Abstract

Footzone Therapy What is a FootZone?

FootZoning is an amazing tool to access all the aspects of the body and encourage it to return to a balanced state promoting wellness throughout the body.

FootZoning is one of the few therapies that addresses the body in multiple different aspects such as the physical, mental, emotional and spiritual bodies. It does this by stimulating nerve endings that run from every part of the body to the ends of the hands and feet. The meridians or energy pathways are also stimulated and balanced through a footzone allowing the body to return to a state of balance, where healing may begin.

Is FootZoning the same as Reflexology?

A FootZone is similar to reflexology in nature, but is on a large scale more in depth than reflexology. While reflexology seeks to simply stimulate these reflex areas, FootZoning takes it a step further by stimulating these areas in a particular order, an order that follows the bodies natural cleansing systems as well as connecting all those systems, so the body can flow and work as a whole.

Keywords

Footzoning, Foot Zoning, Energy healing, Healing arts

References

Foothold; book 1
Zone therapy; or, relieving pain at home
www.GoodHealthisHappiness.com
Foothold curriculum

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