

Respiratory reflexology routine

Ailments:

Asthma, Allergies, Colds, Coughs, Infections, Flu

- 1) ALL TOES - Clear sinuses and nasal passages
- 2) LUNGS & CHEST - Relax chest muscles, break up congestion
- 3) DIAPHRAGM - Facilitate deep breathing
- 4) EUSTACHIAN TUBE & EARS - Clear congestion and ear blockages
- 5) PITUITARY - Balance and optimise hormone release
- 6) SPLEEN - Balance immune function
- 7) ADRENALS - Produce anti-inflammatory hormones, adrenaline relaxes large airways in lungs
- 8) THROAT & TONSILS - Clear congestion
- 9) LYMPH & GROIN - Balance immune function
- 10) NOSE - Clear congestion
- 11) LYMPH DRAINAGE CHEST - Break up and eliminate congestion
- 12) THYMUS - Stimulate energy & boost immune system

