



1. BRAIN
2. SINUSES/OUTER EAR
3. SINUSES/INNER EAR/EYE
4. TEMPLE
5. PINEAL/HYPOTHALAMUS
6. PITUITARY
7. SIDE OF NECK
8. CERVICAL SPINE (C1-C7)
9. SHOULDER/ARM
10. NECK/HELPER TO EYE, INNER EAR, EUSTACHIAN TUBE
11. NECK/THYROID HELPER
12. BRONCHIAL/THYROID HELPER
13. CHEST/LUNG
14. HEART
15. ESOPHAGUS
16. THORACIC SPINE (T1-T12)
17. DIAPHRAGM
18. SOLAR PLEXUS
19. LIVER
20. GALLBLADDER
21. STOMACH
22. SPLEEN
23. ADRENALS
24. PANCREAS
25. KIDNEY
26. WAIST LINE
27. URETER TUBE
28. BLADDER
29. DUODENUM
30. SMALL INTESTINE
31. APPENDIX
32. ILEOCECAL VALVE
33. ASCENDING COLON
34. HEPATIC FLEXURE
35. TRANSVERSE COLON
36. SPLENIC FLEXURE
37. DESCENDING COLON
38. SIGMOID COLON
39. LUMBAR SPINE (L1-L5)
40. SACRAL SPINE
41. COCCYX
42. SCIATIC NERVE
43. UPPER JAW/TEETH/GUMS
44. LOWER JAW/TEETH/GUMS
45. NECK/THROAT/TONSILS/THYROID PARATHYROID
46. VOCAL CORDS
47. INNER EAR HELPER
48. LYMPH BREAST/CHEST
49. CHEST/BREAST/MAMMARY GLANDS
50. MID-BACK
51. FALLOPIAN TUBES/VAS DEFERENS/ SEMINAL VESICLE
52. LYMPH/GROIN

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What Can Laura Norman Reflexology Do for You?

FOR YOUR BODY

- Relax your body and calm your nervous system
- Strengthen your immune system
- Relieve sinus congestion almost instantaneously
- Improve blood and lymph circulation
- Normalize blood pressure and lower heart rate
- Reduce chronic pain, relieve cramps & spasms
- Aid in overcoming addictions
- Promote deeper, more effective breathing
- Assist in weight management
- Reduce swelling and inflammation
- Help your body "detoxify" and cleanse
- Lessen tension headaches, symptoms of PMS/menopause

FOR YOUR MIND

- Reduce mental stress
- Promote better sleep
- Improve concentration and focus
- Enhance creative expression
- Focus your intentions
- Visualize your goals
- Achieve your outcomes

FOR YOUR SOUL

- Promote a feeling of overall well-being
- Reduce anxiety and calm the soul
- Enhance free flow of energy
- Experience peace and harmony
- Encourage a feeling of connectedness
- Strengthen self-awareness and positive self-image