

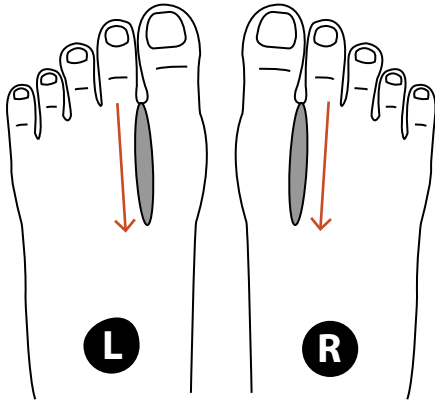
CHINESE REFLEXOLOGY: LYMPHATIC SYSTEM



Here's how to locate Chinese Reflexology points for the lymphatic system. Massaging these points improves the flow of qi (energy) through the corresponding lymphatic areas in the body. Please note the caution listed below, and do not over-massage your points. Too much massage can trigger detox symptoms or irritate the skin. To restore balance in your body, you need to take a balanced approach. **View instructions at www.ChineseFootReflexology.com/lymph.**

Wishing You Amazing Health and Vitality,
Holly

LYMPHATIC DRAINAGE



Location

Webbing between big and second toes

Massage Technique

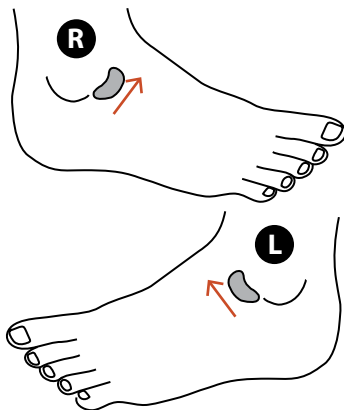
Use knuckle to **stroke downward only** away from the toes tips for a maximum of 15 strokes per foot, twice a week. Apply a lubricant such as moisturizer or massage oil if you feel friction.

CAUTION



Please do not practice Chinese Reflexology if you are pregnant or have an acute heart condition. One of the points on this chart crosses over an acupuncture point that is used to induce labor. If you're not sure whether it's safe for you to practice reflexology, please check with your doctor first.

UPPER LYMPH NODES



Location

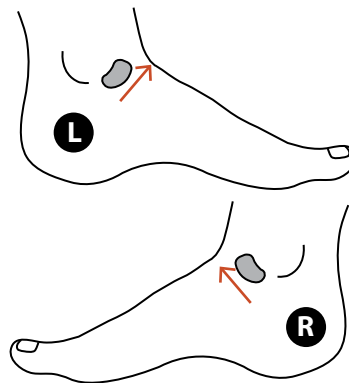
Indent in front of outer anklebone on top of foot

Massage Technique

Place thumb pad on upper lymph node point and pad of index finger on lower lymph node point. Grasping lightly, **pull up** until your finger and thumb slide up and off the points. Reposition your thumb and index finger and repeat.

Massage for a maximum of 15 "pull ups" on each foot twice a week.

LOWER LYMPH NODES



Location

Indent in front of inner anklebone on top of foot

LEARN MORE POINTS

Boosting the lymphatic system and reducing toxins is a great start to restore balance and harmony in your body.

For a whole body approach to healing, check out my book, *Sole Guidance: Ancient Secrets of Chinese Reflexology to Heal the Body, Mind, Heart, and Spirit*.

It's a brilliant introduction to Chinese Reflexology. You'll learn two core routines that you can massage regularly for optimal health and longevity.

