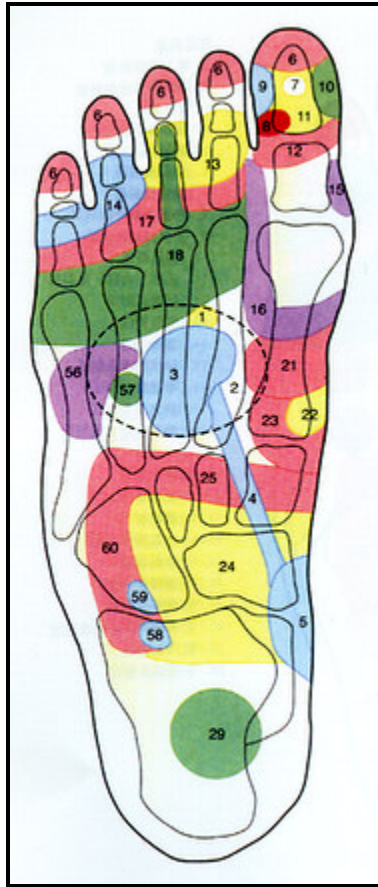
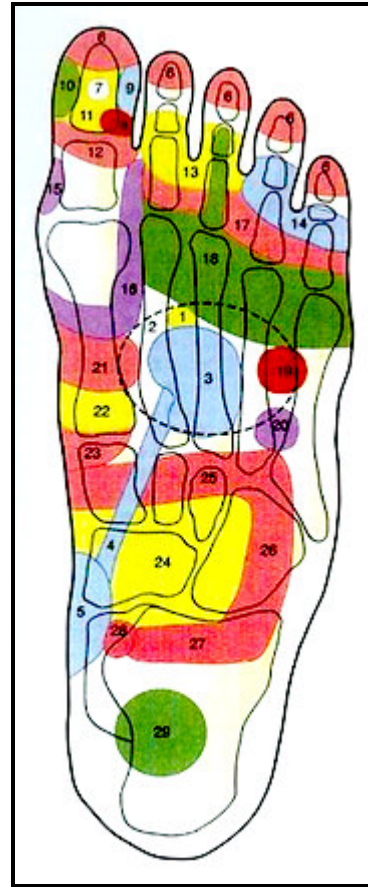


# 按摩 Reflexology Foot Chart



**Right Foot**



**Left Foot**

1. Adrenal Gland	13. Eyes	25. Transverse Colon
2. Solar Plexus	14. Ears	26. Descending Colon
3. Kidneys	15. Parathyroid Gland	27. Sigmoid Colon
4. Ureter	16. Thyroid Gland	28. Anus
5. Bladder	17. Trapezius Muscle	29. Reproductive Glands
6. Sinuses	18. Lungs & Trachea	56. Liver
7. Pituitary Gland	19. Heart	57. Gallbladder
8. Brain	20. Spleen	58. Appendix
9. Trigeminal Nerve	21. Stomach	59. Ileocecal Valve
10. Nose	22. Pancreas	60. Ascending Colon
11. Head	23. Duodenum	
12. Neck	24. Small Intestines	

This reflexology foot chart is not intended to replace professional medical care.  
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