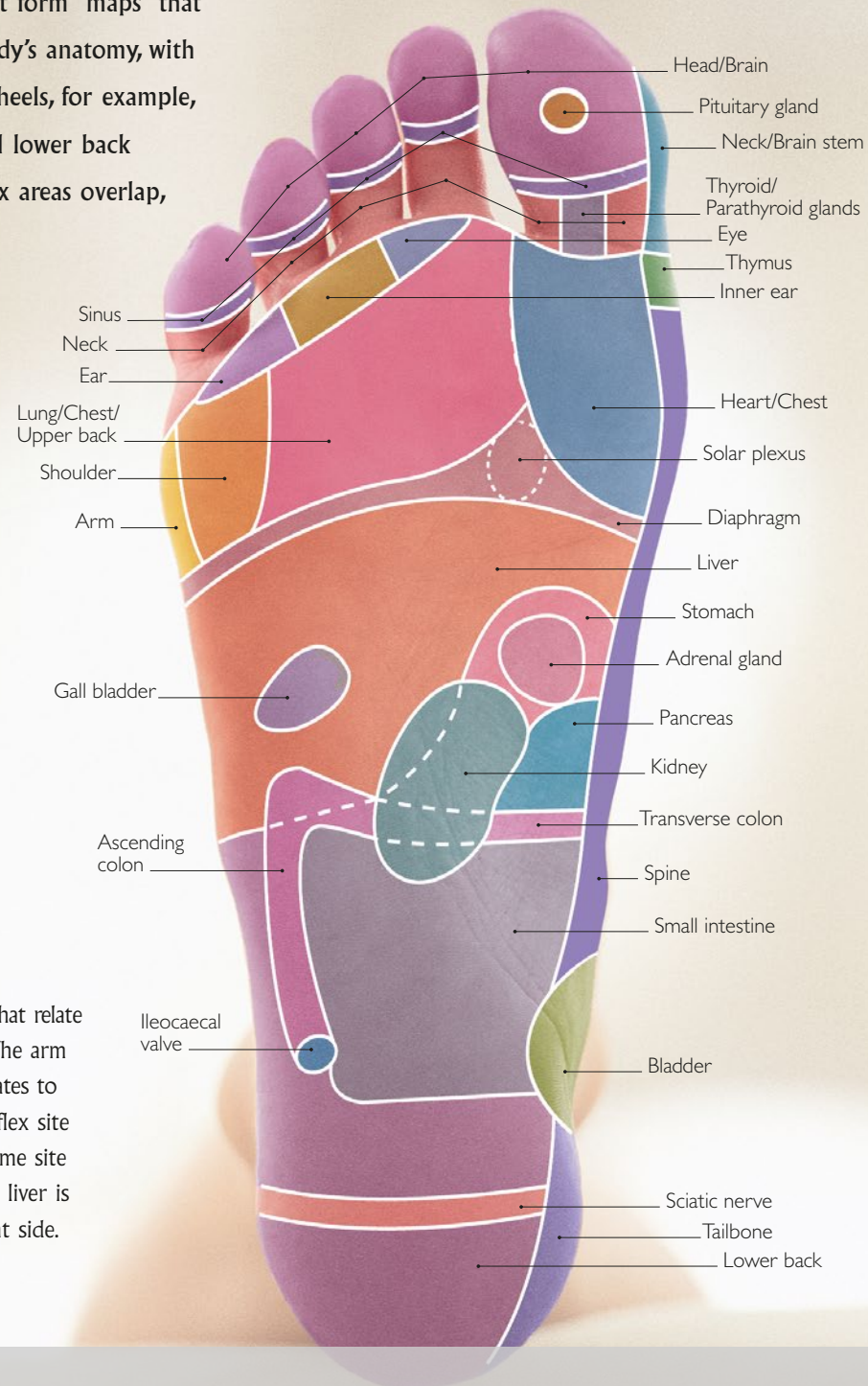


# FOOT REFLEXOLOGY MAPS

Reflex areas on the feet form “maps” that approximate to the body’s anatomy, with areas on the toes and heels, for example, reflecting the head and lower back respectively. Some reflex areas overlap, which is indicated by broken lines.

