

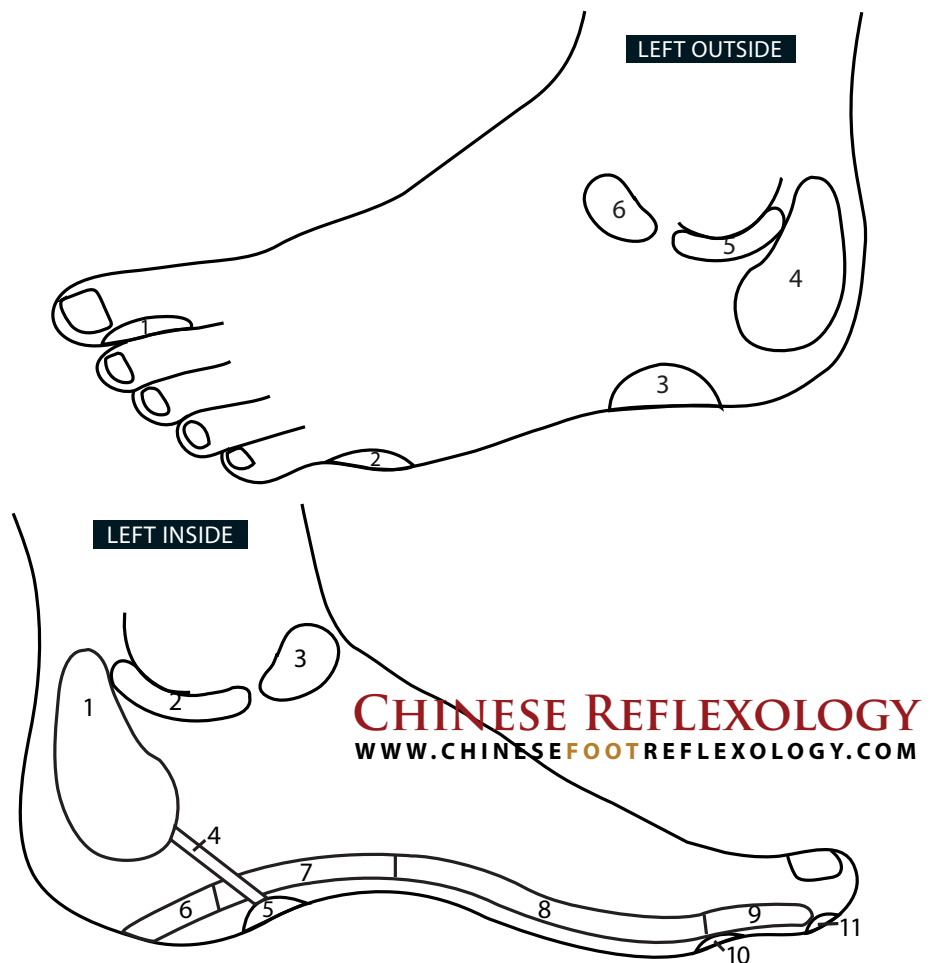
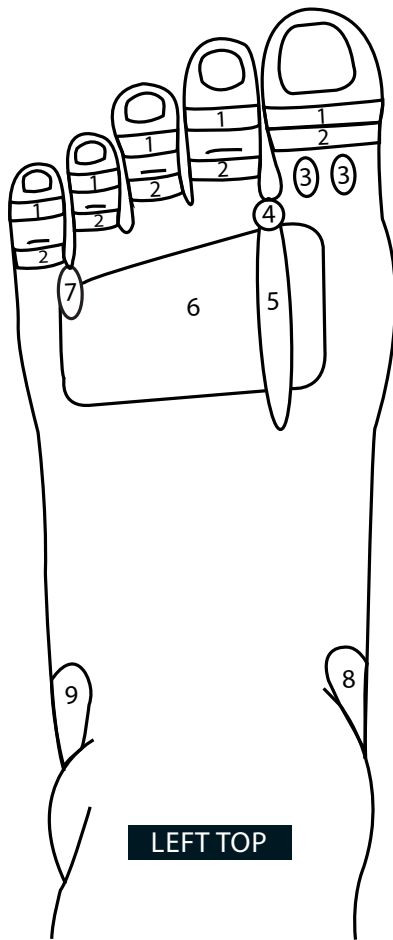


Sole to Soul for Health and Vitality

# TRADITIONAL CHINESE REFLEXOLOGY

With Holly Tse, Author of *Sole Guidance* (Hay House 2016)

For more foot charts and free lessons on how to clear energy blocks and heal your body, visit [www.ChineseFootReflexology.com](http://www.ChineseFootReflexology.com)



## TOPS OF FEET

1. Upper Jaw/Teeth
2. Lower Jaw/Teeth
3. Tonsil/Throat
4. Throat
5. Lymphatic Drainage
6. Breast
7. Inner Ear/Semicircular Canals
8. Lower Lymph Nodes
9. Upper Lymph Nodes

## OUTSIDE EDGES

1. Temporal Area
2. Shoulder
3. Knee
4. Ovary/Testicle
5. Outer Hip
6. Upper Lymph Nodes

Point locations are the same on both the left and right feet for the tops and edges of the feet.

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## INSIDE EDGES

1. Uterus/Prostate
2. Inner Hip
3. Lower Lymph Nodes
4. Ureter Tube
5. Bladder
6. Coccyx and Sacrum
7. Lumbar Spine
8. Thoracic Spine
9. Cervical Spine
10. Parathyroid
11. Nose