



USING FOOT REFLEXOLOGY TO ALLEVIATE ABDOMINAL DISCOMFORT IN BABIES



Solar Plexus

Upper Abdomen

Lower Abdomen

The Solar Plexus



It is a complex network of nerves in the abdomen and behind the stomach.

Discomfort in this area may cause tummy troubles and spasms.

Gently massage the area a little below the ball of the foot.

The Upper Abdomen

Babies with problems in the upper abdomen may experience bowel obstruction.

Gently rub the center of the sole to provide relief.



The Lower Abdomen



Babies with problems in this area may get constipated.

Gently rub the lower region of the sole to stimulate the large intestine.

Massage in this area will also provide relief if babies have gas pain.

Images: Guide To Baby Foot Reflexology; MGPL

Reference

Guide To Baby Foot Reflexology; MGPL