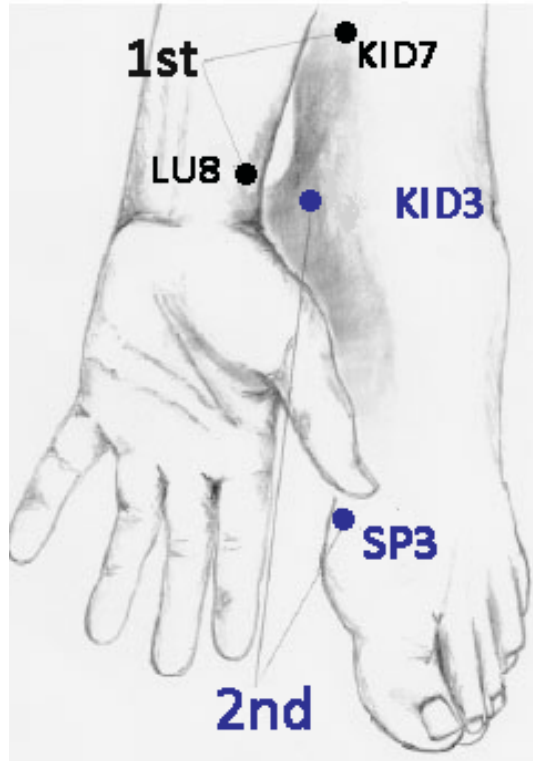
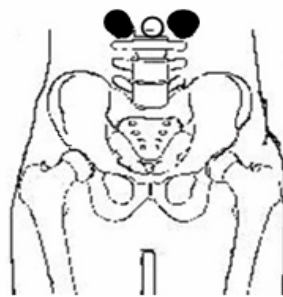


# Kidney Balance

## NL reflex points

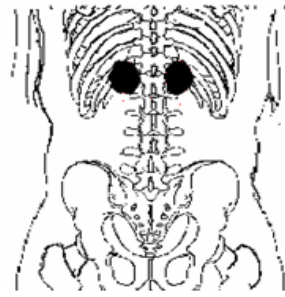


Hold the **1<sup>st</sup> set** of pts & then the **2<sup>nd</sup> set of points** on the same side of the body. Then repeat on the other side. Sometimes you can feel a pulsing, if you do, wait for it to equalise on the 2 points before you move to the next set of points.



**Anterior**

2 cm either side  
and 2 cm up from  
the navel



**Posterior**

Between T12-L1, 2  
cm either side of  
the spine

Massage the reflex points. Do as best as you can with the back point

## NV reflex points

Occipital  
protuberance  
either side of the  
groove at the  
base of the skull



With the pads of 3 finger tips hold the Neurovascular (NV) reflex points.



**Meridian -**  
Trace  
2-3 fingers  
from the  
ball of the  
foot **KID1**  
up around  
the ankle,  
up the  
inside of  
the leg past  
the inside  
of the  
knee, past  
the edge of  
the pubic  
bone, up  
the  
abdomen &  
chest to  
the inside  
end of the  
collarbone  
to  
**KID27**. Do  
this 6 times  
on  
both sides.

