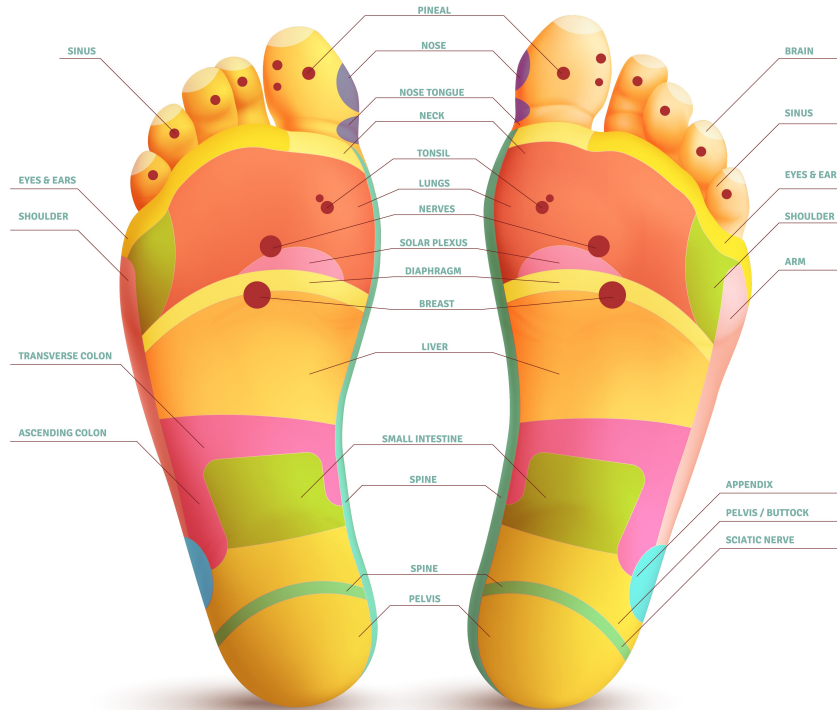


Foot Reflexology Charts

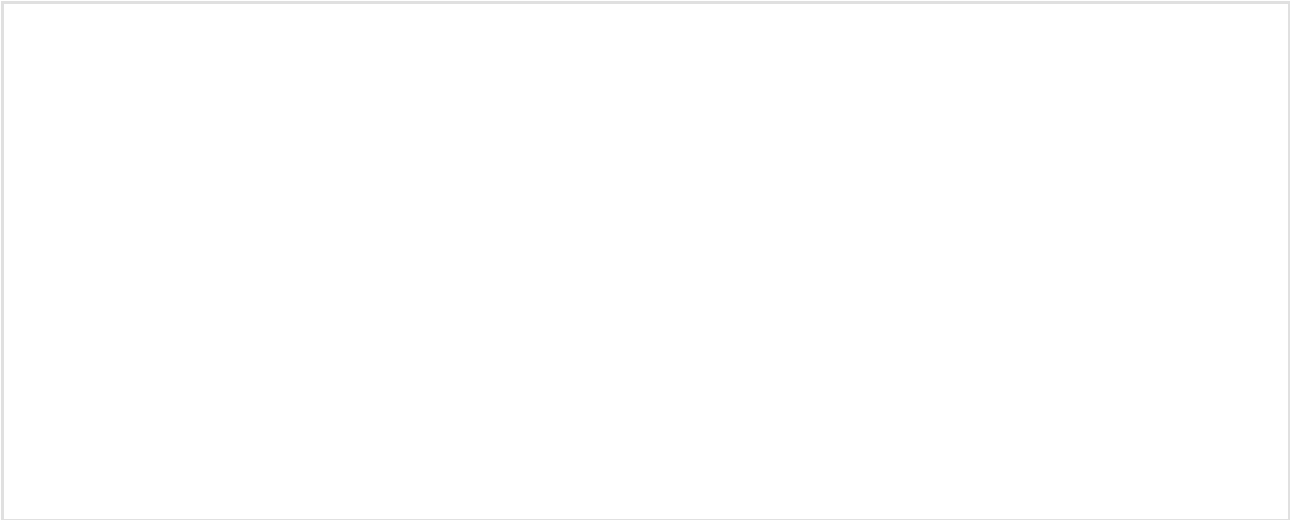
Common Trigger Points



Designed by macrovector / Freepik

Organ/Body Part	Location on Foot	Symptoms
Head	Top of the toes	Headache, sinus congestion, eye pain
Neck	Middle of the toes	Neck pain, shoulder pain
Stomach	Ball of the foot	Digestive problems, nausea, vomiting
Heart	Arch of the foot	Heartburn, chest pain, anxiety
Lungs	Instep of the foot	Cough, shortness of breath, asthma
Kidneys	Heel	Back pain, fatigue, urinary problems

Notes:

A large, empty rectangular box with a thin black border, intended for the user to write their notes. It occupies the upper half of the page.