



Three-Dimension

Colored Diagrams for
Meridians and Acupoints

(Chinese-English Edition)

三维经络穴位全彩图集

(中英对照版)

Body Reflex Zones

人体反射区

海峡出版发行集团 | 福建科学技术出版社
THE STRAITS PUBLISHING & DISTRIBUTING GROUP | FUJIAN SCIENCE & TECHNOLOGY PUBLISHING HOUSE

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本书特色与使用说明

1. 收录人体五大反射区的定位、主治和按摩方法，大图大字，图文对照，兼具图书和挂图的优点。
2. 结合AR技术展示头、脊柱、手、足等身体四大部位的相关经脉循行和穴位取穴方法，形象直观。读者通过扫描并关注“健康快乐读汇”微信公众号，按提示下载客户端，扫描识别码即可观看。
3. 收录48种常见病症的超速效对症按摩，简单实用疗效佳。

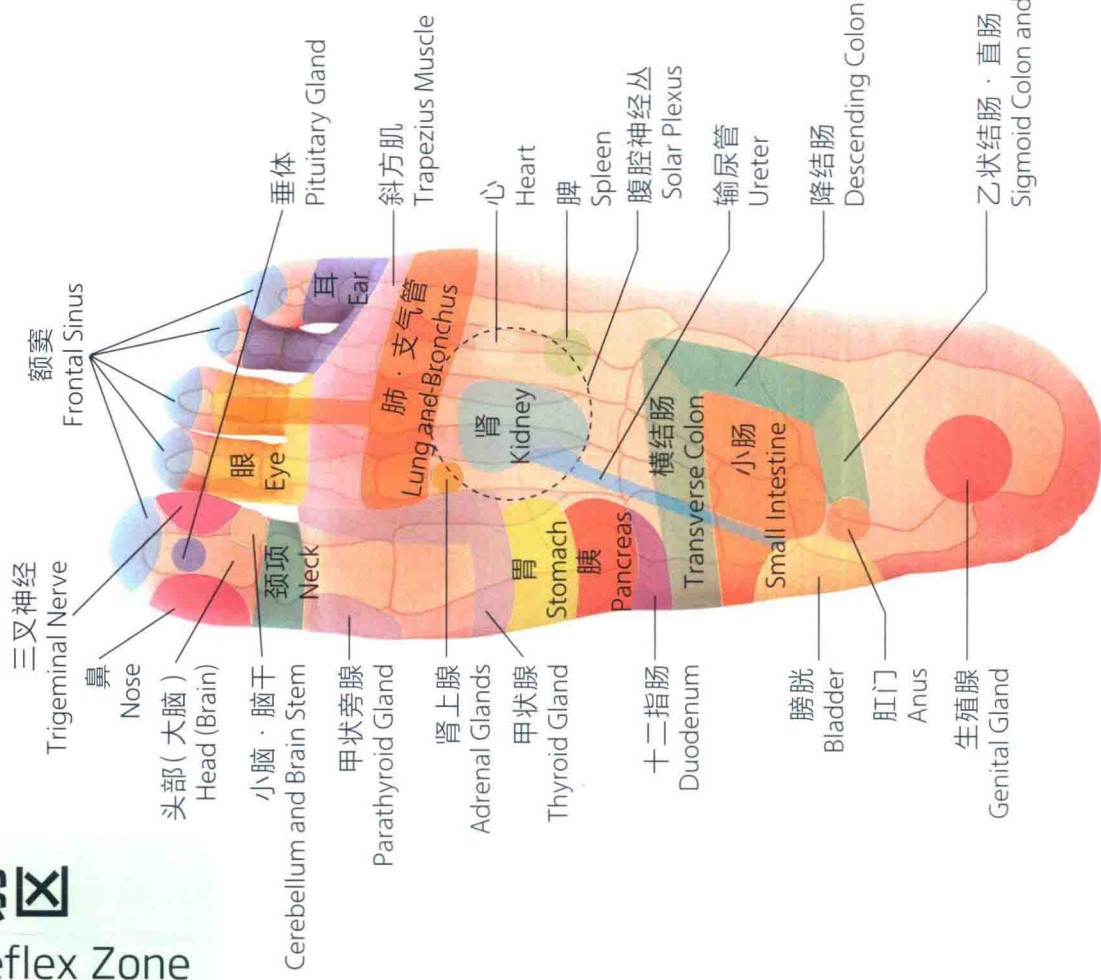
Features and Instructions

1. The book includes the location of 5 reflex zones in human body, indications and massage manipulations with bold images and characters, as well as text and diagram for better and clear understanding.
