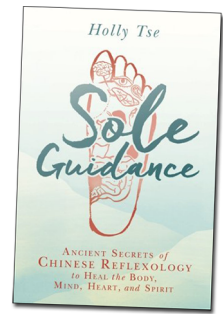


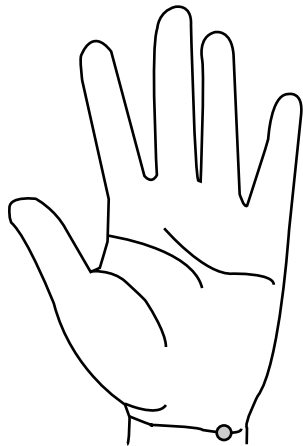
THE FLYER'S QUICK REFERENCE CHART

Here are 6 Chinese Reflexology and acupressure hand points to help you have a more pleasant flight. To learn more about Chinese Reflexology, please visit my website or read my book *Sole Guidance*. For more details about the points in this chart, visit www.ChineseFootReflexology.com/flying



CAUTION: Do not practice these points if you are pregnant or have a heart condition. If you're not sure whether it's safe for you to practice reflexology, ask your doctor.

STRESS/ANXIETY



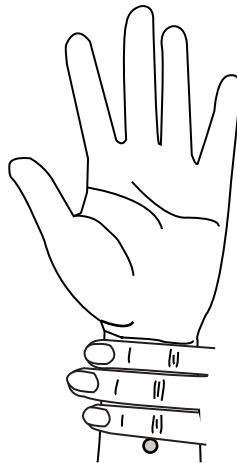
Heart 7

Feel for indent on wrist crease, next to tendon

Massage Technique

Press and hold for 60 seconds

MOTION SICKNESS



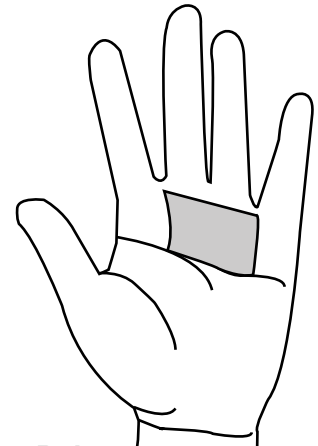
Location

Three finger-widths below wrist crease, between two tendons

Massage Technique

Press and hold for 60 seconds

PREVENT COLDS



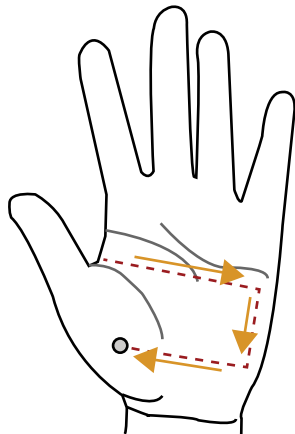
Lung Point

Top portion of palm below three middle fingers

Massage Technique

Use thumb to press and massage in small circles for 60 seconds

CONSTIPATION



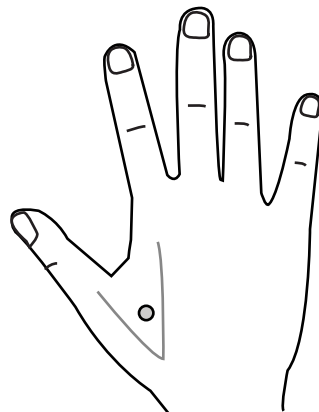
Large Intestine Hand Points

15 clockwise strokes on LEFT HAND ONLY. Use knuckle to press and twist for 15 sec. for anus point.

For detailed instructions, visit:

ChineseFootReflexology.com/poo

CIRCULATION



DO NOT massage if pregnant

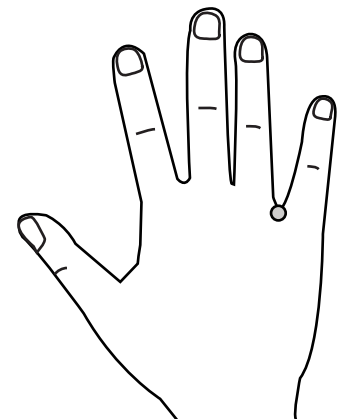
Large Intestine 4

In webbing between thumb and index finger

Massage Technique

Use thumb to press and hold for 60 seconds

EAR PAIN



Inner Ear Point

At tip of webbing between pinky and ring fingers

Massage Technique

Use knuckle to press and twist for 15 seconds