

Digestion

STOMACH

- 1. HCL Point: 1" ↓ from xiphoid on edge of rib cage (L)
- 2. Chapman Reflex - Stomach: 6th Intercostal Space (L) *LNT*

PANCREAS

- 3. Enzyme Point: 1" ↓ from xiphoid on edge of rib cage (R)

GALLBLADDER

- 4. Murphy's Sign: Under ribs (R); knees bent
- 5. Chapman Reflex - Gallbladder (Acute): 6th (R) *LNT*
- 6. Right Thumb Web: Gallbladder (Chronic)

SMALL & LARGE INTESTINES

- 7. Chapman Reflex - Small Intestine: 8, 9, 10 (R) *LNT*
- 8. Bennett Reflexes: 2-3" around umbilicus *LNT*
- 9. Ileocecal Valve: ½ from ASIS to umbilicus *LNT*
- 10. Large Intestine: ascending to sigmoid *LNT*
- 11. Chapman Reflex - Colon: Iliotibial Band *LNT*

Sugar Handling

ADRENAL GLANDS

- 12. Chapman Reflex - Adrenals: 2" → ↑ from umbilicus (R & L) *LNT*

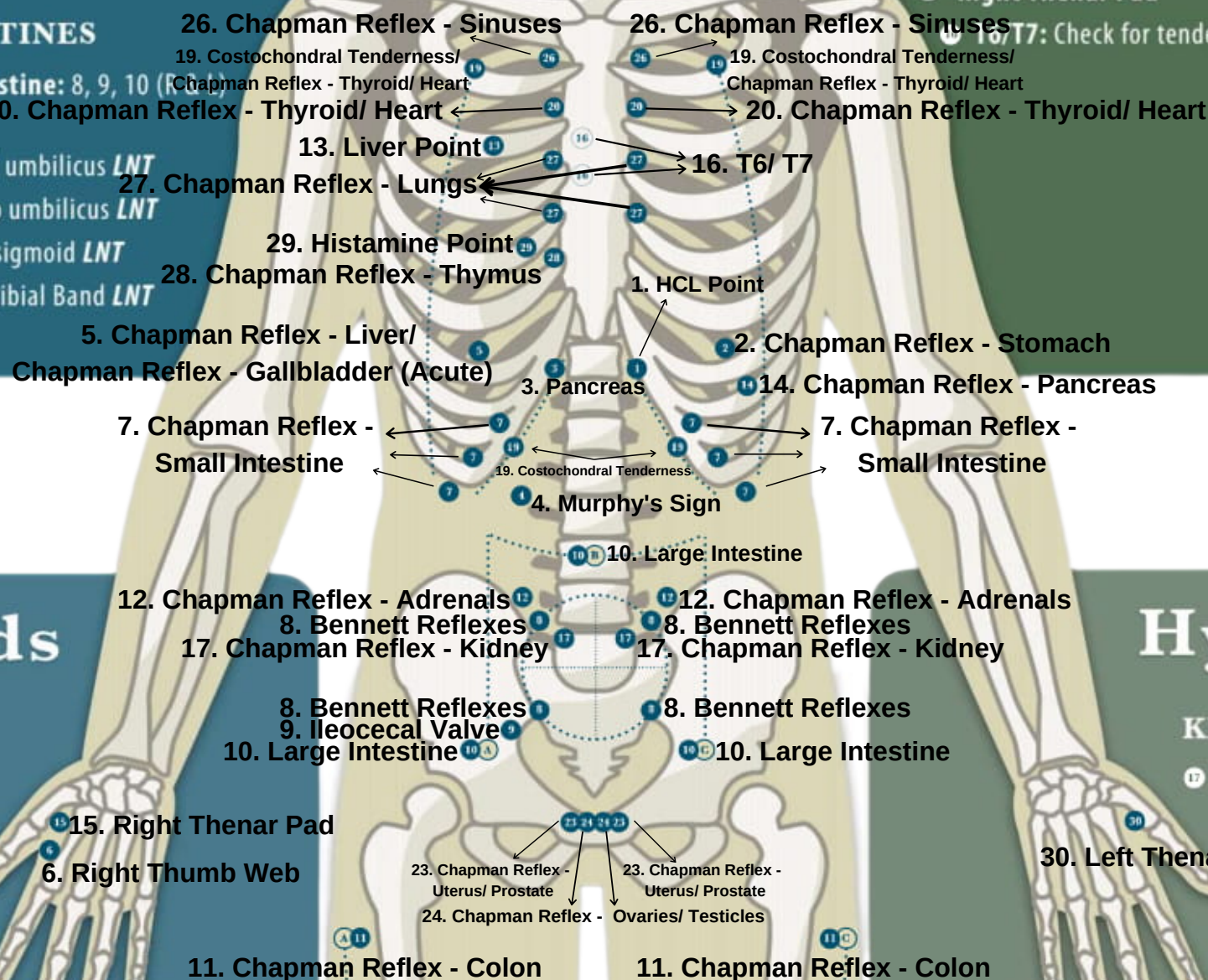
LIVER

- 13. Liver Point: On 3rd rib (R) at costochondral junction *LNT*
- 14. Murphy's Sign: Under ribs (R); knees bent
- 15. Chapman Reflex - Liver: 6th (R) *LNT*

PANCREAS

- 16. Chapman Reflex - Pancreas: 7th Intercostal Space (L) *LNT*
- 17. Right Thenar Pad
- 18. T6/T7: Check for tenderness close to spine (R)

18. Pituitary/ Hypothalamus Point



Fatty Acids

LIVER

- 13. Liver Point: On 3rd rib (R) at costochondral junction *LNT*
- 14. Murphy's Sign: Under ribs (R); knees bent
- 15. Chapman Reflex - Liver: 6th Intercostal Space (R) *LNT*

Hydration

KIDNEYS

- 17. Chapman Reflex - Kidney: 1" → ↑ from umbilicus (R & L) *LNT*

Endocrine

PITUITARY / HYPOTHALAMUS

- 18. Pituitary / Hypothalamus Point: Between eyes *LNT*

THYROID

- 19. Costochondral Tenderness: Palpate for general tenderness *LNT*
- 20. Chapman Reflex - Thyroid/Heart: 2nd Intercostal Space (R & L) *LNT*
- 21. Pretibial Edema: ¼ - ⅓ up tibia from ankle

UTERUS/PROSTATE

- 22. Medial Heel: ½ between medial malleolus & calcaneus
- 23. Chapman Reflex - Uterus/Prostate: A) Pubic Symphysis (outer); B) Iliotibial Band (overlaps with Chapman Reflex - Colon) *LNT*

OVARIES/TESTICLES

- 24. Chapman Reflex - Ovaries/Testicles: Pubic Symphysis - Inner *LNT*
- 25. Inside Arch: Apex of arch (R & L)

Immune

SINUSES

- 26. Chapman Reflex - Sinuses: 1st Intercostal Space (R & L) *LNT*

LUNGS

- 27. Chapman Reflex - Lungs: 3rd & 4th Intercostal Spaces (R & L) *LNT*

THYROID

- 28. Chapman Reflex - Thymus: 5th Intercostal Space (R only)
- 29. Histamine Point: Halfway between the xiphoid process and mid-mammary line

Cardiovascular

- 30. Chapman Reflex - Thyroid/Heart: 2nd Intercostal Space (R & L) *LNT*
- 31. Left Thenar Pad