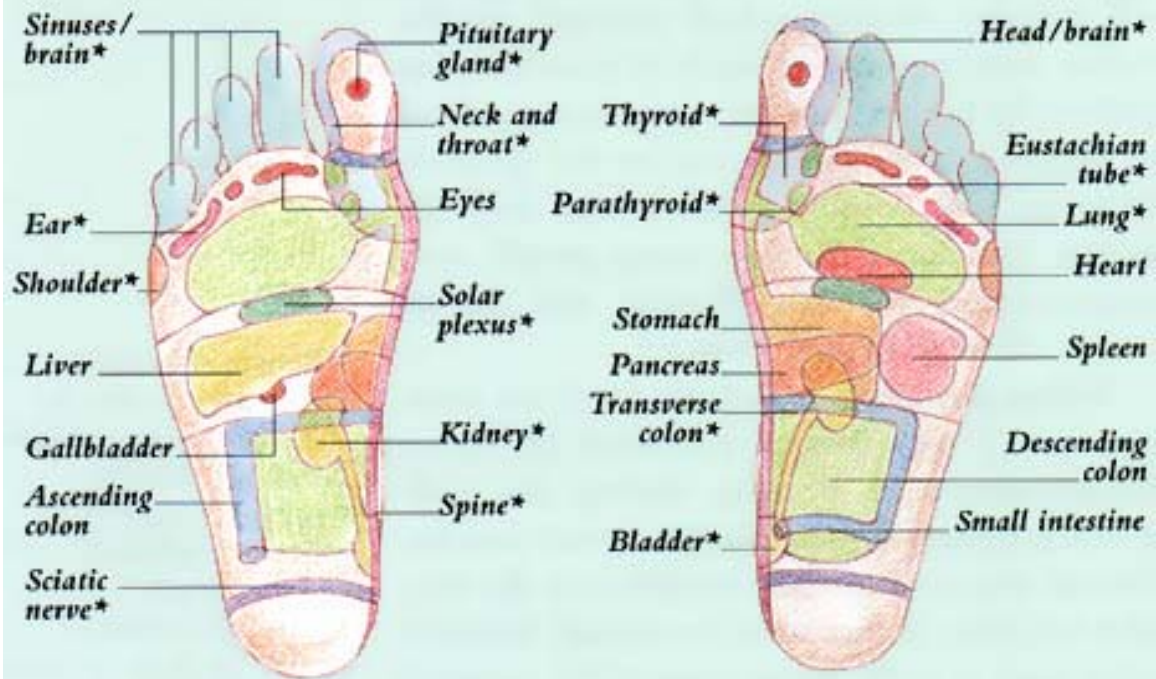
For further information, visit us at www.reflexology-research.com or write:
 Reflexology Research Project, P.O. Box 35920, Sta. D, Albuquerque, NM 87174



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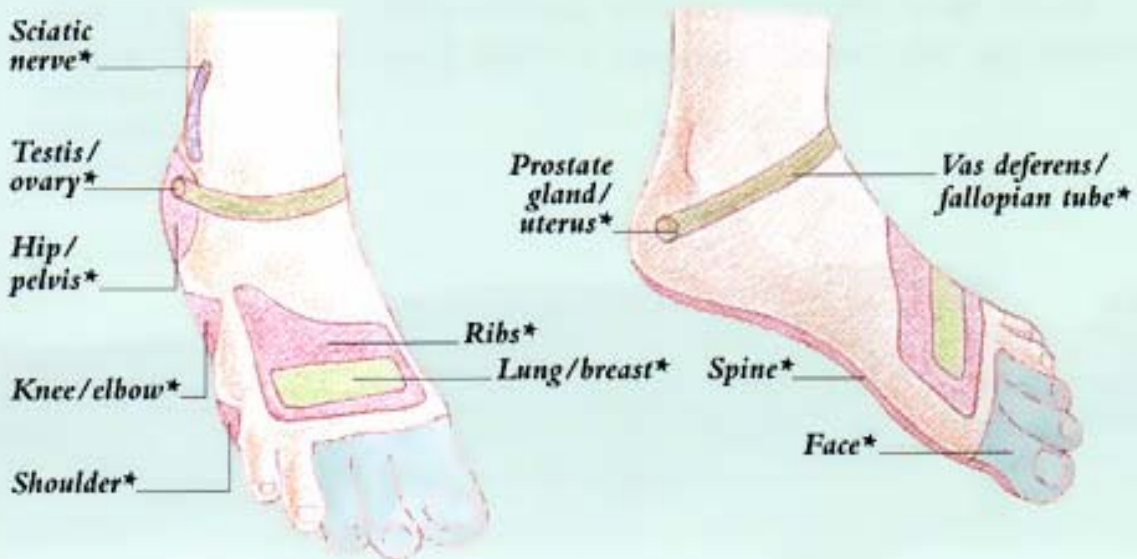
Reflexology foot maps

The reflexes on the left and right soles are similar, with points for many parts of the body appearing on both feet (indicated with an asterisk in the illustration below). But some organs have points on one sole only, usually reflecting the side of the body on which the organ is situated.



