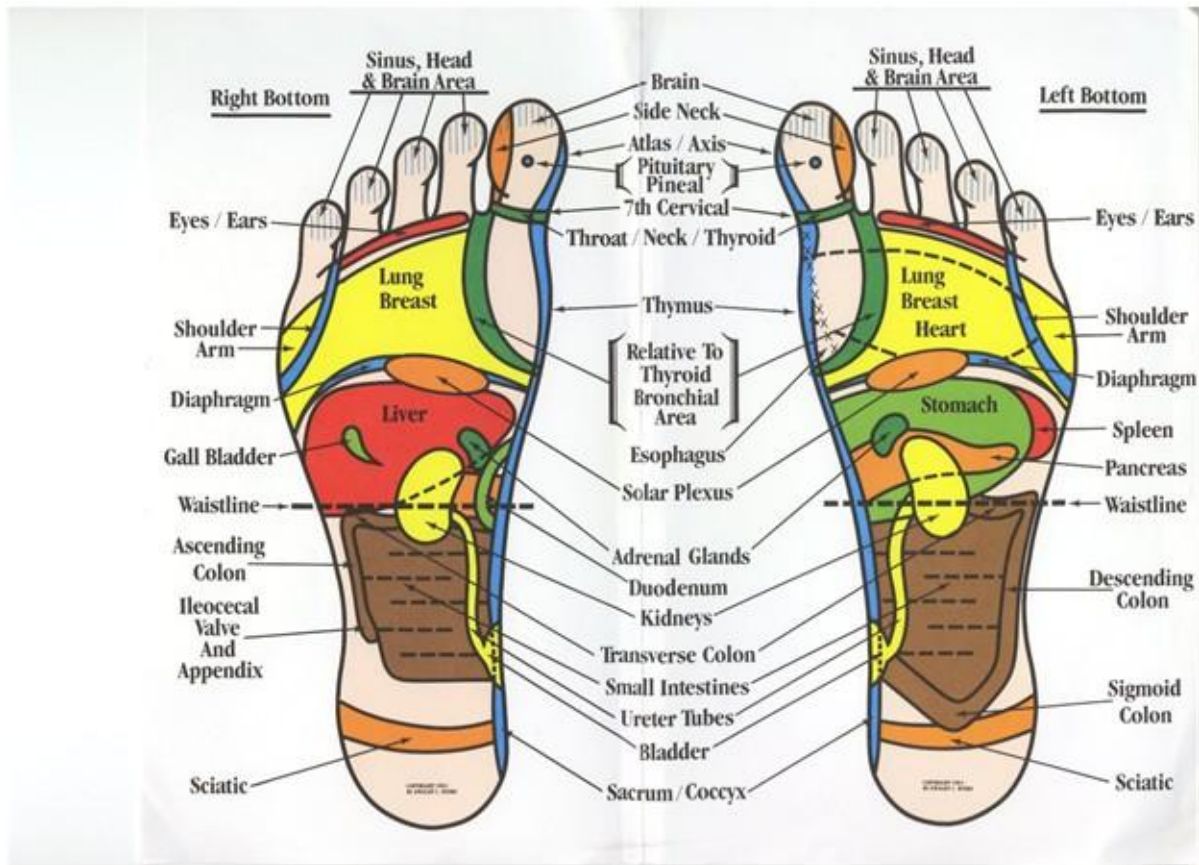


# NOURISHING FOODS CLEANSE for BEGINNERS

## Reflexology Points on the Soles of Your Feet



The Kidney point on the sole of your foot is located in the very center. The adrenals are up a little and toward the inside of the foot. Massage each day to further support your kidneys and adrenals.

The kidney points on the hand are located around the fleshy part below your thumb, toward the middle. The adrenals are just above moving toward your thumb. See diagram below.

# Reflexology Points on Your Hands