2. The relative meridian circulation and point-choosing on the head, spine, hand and foot are displayed vividly and straightforwardly in the book, combined with AR technology. Readers may scan the QR code in back cover and register on WeChat public account of **Happy Reading on Health**. Download the client App under the instructions and you can read after scanning the identification code.
3. Super quick-acting symptomatic massage manipulations for 48 common syndromes are included. It is simple and practical with well curative effect.

第一章 足部反射区及穴位

足底反射区

Foot Sole Reflex Zone



反射区

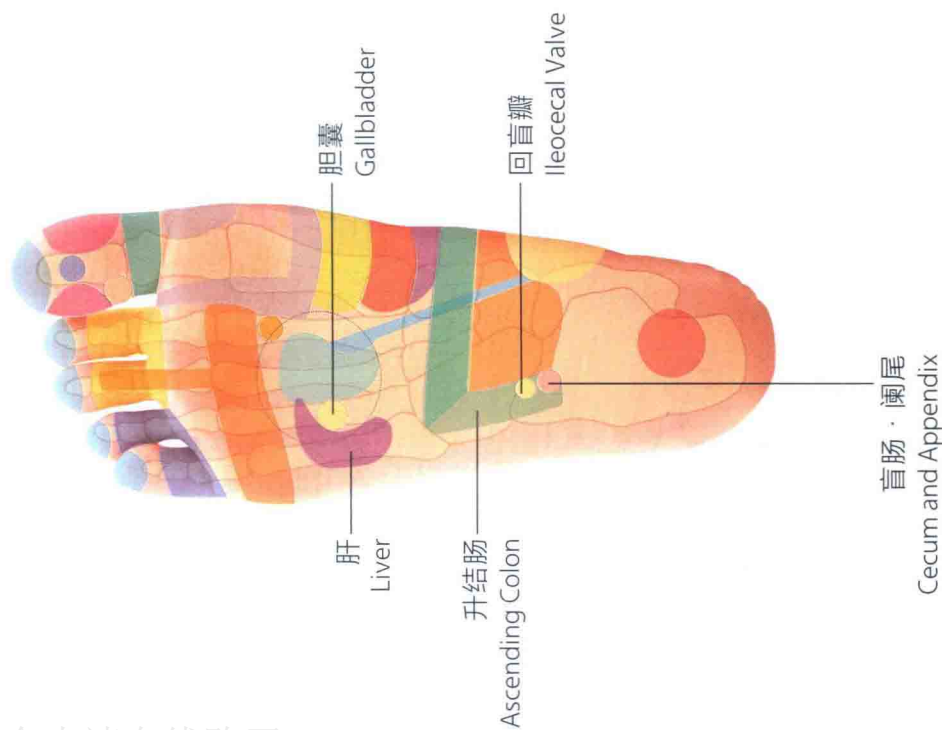
定位

主治

肾上腺	1 双足底脚掌中央第1、2跖趾关节所形成的“人”字形交叉点略偏外侧处 2 双足底脚掌中央第2、3跖骨与跖趾关节所形成的“人”字形交叉点后方凹陷处	消炎、止痛、止喘、抗过敏、抗休克，适用于风湿性关节炎、甲状腺功能亢进或低下及其他内分泌疾患
肾	1 双足底脚掌中央第2、3跖骨与跖趾关节所形成的“人”字形交叉点后方凹陷处	泌尿系统疾患，以及水肿、风湿性关节炎、肾性高血压等疾病
输尿管	1 双足底，肾反射区与膀胱反射区之间，呈斜线状的一个弧形带状区域	尿路结石、前列腺炎、前列腺增生、排尿困难等泌尿系统病症
膀胱	1 双足底与足内侧交界处，足舟骨下方，拇展肌侧旁，足内踝前方	膀胱疾患及其他泌尿系统疾患
腹腔神经丛	1 双足底的中心，分布在肾反射区附近的、大致呈一圆形的区域	腹胀、腹泻、便秘、胃肠痉挛、反酸等

