

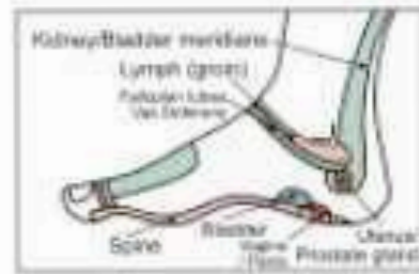
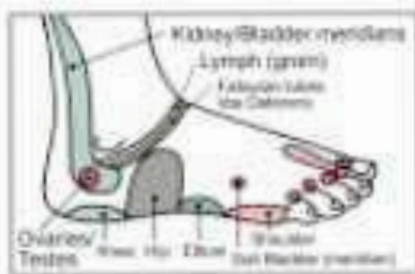
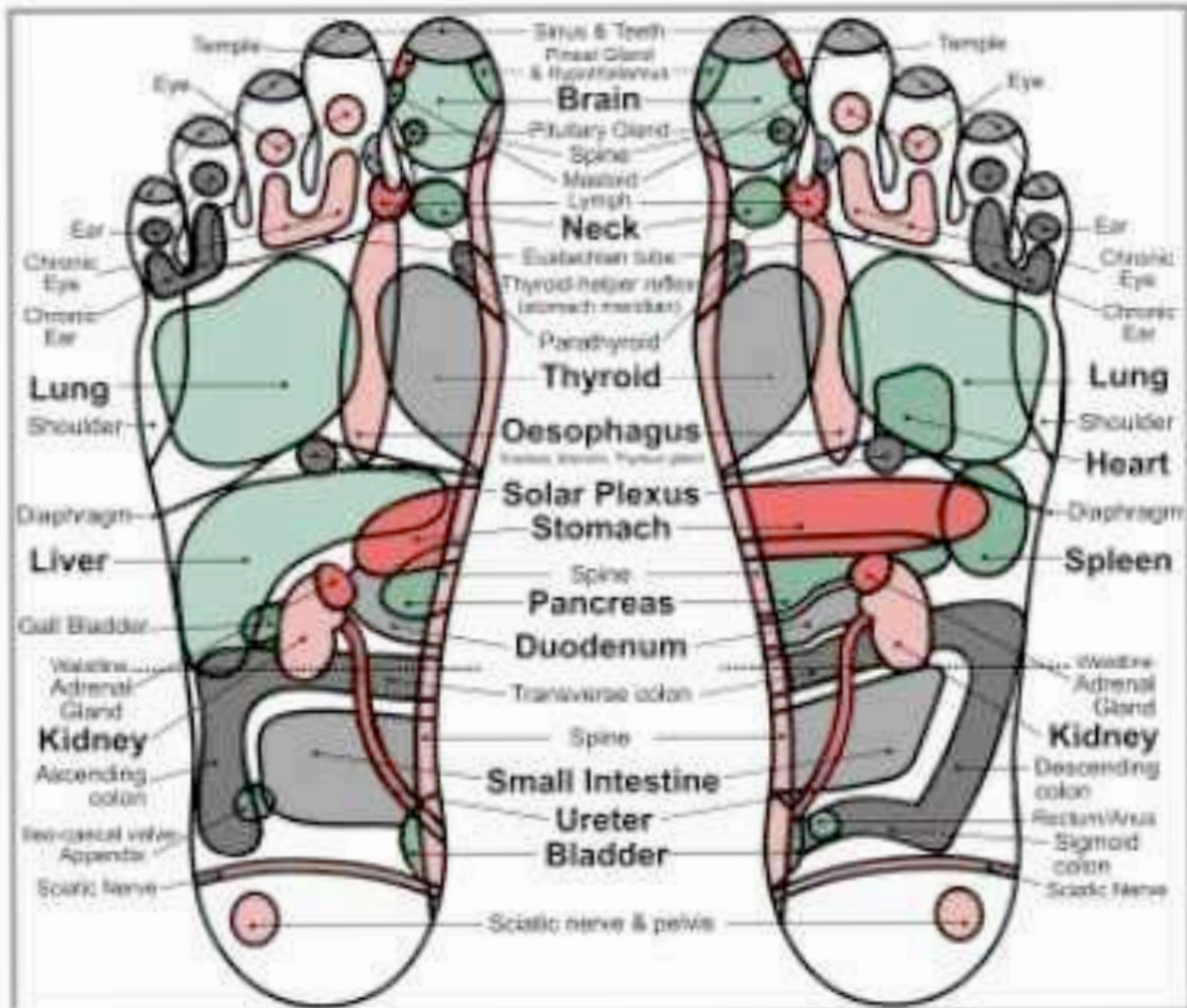
**NON-
TRADITIONAL
WELLNESS
STRATEGIES**

