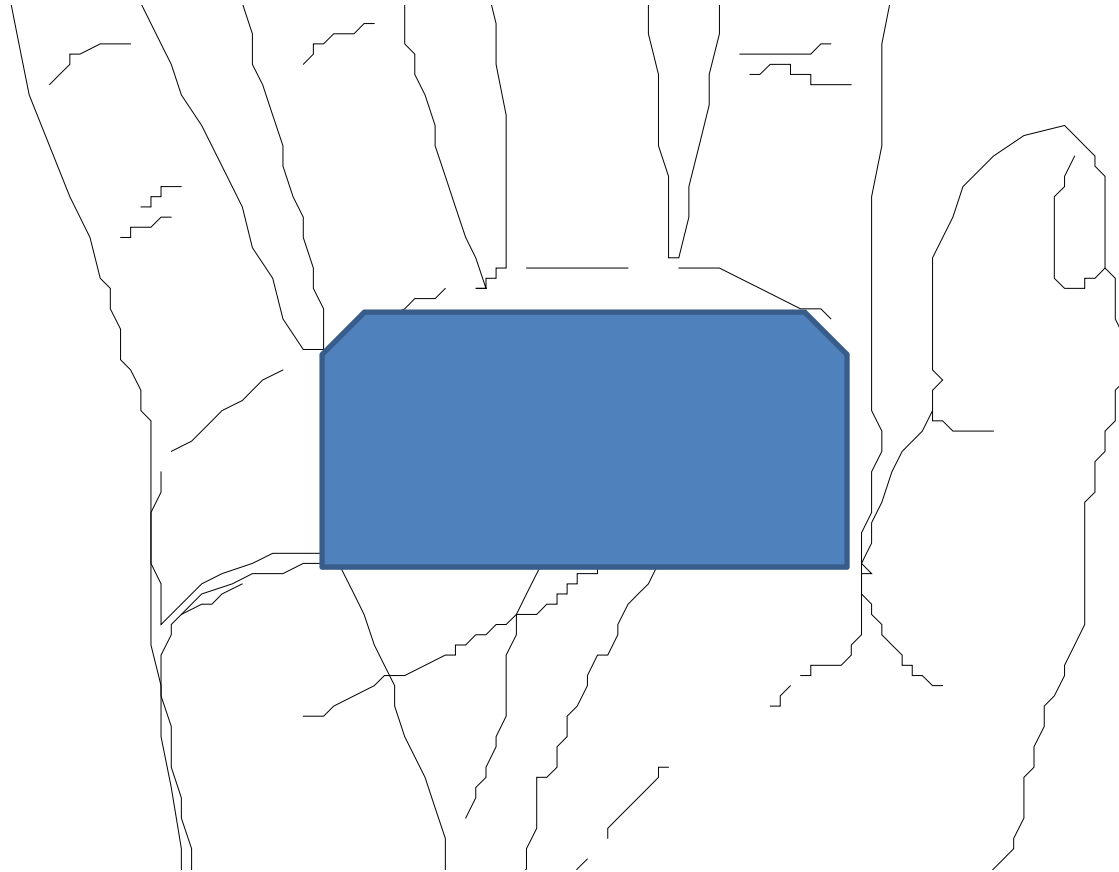
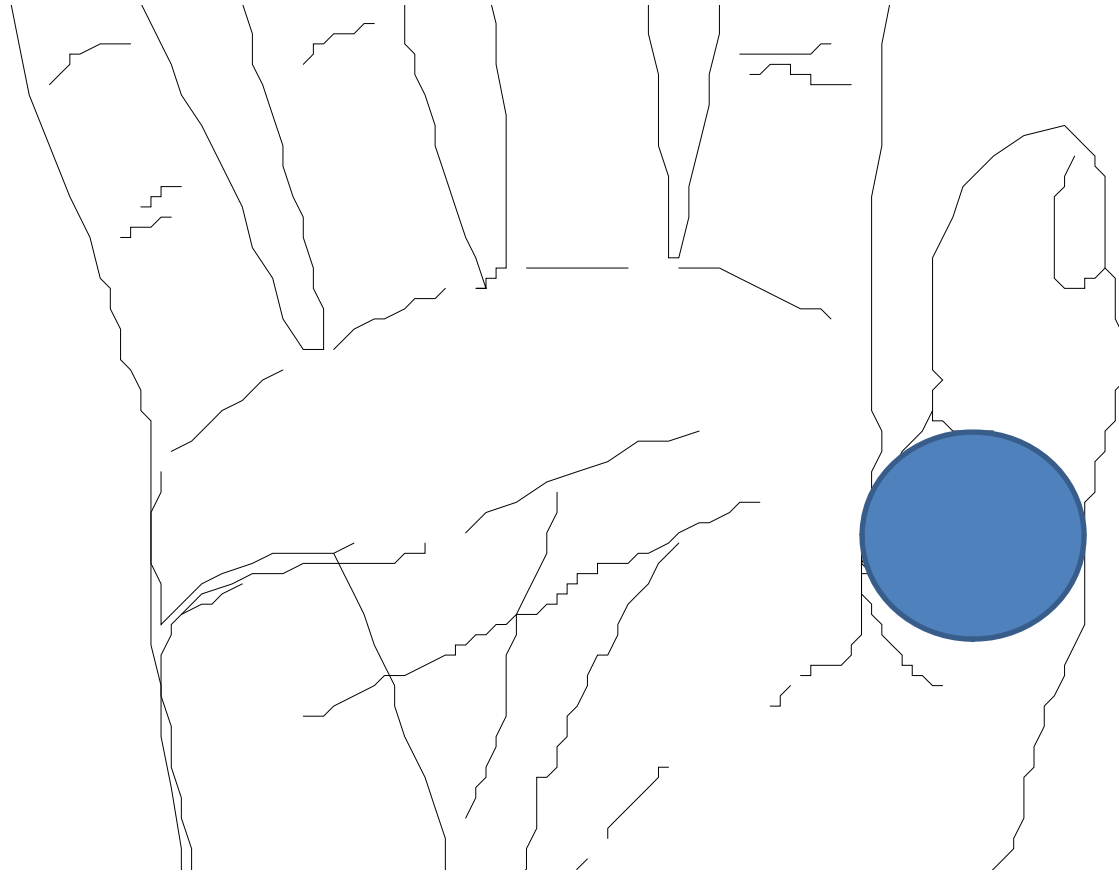


