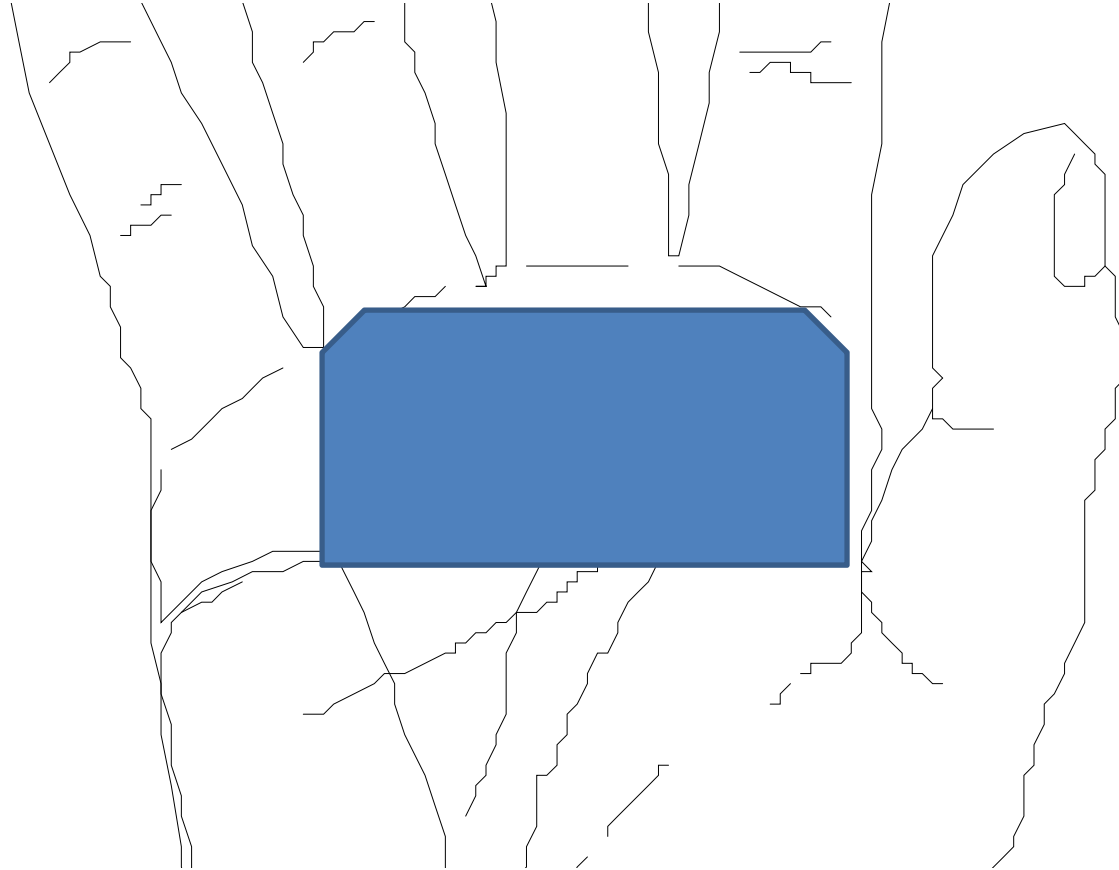
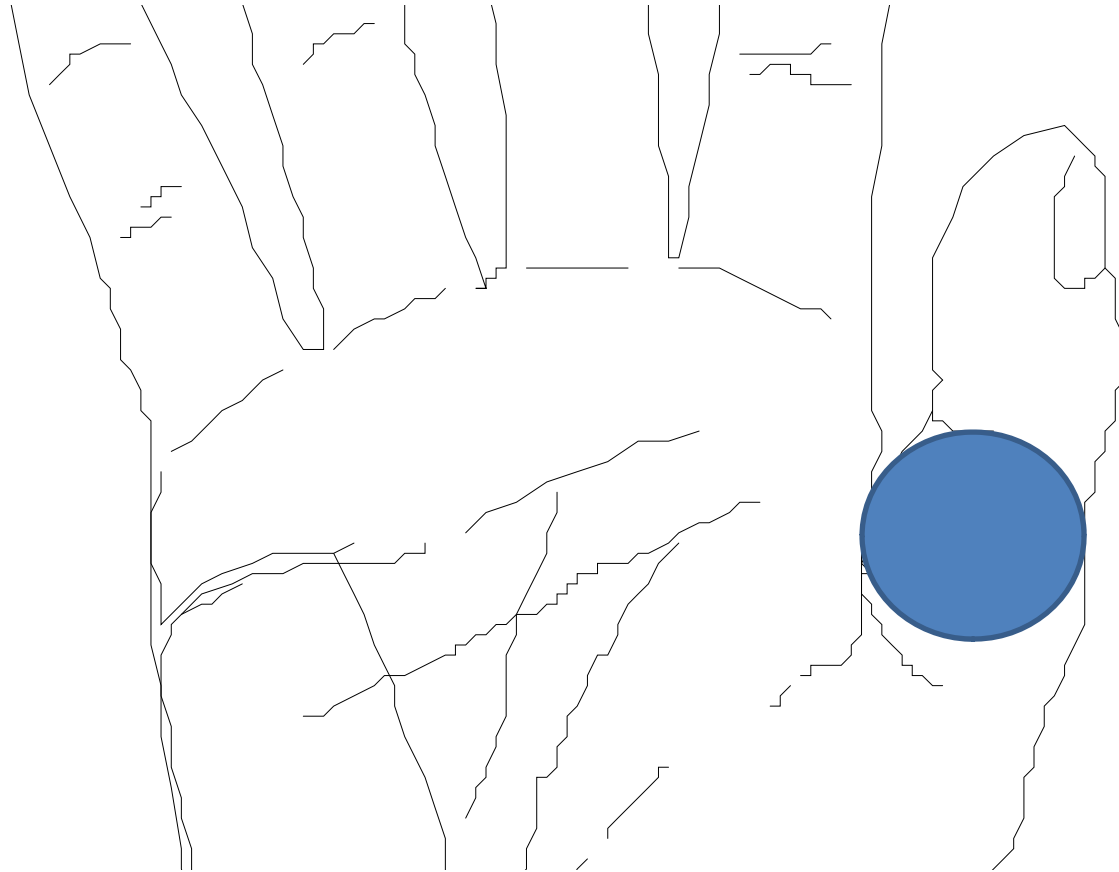


