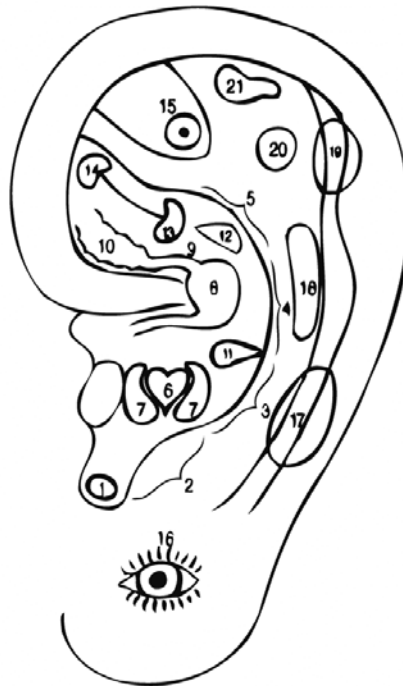


# Ear and Hand Charts

# Self Massage

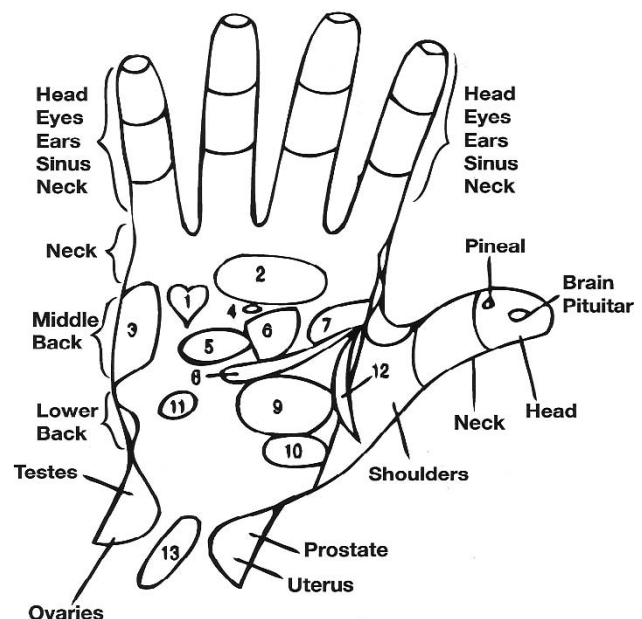
1. Endocrine glands and hormones
2. Head and brain
3. Neck
4. Upper and middle back
5. Lower back
6. Heart and thymus gland
7. Lungs
8. Stomach
9. Small intestine
10. Large intestine
11. Spleen
12. Liver
13. Kidney
14. Bladder
15. Nervous system and spirit
16. Eyes and face
17. Shoulders
18. Arm and elbow
19. Hand
20. Leg and knee
21. Foot



from *The Healer Within*  
by Dr. Roger Jahnke

Simply find your sore points and massage them, with thumb pressure or kneading. You can alternate the thumb pressure with bunched and extended fingers, the knuckles or the heel of the hand. Start with light pressure and work up to substantial pressure. Notice that over a few days the amount of soreness will generally decrease.

1. Heart (left hand) and thymus gland
2. Lungs
3. Liver (right hand) and shoulders
4. Solar plexus
5. Pancreas
6. Kidneys and adrenals
7. Stomach
8. Large Intestine
9. Small Intestine
10. Bladder
11. Appendix
12. Thyroid
13. Sacrum and pelvis



# Self Massage (cont'd)

## Foot Chart

- |                                |                              |
|--------------------------------|------------------------------|
| 1. Head and brain              | 11. Liver                    |
| 2. Pituitary and pineal glands | 12. Gall bladder             |
| 3. Throat and thyroid gland    | 13. Kidney                   |
| 4. Sinus                       | 14. Adrenal gland            |
| 5. Eyes and ears               | 15. Spleen                   |
| 6. Shoulder                    | 16. Pancreas                 |
| 7. Heart                       | 17. Small Intestine          |
| 8. Lungs and thymus gland      | 18. Large Intestine          |
| 9. Diaphragm and solar plexus  | 19. Bladder                  |
| 10. Stomach                    | 20. Sacrum and sciatic nerve |