Working Reflexes to Assist the Respiratory System
(Asthma, Bronchitis, etc)



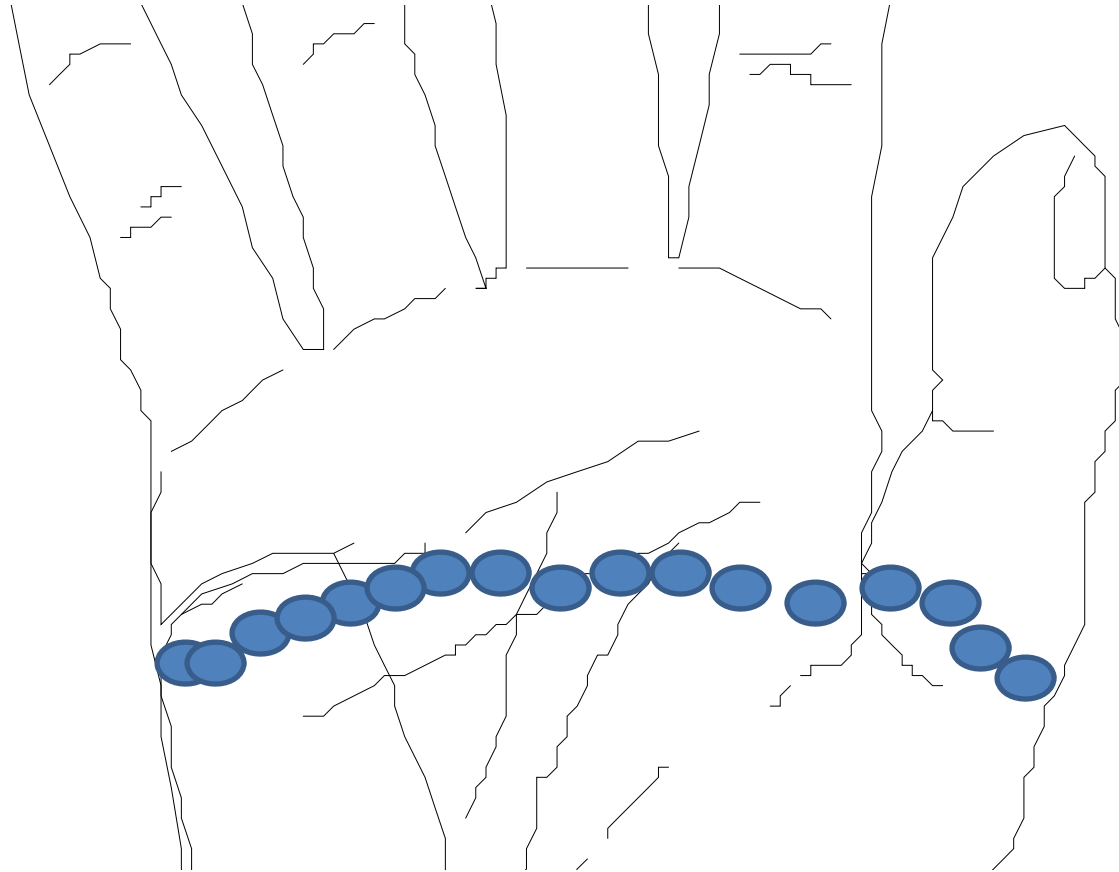
Lung Reflexes