Working Reflexes to Assist the Respiratory System  
(Asthma, Bronchitis, etc)



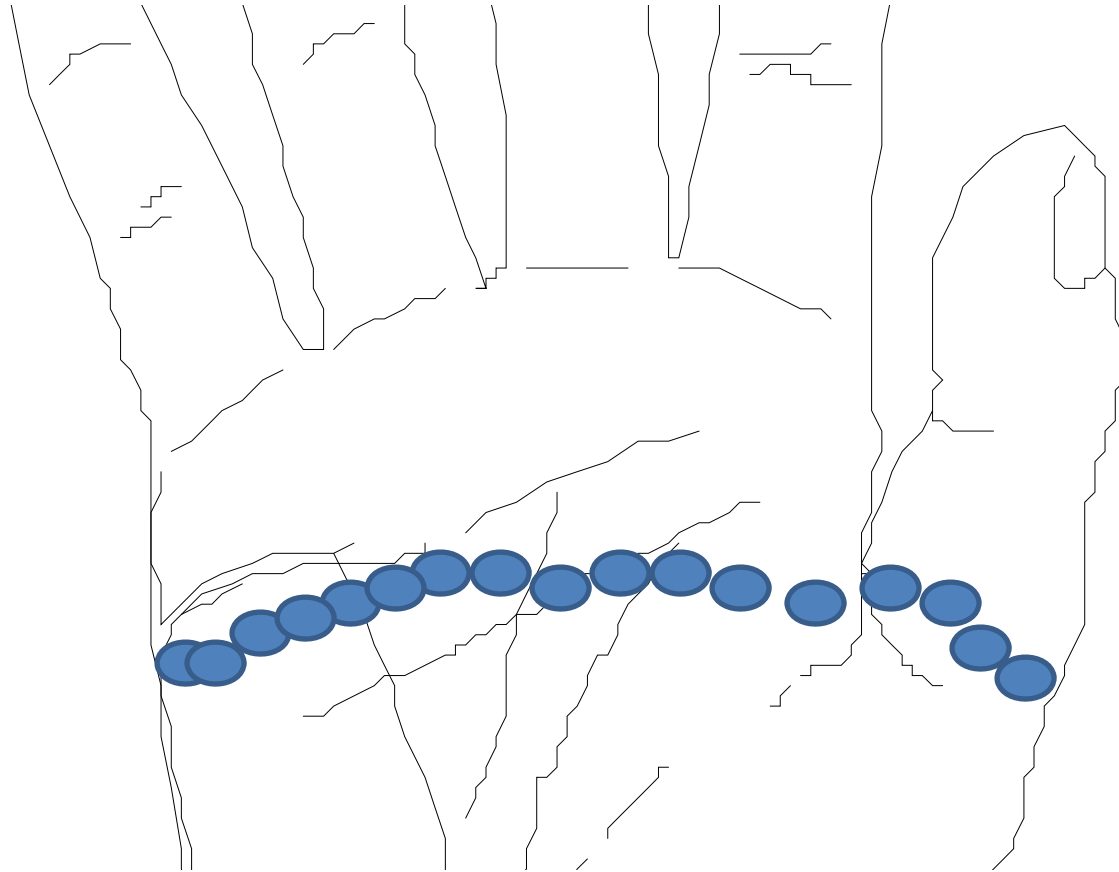
## Lung Reflexes

Press deeply into the lung reflexes to help loosen congestion.



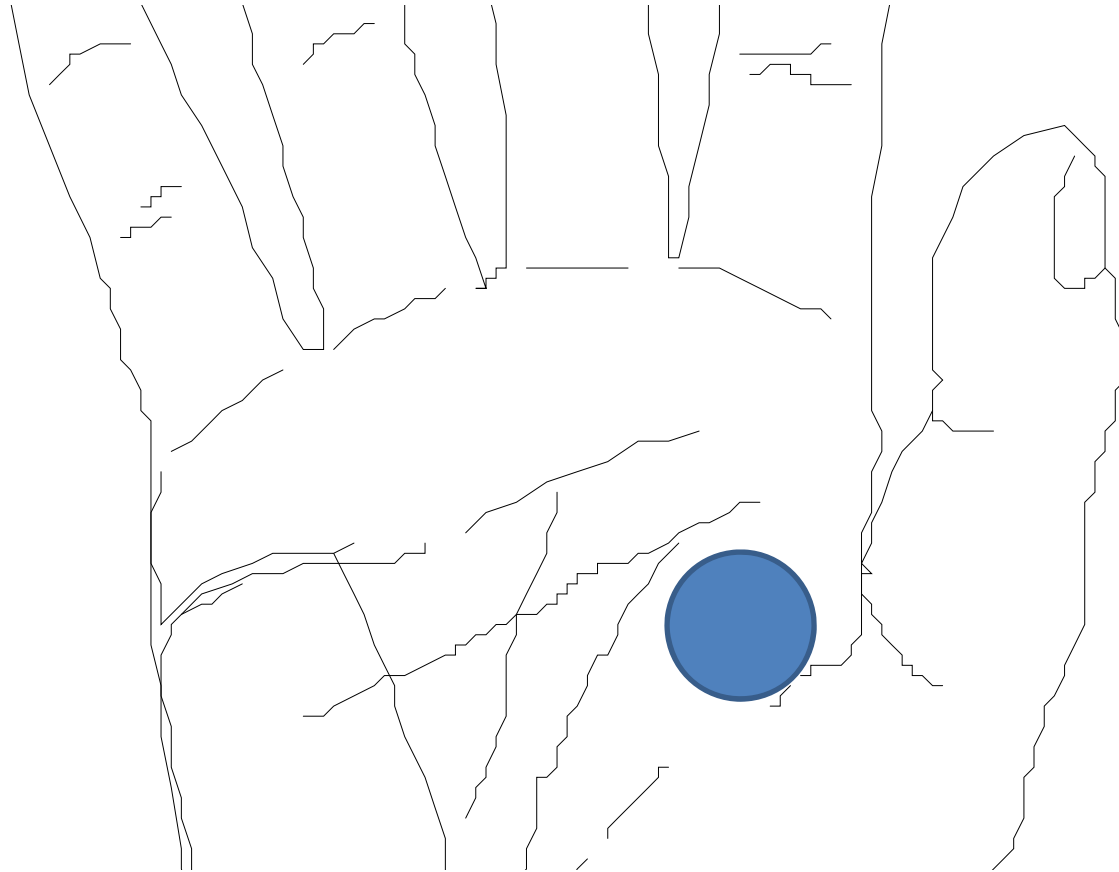
## **The Bronchial Area**

Pressing into this area will work the bronchial reflexes.



## The Diaphragm Reflex

The diaphragm is a muscle that assists the lungs in expelling air. Push deeply along this line.



## The Adrenal Reflex

This reflex assists with the reduction in inflammation.



Nice to have that air supply  
back!