**DIONY PODARA-
SALACHAS, RPT**

ivyhill@otenet.gr



REFLEXOLOGY CHART

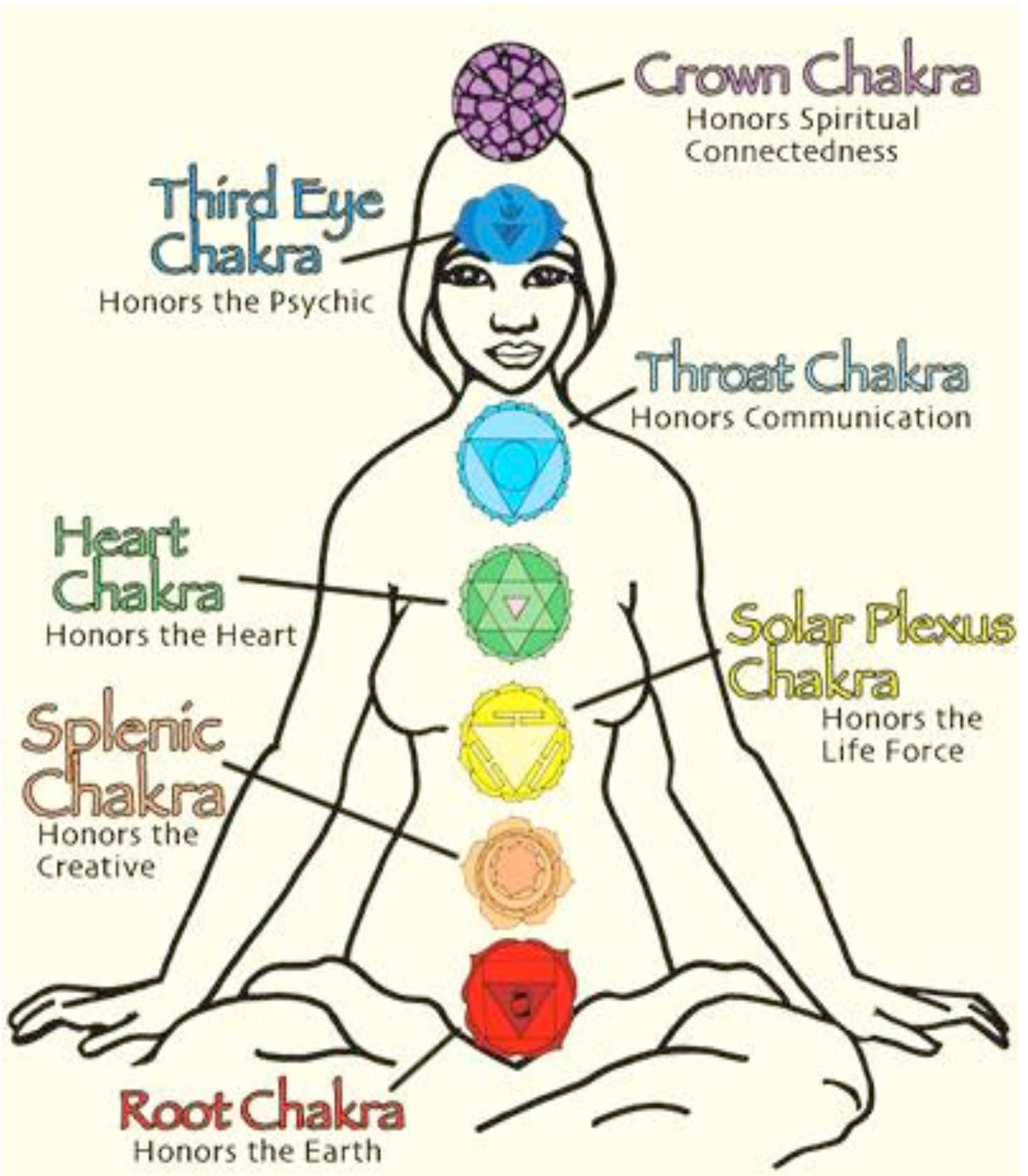


THE INTERNATIONAL SCHOOL OF
REFLEXOLOGY & MERIDIAN THERAPY

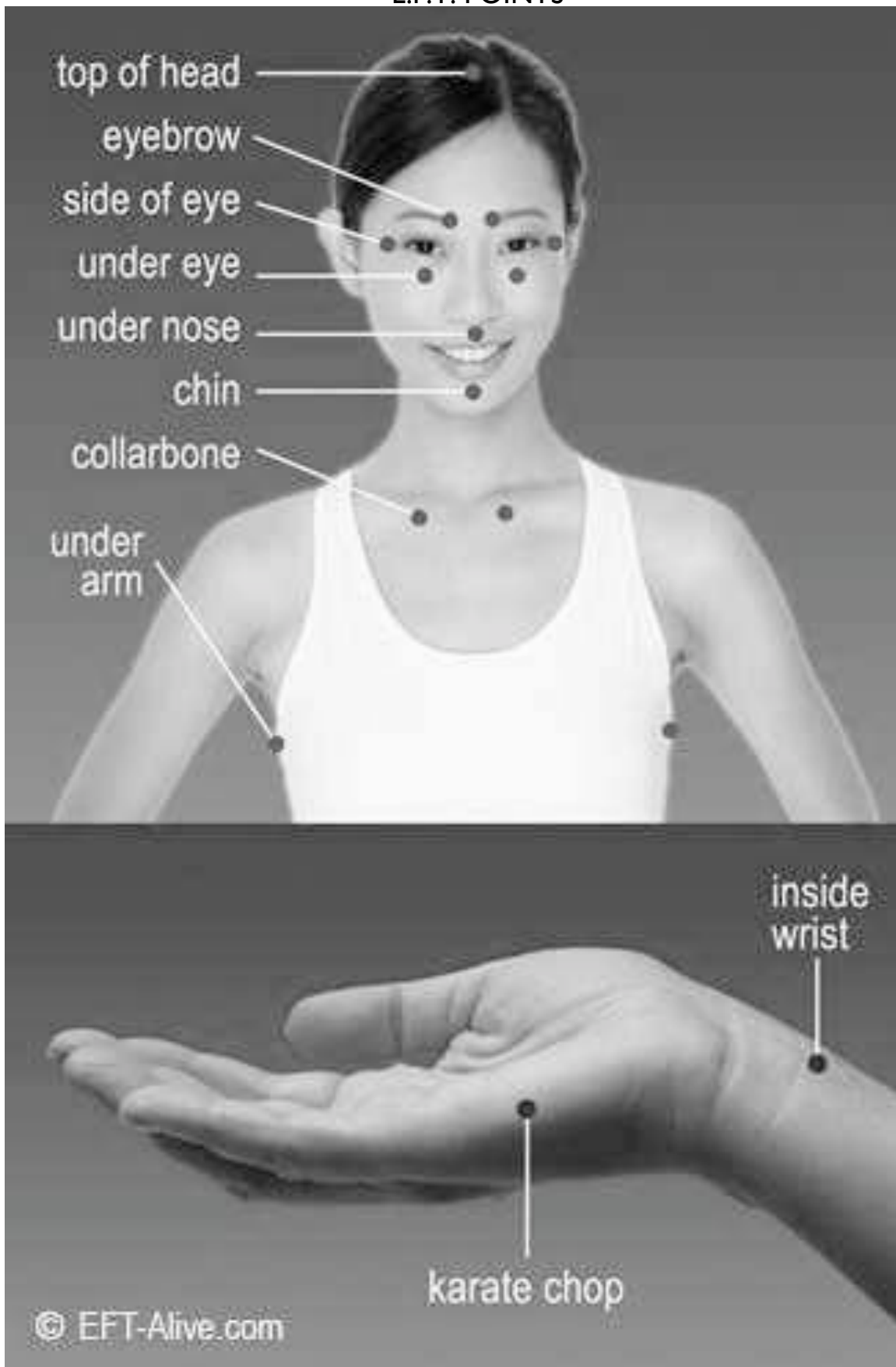
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 ISBN 1 85205 042 5 REFLEXOLOGY: The message for total health in the 21st century. Published by Reflexology Books, U.K.

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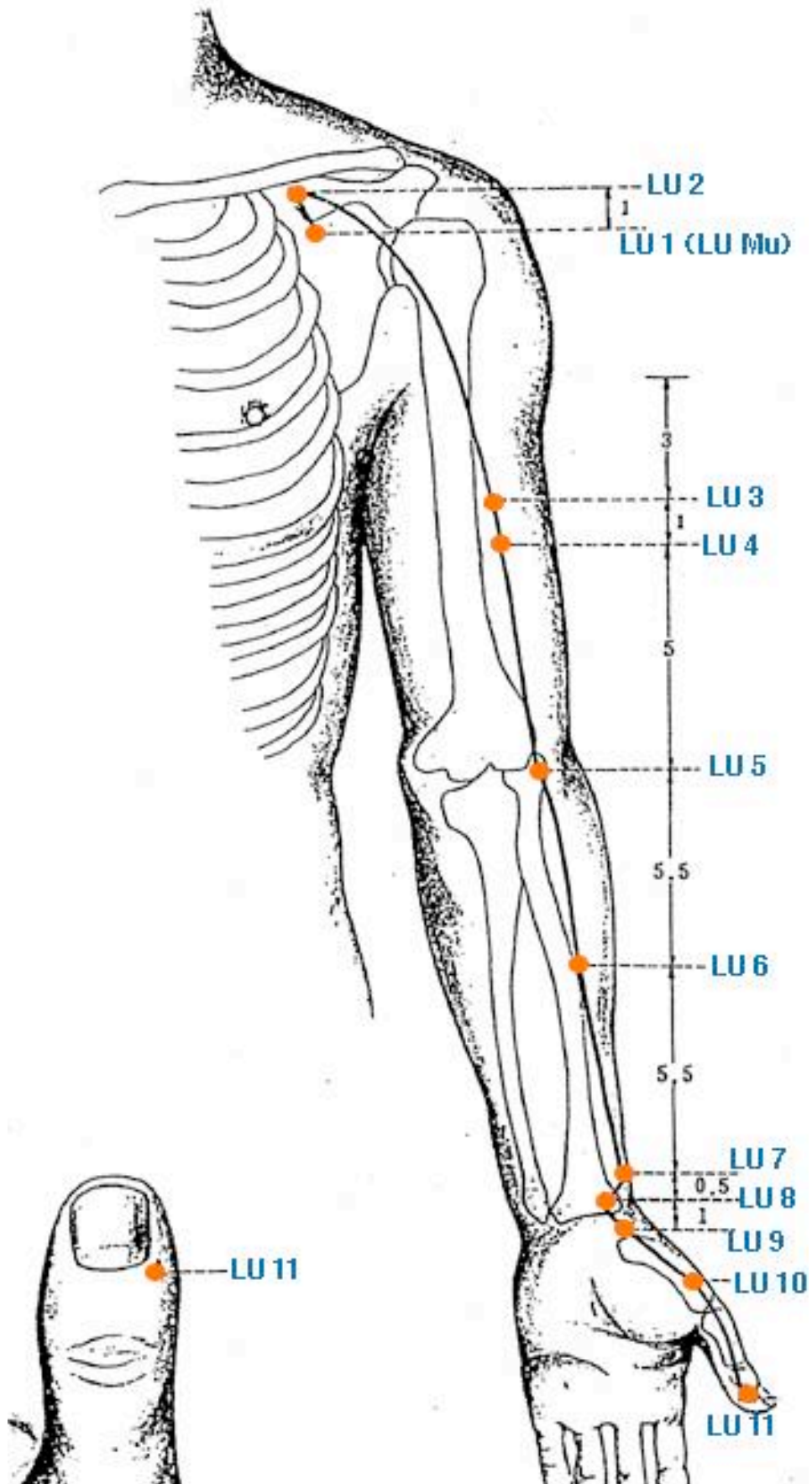


