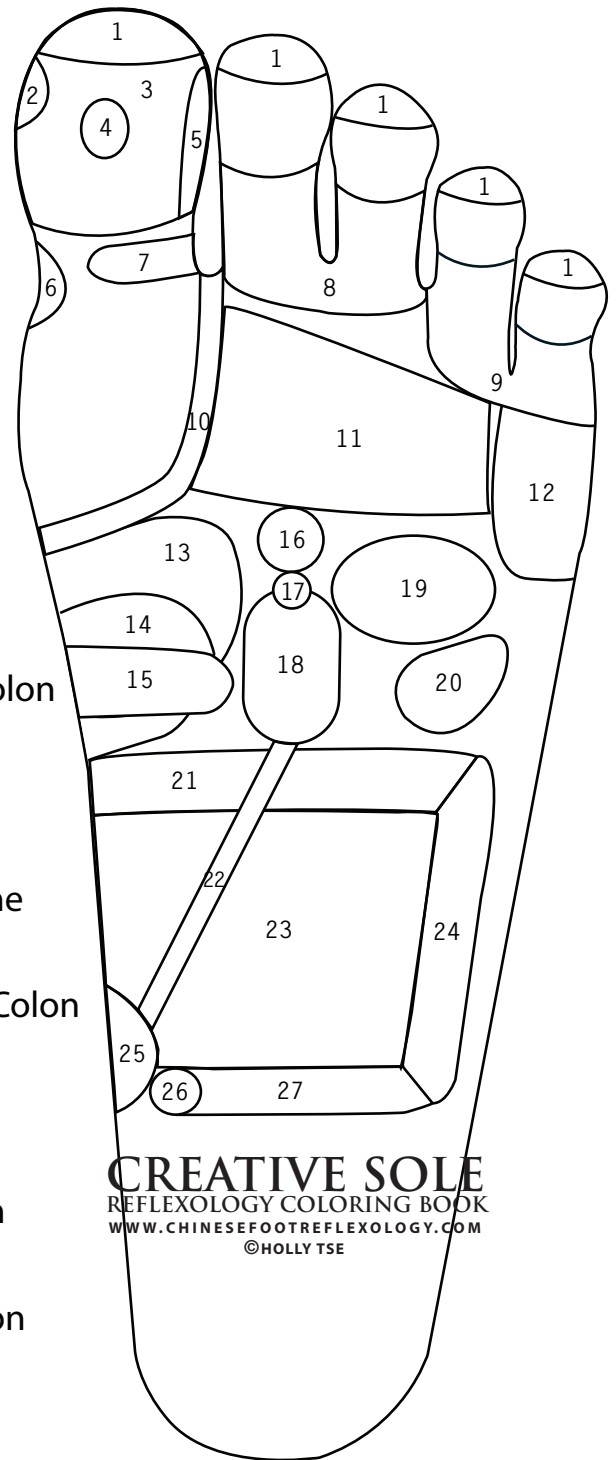


# LEFT SOLE

Create your own color key for the Chinese Reflexology points on the left sole. Learn more at [www.ChineseFootReflexology.com](http://www.ChineseFootReflexology.com).

- |                          |                  |                          |                      |
|--------------------------|------------------|--------------------------|----------------------|
| <input type="checkbox"/> | 1. Sinus         | <input type="checkbox"/> | 15. Pancreas         |
| <input type="checkbox"/> | 2. Nose          | <input type="checkbox"/> | 16. Solar Plexus     |
| <input type="checkbox"/> | 3. Brain         | <input type="checkbox"/> | 17. Adrenal          |
| <input type="checkbox"/> | 4. Pituitary     | <input type="checkbox"/> | 18. Kidney           |
| <input type="checkbox"/> | 5. Temporal Area | <input type="checkbox"/> | 19. Heart            |
| <input type="checkbox"/> | 6. Parathyroid   | <input type="checkbox"/> | 20. Spleen           |
| <input type="checkbox"/> | 7. Neck          | <input type="checkbox"/> | 21. Transverse Colon |
| <input type="checkbox"/> | 8. Eye           | <input type="checkbox"/> | 22. Ureter Tube      |
| <input type="checkbox"/> | 9. Ear           | <input type="checkbox"/> | 23. Small Intestine  |
| <input type="checkbox"/> | 10. Thyroid      | <input type="checkbox"/> | 24. Descending Colon |
| <input type="checkbox"/> | 11. Lung         | <input type="checkbox"/> | 25. Bladder          |
| <input type="checkbox"/> | 12. Shoulder     | <input type="checkbox"/> | 26. Anus/Rectum      |
| <input type="checkbox"/> | 13. Stomach      | <input type="checkbox"/> | 27. Sigmoid Colon    |
| <input type="checkbox"/> | 14. Duodenum     |                          |                      |



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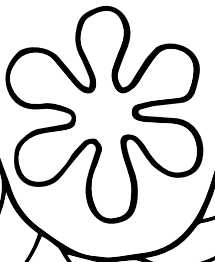




# LUNG

LUNG

This reflexology point boosts your Lung qi to help get over a cold faster. Learn more at [ChineseFootReflexology.com/coldremedy](http://ChineseFootReflexology.com/coldremedy)



LUNG

The Lung point is a rectangular area on the ball of the foot below the three middle toes



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