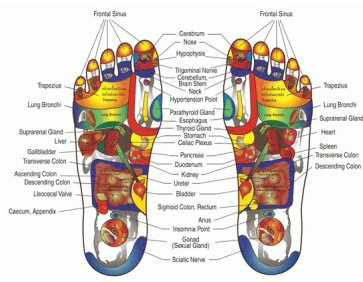


Reflexology Chart



Reflexology is the practice of applying pressure to the feet utilizing specific thumb, finger and hand techniques based on a system of zones and reflex areas that reflect an image of the body on the feet with a premise that such work effects a physical change in the body. A reflexology chart mirrors a reflection of the body on the feet, left foot representing the body's left half and right foot its right half. In reflexology practice, technique is applied to the relevant reflex area to prompt a change in the related part of the body. Research has demonstrated such effects for several reflex areas and their reflected parts of the body, i. e. the kidney reflex areas and the kidneys; the intestine reflex areas and the intestines and the brain reflex area and the brain.