Right foot

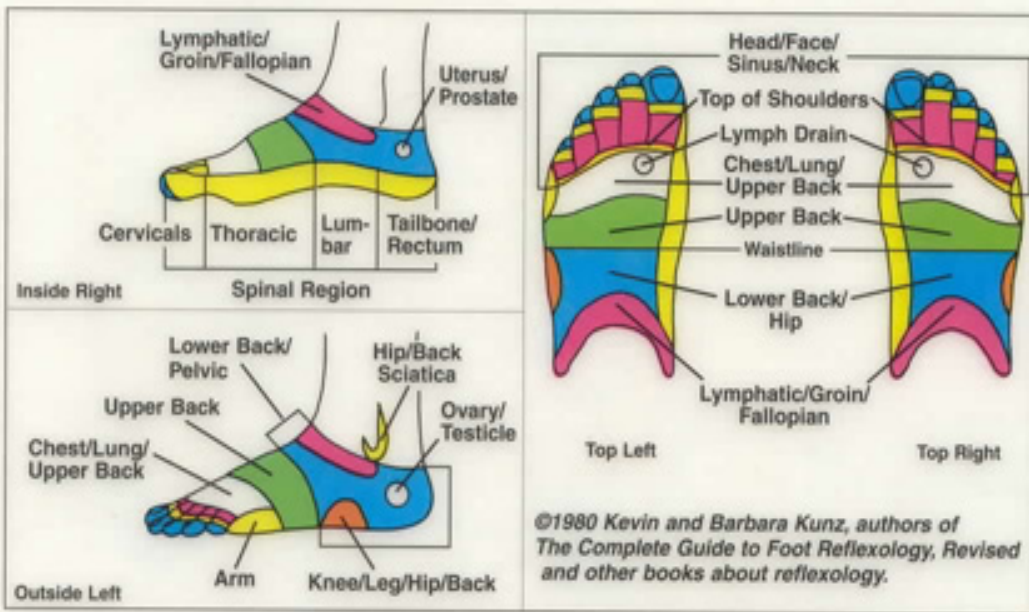
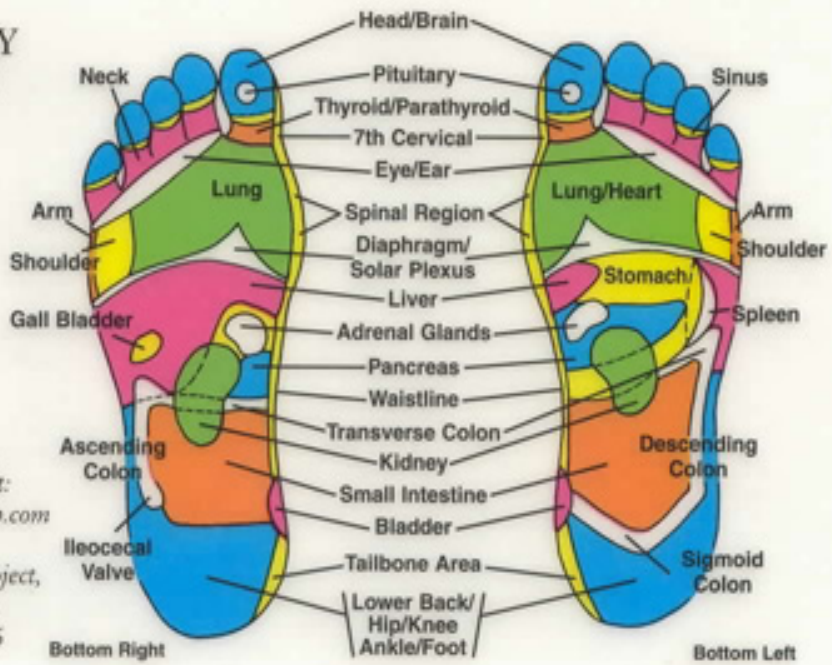
Left foot



