

1. THE HEAD AND NECK AREA - THE TOES

- 1.1 The toes incorporate reflexes to all parts of the body found above the shoulder girdle. If you imagine the two big toes as two half heads with a common neck, the positions of the reflexes are placed logically. Each big toe contains reflex points for the pituitary gland, pineal gland, hypothalamus, brain, temples, teeth, the seven cervical (neck) vertebrae, sinuses, mastoids, tonsils, nose, mouth, and other face reflexes as well as part of the Eustachian tubes
- 1.2 The other four toes on each foot contain reflex points for the eyes, ears, teeth, sinuses, lachrymal glands (tear ducts), speech center, upper lymph system, collar bone (shoulder girdle), Eustachian tubes, chronic eyes and ears.