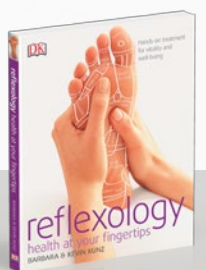
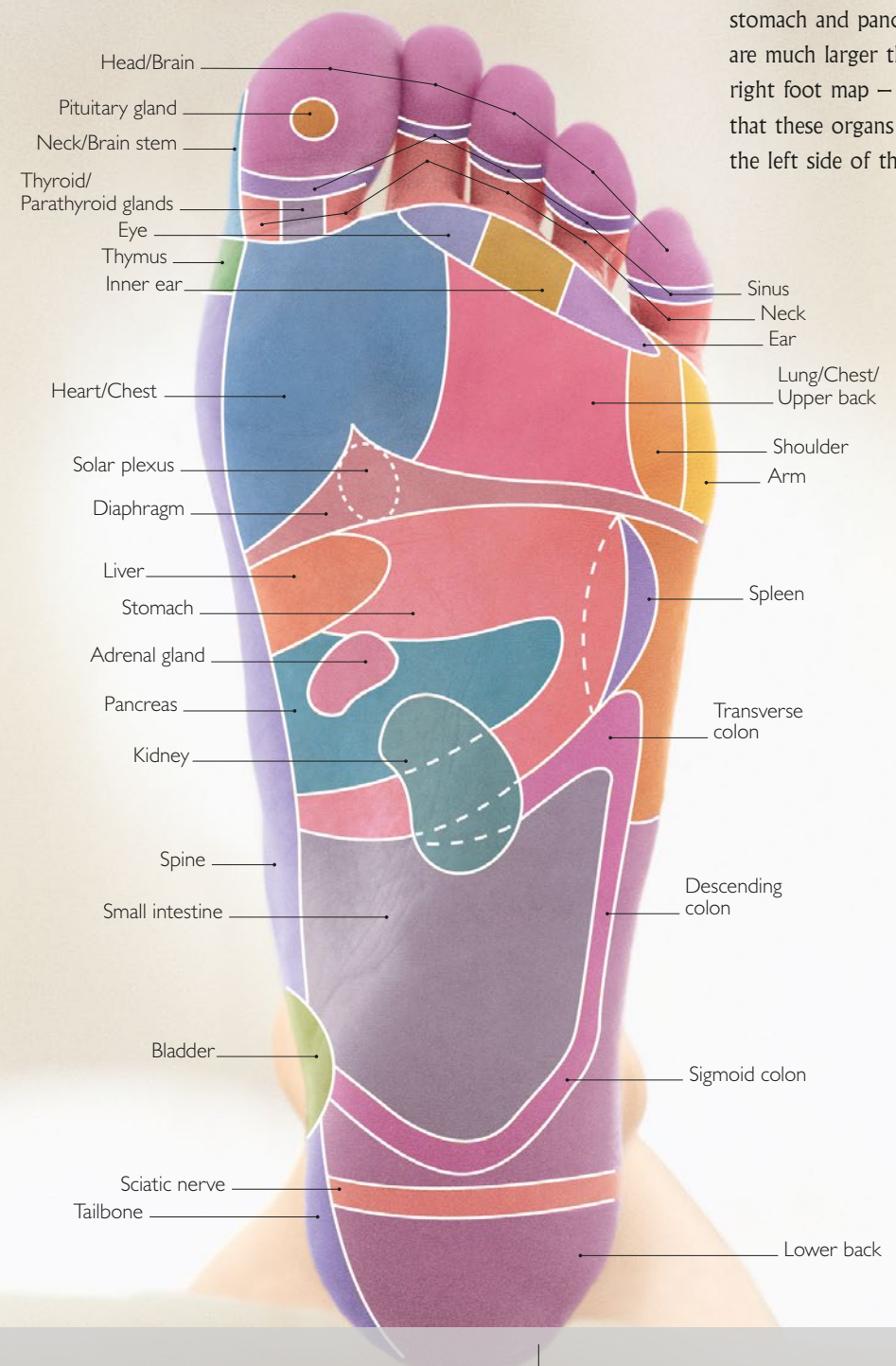


## Right sole

This map has reflex areas that relate to the body’s right side. The arm reflex site, for instance, relates to the right arm. The liver reflex site is much larger than the same site on the left foot, since the liver is mostly on the body’s right side.

## Left sole

Reflex areas on the left foot relate to the body’s left side. The heart, stomach and pancreas reflex sites are much larger than those on the right foot map – reflecting the fact that these organs are situated on the left side of the body.





