

# Key to the Hara zones

- 1 Heart
- 2 Gall bladder
- 3 Liver
- 4 Lung
- 5 Stomach
- 6 Triple heater
- 7 Heart protector
- 8 Spleen
- 9 Kidney
- 10 Bladder
- 11 Large intestine
- 12 Small intestine

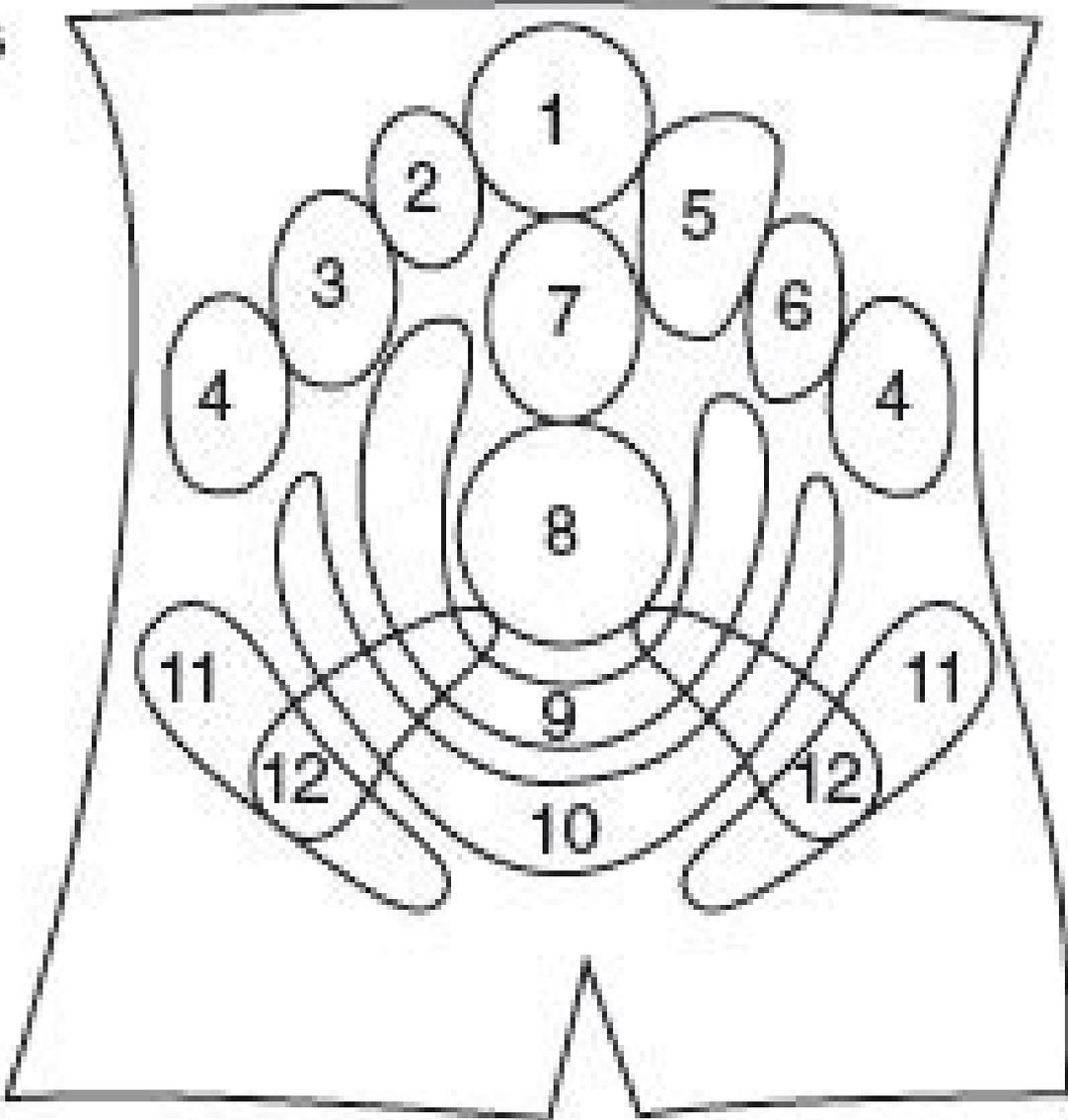


Figure 16.2 The Hara diagnostic zones in the abdomen (after Masunaga and Ohashi 1977).

# Chapter Hara Shiatsu

**LL Leslie**



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