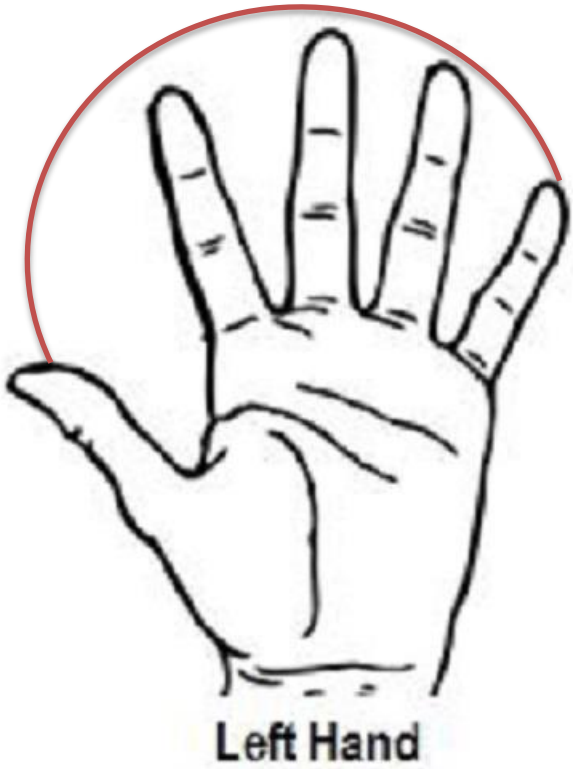
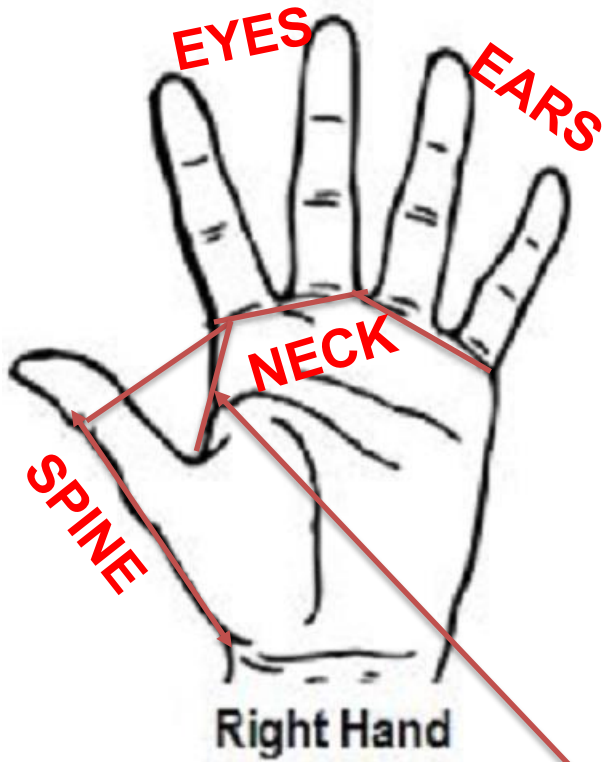


HAND REFLEXOLOGY MAP FOR PAIN RELIEF

FINGERS = HEAD



SHOULDER



FOOT REFLEXOLOGY MAP FOR PAIN RELIEF

TOES = HEAD



NECK

Location: Base of toes

SHOULDER

Thumb Walking up & down the spine area

Spine runs up the inside of both feet

thumb walk up the spine area

thumb walk down the spine area

