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[www.reflexzones.eu/5zones](http://www.reflexzones.eu/5zones)

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With the 5 ZONES Basic shoe insole, the scientist Dr. Walter Mauch aimed to stimulate the main reflex zones of the feet in order to create a connection with the most important organs of the body.

The reflex-zone concept assumes that there are existing connections between the zones of the feet and different body areas. Accordingly any stimulation shall have an effect on the related organs. Due to stimulation of the reflex-zones, the self-healing processes and regulatory systems in certain parts of the body can possibly be activated. The effect can then be relaxative, stimulatory, exhilarant or analgic and can support the reduction and excretion of "waste" and toxins. In this way a harmonisation of the body's processes can be reached and thus the stabilisation of the body's defences and the whole inner balance.

Frequently worn, flat shoes or hard insoles impede the natural stimulation of the sole of foot. Our reflex-zone-bed, however, will be gently stimulated. As long as the man ran barefoot through nature, a natural stimulation of the feet was ensured. The fine sensor system of the feet was trained and contributed to an entire healthy motor function of the body. Stress

was comparably more easily relieved, the blood pressure was balanced, the blood circulation – especially in the feet – improved, and muscles and ligaments were invigorated. This connection between feet and spine caused a positive impact on the intervertebral discs and back muscles. A stimulation of the reflex-zones causes a harmonic change between exertion and relaxation and thus boosts general well-being.

The construction of our reflex-zone-bed is flexible and resilient and therefore enables an active pressure point massage and simulates the effect of running barefoot in this way.

The reflex-zone-bed is made of soft, natural material and can be worn the whole day without causing overstimulation.

The reflex-zone-bed, which was developed by a competent physician and enhanced by experts, supports these effects due to the gentle stimulation of the reflex-zones of the foot.

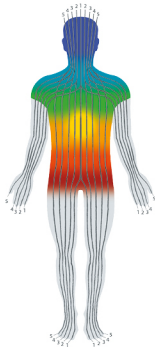
Thousands of years of experienced medical science integrated into a shoe – for your well-being.



TYPE **Basic**

**original**  
**REFLEX-ZONE-BED**

*international patent and  
trademark rights*



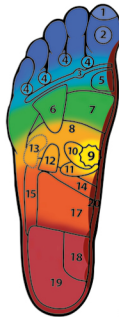
5 Zones

### A stimulation by means of the reflex-zone-bed aims to:

- increase blood circulation in the head
- relax the muscles in the nape of the neck
- improve breathing due to the relaxation of the shoulder girdle
- co-ordinate the autonomic nervous system
- relax the muscles in the upper part of the abdomen
- improve the functions of the digestive system
- improve blood circulation in the pelvic region

The reflex-zone massage is known from experienced medical science. It is about traditional knowledge, which, in fact, has not been scientifically examined in detail so far.

### Important areas of zones:



1. Calvaria
2. Pituitary Gland
3. Shoulder Girdle
4. Upper Lymphatics
5. Thyroid Gland
6. Neck Area
7. Lung
8. Liver
9. Solar Plexus
10. Stomach
11. Pancreas
12. Kidney, Adrenal Gland, Gall
13. Spleen (only on the left)
14. Transverse Colon
15. Ascending Colon
16. Descending Colon
17. Small Intestine
18. Pelvic Region
19. Abdomen
20. Vertebral Column

This schematic diagram displays a variety of zones at the sole of foot. You can also find detailed drawings in technical literature. All classical presentations of the zones of the organs are based on the research and statements of E. Ingham.

### Our trademarks:



**DiABETES**  
with REFLEX ZONES

**Energy FLOW**  
with REFLEX ZONES



*swing*  
with REFLEX ZONES



*Dr. Mauch*

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