

# VITA FLEX HAND CHART

Vita Flex points in this hand chart correspond to those in the feet. Occasionally the feet can be too sensitive for typical Vita Flex Therapy. Working with the hands will not only affect the specific body points, but may also help to provide some pain relief to the corresponding points on the feet. (Refer to Stanley Burroughs' book, Healing for the Age of Enlightenment, pg. 78 for a more detailed explanation.)

