

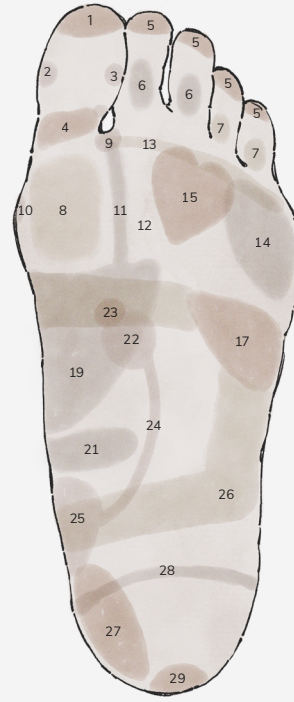
# Reflexology Chart

FOR FOOT:

- 1. Head
- 2. Hypothalamus
- 3. Pineal gland
- 4. Neck
- 5. Paranasal sinuses
- 6. Eyes
- 7. Ears
- 8. Thyroid
- 9. Parathyroid gland
- 10. Thymus
- 11. Trachea
- 12. Lung
- 13. Shoulder
- 14. Scapula

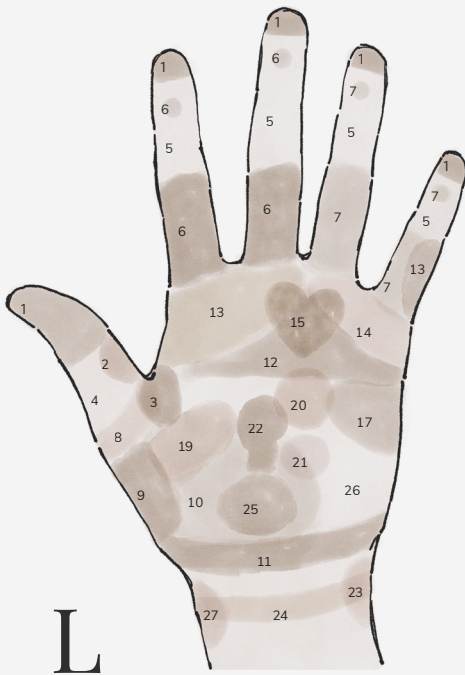


- 15. Heart
- 16. Liver
- 17. Spleen
- 18. Gallbladder
- 19. Stomach
- 20. Duodenum
- 21. Pancreas
- 22. Kidney
- 23. Adrenal gland
- 24. Ureter
- 25. Urinary bladder
- 26. Large intestine
- 27. Uterus
- 28. Sciatic nerve
- 29. Anus



FOR HAND:

- 1. Head
- 2. Throat
- 3. Lymph node
- 4. Neck
- 5. Paranasal sinuses
- 6. Eyes
- 7. Ears
- 8. Thyroid
- 9. Thoracic vertebrae
- 10. Small intestine
- 11. Lumbar vertebrae
- 12. Lung
- 13. Shoulder



- 14. Scapula
- 15. Heart
- 16. Liver
- 17. Spleen
- 18. Gallbladder
- 19. Stomach
- 20. Solar Plexus
- 21. Pancreas
- 22. Kidney
- 23. Ovary / Testicle
- 24. Oviduct / Genital system
- 25. Urinary bladder
- 26. Large intestine
- 27. Uterus / Prostate

