Ear Reflexology
“Baby Head-Down Belief”

1. Brain
2. Eyes
3. Throat
4. Top of Neck
5. Base of Neck
6. Shoulders
7. Upper Back
8. Above Waist
9. Waist
10. Below Waist
11. Above Pelvis
12. Pelvis Area
13. Below Pelvis
14. Buttocks

*Every Chart is Different.

Instead of using needles, you can use a toothpick or you can also use a fingernail. Treat the indicated organ points or wherever there is a tender spot; press for a minute or more each day or whenever convenient. In addition, it will be very stimulating to the whole body to massage both ears thoroughly by rubbing them between thumb and index finger simultaneously. Massage daily and pulling the ears different angles is also beneficial.

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