

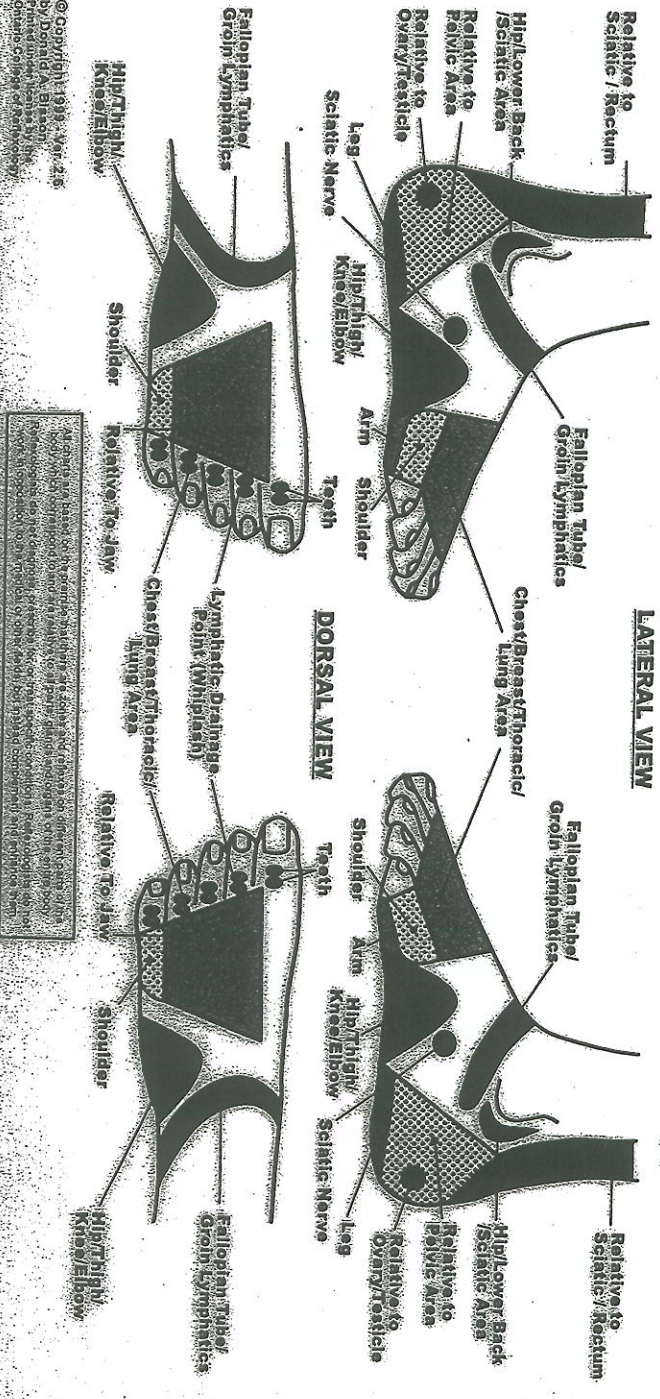
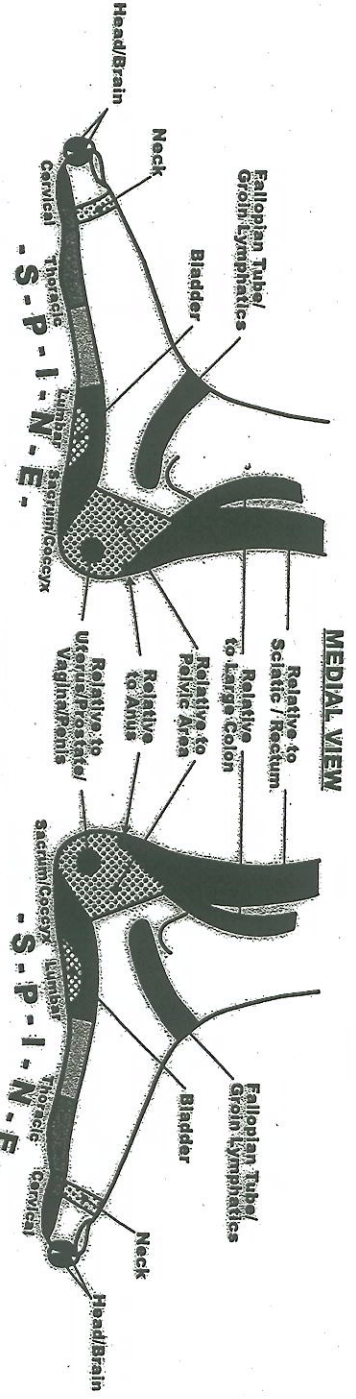
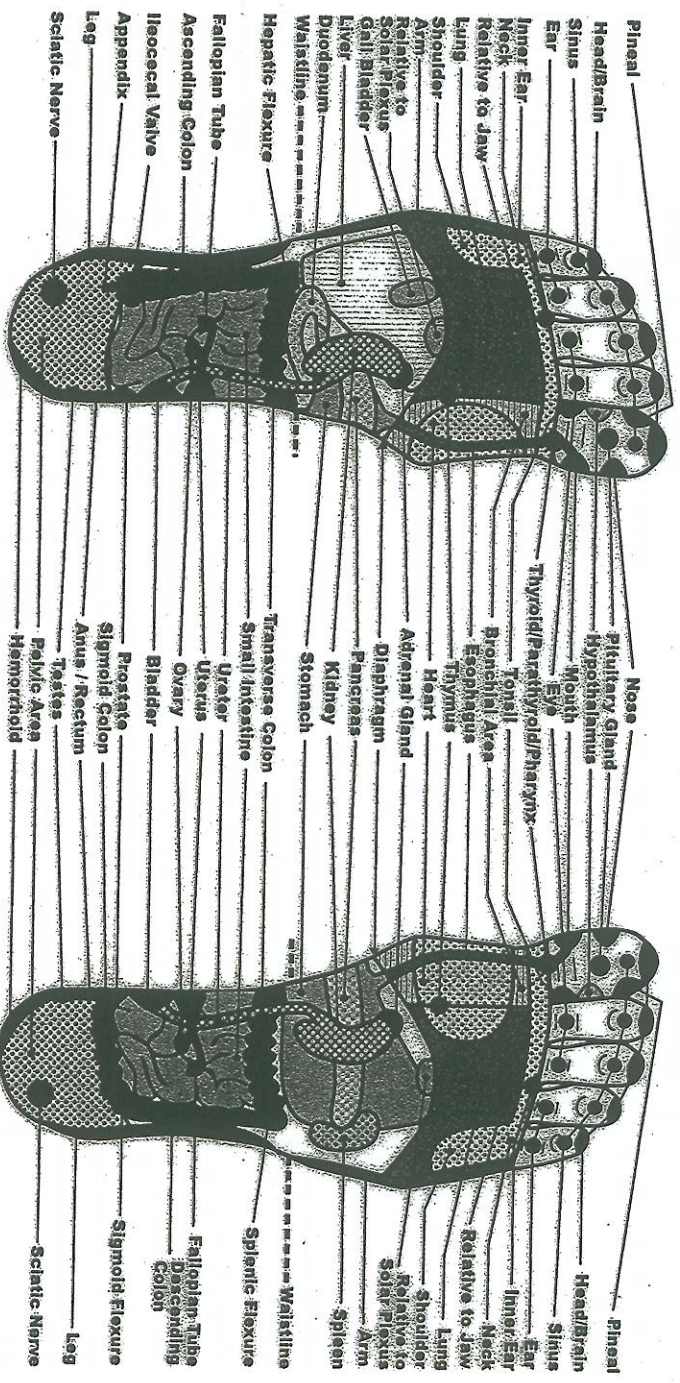


Ontario College of Reflexology

RIGHT FOOT

PLANTAR VIEW

LEFT FOOT



© Copyright 1993, Ver. 2.6
 by Donald A. Blain
 Reflexology Institute of the
 Ontario College of Reflexology

Reflexology is a non-invasive, natural, safe and effective therapy. It is based on the concept that the human body has a natural ability to heal itself. Reflexology is a form of massage that uses the hands to apply pressure to specific points on the feet, hands or face. These points are believed to correspond to different parts of the body. By applying pressure to these points, reflexology is thought to stimulate the body's natural healing process and improve circulation, reduce stress, and promote overall health and well-being. Reflexology is a complementary therapy that can be used in conjunction with other medical treatments. It is not a substitute for medical care. Reflexology is a safe and effective therapy for many conditions, including stress, anxiety, depression, insomnia, and chronic pain. It is a natural and non-invasive way to improve your health and well-being.