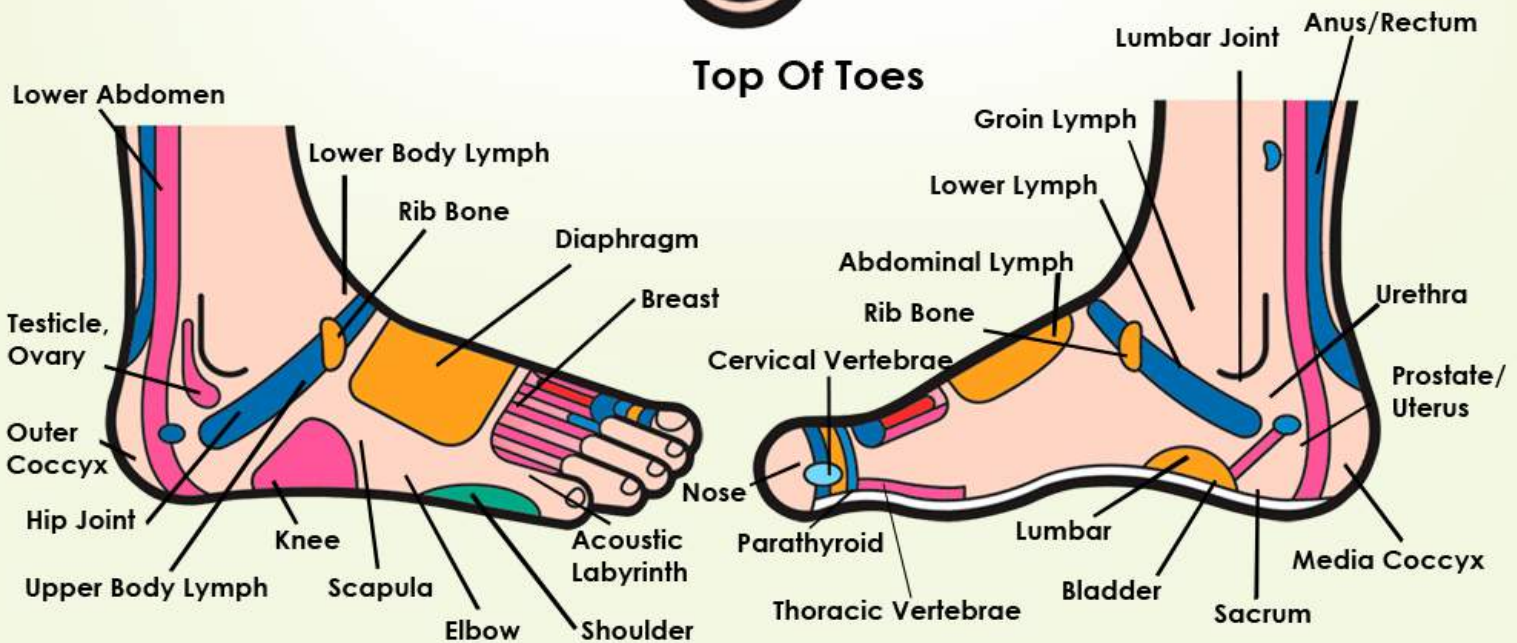
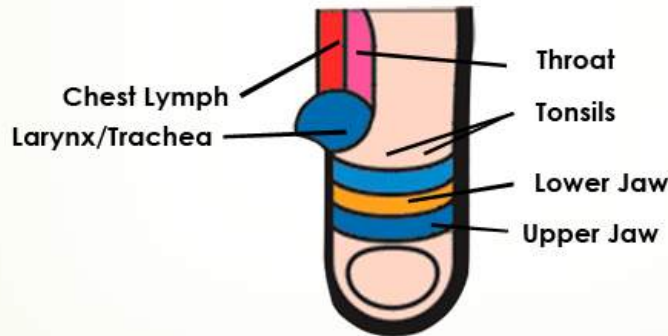
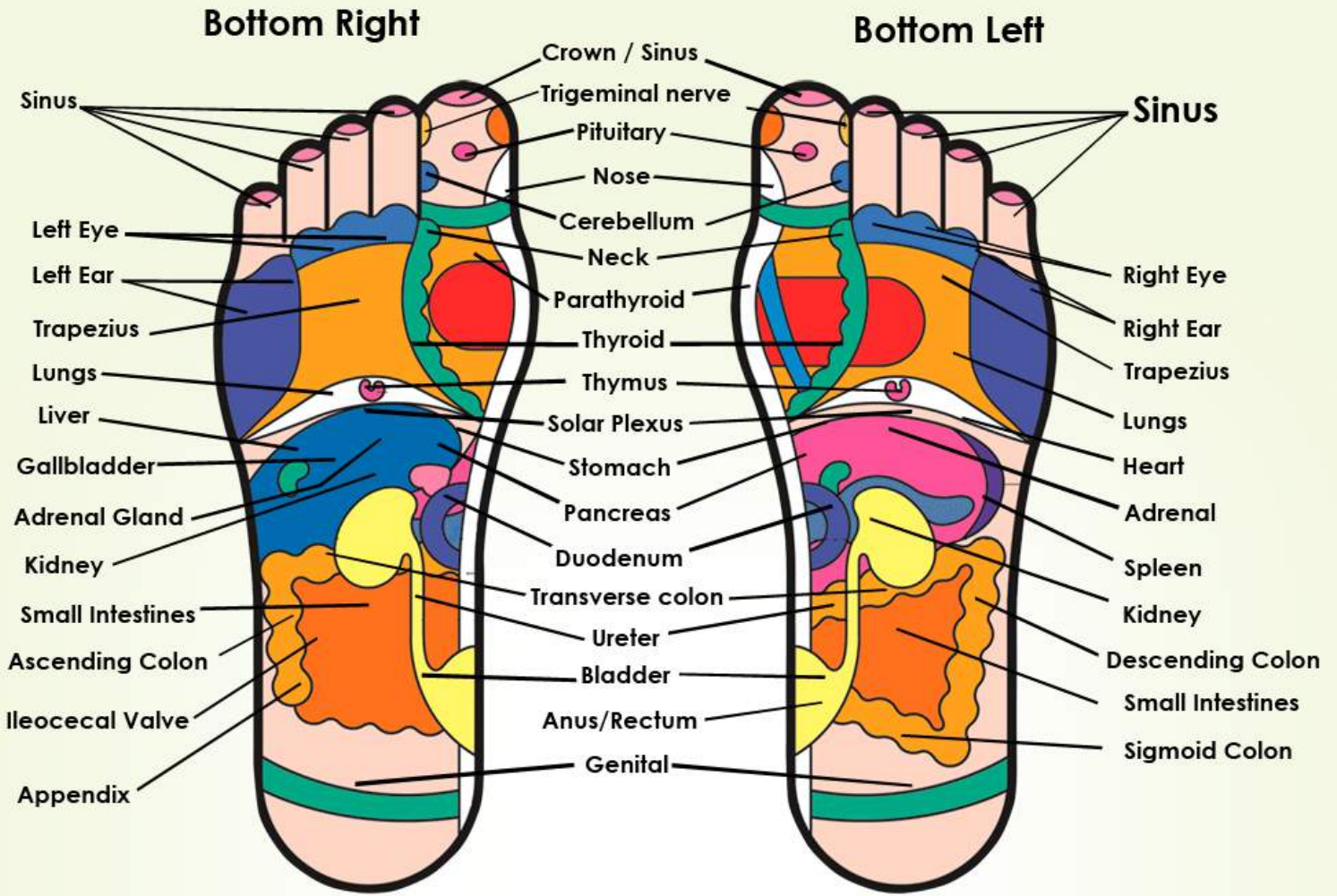


Foot Reflexology Chart



FOOT REFLEXOLOGY REMEDIES FOR COMMON AILMENTS

The benefits of foot reflexology have long been known since the times of the ancient Egyptians and Chinese. Today, foot reflexology is a popular health therapy that is well-established in the field of holistic medicine.

Here are some simple ways foot reflexology can be used as a complementary home remedy for everyday ailments:



Headache

Starting with the big toe, **massage the top portion of your first three toes.**

Grip the toe with your index finger and thumb and apply pressure using the thumb. Massage for a minute before moving to the next toe.



Sinus Problems

Grip the tip of your toe using your thumb and index finger. **Exert firm pressure and hold for around 20 to 30 seconds on each toe** before moving to the next one (except the big toes). Repeat this exercise two to three times a day.



Stress or Stomachaches

With your fists closed and exerting pressure using the knuckles of your index and middle finger, slowly **run your fists up and down the area between the heel and ball of foot, massaging in small, circular motions.**



Stiff Shoulders

Massage the area under your small toe, extending from beside the ball of foot to the side of



LEFT

RIGHT



Lower Back Pain

Using your closed left fist, **exert pressure & massage your right heel** in a circular fashion using the knuckles of your index and middle finger.

