



# CHINESE REFLEXOLOGY POINTS FOR A COLD

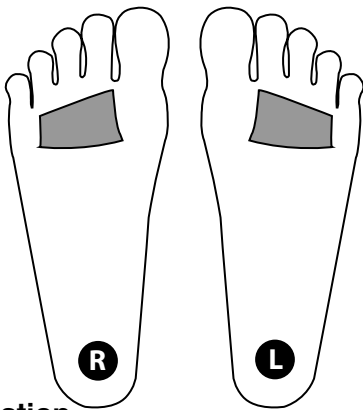
Here's a quick reference chart on how to locate and massage Chinese reflexology points for cold recovery and prevention. The points presented in this chart are based on principles of Traditional Chinese Medicine.

Please note that this information is for reference only and is not intended to replace proper medical care or treatment. Please use common sense. If you or a loved one is sick, please consult your doctor.

Massage these points 4x a day to boost your body's cold-fighting Qi (energy). For full instructions about this reflexology routine, please visit: [www.ChineseFootReflexology.com/coldremedy](http://www.ChineseFootReflexology.com/coldremedy)

Wishing You Amazing Health and Vitality,  
Holly

## 1. LUNGS



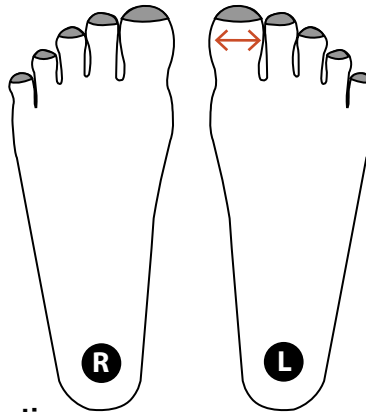
### Location

Ball of the foot under 3 middle toes

### Massage Technique

Press deeply with thumbs rubbing in small circles, across and down the point for 60 seconds each foot

## 2. SINUSES



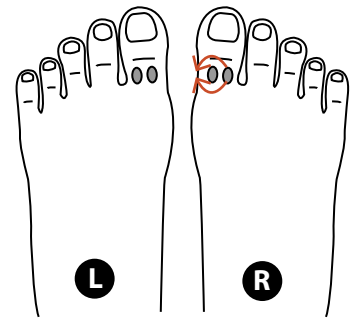
### Location

Tip of underside of big toe

### Massage Technique

Rub with thumb side-to-side for 30 seconds each foot

## 3. TONSILS



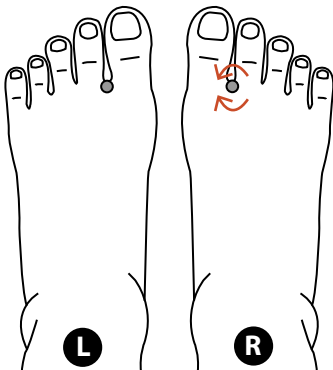
### Location

2 points under knuckle of big toe

### Massage Technique

Press into points with index and middle finger knuckles. Press and twist for 30 seconds each foot.

## 4. THROAT



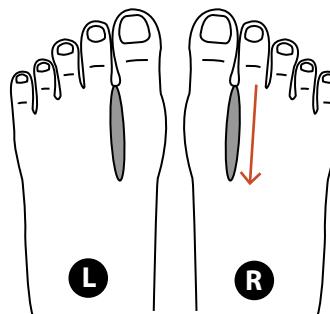
### Location

Point at base of first two toes

### Massage Technique

Use knuckle to press and twist for 20 seconds each foot

## 5. LYMPH



### Location

Webbing between first two toes

### Massage Technique

Use knuckle to stroke away from toe tips in one direction only for 30 strokes per foot

## CAUTION

**Please do not practice Chinese Reflexology if you are pregnant or have an acute heart condition.**



If you're not sure whether it's safe for you to practice reflexology, please check with your doctor first.

**DO NOT MASSAGE FOR MORE THAN THE RECOMMENDED TIMES.**