REFLEXOLOGY RESEARCH PROJECT

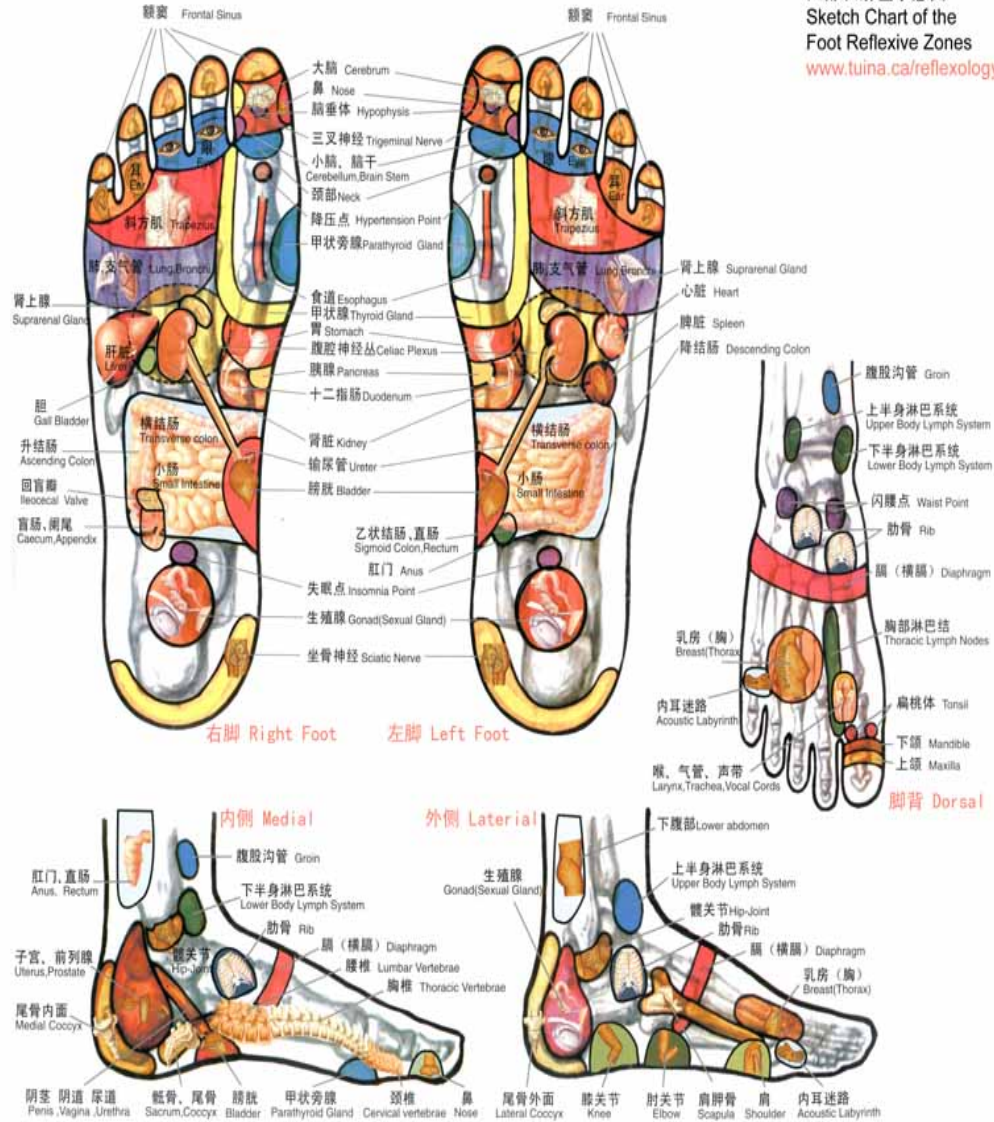
Foot Reflexology Chart

For further information,
visit us on the Internet at:
www.reflexology-research.com
or write us at:
Reflexology Research Project,
P.O. Box 35820, Stn. D,
Albuquerque, NM 87176

