

1. THE LUNGS

- 1.1. The lungs are cone shaped, spongy organs that lie in the thorax on either side of the heart. It is here that the process of respiration takes place - the exchange of oxygen for carbon dioxide. The air passages of the respiratory system found in the thorax are the trachea (windpipe), which divides into the bronchi to enter the left and right lungs.

- 2.1. The lung reflexes are found on the soles of both feet from the second toe (stomach meridian) to just past the fourth toe (gallbladder meridian). Reflexes for the trachea and bronchi are found below the big toe and second toe (stomach and liver meridians) connected to the lung reflex. These same reflexes are also found in similar positions on the tops of the feet.