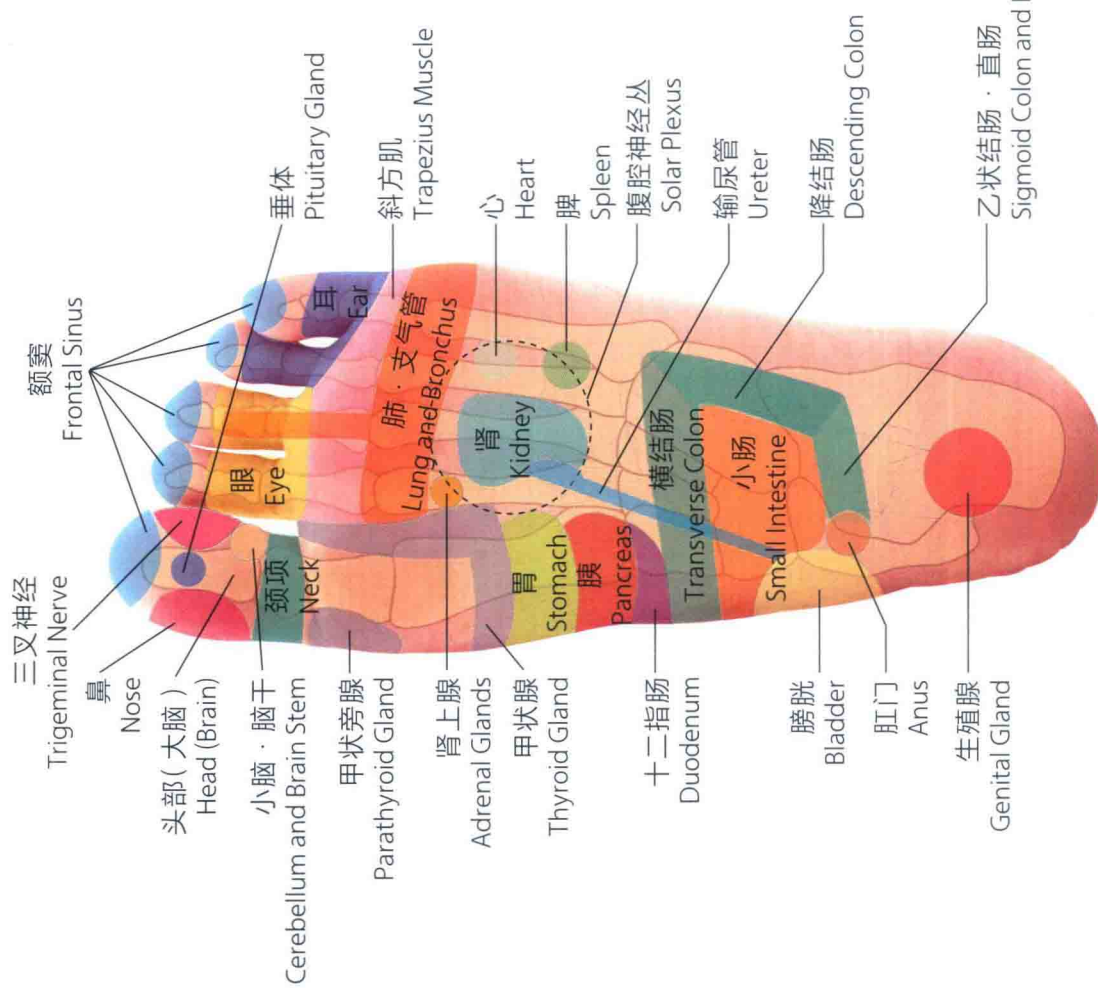
Chapter 1: Reflex Zones and Acupoints in Foot

