

Foot Zoning - Frequently Asked Questions

What is a Foot Zoning Balance?

A foot zone balance encourages the body's natural healing capability by stimulating: Blood circulation, Hormone balance, Lymph flow, Digestion, Assimilation, Elimination, Function of the autonomic nervous system, Renewing cell systems, Rejuvenating life energy, Bringing the body into balance, Assessing the body's current state of health.

Can a Foot Zone help with my emotions?

During a Foot Zone Balance treatment, we are treating all four parts of the body. It is believed that the signal system is a connecting link between the physical, emotional, mental, and spiritual bodies. It is also understood that the Foot Zone treats the endocrine system of the body, allowing the hormonal system to become more balanced. Emotional release is common.

The emotional, mental and spiritual bodies are truly controlled by the subconscious mind of the client. If you do not want emotions released, they will not be. If you want a more complete zone and seek emotional balance, you may find it.

How often should I be zoned?

Multiple and consistent sessions over a two-month period are recommended to detoxify and establish the body's restorative process. After this period, you and the Foot Zonologist will determine a schedule based on your individual needs and condition. You will find that your body will tell you when it's time for a Foot Zone.

How long does a Foot Zone take?

The first Foot Zone Balance session should take between 45 to 60 minutes. After that 40 to 45 minutes should be normal.

Who should not be zoned?

The few that cannot be zoned are those with organ or tissue transplants, not-attached foreign objects in the body, pacemakers, and/or recent surgeries. This is because as the signal system is activated, it indicates to the body to return to its original DNA status and to discard any foreign objects from the body.

What results can I expect from a Foot Zone?

After a Foot Zone session most people will feel deep relaxation and a great release of stress. They may feel that their body feels more in balance. Most Foot Zonologists are not from the medical field and cannot diagnose or prescribe. We believe in treating the body as a whole and not treating specific diseases or problems. Although we cannot claim direct healing effects and cures, we have seen remarkable results during or after the treatment.

There have been many people that have experienced remarkable relief from common ailments such as headaches, back pain, digestive and sleep disorders, depression, auto immune failure, the common cold/flu, stress, and many other health problems.

Could I have any side effects after a Foot Zone?

We have never seen any BAD side effects! There are several health responses that may occur: Some clients feel energized with more vitality, Change in sleep patterns – sleep becomes deeper and calmer or dreams become more active, Tiredness – the body responds by needing more sleep so it can rest and repair, Emotional or psychological releases may result in crying, A more active digestive system, Increased skin activity and or perspiration, More clarity of thought.