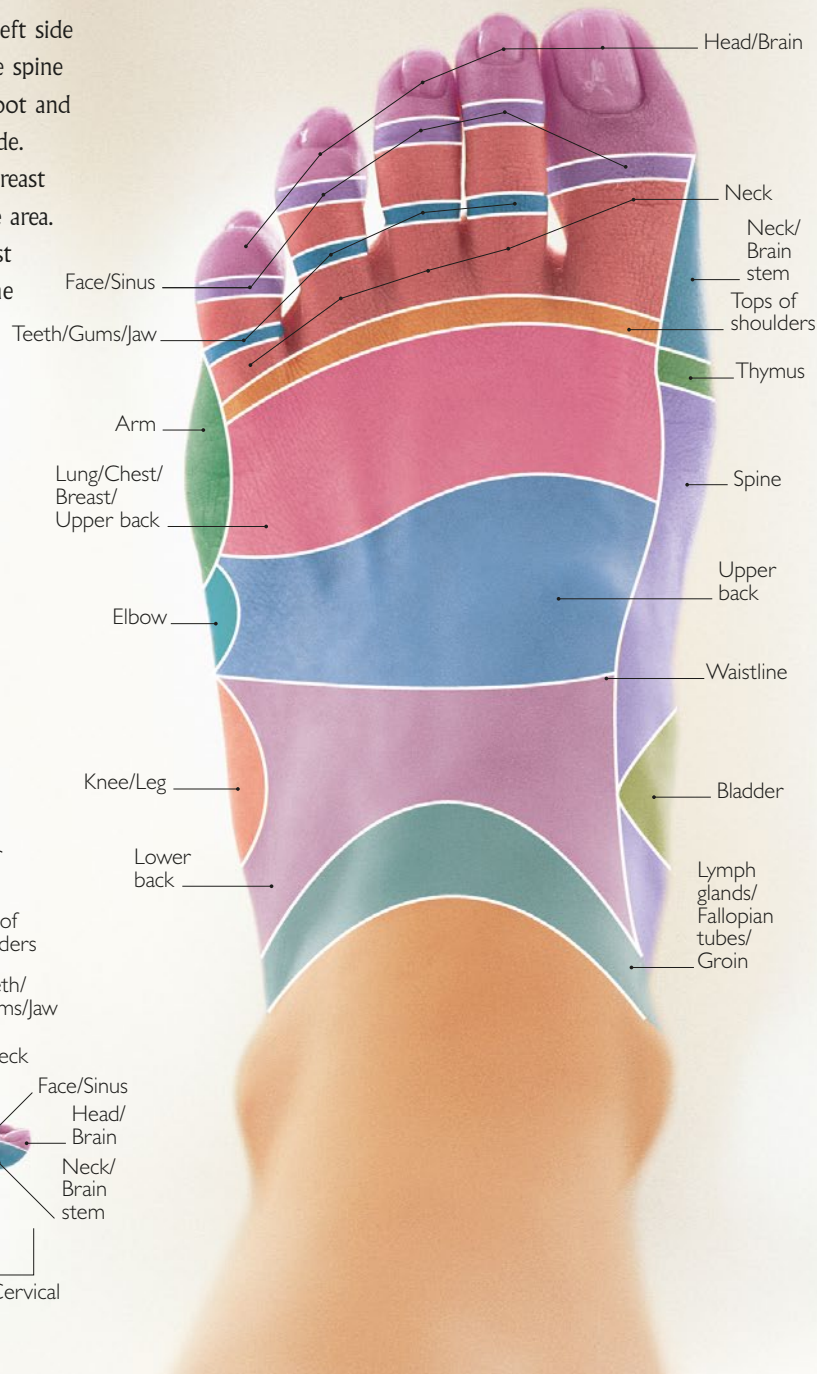
# FOOT REFLEXOLOGY MAPS

## Top of left foot

The reflex areas shown relate to the left side of the body. To orientate yourself, the spine reflex area lies on the inside of the foot and the shoulder reflex area on the outside.