E.F.T. POINTS

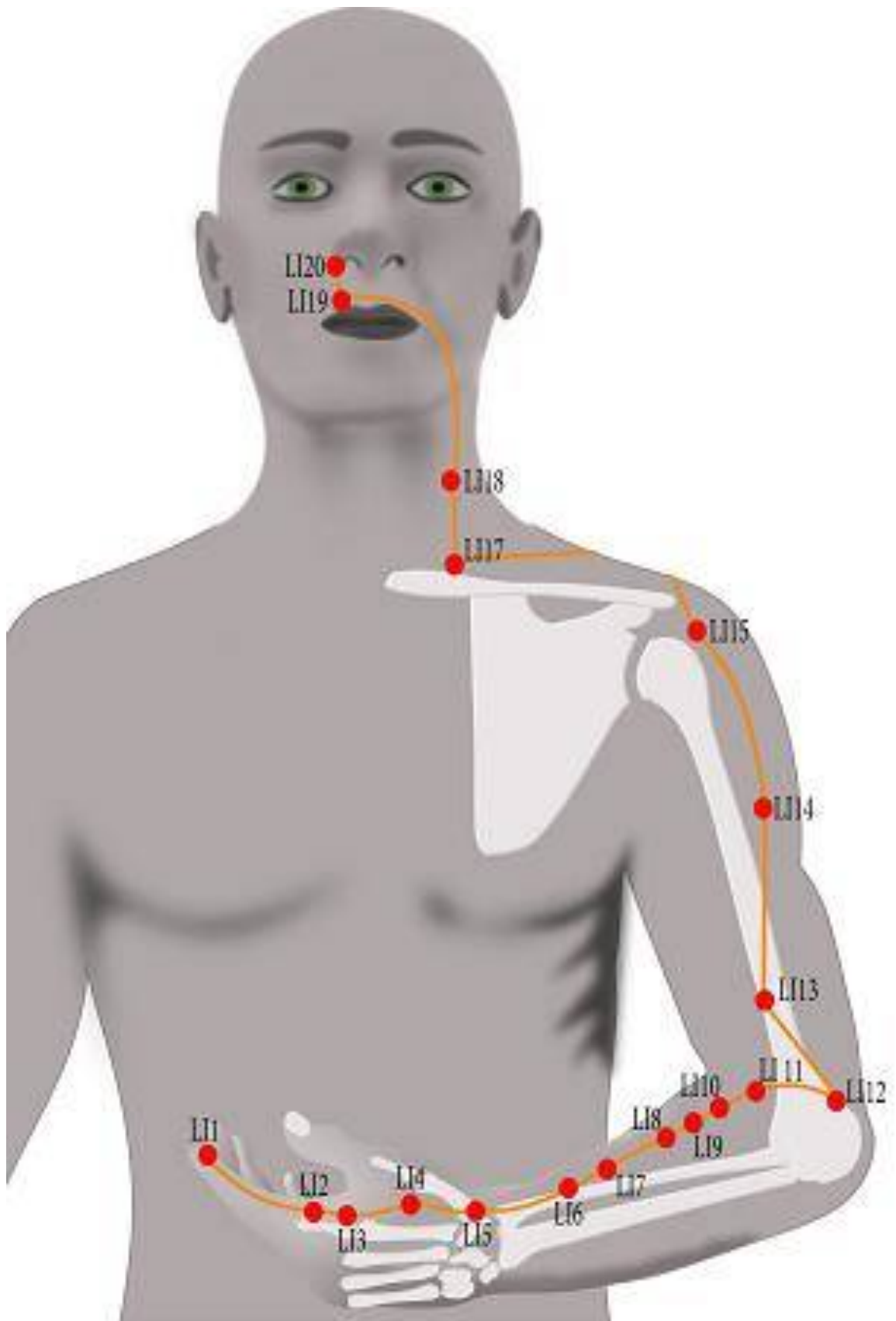


12
MERIDIANS
ON THE
FOLLOWING 14
PAGES

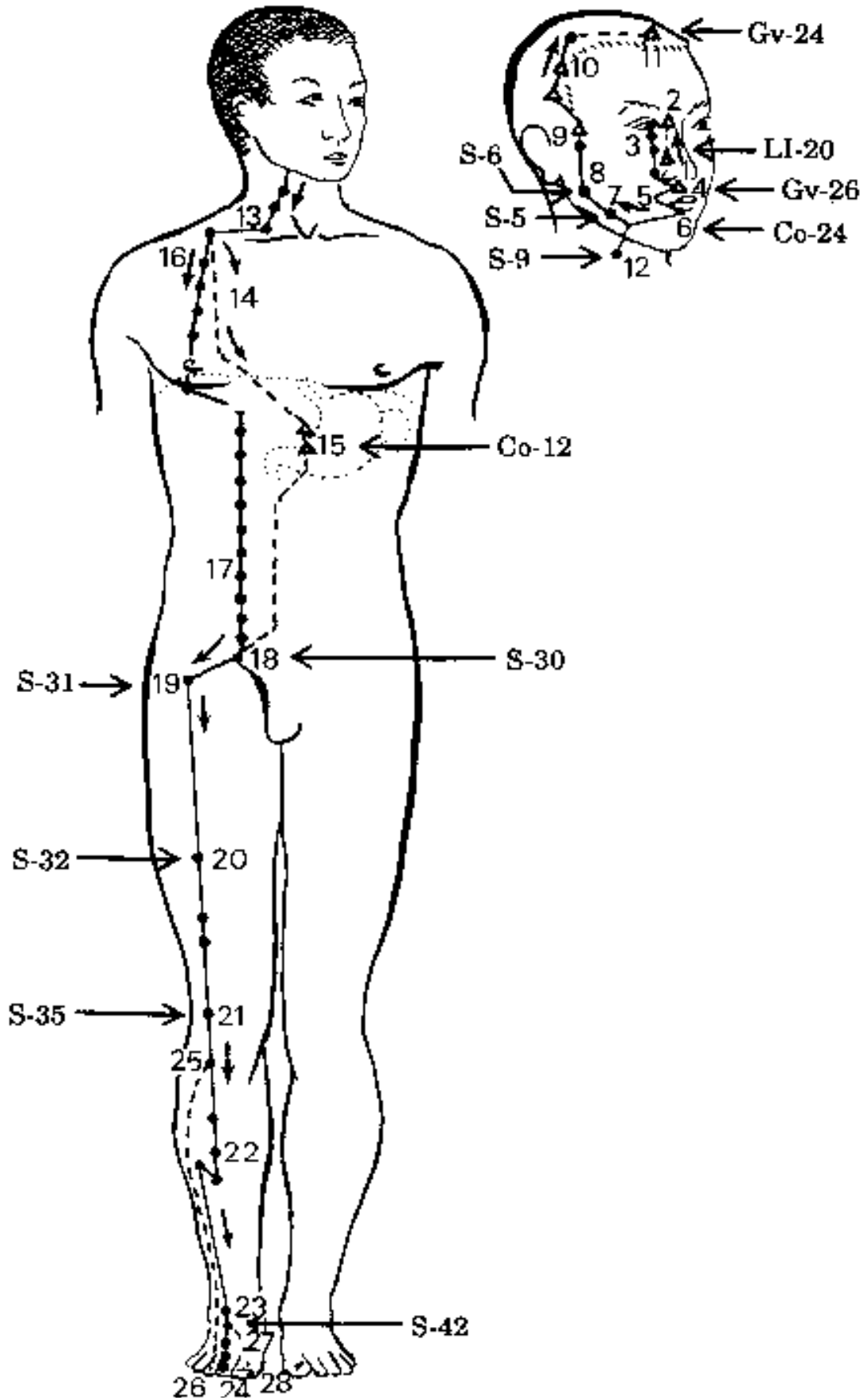
LUNG MERIDIAN



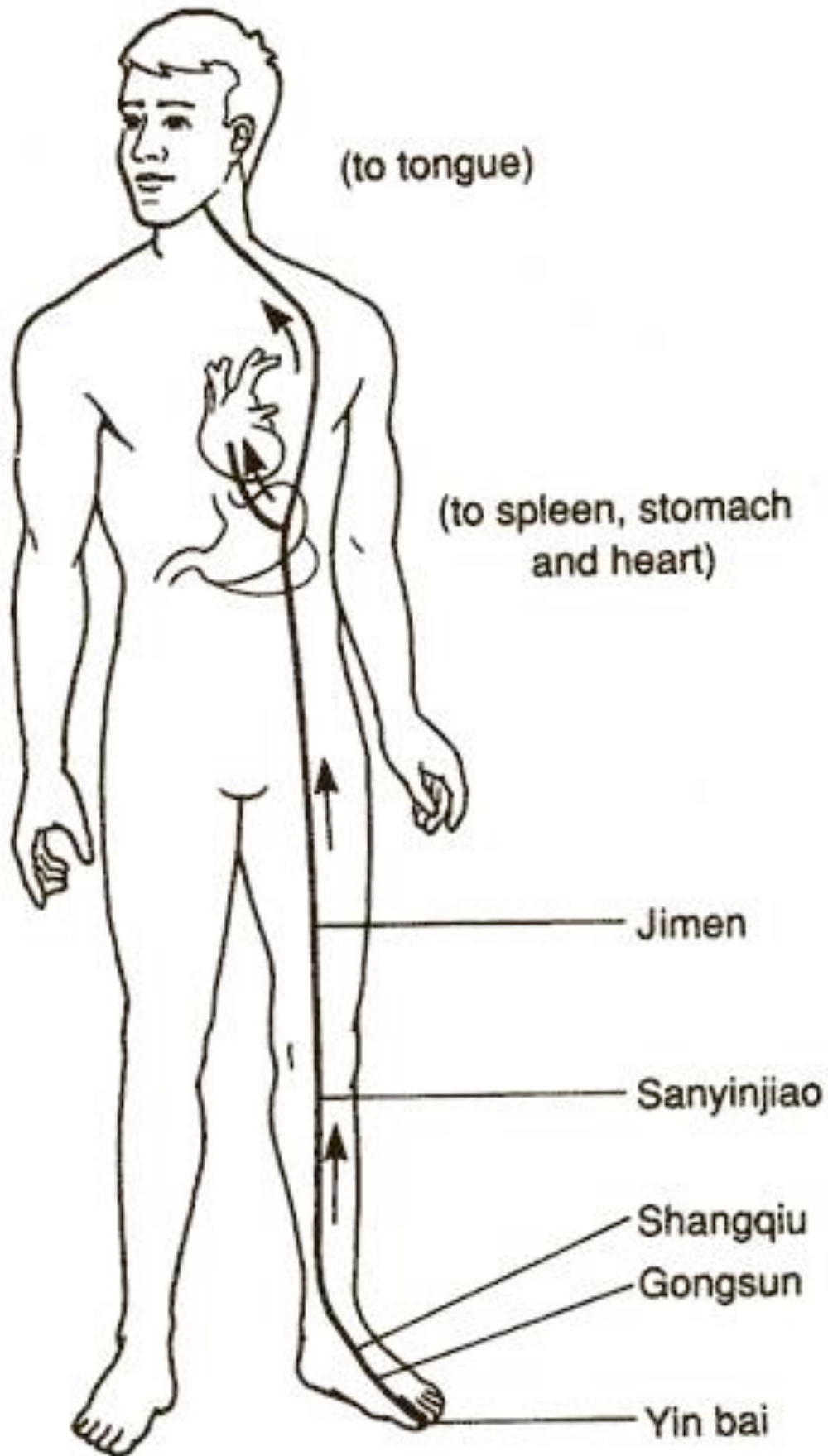
