



Want to see how many aches/pains you are experiencing in your body?

Mark the areas of your body where you have aches, pains, rashes or anything that is affecting your body.

List what hurts in your body. Most of the time it starts as a pain, or ache and then after sometime it turns into something more painful or a constant pain. If pain continues over 6 months, it becomes chronic pain, which can at anytime evolve into a disease, autoimmune disorder, etc. The body can

communicate to you through expressing pain. This is a free tool for you to use to see what is going on with your body so that maybe you will start to want to heal and have no pain in your body.



Mark the areas of the top and bottom of your feet where you feel pain, stiffness or soreness when you walk or sit. You shouldn't feel pain in these areas. If there is pain, your body is trying to tell you that you are not healthy and you need to deal with it before it becomes more serious.

Each area of the feet is connected to organs within the body. Check out a reflexology chart and see what your body is trying to tell you. This will help to make you aware of what is going on with your body.

