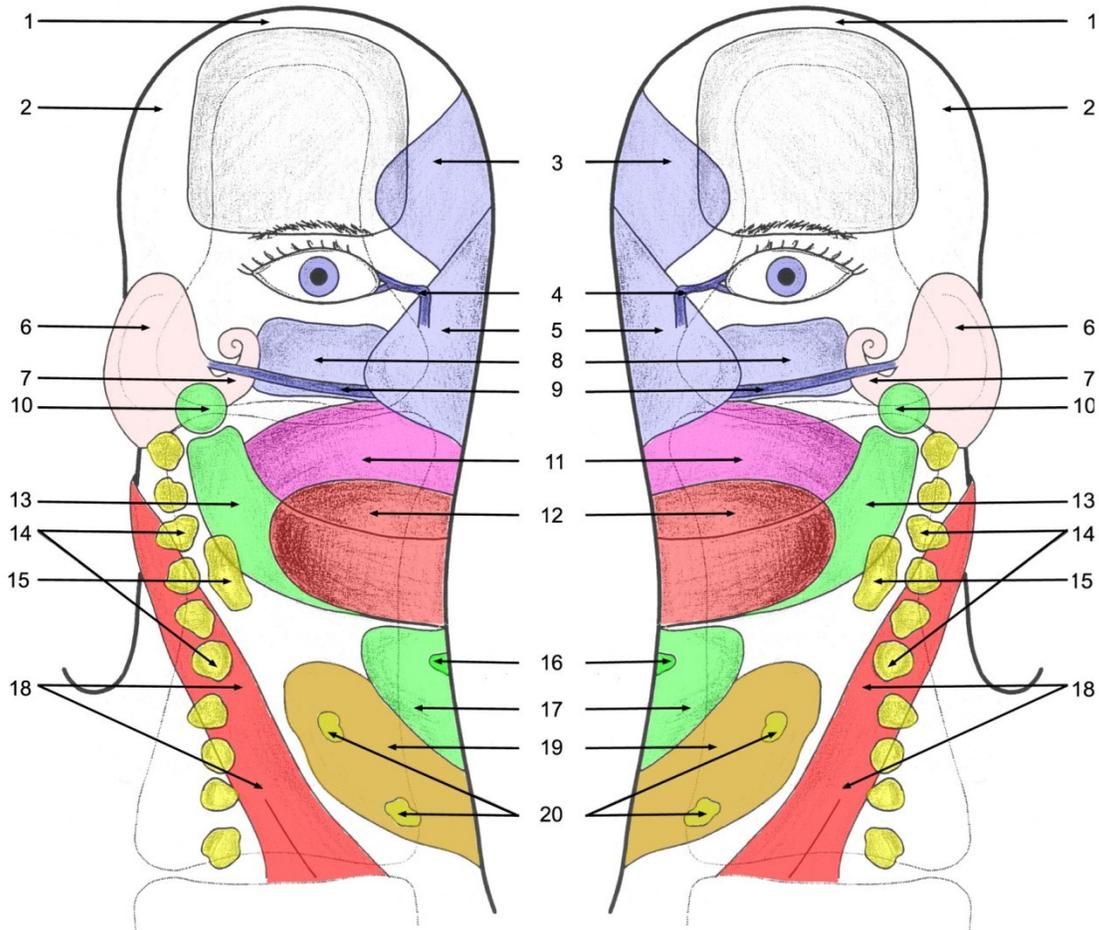


Hanne Marquardt's Big Toe Map By Dorthe Krogsgaard and Peter Lund Frandsen



Dorsal Aspect

1. Roof of skull
2. Temporal bone
3. Frontal sinuses
4. Eye duct
5. Nose
6. Outer ear
7. Middle and inner ear
8. Maxillary sinuses
9. Eustachian tube
10. Temporo-mandibular joint

11. Oral cavity
12. Tongue
13. Lower jaw
14. Lateral lymph nodes
15. Tonsils
16. Vocal cords
17. Larynx
18. Sternocleidomastoid muscle
19. Thyroid
20. Parathyroid

Possibilities on the Big Toe

Many people suffer from *TMJ* tension. Try the little but effective point for the jaw joint - using the edge of a nail or a stick and keeping a stationary hold (pt 10).

Liquid in the middle ear drains via the eustachian tube out through the larynx and nose. The same drainage process can be accomplished with reflexology tracing a straight line from lateral - to medial edge of the big toe, a bit distal to the distal joint (pts 7, 9, and 5).

Those who treat singers, presenters, teachers and others dependent on their voice will benefit from including the reflex for the *vocal cords*. The point is found on the medial side of the big toe, at the level of the web between toes 1 and 2 (pt 16).

Where does one treat a *throat infection*? One way could be to prioritize the treatment of the lymphatic chain of the throat and the tonsils (pts 14 and 15).

Many people suffer from *allergies to pollen* - experiment by including Hanne Marquardt's reflexes for the nose and the frontal and maxillary sinuses (pts 3, 5, and 8).

About the authors: Dorthe Krogsgaard and Peter Lund Frandsen are the founders of *Touchpoint* in Denmark. Dorthe has a thriving reflexology practice in Copenhagen, and Peter is the translator of Hanne Marquardt's book "Reflexotherapy of the Feet" into Danish. Many other articles by them can be found on their website www.touchpoint.dk. Both travel extensively all over the world giving reflexology workshops and will be in Washington and Oregon USA in 2014. This article translated from the Danish by Marie Louise Penchoen.