LARGE INTESTINE

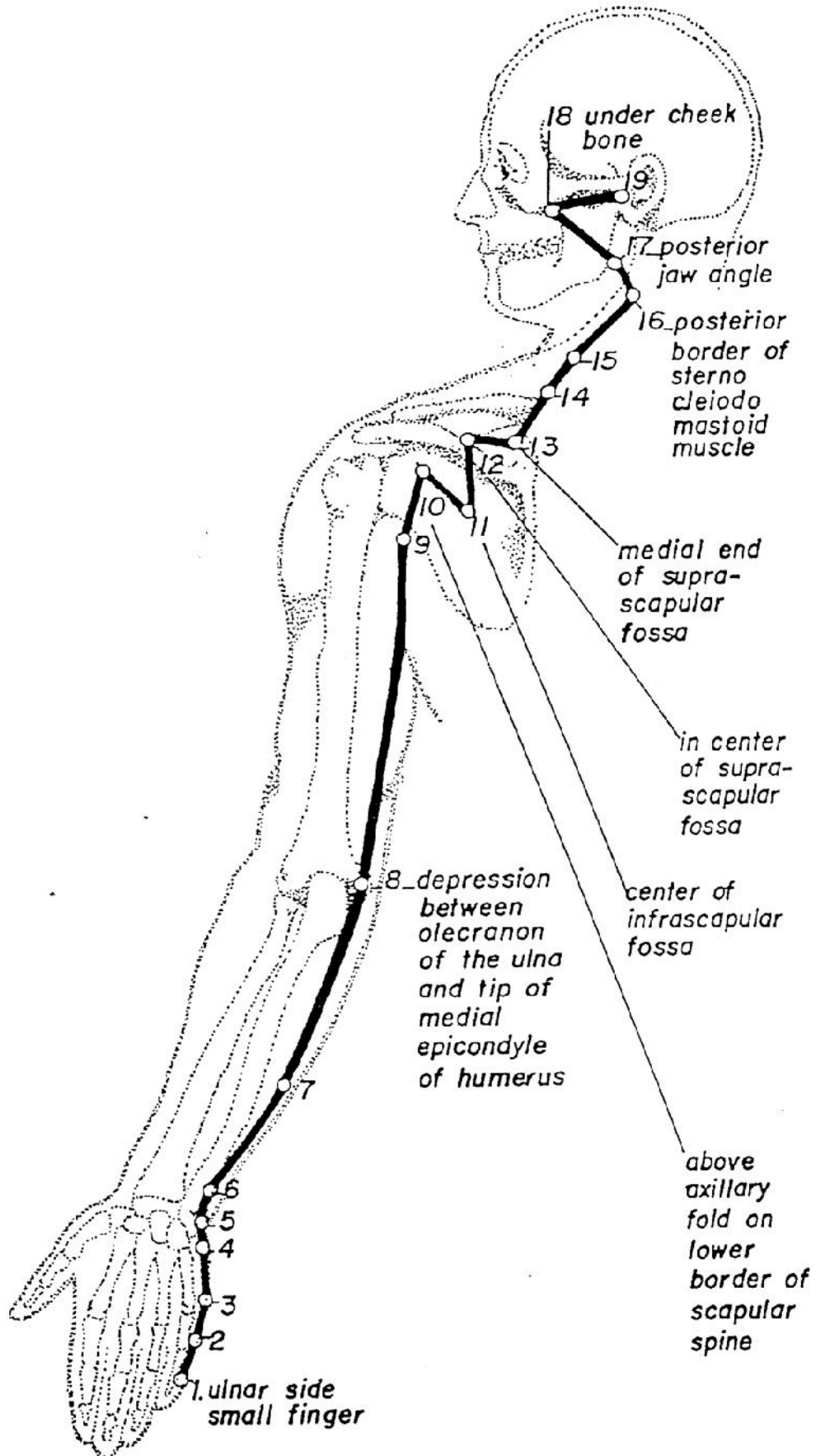


STOMACH

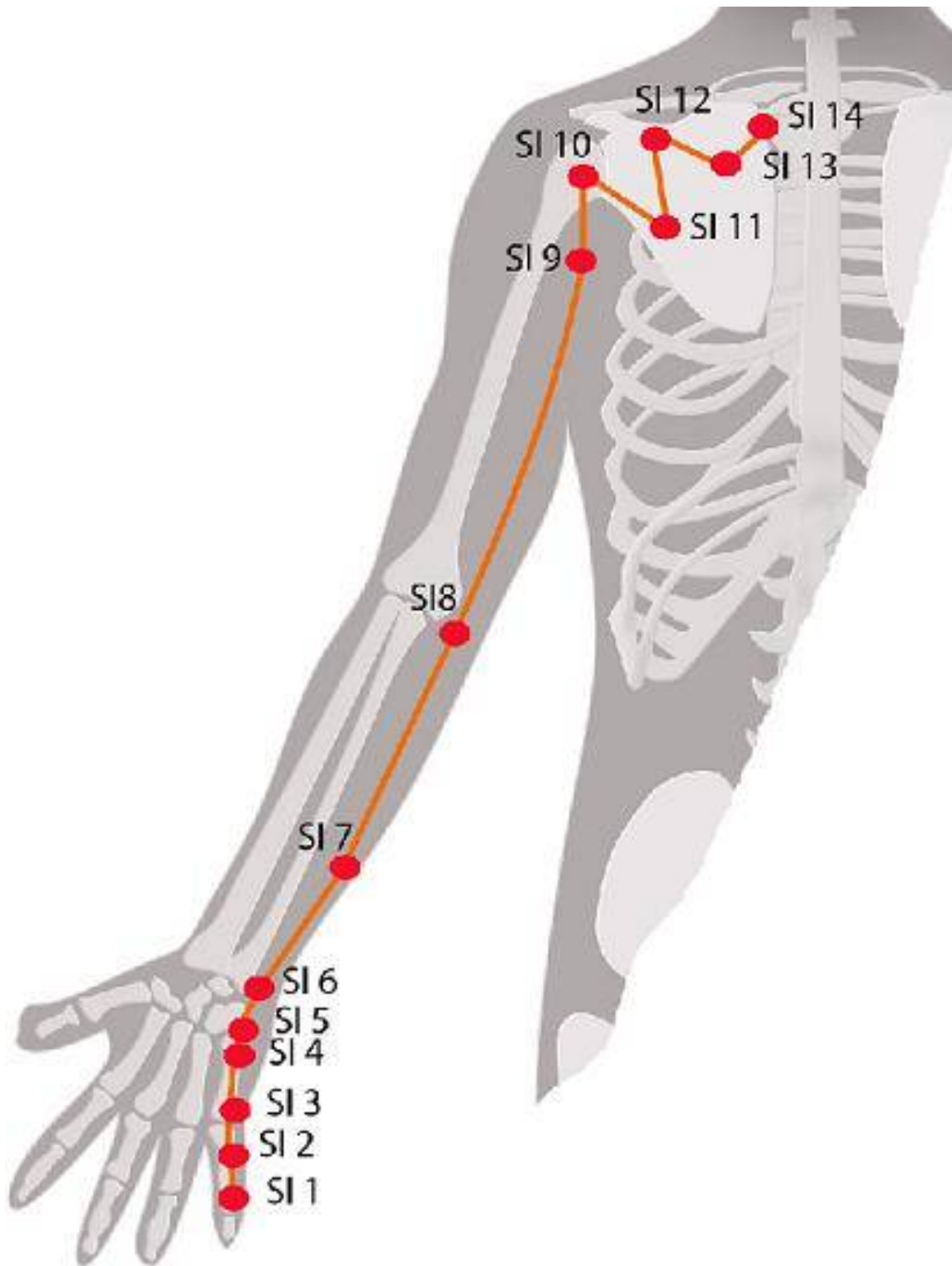


SPLEEN/PANCREAS

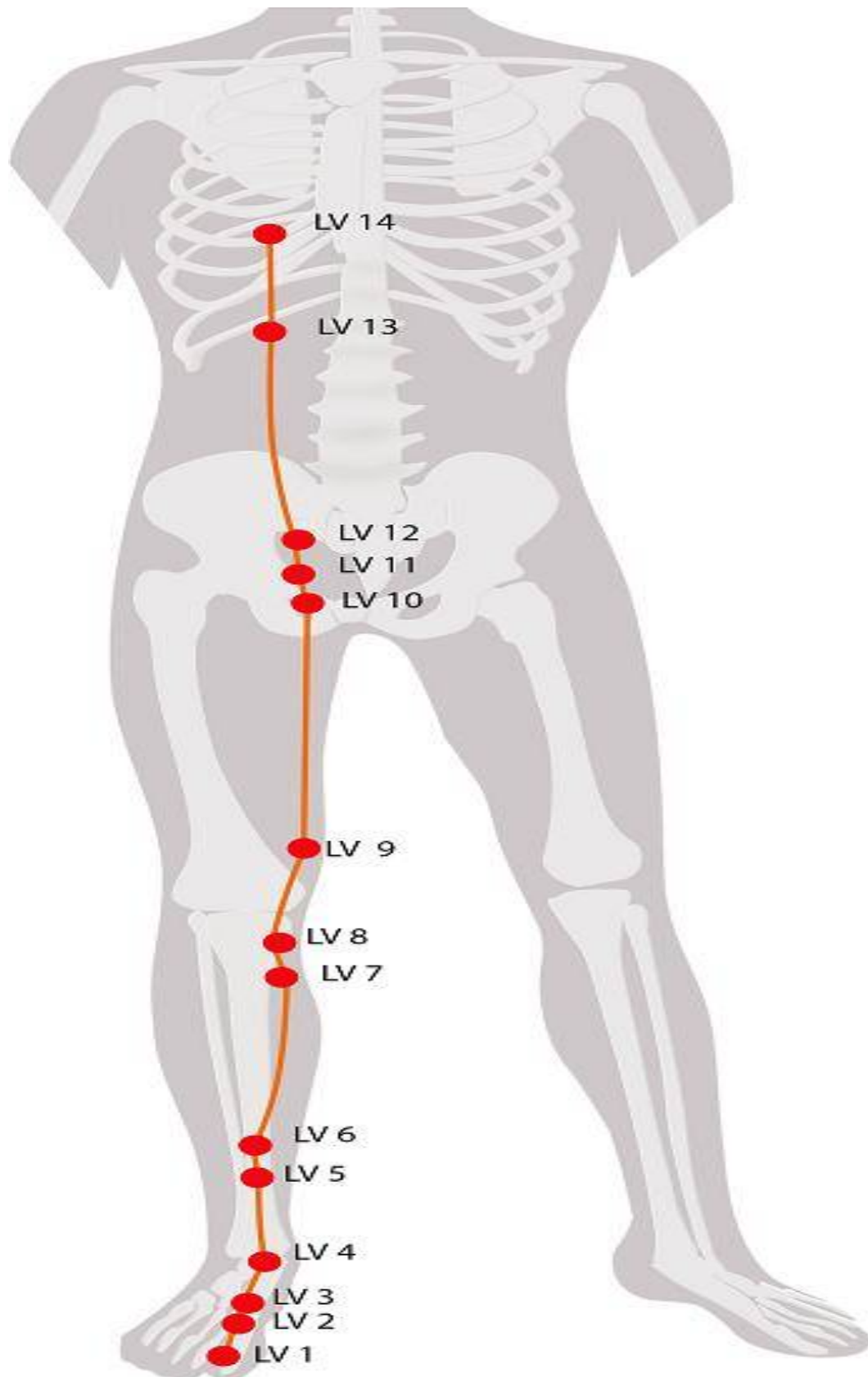


