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[www.reflexzones.eu/swing](http://www.reflexzones.eu/swing)

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The feet of a person and his kind of using them for his support and balance provide information on the person's stability and its physical foothold on the ground.

Under psychological aspects, feet are highly important as they are in direct contact with the ground, being influenced by gravity at the same time.

An imbalance of the feet results in a physically reduced imbalance of the body's total structure. Consequently, disregarding our feed re-sults in disregarding the balance of our posture and mindset in daily life, also in the field of fitness. In cooperation with our shoe experts, our professionals have been able to integrate research and experiences into the field of soles. In this way, the production of shoes benefits from these experiences.

The foot is an elastically resilient regulatory gene for the upright walking. The foot swings horizontally while the spinal column has ver-tically three oscillating areas (cervical vertebra, thoracic vertebra, lumbar vertebra). Feet and spinal column are geared to each

other due to the elastically resilient systems which are conducted by the ligaments and muscular chains. They are certi-cally opposed and reflex circuits arise by the reflex-zones' effects of the feet.

This allows an upright walking as well as an upright position of the spinal column to the feet.

Our soft reflex-zone-bed does not only give a massage to single reflex-zones in the feet. They give a soft massage of the all feet reflex-zones related to the organs. Thus they activate the organs' circuits and influence the spinal column, being the central energy bar and carrying out the regulation - via the nerve tracts – to the organs.

Due to its special composition, the SWING insole makes it possible that all reflex-zones are stimulated with every step. This leads to an harmonically balanced tension of the feet and the spinal column.

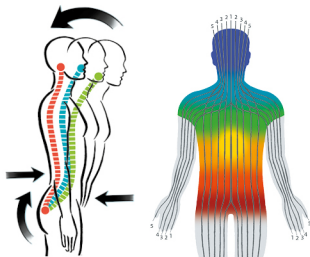
Improve your posture and you have less problems to feel good.



*swing*®  
with REFLEX ZONES

original  
**REFLEX-ZONE-BED**

*international patent and  
trademark rights*

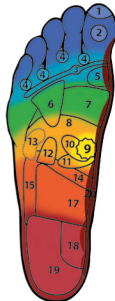


## The SWING-Insole aims to:

- the coordination of the foot's horizontal swinging
- the coordination of the foot's and spinal column's vertical swinging (cervical vertebra, thoracic vertebra, lumbar vertebra)
- the vegetatively reflective circuits with effect on the organ
- the circulation of the blood and lymph flow
- the ligaments and muscles of the feet and the spinal column
- the right position of the foot
- a better posture
- a sense of well-being in the spine, as well as in the neck, hips, the pelvis and in the feet themselves

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

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