

1. THE PANCREAS

- 1.1. The pancreas is a large glandular structure in the abdomen. It is probably best known for the production of the hormones insulin and glucagon. The reflexes are situated on the soles of both feet - more on the left foot than the right foot - below the stomach and above the waistline. On the right foot it extends to just below the big toe, and on the left foot as far as the fourth toe.