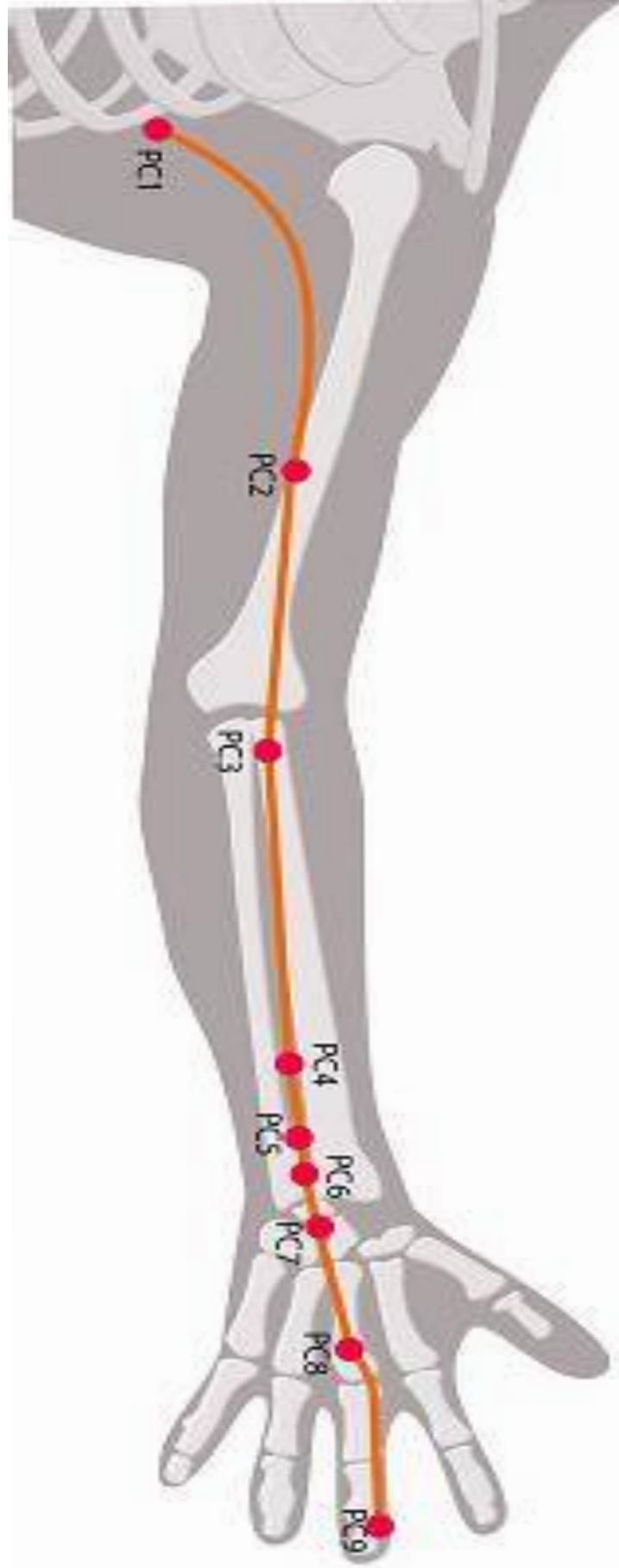


SMALL INTESTINE

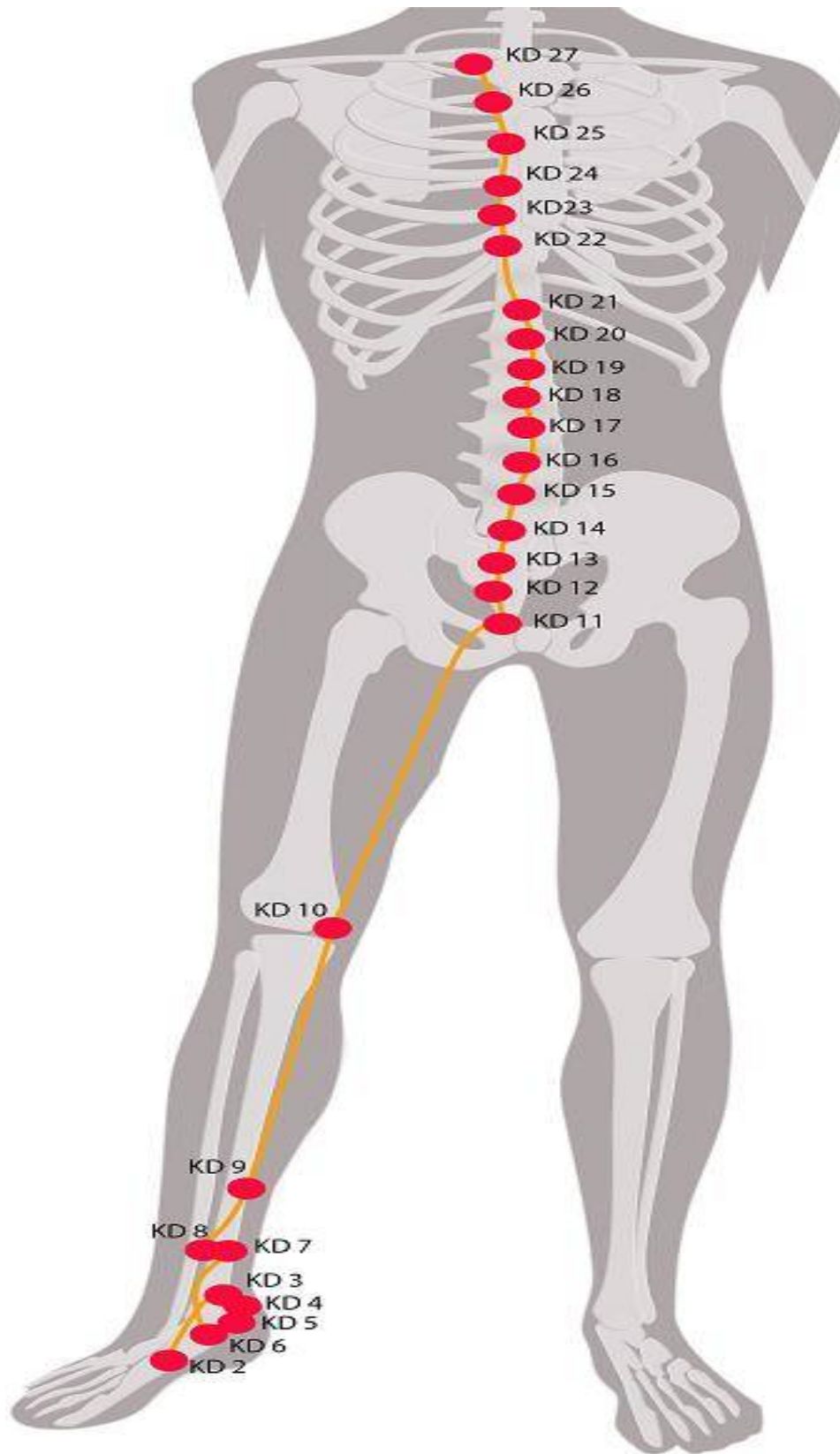


LIVER

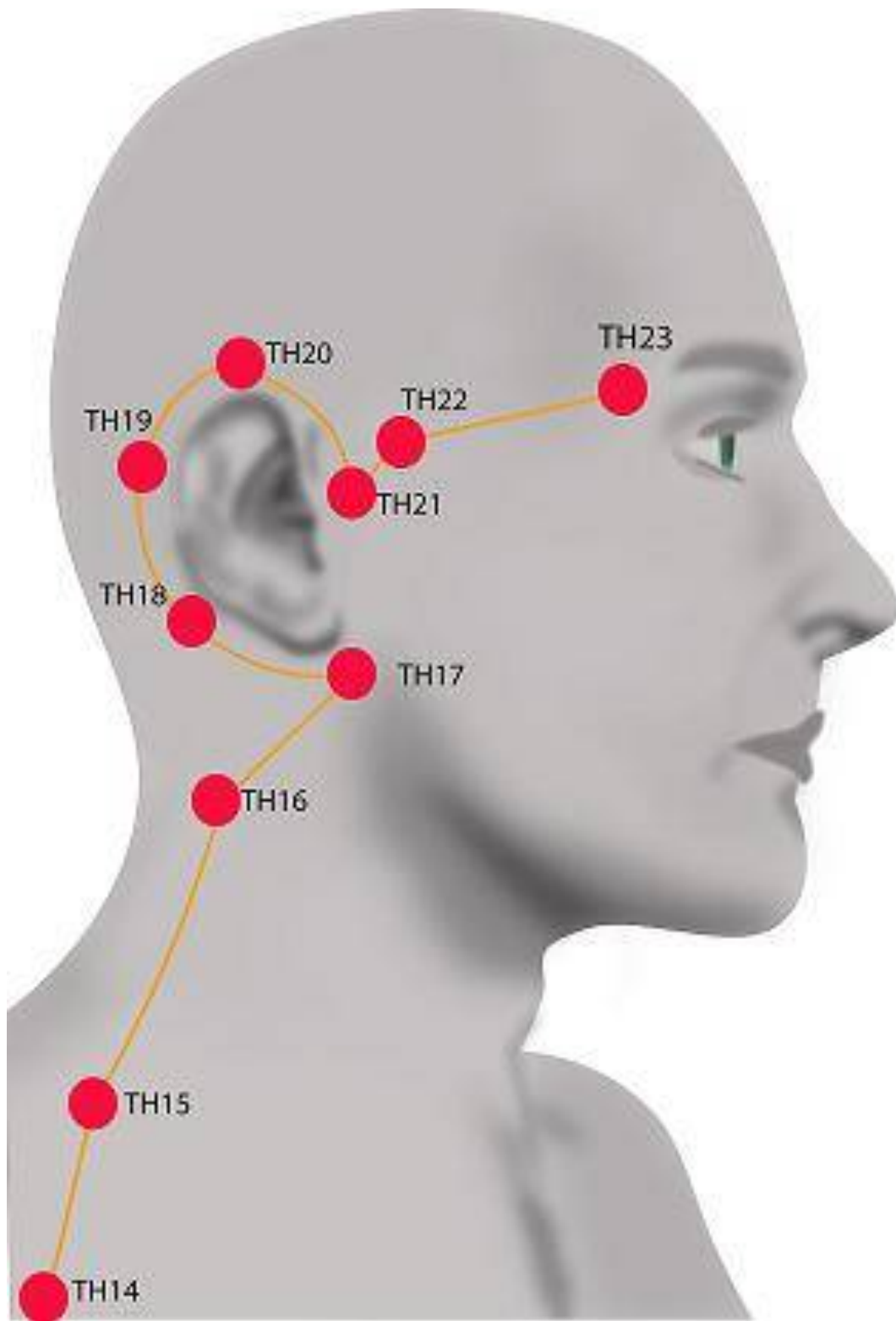




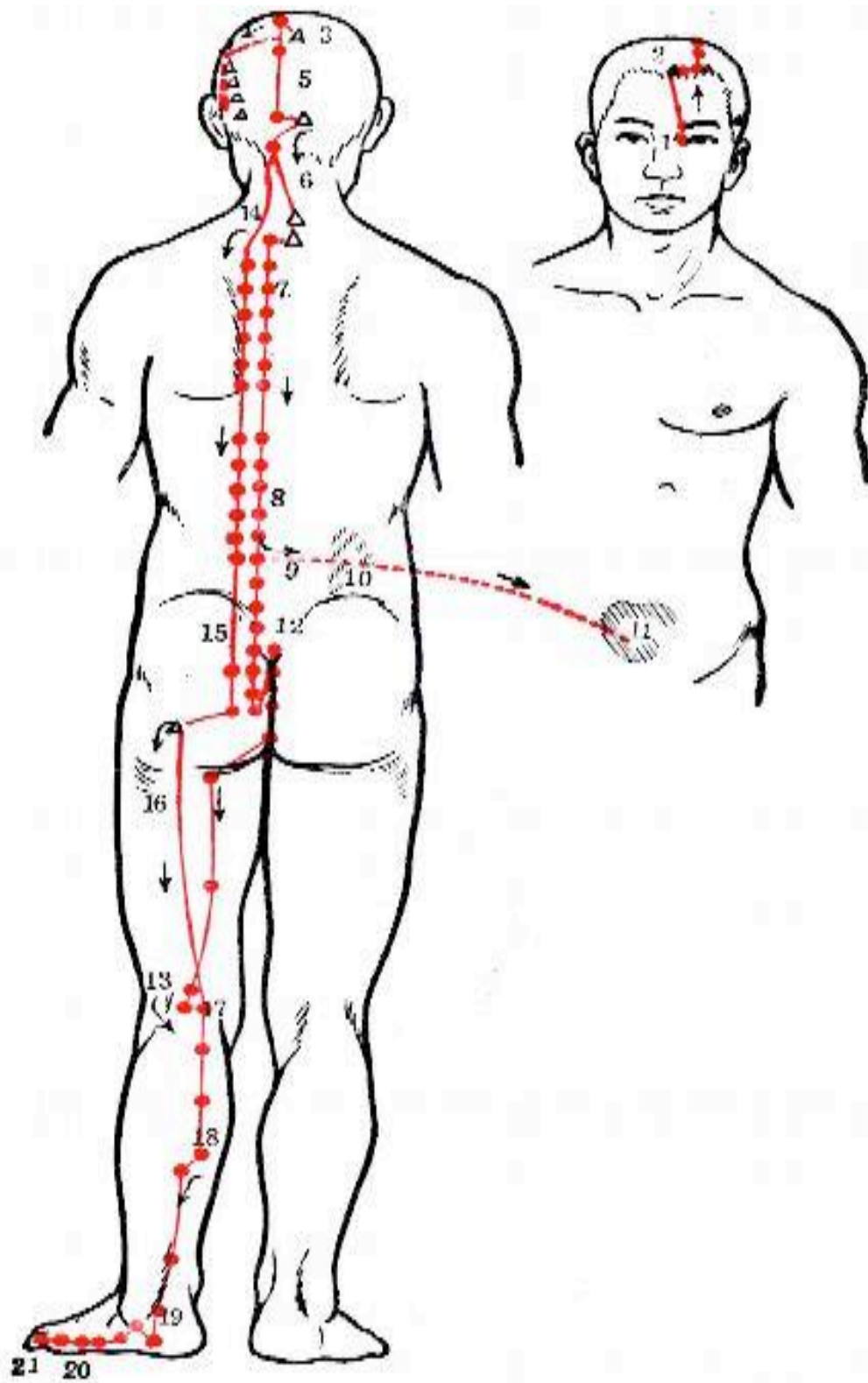
