

Mapping the Ears

Horizontal Zone 1 – From the crest of the ear to the Shoulder Line Guideline

Horizontal Zone 2 – Triangular notch; From the Shoulder Line Guideline to the Diaphragm Guideline

Horizontal Zone 3 – Cymba Concha; From the Diaphragm Guideline to the Waistline Guideline

Horizontal Zone 4 – Cavum Concha; From the Waistline Guideline to the Pelvic Guideline

Horizontal Zone 5 – Lobe; From the Pelvic Guideline to end of the ear lobe

Horizontal Zone 1 (Reflexes) – Brain, Skull, Sinus, Eyes*, Teeth, Jaw, Ears*, Thyroid, Muscles of the Head and Face, Cervical Spine

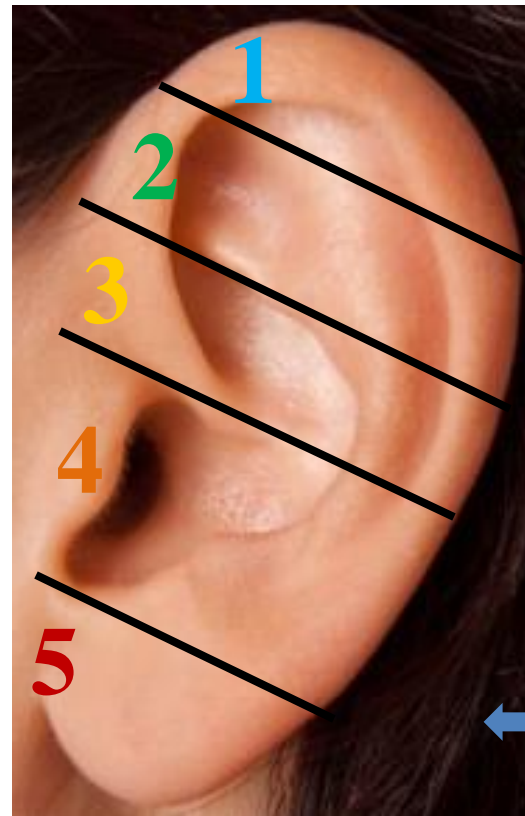
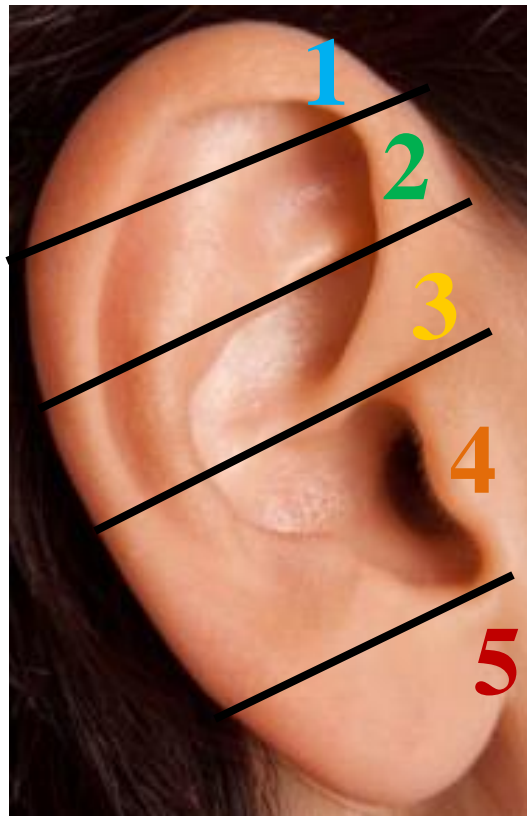
Horizontal Zone 2 (Reflexes) – Shoulder, Lung, Heart (more left side), Ribs, Thymus, Arm*, Diaphragm (technically on the Diaphragm Guideline), Lymph Drainage, Thoracic Spine

Horizontal Zone 3 (Reflexes) – Liver (right only), Gallbladder (right only), Pancreas (more left side), Stomach (left only), Spleen (left only), Adrenal, Upper Half of Kidneys, Solar Plexus (technically on Diaphragm Guideline), Thoracic Spine

Horizontal Zone 4 (Reflexes) – Large Intestine (ascending and half of transverse on right side; descending, sigmoid and half of transverse on left side), Small Intestine, Ureters, Bladder, Reproductive, Lower Half of Kidney, Lymph Drainage, Hip/Knee/Leg, Lumbar Spine

Horizontal Zone 5 (Reflexes) – Sciatic Nerve, Sacral/Coccyx, Legs/Low Body

* = Depending on which map you look at, the location of these reflexes might be different. Ultimately, Reflexology is not a press-reflex-fix-issue modality so if you are in the general vicinity of the zone the body will respond accordingly because it knows what you are trying to accomplish.



← Shoulder Line Guideline

← Diaphragm Guideline

← Waistline Guideline

← Pelvic Guideline