Reflex Zone	Location	Indications
Adrenal Glands	In the lateral part of the cross point of a herringbone pattern, formed by the 1st and 2nd metatarsophalangeal joints of the central soles	It is anti-inflammatory; pain-relieving; antasthmatic; anaphylactic; and antishocking. It indicated with rheumathritis, hyperactivity or hypoactivity of thyroid and other endocrine disease
Kidney	In the rear sunken part of the cross point of a herringbone pattern, formed by the 2nd and 3rd metatarsal bones and the metatarsophalangeal joints of the central soles	Urinary diseases; edema; rheumatic arthritis; renal hypertension
Ureter	In the soles between the Kidney and Bladder reflex zone, the oblique arc-shaped band zone	Urinary diseases such as urolithiasis; prostatitis; prostatic hyperplasia and dysuria
Bladder	In the junction of the bottom and inside of feet, below the navicular bone, the side of abductor pollicis, and the front of the inside ankle	Vesical disease and other urinary diseases
Solar Plexus	In the central bottom part of feet, in the Kidney reflex zone, shaped like a circle	Abdominal distension; diarrhea; constipation; gastrointestinal spasm; acid regurgitation and so on



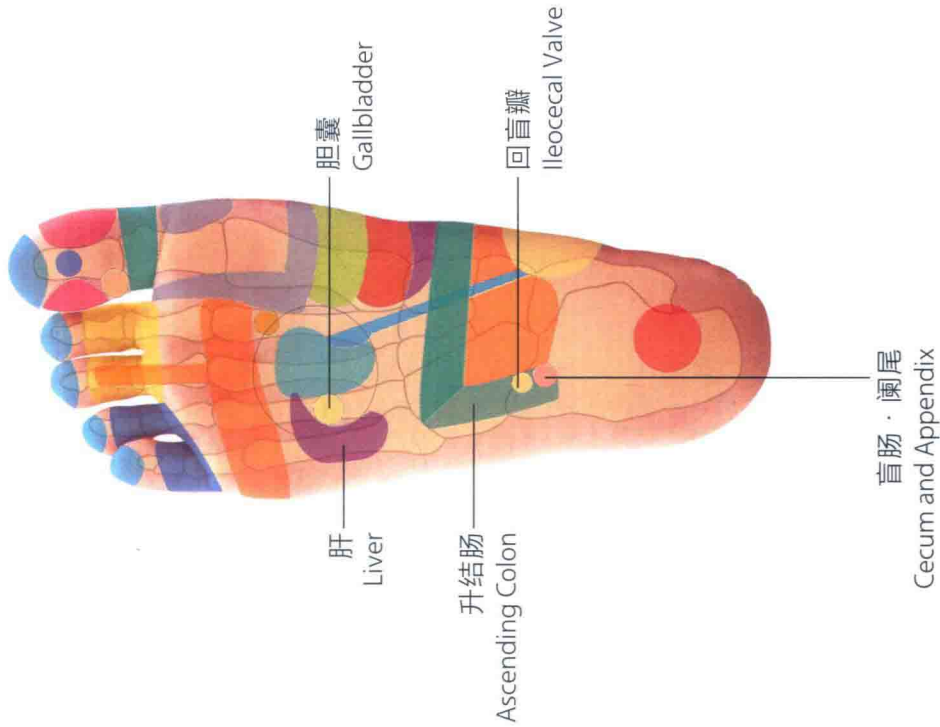
续表

反射区	定位	主治
额窦	双足底, 10 个脚趾的趾端	头痛、头晕、失眠, 以及鼻、眼、耳、口腔等部位的疾患
垂体	双足拇趾趾腹的中央	内分泌疾患、儿童发育不良、儿童智能低下、围绝经期综合征等, 刺激该反射区还具有抗衰老作用
小脑·脑干	双足拇趾趾腹根部, 靠近第 2 趾的一侧	小脑疾患、高血压、头痛、失眠、眩晕、肌肉紧张、肌腱关节疾病
三叉神经	双足拇趾趾腹中部, 靠近第 2 趾的一侧	偏头痛、三叉神经痛、面瘫、面肌痉挛、腮腺炎及头面部其他疾患
鼻	双足拇趾内侧面, 自拇趾趾腹内侧面缘延伸到拇趾背面趾甲根部, 呈“L”形的区域	鼻部各种疾患及上呼吸道感染
头部 (大脑)	双足拇趾的整个趾腹	脑出血、脑梗死及其后遗症、脑震荡、头痛、头晕、失眠、神经衰弱、神志不清、大脑萎缩及帕金森病等



