

Mapping the Hands

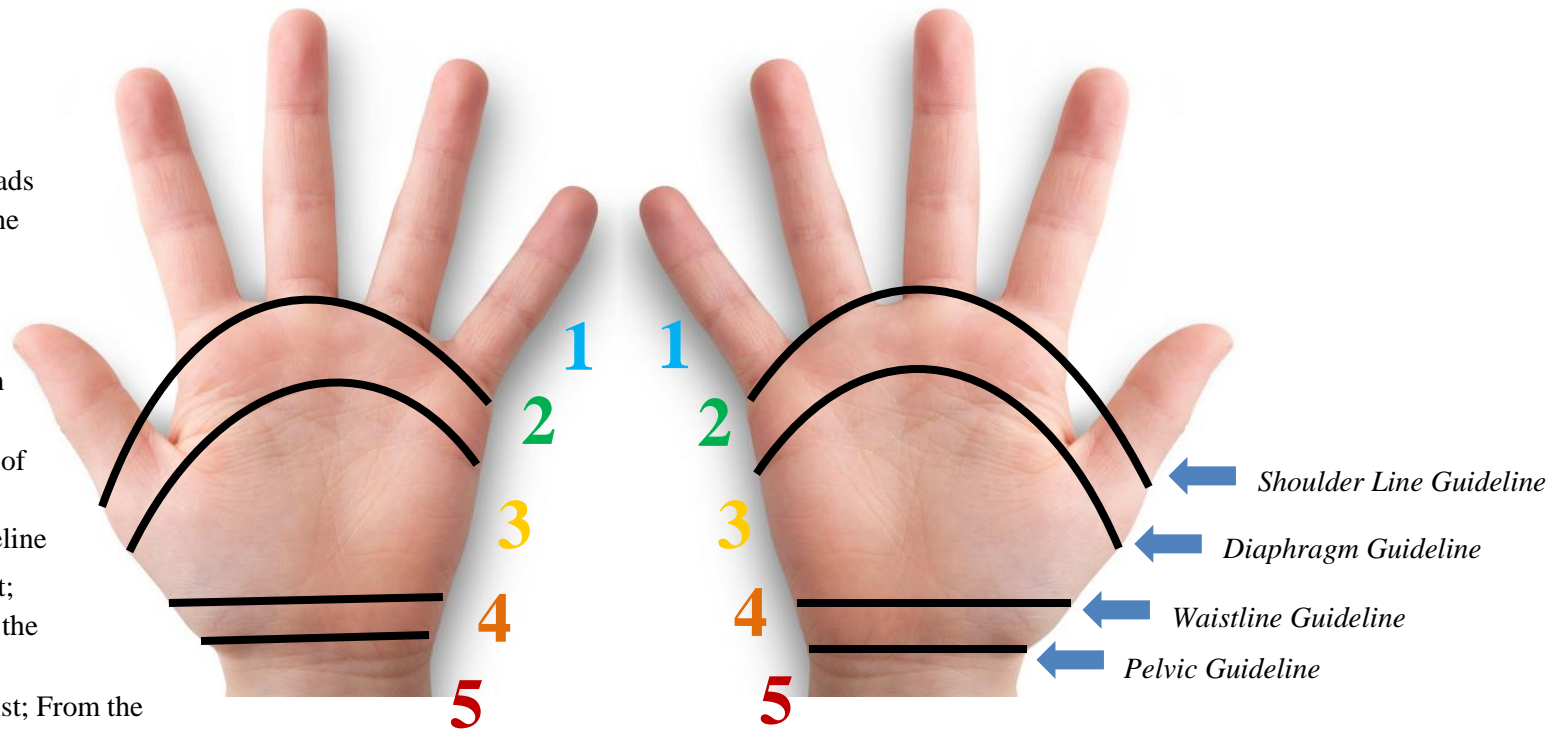
Horizontal Zone 1 – From the pads of the fingers to the Shoulder Line Guideline

Horizontal Zone 2 – The knuckles; From the Shoulder Line Guideline to the Diaphragm Guideline

Horizontal Zone 3 – A majority of the palm; From the Diaphragm Guideline to the Waistline Guideline

Horizontal Zone 4 – Upper wrist; From the Waistline Guideline to the Pelvic Guideline

Horizontal Zone 5 – Lower wrist; From the Pelvic Guideline to the styloid processes of the wrist (bumps on either side of the wrist).



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 hand), Gallbladder (right hand), Pancreas (more left hand), Stomach (left hand), Spleen (left hand), 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 hand; descending, sigmoid and half of transverse on left hand), Small Intestine, Ureters, Bladder, Reproductive (either side of wrist), Lower Half of Kidneys, 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.