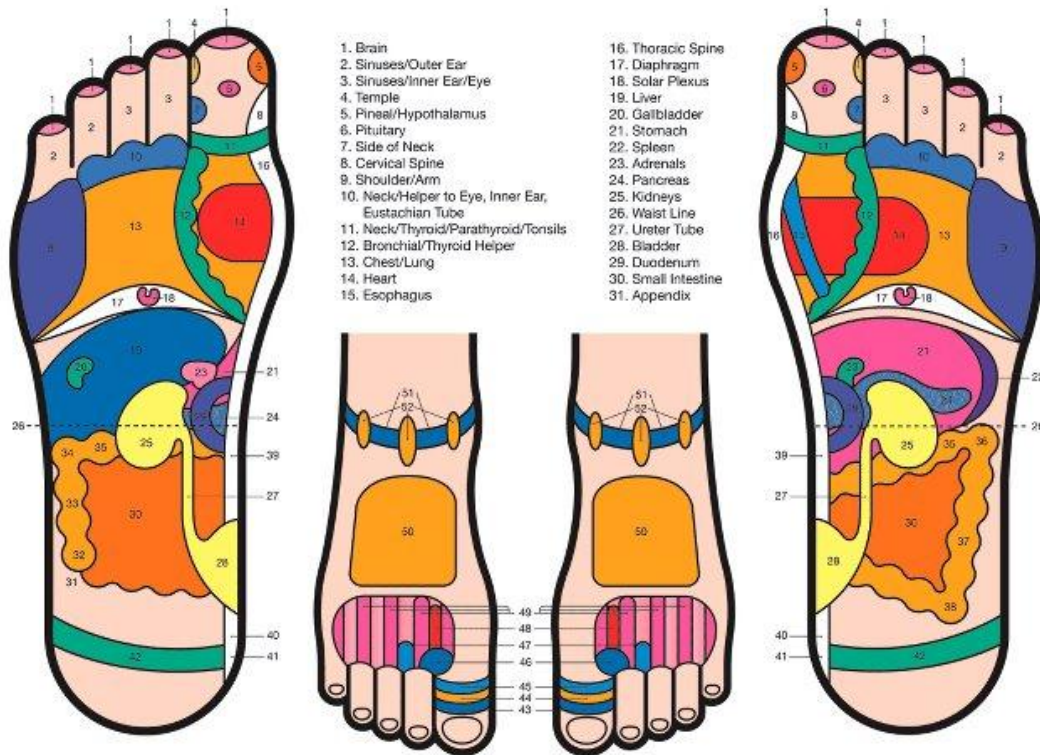


# Reflexologia

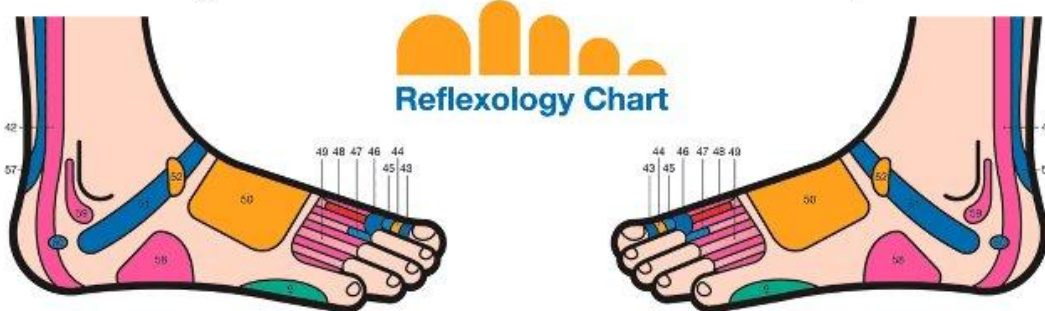
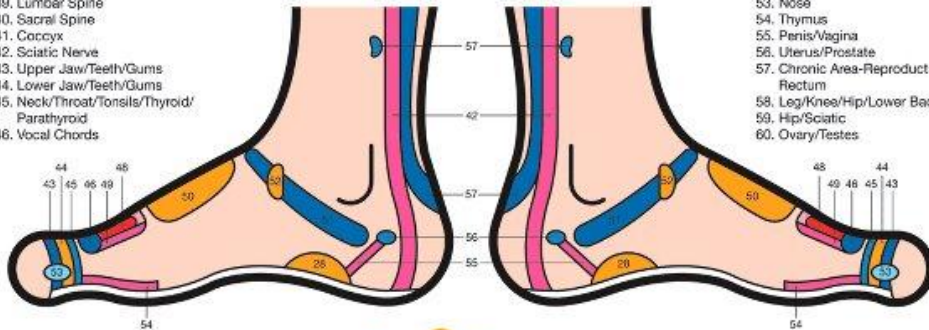


- 1. Brain
- 2. Sinuses/Outer Ear
- 3. Sinuses/Inner Ear/Eye
- 4. Temple
- 5. Pineal/Hypothalamus
- 6. Pituitary
- 7. Side of Neck
- 8. Cervical Spine
- 9. Shoulder/Arm
- 10. Neck/Helper to Eye, Inner Ear, Eustachian Tube
- 11. Neck/Thyroid/Parathyroid/Tonsils
- 12. Bronchial/Thyroid Helper
- 13. Chest/Lung
- 14. Heart
- 15. Esophagus
- 16. Thoracic Spine
- 17. Diaphragm
- 18. Solar Plexus
- 19. Liver
- 20. Gallbladder
- 21. Stomach
- 22. Spleen
- 23. Adrenals
- 24. Pancreas
- 25. Kidneys
- 26. Waist Line
- 27. Ureter Tube
- 28. Bladder
- 29. Duodenum
- 30. Small Intestine
- 31. Appendix

- 32. Ileocecal Valve
- 33. Ascending Colon
- 34. Hepatic Flexure
- 35. Transverse Colon
- 36. Splenic Flexure
- 37. Descending Colon
- 38. Sigmoid Colon
- 39. Lumbar Spine
- 40. Sacral Spine
- 41. Coccyx
- 42. Sciatic Nerve
- 43. Upper Jaw/Teeth/Gums
- 44. Lower Jaw/Teeth/Gums
- 45. Neck/Throat/Tonsils/Thyroid/Parathyroid
- 46. Vocal Chords

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- 47. Inner Ear
- 48. Lymph/Breast/Chest
- 49. Chest/Breast/Mammary Glands
- 50. Mid-Back
- 51. Fallopian Tube/Vas Deferens/Seminal Vesicle
- 52. Lymph/Groin
- 53. Nose
- 54. Thymus
- 55. Penis/Vagina
- 56. Uterus/Prostate
- 57. Chronic Area-Reproductive/Rectum
- 58. Leg/Knee/Hip/Lower Back Helper
- 59. Hip/Sciatic
- 60. Ovary/Testes



## Reflexology Chart

Reflex positions and descriptions based on various sources. This illustration is for "viewing" only. It is intended for personal use and not for commercial purposes. Illustration by Darren Whittington ©Find a Reflexologist Ltd 2006