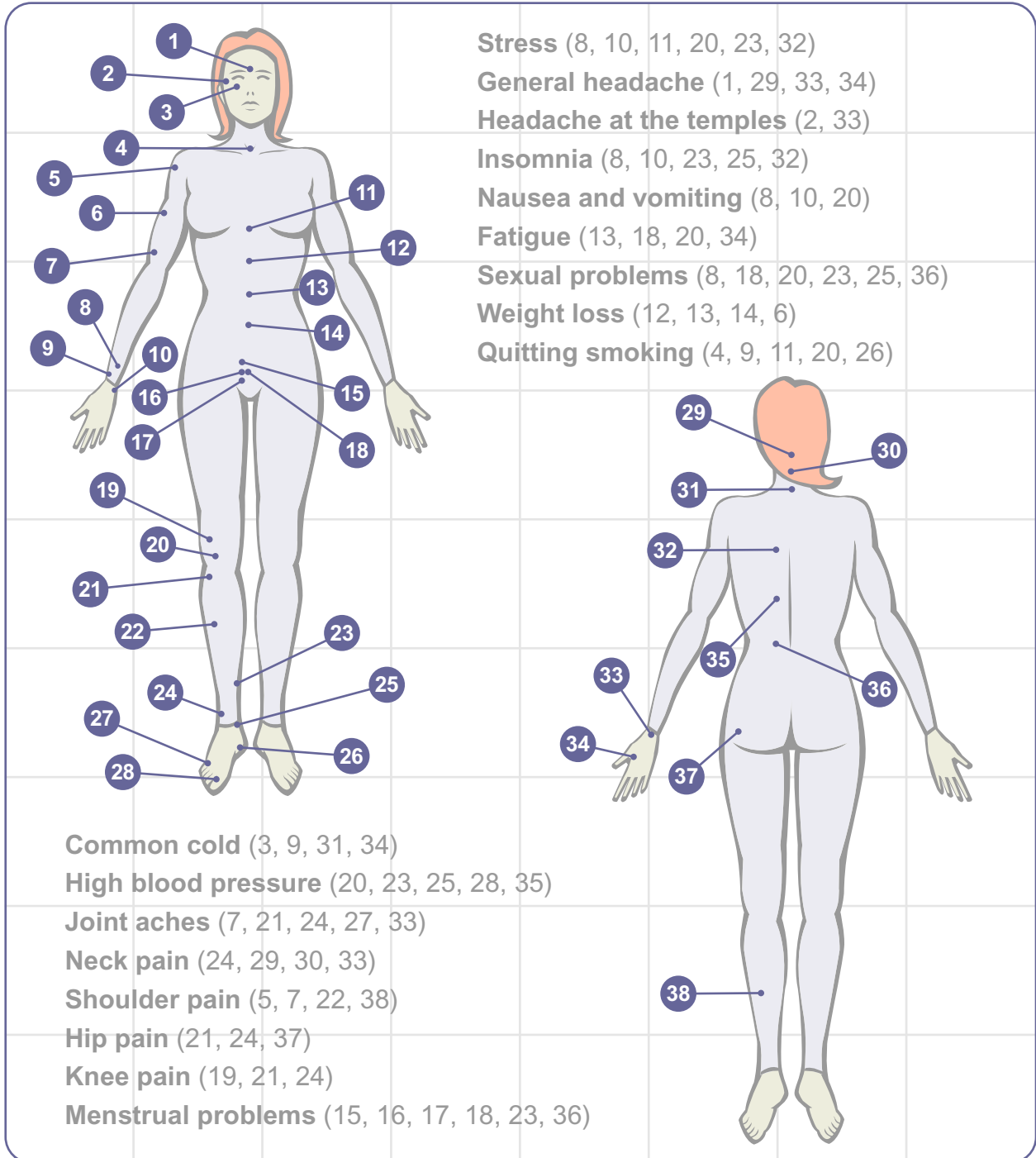


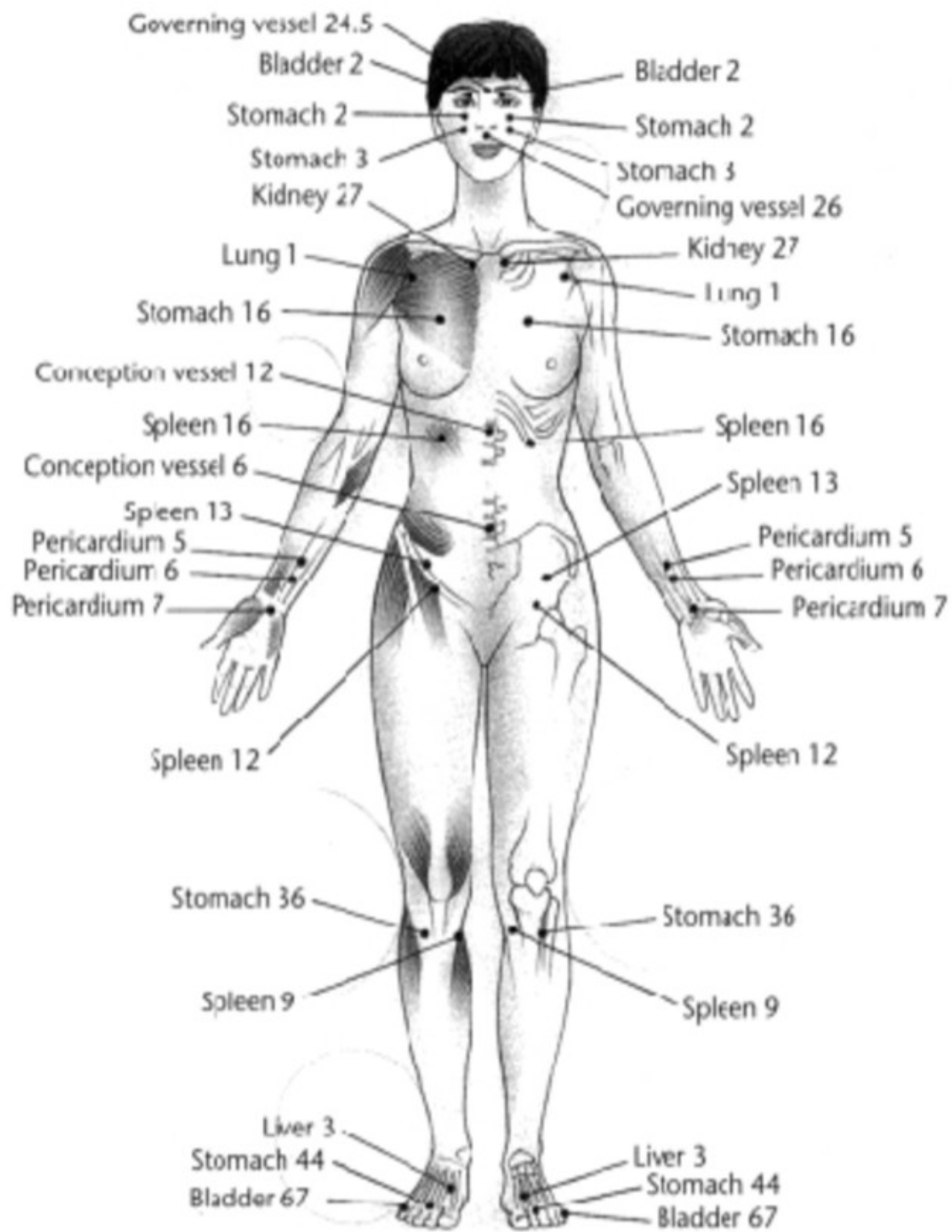
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and other books about reflexology.*

足部反射区示意图
 Sketch Chart of the
 Foot Reflexive Zones
www.tuina.ca/reflexology

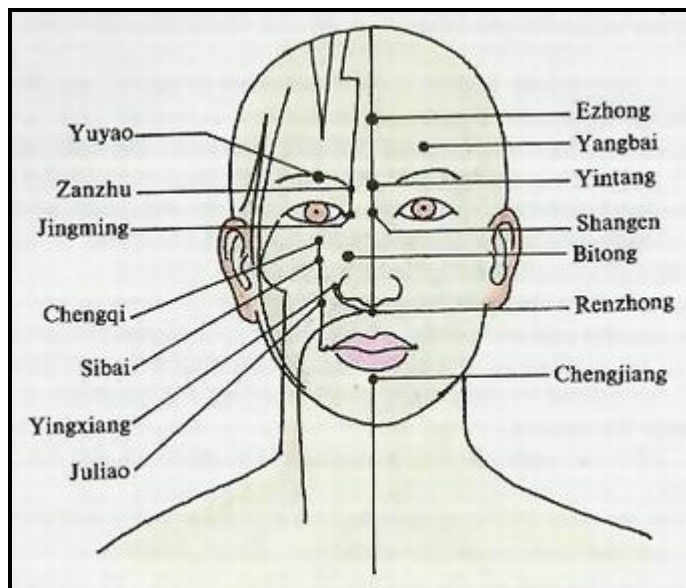


Acupressure chart





Facial Acupressure Chart



This chart shows some of the many Chinese acupressure points located on the face. Below are the therapeutic indications of seven commonly used ones. Press and rub the points with the tip of your thumb or index finger for 1-2 minutes, several times a day. You should feel no more than a comfortable pain as you massage each point.

Yintang: Midway between the eyebrows - calms the spirit; frontal headaches, insomnia, anxiety

Bitong: Next to the bridge of your nose on both sides - nasal congestion, sinusitis, rhinitis

Yingxiang: Either side of your nostrils - nasal congestion, sinusitis, rhinitis

Renzhong: On the midline directly below your nose – revival after fainting, shock

Jingming: On the edge of the inner orbit of each eye socket - eye diseases, sore eyes

Zanzhu: On the medial end of each eyebrow – headache, eye diseases, sore eyes

Yuyao: In the middle of the eyebrows directly above the pupils; eye problems; frontal headache