KIDNEY



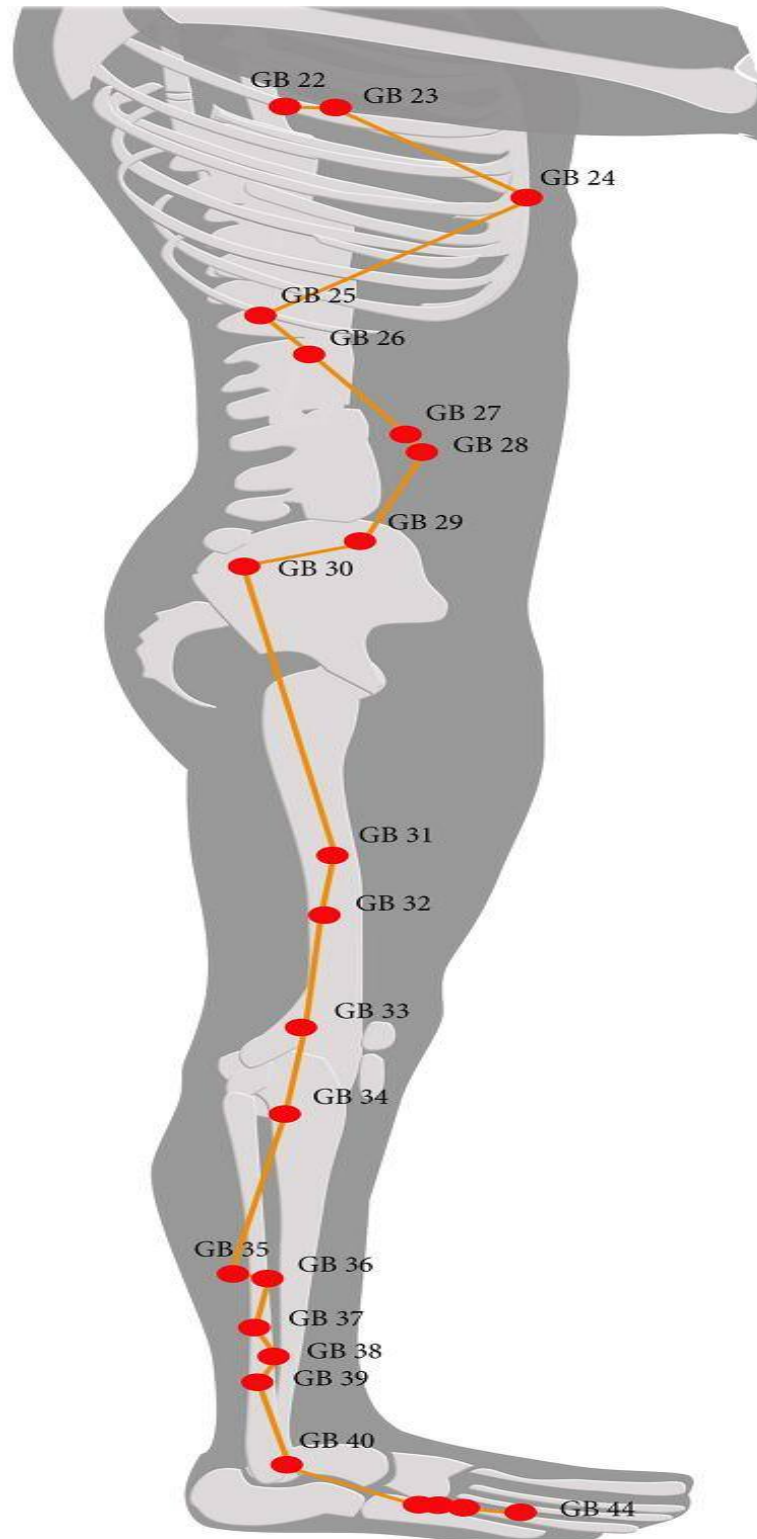
TRIPLE WARMER

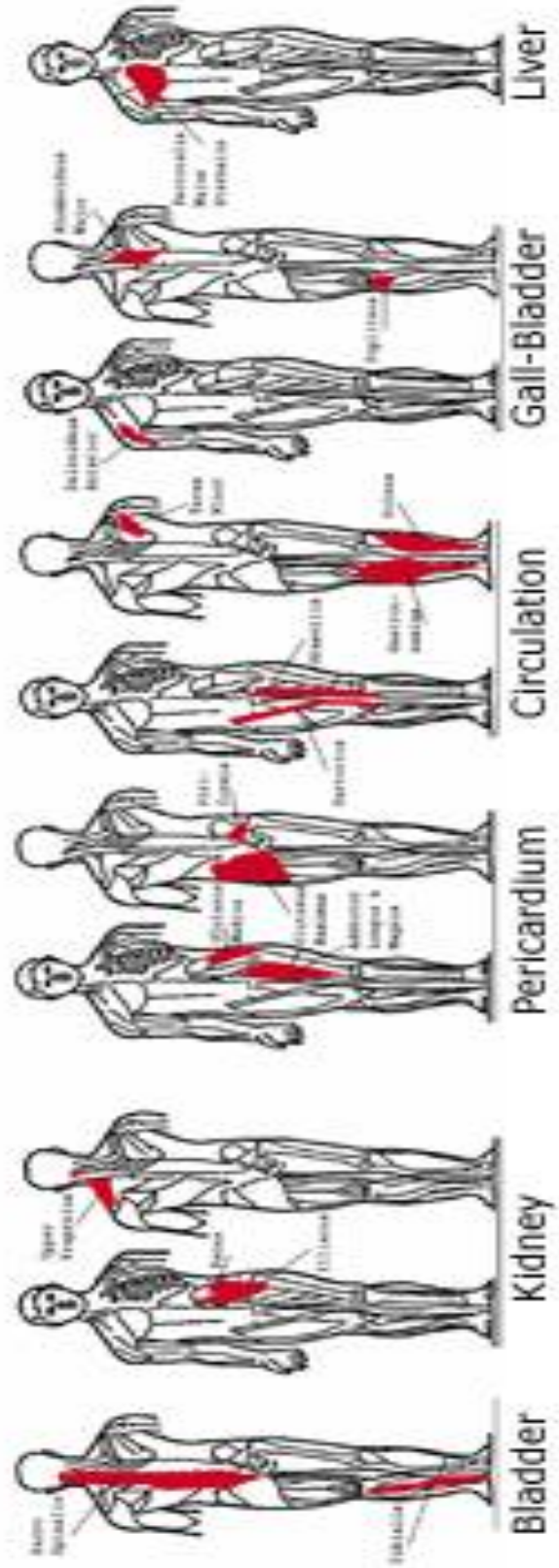
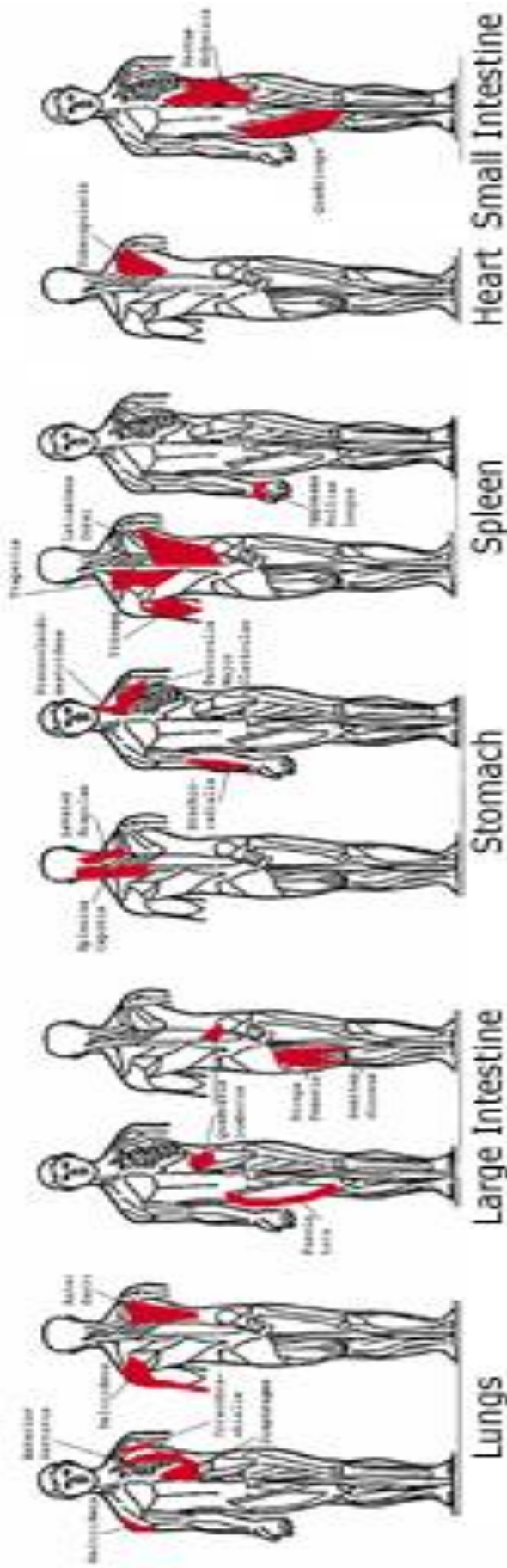


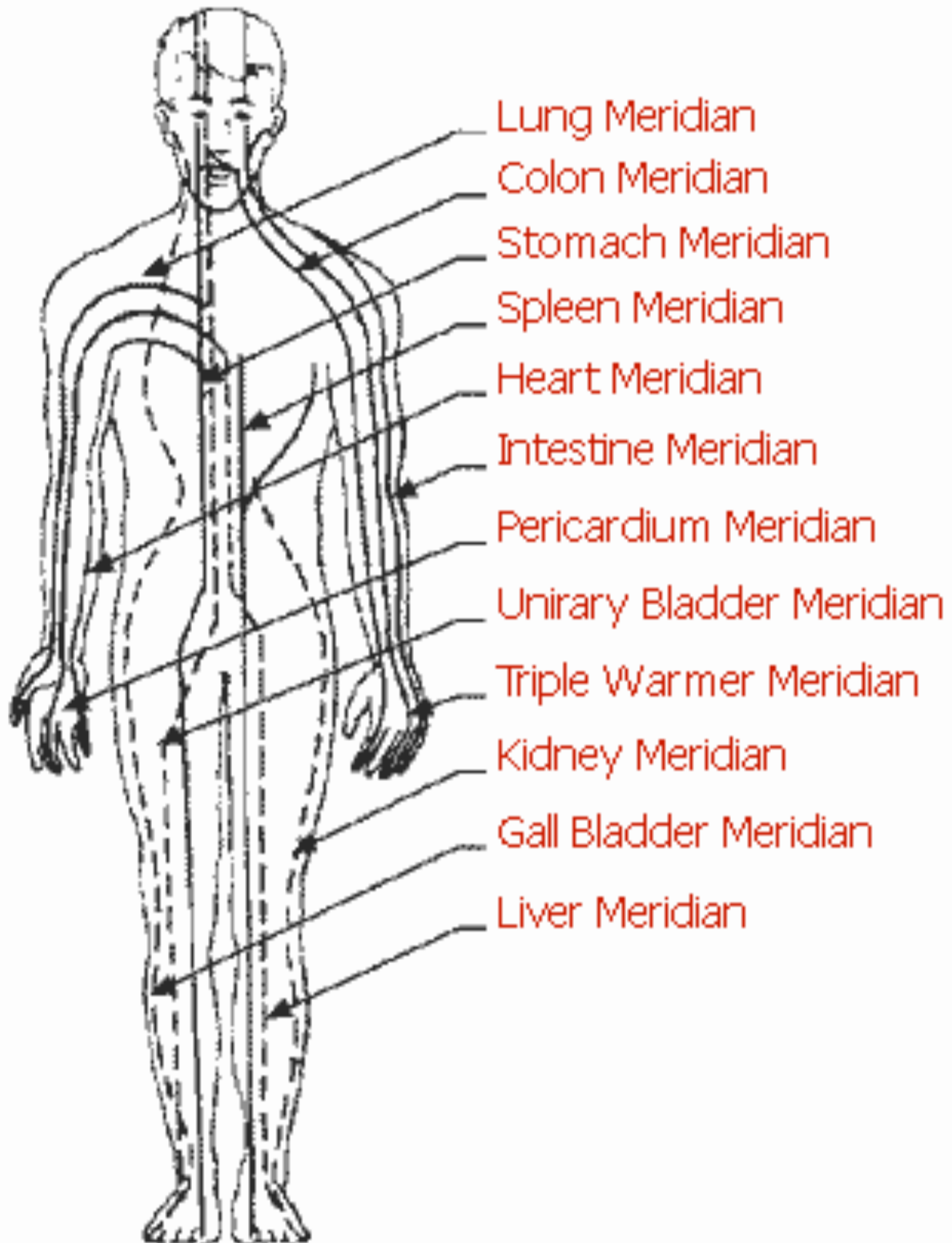
BLADDER



GALLBLADDER







CHAKRA HEALING

CHAKRA	COLOR	ELEMENT	SENSE	GLAND	KEY
CROWN	VIOLET	SPIRIT	ALL	PINEAL	B
BROW	BLUE	SPIRIT	ESP	PITUITARY	A
THROAT	TURQU OISE [⊕]	ETHER	HEARING	THYROID/ PARATHYROID [⊕]	G
HEART	GREEN	AIR	TOUCH	TYMUS	F
SOLAR PLEXUS [⊕]	YELLOW	FIRE	SIGHT	PANCREAS	E
SACRAL	ORANGE	WATER	TASTE	ADRENALS	D
BASE	RED	EARTH	SMELL	TESTES/ OVARIES [⊕]	C

