

- A** Small intestines
- B** Kidneys
- C** Head/Circuit Breaker
- D** Cellular Energy
- E** Large intestine
- F** Large intestine
- G & H** Liver & Gallbladder

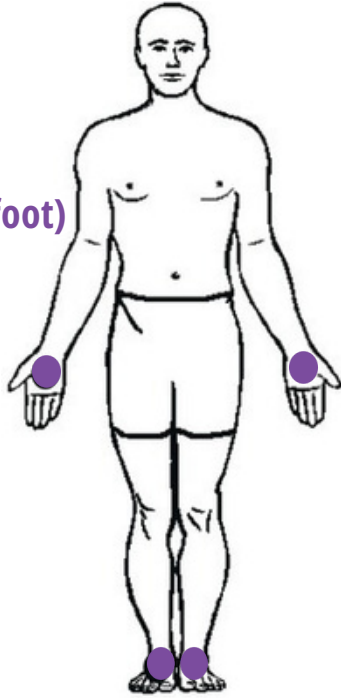
= main detox organs

# Mud Placement

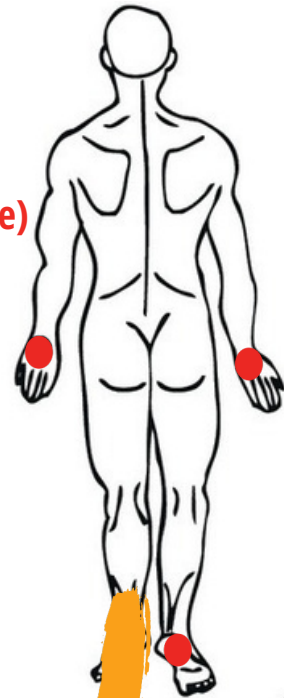
## For Hands & Feet

Anatomical Position

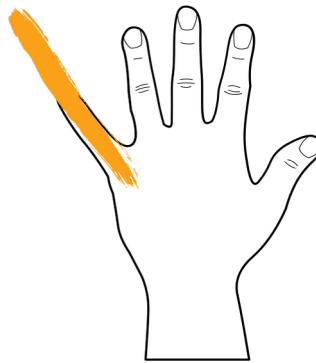
**Anterior Packs**  
(palm & top of foot)



**Posterior Packs**  
(back of hand & sole)



## For Fingers & Toes



- Pinky Finger → Big Toe
- Ring Finger → Second Toe
- Middle Finger → Third Toe
- Index Finger → Fourth Toe
- Thumb → Little Toe