

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!!

