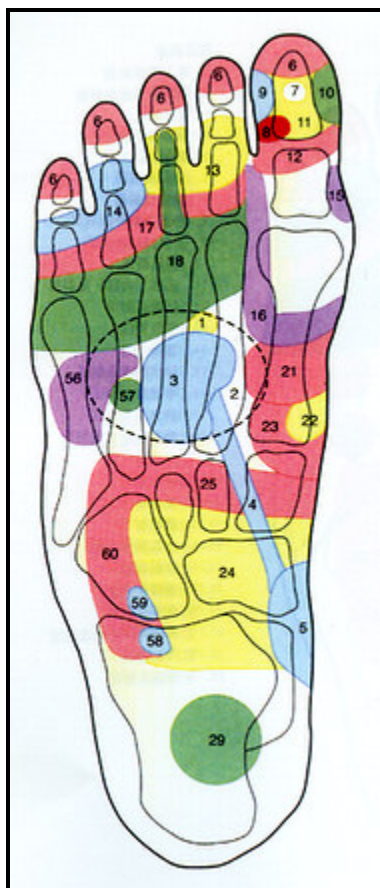
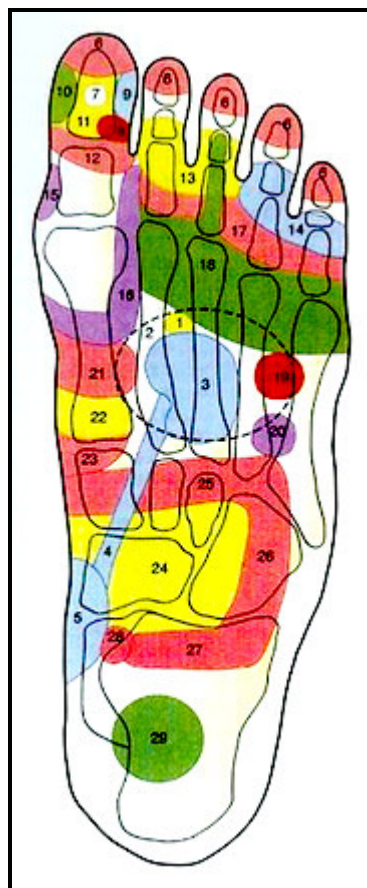


按摩 Reflexology Foot Chart



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 | |