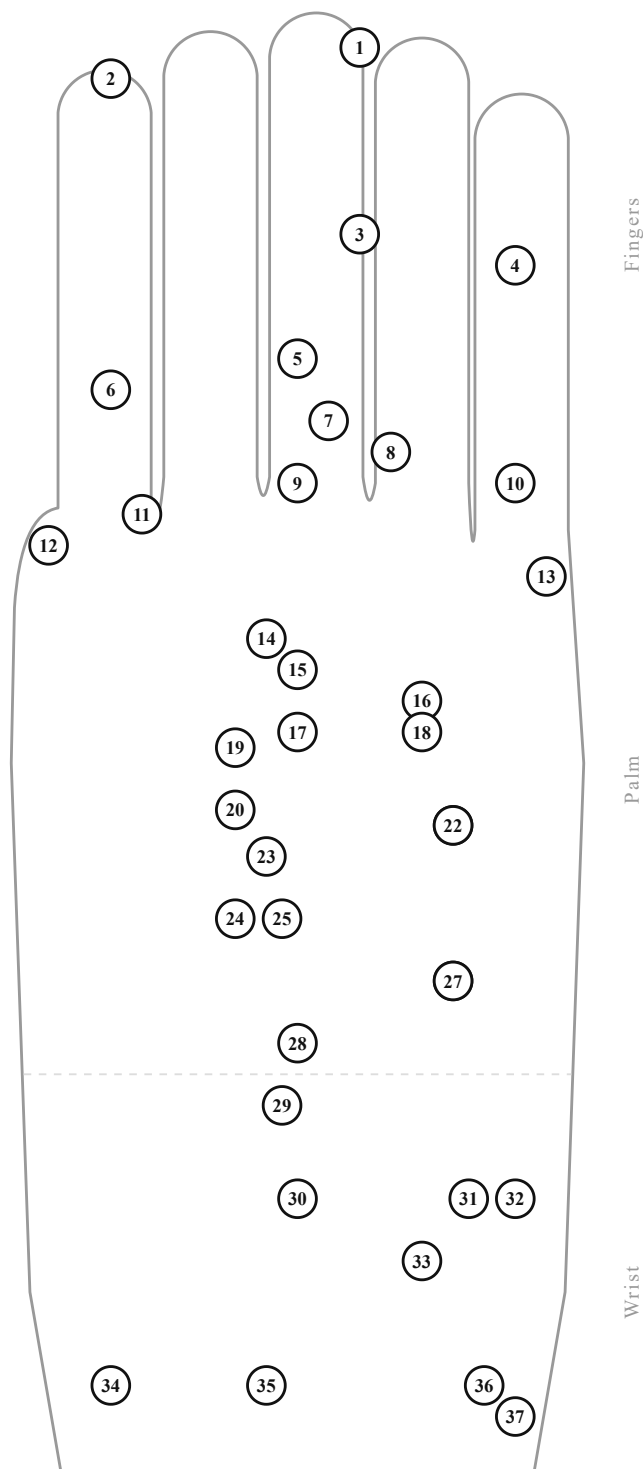


Hand Reflexology Chart

Palm view · 37 reflex points · Ingham Method (Western reflexology)

Numbers on the diagram match the list. Points marked left or right differ between hands.



- | | |
|-----------------------------|---------------------------------------|
| 1. Teeth / Sinuses | 20. Stomach |
| 2. Head / Brain | 21. Gall Bladder (right hand only) |
| 3. Eyes | 22. Spleen (left hand only) |
| 4. Ear | 23. Pancreas |
| 5. Nose | 24. Kidney |
| 6. Pituitary | 25. Duodenum |
| 7. Esophagus | 26. Ascending Colon (right hand only) |
| 8. Trapezius | 27. Descending Colon (left hand only) |
| 9. Throat | 28. Small Intestine |
| 10. Arm | 29. Ureter |
| 11. Neck | 30. Bladder |
| 12. Cervical Spine | 31. Appendix (right hand only) |
| 13. Shoulder | 32. Hip Joint |
| 14. Thyroid / Bronchia | 33. Rectum (right hand only) |
| 15. Solar Plexus | 34. Lower Back |
| 16. Heart (left hand only) | 35. Prostate / Uterus / Penis |
| 17. Diaphragm | 36. Sciatic Nerve |
| 18. Liver (right hand only) | 37. Ovaries / Testes |
| 19. Adrenal | |

Reflexology is a complementary therapy. It is not a diagnosis or a treatment for any medical condition, and it does not replace care from a qualified professional.

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