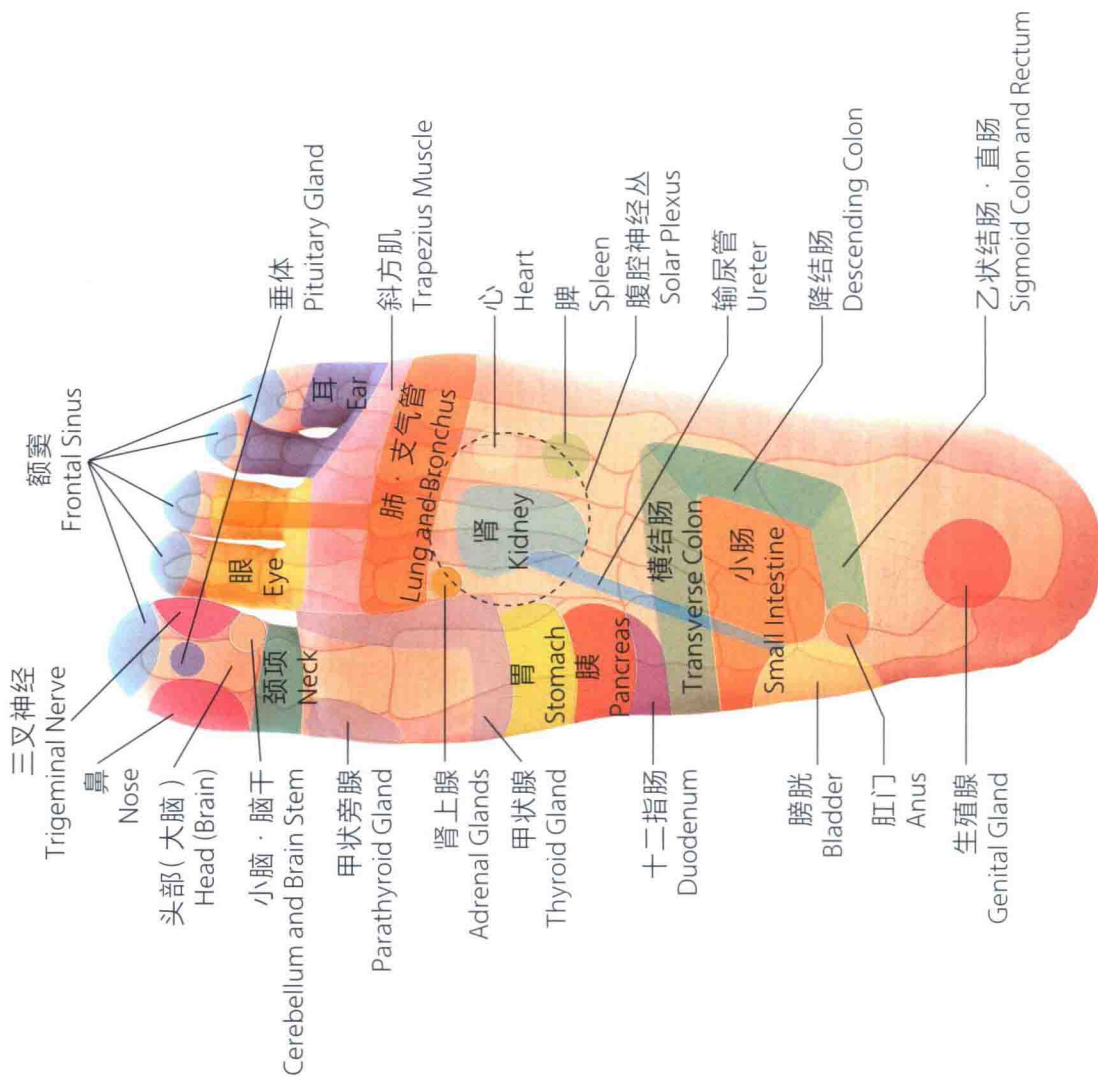
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Reflex Zone	Location	Indications
Frontal Sinus	In the soles, the end of toes	Headache; dizziness; insomnia; and diseases in nose, eyes, ear and mouth
Pituitary Gland	In the central hallux pulp of feet	Endocrine diseases; dysplasia and mental retardation of children; perimenopausal syndrome. It stimulate the reflex zone and have anti-aging function
Cerebellum and Brain Stem	The root of hallux pulp of feet, in the side of the 2nd toe	Cerebellum disease; hypertension; headache; insomnia; dizziness; muscular tension; and tendon joints diseases
Trigeminal Nerve	In the central part of hallux pulp of feet, near the 2nd toe	Migraine headache; trigeminal neuralgia; facial paralysis; facial spasm; parotitis and other diseases in head and face
Nose	In the lateral part of hallux of feet, extended to the root of the back side of hallux, shaped like "L"	Nose diseases and infection of the upper respiratory tract
Head (Brain)	The whole toe pulp of feet	Cerebral hemorrhage; cerebral infarction and its sequels; concussion of brain; headache; dizziness; insomnia; neurosis; obnubilation; cerebral atrophy; parkinson disease; and so on



