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CHINESE REFLEXOLOGY POINTS FOR A COLD

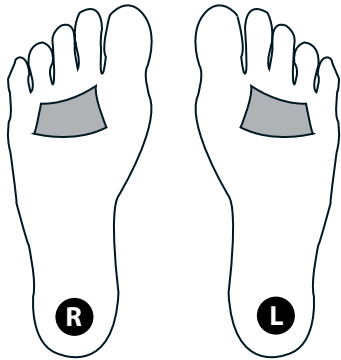
Here's your quick reference chart on how to locate and massage the Chinese reflexology points for a cold. As a full-time mom to a toddler, I created this reflexology routine to help me recover from a cold fast because I couldn't afford to be sick.

Please note that this information is for reference only and doesn't replace proper medical care or common sense! Reflexology is generally very safe, but if you are pregnant or have an acute heart condition, do not practice this routine. If you're not sure whether it's safe for you to practice reflexology, please check with your doctor first.

Massage these points 4x a day to boost your body's cold-fighting Qi (energy). For an instructional video, get your copy of the self-study guide at: www.ChineseFootReflexology.com/coldguide

Wishing You Amazing Health and Vitality,
Holly

1. LUNGS



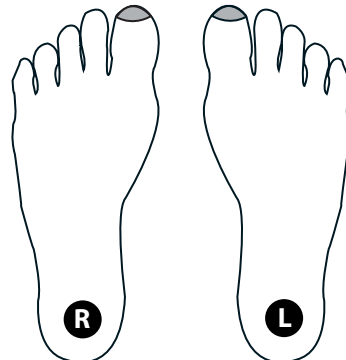
Location

Ball of the foot under 3 middle toes

Massage Technique

Press deeply with thumbs rubbing in small circles for 1 min. each foot

2. SINUSES



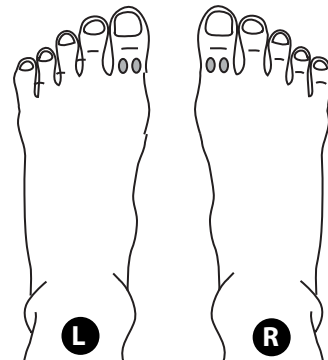
Location

Tip of underside of big toe

Massage Technique

Rub with thumb side-to-side for 30 seconds each foot

3. TONSILS



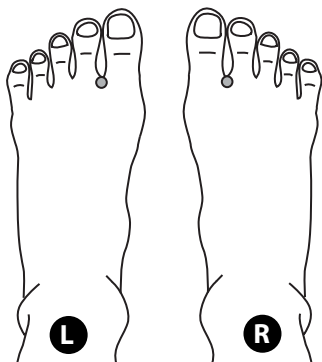
Location

2 points under knuckle of big toe

Massage Technique

Press with knuckles. Dig and twist for 30 seconds each foot.

4. THROAT



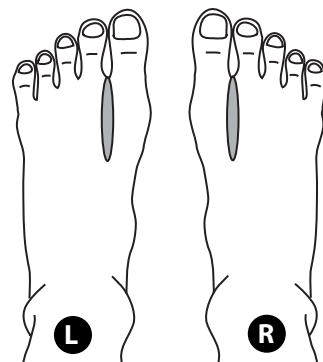
Location

Point at base of first two toes

Massage Technique

Use knuckle to dig and twist for 20 seconds each foot

5. LYMPH



Location

Web between first two toes

Massage Technique

Use knuckle to stroke down from base of toes to where bones meet

WATCH THE VIDEO

Get the self-study guide on Chinese Reflexology for Cold Recovery and Prevention.

It includes an 8-minute tutorial video on how to locate and massage these points, plus an ebook for your computer and mobile device.

Start feeling better right away with this fast and easy way to learn.

SAVE \$5 with the savings code: CHART
ChineseFootReflexology.com/coldguide