Press deeply into the lung reflexes to help loosen congestion.



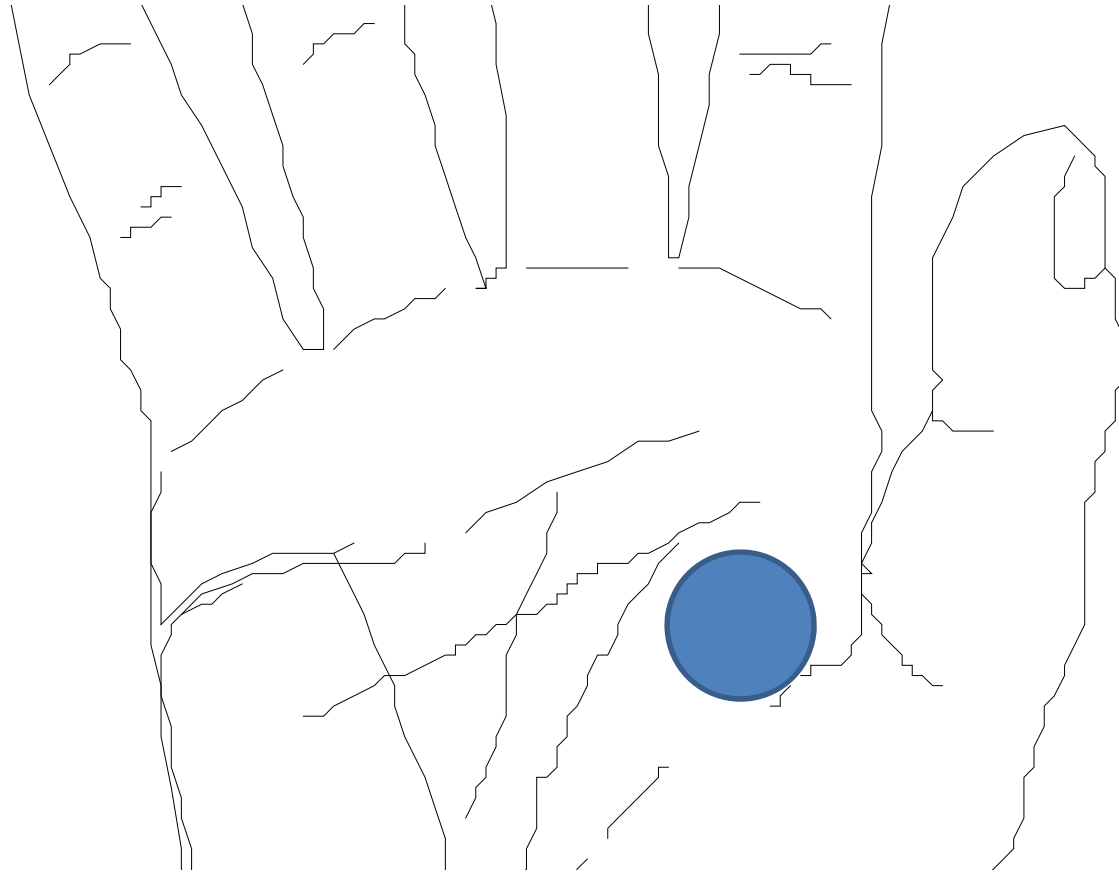
The Bronchial Area

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!