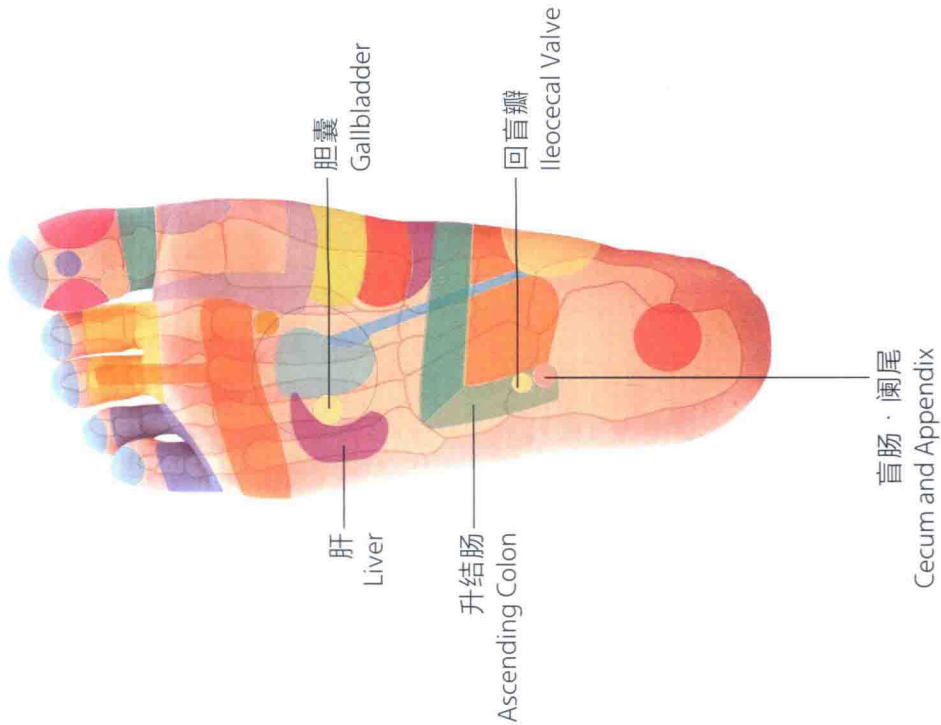
续表

反射区	定位	主治
颈项	双足底拇趾根部横纹处	颈椎病、落枕、颈部软组织损伤
眼	双足底, 第2、3趾额窦反射区下方至中节趾骨底面之间的区域	眼部各种疾患(近视、远视、青光眼、白内障等)
耳	双足底, 第4、5趾额窦反射区下方至中节趾骨底面之间的区域	耳部各种疾患(中耳炎、耳鸣、耳聋、重听等)
甲状腺	双足底内侧缘, 第1跖趾关节前方凹陷处	缺钙症状(筋骨酸痛、手足麻痹或痉挛), 指甲易断, 中老年缺钙、骨质疏松, 癫痫急性发作(用重手法强烈刺激)
甲状腺	双足底, 第1、2趾间缝向后延伸, 再转向内侧, 呈弧形带状包围着第1跖骨小头	甲状腺功能亢进或低下、甲状腺炎、甲状腺肿大、肥胖症
斜方肌	双足底, 第2、3、4、5趾后方约呈一拇指宽的横带状区域	颈项部及肩背部酸痛、落枕、上肢酸痛无力或麻痹等



