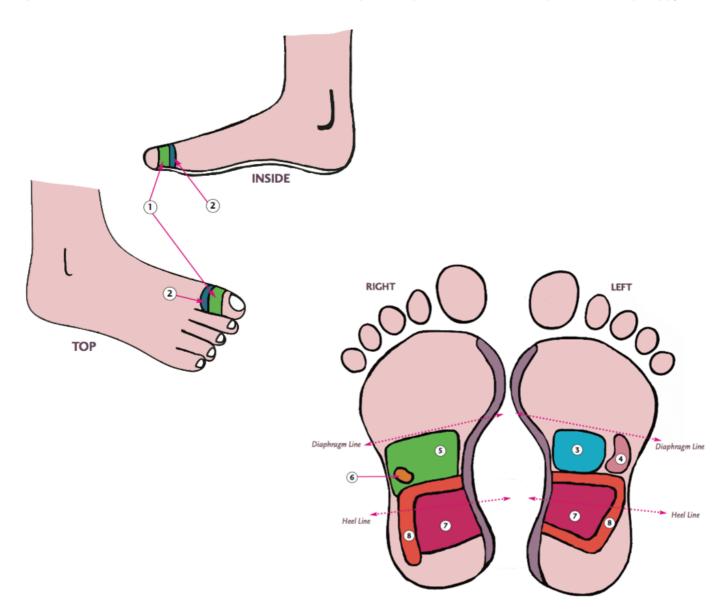
ELIZABETHJONES complementary therapies

- Digestive reflexology routine -

Ailments:

Colic, Wind, Weaning, Constipation, Vomiting, Diarrhoea

- 1) GUMS & TEETH Chewing & saliva production
- 2) NECK & THROAT Swallowing
- 3) STOMACH Digestive process
- 4) PANCREAS Releases enzymes into small intestines
- 5) LIVER Releases enzymes into small intestines
- 6) GALL BLADDER Releases enzymes into small intestines
- 7) SMALL INTESTINES Absorption of nutrients
- 8) LARGE INTESTINES Elimination of waste/faeces, helps constipation & diarrhoea, dispels wind. Keep nappy on!!



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