Foot Reflexology Chart Eves Head=Big Toes Sinuses Pineal Gl. (all Toes) (all Toes) Pituitary (Mastr) Ears Mouth, Sinuses Ears Neck Neck, Throat Rt. Left Thyroid, Para T. Shouldr Shouldr Lymph Flush Lung & Lymph .Heart Bronch; Esoph. System Liver Liver Thymus' Spleen Gall Blad. Spine @ Shldr. Blade Kidney Kidney. Diaphr.& Solar Plx. (T) Waist Waist-Adrenal Gl. Transv. & Lg. Intst: Descend. Pancreas, Bloodsar Colon Transv. C. Small Intestine Spine Vert: Ascend. C. Ureter Tube 0 Illeoecal V. ·Bladder & Rectum (B) Appendix -(C) Low Back Rt. & L. Knee Hip Cervix -Rt. Foot RIGHT L. Foot LEFT

## **Foot Reflexology**

Reflexology is the science of reflex areas in our feet, hands and face that correspond to all glands, organs and parts of our body.

Massage (gentle touch or pressure) helps by releasing tension, pain and waste buildup affecting different areas. It can rejuvenate our mental, emotional & physical well being by stimulating our circulation and nervous systems. This allows more oxygen & other nutrients to be absorbed by our body tissues.

MediRub Massagers are recommended by doctors for athletes and others desiring optimal vitality & wellness. **How about a 5 minute foot massage?** 

www.medirubmassagers.com/aww

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