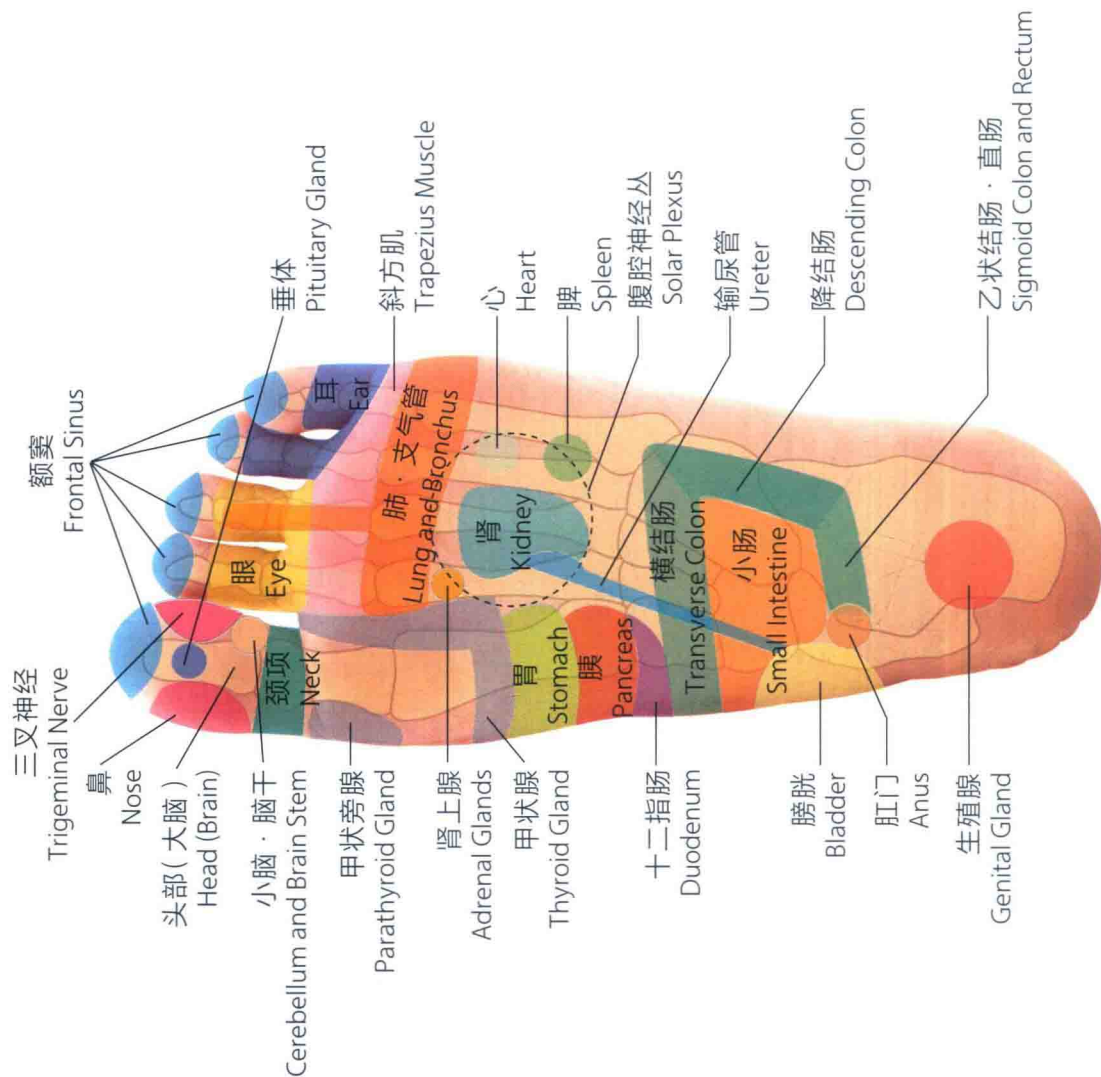
Continued

Reflex Zone	Location	Indications
Neck	The strip zone of the root of hallux in the soles	Cervical spondylopathy; stiff neck; and soft tissue injury of neck
Eye	The soles, the 2nd and 3rd toe of frontal sinus below the reflex zone, to the bottom of intermediate phalanges	Eye diseases (myopia, hyperopia, glaucoma, cataract and so on)
Ear	The soles, the 4th and 5th toe of frontal sinus below the reflex zone, to the bottom of intermediate phalanges	Ear diseases (tymanitis, tinnitus, deafness, hearing impairment and so on)
Parathyroid Gland	Inside of the soles, in the depression of the 1st metatarsophalangeal joint	Calcium deficiency (soreness of tendon and bone, paralysis and spasm of hand and foot); brittle nails; calcium deficiency of middle-aged people; osteoporosis; acute seizures (stimulating with strong measures)
Thyroid Gland	The soles, from the 1st and 2nd interphalangeal toe, backwards and turn to inside, surrounding the 1st metatarsal head shaped like a curved ribbon	Hyperactivity or hypoactivity of thyroid gland; thyreitis; goiter; and obesity
Trapezius Muscle	The soles, a thumb's width of band zone in the back of the 2nd, 3rd, 4th, and 5th toe	Soreness in neck; shoulder and back; stiff neck; soreness; weakness or paralysis of upper limb and so on



续表

反射区	定位	主治
肺·支气管	双足底，斜方肌反射区的后方约一拇指宽度的横带状区域。自横带中部向第3趾延伸呈一竖条状区域是支气管敏感带	肺炎、支气管炎、哮喘、肺气肿等呼吸系统疾患
心	左足底，第4、5跖骨体之间，肺反射区下方（足跟方向）	循环系统疾患如心律不齐、心前区疼痛、心肌炎、冠心病、高脂血症、动脉硬化、高血压、低血压等
脾	左足底，第4、5跖骨体之间，心反射区向足跟方向约一横指处	贫血、皮肤病、食欲不振、消化不良、发热、各种炎症等，刺激该反射区还有增强免疫功能的功效
