



SEJAK 1957

mujarab!

REFLEKSOLOGI KAKI - FOOT REFLEXOLOGY

Kaki Kanan / Right Foot

1. Kepala, kiri / Head, left
2. Sinus hadapan / Frontal sinuses
3. Pangkal otak, serebelum / Cerebellum
4. Pituitari / Pituitary gland
5. Pelipis, kiri, saraf trigeminal / Temporal area
6. Hidung / Nose
7. Leher / Neck
8. Mata, kiri / Eye, left
9. Telinga, kiri / Ear, left
10. Bahu, kanan / Shoulder, right
11. Muskulatur trapezoid, kanan / Trapezoid, right
12. Kelenjar tiroid / Thyroid glands
13. Kelenjar paratirioid / Parathyroid
14. Paru-paru dan bronki, kanan / Lungs & bronchi
15. Perut / Stomach
16. Duodenum / Duodenum
17. Pankreas / Pancreas
18. Hati / Liver
19. Pundi hempedu / Gall bladder
20. Serabut saraf perut / Solar plexus
21. Kelenjar adrenal, kanan / Adrenal glands, right
22. Buah pinggang, kanan / Kidneys, right
23. Ureter, kanan / Ureters, right
24. Pundi kencing / Bladder
25. Usus kecil / Small intestines
26. Apendiks = apendiks vermikular (sekum) / Appendix
27. Injap ileosekal (lieo-kolik) / Ileocecal valve
28. Kolon menaik / Ascending colon
29. Kolon melintang / Transverse colon
35. Lutut, kanan / Knee
36. Kelenjar genital (ovari atau testikel), kanan / Genital glands, right

Sentiasa mulakan urut kaki pada kaki kiri, diikuti kaki kanan untuk merangsangkan fungsi jantung dan peredaran darah.

Always start foot massage by left foot, follow by right foot to stimulate heart function and optimum blood circulation.



Kaki Kiri / Left Foot

1. Kepala, kanan / Head, right
2. Sinus hadapan / Frontal sinuses
3. Pangkal otak, serebelum / Cerebellum
4. Pituitari / Pituitary gland
5. Pelipis, kanan, saraf trigeminal / Temporal area
6. Hidung / Nose
7. Leher / Neck
8. Mata, kanan / Eye, right
9. Telinga, kanan / Ear, right
10. Bahu, kiri / Shoulder, left
11. Muskulatur trapezoid, kiri / Trapezoid, left
12. Kelenjar tiroid / Thyroid glands
13. Kelenjar paratirioid / Parathyroid
14. Paru-paru dan bronki, kiri / Lungs & bronchi
15. Perut / Stomach
16. Duodenum / Duodenum
17. Pankreas / Pancreas
20. Serabut saraf perut / Solar plexus
21. Kelenjar adrenal, kiri / Adrenal glands
22. Buah pinggang, kiri / Kidneys
23. Ureter, kiri / Ureters
24. Pundi kencing / Bladder
25. Usus kecil / Small intestines
29. Kolon melintang / Transverse colon
30. Kolon menurun / Descending colon
31. Rektum / Rectum
32. Dubur / Anus
33. Jantung / Heart
34. Limpa / Spleen
35. Lutut, kiri / Knee, left
36. Kelenjar genital (ovari atau testikel), kiri / Genital glands, left

Tips

Untuk kesan yang lebih baik, rendam kaki anda dengan **TYT Rendaman Kaki Herba** untuk merangsangkan edaran darah yang optimum. Selalu urut kaki anda dengan **TYT Minyak Daun Ubat** untuk kesan lebih efektif.
*To achieve better result, soak your feet with **TYT Herbal Foot Bath** before foot massage to stimulate optimum blood circulation. Always massage your feet using **TYT Herbal Medicated Oil** to achieve excellent effects.*





SINCE 1957

it works!

FOOT REFLEXOLOGY - 脚底按摩

Right Foot / 右足

1. Head, left / 头部 (脑)左半球
2. Frontal sinuses / 额窦, 左半球
3. Cerebellum / 脑干, 小脑
4. Pituitary gland / 脑垂体
5. Temporal area / 颞叶, 左边, 三叉神经
6. Nose / 鼻
7. Nock / 颈项
8. Eye, left / 左眼
9. Ear, left / 左耳
10. Shoulder, right / 右肩
11. Trapezoid, right / 斜方肌 (头, 肩部) 右
12. Thyroid glands / 甲状腺
13. Parathyroid / 副甲状腺
14. Lungs & bronchi / 肺和支气管 (右)
15. Stomach / 胃
16. Duodenum / 十二指肠
17. Pancreas / 胰腺
18. Liver / 肝脏
19. Gall bladder / 胆囊
20. Solar plexus / 腹腔神经丛 (太阳丛)
21. Adrenal glands, right / 右肾上腺
22. Kidneys, right / 右肾脏
23. Ureters, right / 右输尿管
24. Bladder / 膀胱
25. Small intestines / 小肠
26. Appendix / 盲肠和阑尾
27. Ileocecal valve / 迴盲肠
28. Ascending colon / 升结肠
29. Transverse colon / 横结肠
35. Knee / 右膝盖
36. Genital glands, right / 生殖腺 (卵巢或睾丸)

Left Foot / 左足

1. Head, right / 头部 (脑)右半球
2. Frontal sinuses / 额窦, 右半球
3. Cerebellum / 脑干, 小脑
4. Pituitary gland / 脑垂体
5. Temporal area / 颞叶, 右边, 三叉神经
6. Nose / 鼻
7. Nock / 颈项
8. Eye, right / 右眼
9. TEar, right / 右耳
10. Shoulder, left / 左肩
11. rapezoid, left / 斜方肌 (头, 肩部) 左
12. Thyroid glands / 甲状腺
13. Parathyroid / 副甲状腺
14. Lungs & bronchi / 肺和支气管 (左)
15. Stomach / 胃
16. Doudenum / 十二指肠
17. Pancreas / 胰腺
20. Solar plexus / 腹腔神经丛 (太阳从)
21. Adrenal glands / 左肾上腺
22. Kidneys / 左肾脏
23. Ureters / 左输尿管
24. Bladder / 膀胱
25. Small inteslines / 小肠
29. Transverse colon / 横结肠
30. Descending colon / 降结肠
31. Rectum / 直肠
32. Anus / 肛门
33. Heart / 心脏
34. Spleen / 脾脏
35. LKnee, left / 左膝盖
36. Genital glands, left / 生殖腺 (卵巢或睾丸)



Always start foot massage by left foot, follow by right foot to stimulate heart function and optimum blood circulation.

脚底按摩 - 先从左脚开始, 以便刺激心脏功能, 促使血液循环。

Tips

To achieve better result, soak your feet with TYT Herbal Foot Bath before foot massage to stimulate optimum blood circulation. Always massage your feet using TYT Herbal Medicated Oil to achieve excellent effects.

脚底按摩前, 用TYT泡脚药材泡双脚, 刺激血液循环, 达到更好效果。用TYT青草追风油按摩脚底, 效果更佳。