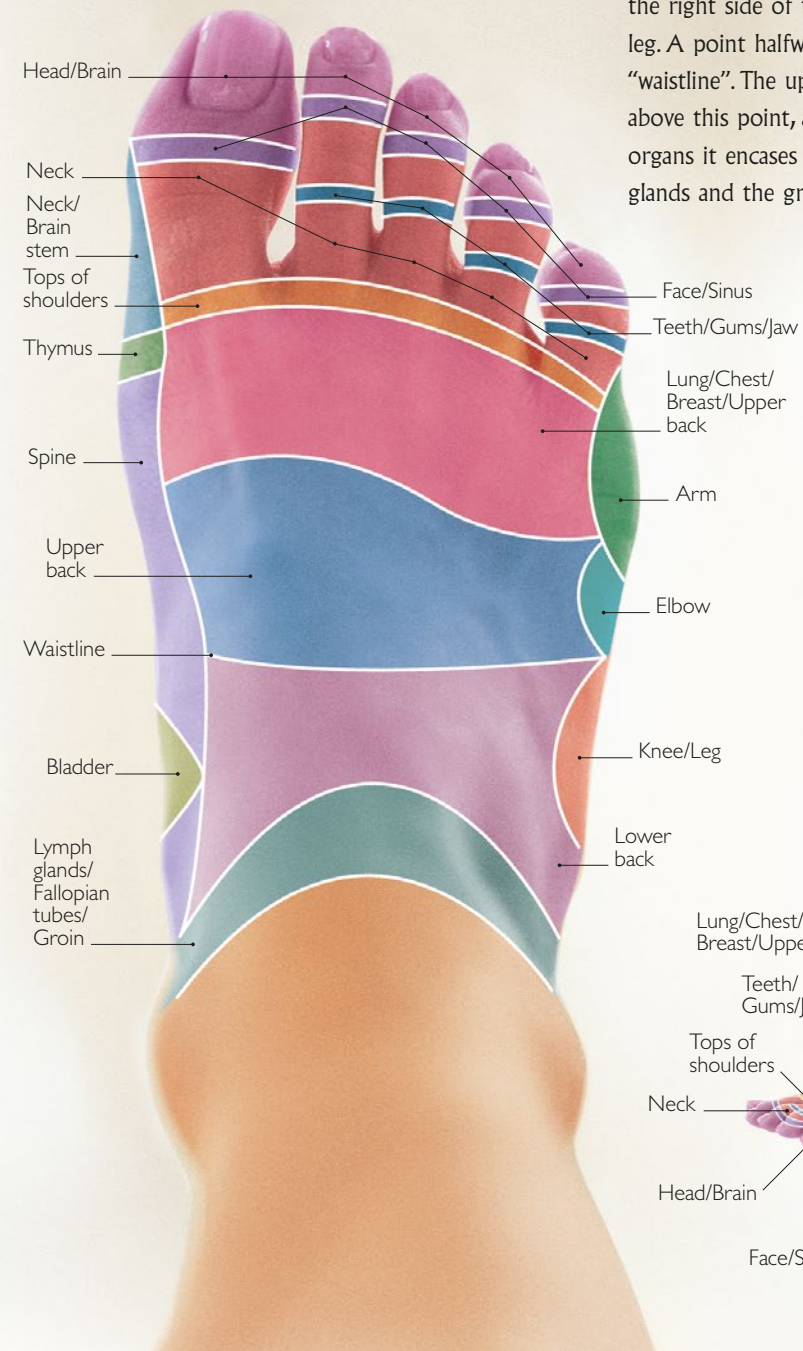
The reflex areas for the lung, chest, breast and upper back is represented as one area.

However, in the same way as the chest and lungs lie "behind" the back, so the chest and lungs reflex areas actually lie behind the back reflex area.



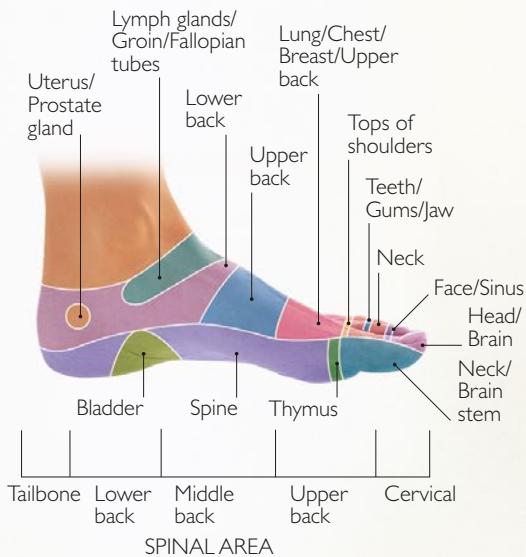
## Top of right foot

On the top of the right foot are reflex areas relating to the right side of the body, such as the right arm and leg. A point halfway down each foot is known as the "waistline". The upper back and its organs are mapped above this point, and the lower back and the internal organs it encases are below this guideline. The lymph glands and the groin reflex areas wrap around the ankle.



## Inside foot

This view shows how the spine reflex area runs along the inside of the foot. The neck is represented at the big toe, the area between the shoulder blades in the ball of the foot, the lower back at the arch, and the tailbone at the base of the heel.



## Outside foot

The reflex area for the top of the shoulders runs across the toes, with the areas corresponding to the arm and elbow at the side of the foot. The reflex areas for the reproductive organs and for the sciatic nerve and hip, which curve round the ankle bone, can be clearly seen in this view.

