CHINESE REFLEXOLOGY POINTS FOR THE SOLES

1. Sinus
2. Pituitary Gland
3. Nose
4. Brain
5. Temporal Area
6. Parathyroid
7. Neck
8. Eye
9. Ear
10. Thyroid
11. Chest/Lungs
12. Shoulder
13. Solar Plexus
14. Stomach
15. Duodenum
16. Pancreas
17. Adrenal Gland
18. Kidney
19. Ureter Tube
20. Bladder
21. Gall Bladder
22. Liver
23. Small Intestine
24. Transverse Colon
25. Ascending Colon
26. Ileocecal Valve
27. Appendix
28. Heart
29. Spleen
30. Descending Colon
31. Sigmoid Colon
32. Rectum/Anus

Which Points Should You Massage?

Discover the most powerful reflexology points in my bestselling book, Sole Guidance: Ancient Secrets of Chinese Reflexology to Heal the Body, Mind, Heart, and Spirit. Learn how to use Chinese Reflexology and the mind body connection to improve your health and well-being. Sole Guidance is available worldwide and published by Hay House.

For more details, visit www.ChineseFootReflexology.com/book