胃	双足底内侧第1跖骨头的后方，宽度约一横指的区域	消化系统疾患如恶心、呕吐、腹胀、胃痛、胃酸过多、消化不良、急性慢性胃炎、胃溃疡、胃下垂等
胰	双足底内侧，第1跖骨体靠近跖跗关节处，胃反射区与十二指肠反射区之间，宽度约一横指的区域	糖尿病、消化不良、胰腺炎等



Continued

Reflex Zone	Location	Indications
Lung and Bronchus	The soles, a cross band zone behind the trapezius muscle of a thumb's width, in the middle of which is a sensitive zone of bronchus shaped a vertical strip zone extended to the 3rd toe	Pulmonary diseases such as pneumonia; bronchitis; asthma; pulmonary emphysema
Heart	The left soles, between the 4th and 5th metatarsals, below the reflex zone of Lung (toward the heel)	Diseases of circulatory system, such as arrhythmia, precordial pain, myocarditis, coronary heart disease, hyperlipidemia, arteriosclerosis, hypertension, hypotension and so on
Spleen	The left soles, between the 4th and 5th metatarsals, 1 thumb wide away from the Heart reflex zone on the side of the heel	Anemia; dermatosis; loss of appetite; indigestion; pyrexia; inflammations. Stimulating this reflex zone can enhance body immunity
Stomach	Inner sides of both soles, at the back of the 1st metatarsals, zone of approximately 1 finger's width	Diseases of digestive system such as nausea, vomiting, abdominal distension, stomachache, excessive gastric acid, indigestion, acute and chronic gastroenteritis, gastric ulcer, gastroptosis and so on
Pancreas	Inner sides of both soles, at the 1st metatarsals, close to the tarsometatarsal joints, between the Stomach reflex zone and the Duodenum reflex zone, about 1 finger's width	Indications include diabetes mellitus; indigestion; pancreatitis and so on

