

FOOT ZONE THERAPY

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It is fact that several forms of foot therapy, with the use of acupressure, has be documented for thousands of years and is still prevalent over the several continents and countries as a great indicator that foot zone therapy is beneficial and promotes many healing effects.

This type of therapy helps the body return to restorative health and has been sought out by people all over the world for relief of many health issues, including pain. However, many countries, states, and institutions either do not know about or recognize foot zone therapy and other similar healing modalities as therapeutic; mainly because it has not been scientifically tested. To understand foot zone therapy, one must understand a few terms as defined below.

Acupressure: Acupressure is the application of pressure using the thumbs, knuckles, or fingertips to discrete points on the body that correlate with body systems found in traditional Chinese medicine. Acupressure affects and relieves built up tension of these points and systems.

Sonotherapy: Sonotherapy is defined as a system of massage used to relieve tension and treat illness based on the theory that there are reflex points on the feet, hands, and head that are linked to every part of the body.

Reflexology: Although reflexology is a modern name for sonotherapy, it bares the same principles and practices as sonotherapy using the hands and the feet as a map of acupressure points to alleviate symptoms one may be experiencing in the body.

Foot Zone Therapy: Foot zone therapy is a much more advanced form of reflexology developed by Dr. Ersdal who discovered that all of the systems of the body have acupressure points on the feet. This form of treatment is most effective by applying strong acupressure with the knuckles, thumb, fingers, or a tool to the points on the feet that correlate with all body systems; and the treatment needs to be done in its entirety. Therefore, foot zone therapy does not address symptoms. It is a form of acupressure for all systems in the body to be addressed in a single foot zone session, awakening the innate blueprint of the body in every system on every level. This allows the innate blueprint of a person to fully correct any underlying causes and issues rather than symptoms.

Example: A client may approach a sonotherapist or reflexologist with a headache. In sonotherapy or reflexology, the practitioner will go to the large toe where many signals for the head are located to address the symptom of a headache. Whereas, with foot zone therapy, the practitioner will give a full foot zone of all systems in the body knowing the symptom of a headache may arise from several causes; such as misaligned cranial bones, too little or too much cerebral spinal fluid, eye issues, sinus issues, stressed neck muscles, constipation, menstruation, etc. With a complete foot zone of all systems, the headache can be detected by the innate blueprint, allowing any and all causes of a headache to be addressed for full relief.

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EFFECTS AND BENEFITS OF FOOT ZONE THERAPY

Effects and benefits of a foot zone are different across the board for every single client because each client has his/her own innate blueprint of the physical, mental, emotional, and spiritual state, as well as living conditions, habits, and quality of life. Therefore, there are a myriad of beneficial and effectual outcomes. But the innate blueprint of each client has the ability to heal and restore.

A Few Beneficial Effects of Foot Zone Therapy Reported by Clients:

Brain: headache relief, sleep issues, cognitive, alertness, inspiration, improved mood, etc.

Nervous System: calmness, sleep, motor skills, multiple sclerosis, restless leg syndrome, neuropathy, etc.

Structural System: better range of motion, bone relief, joint relief, muscle relief, increased exercise, etc.

Digestive System: calmness; better taste buds; easier to swallow; heartburn relief; relief of bowel issues, including constipation; better nutritional uptake; hemorrhoid relief; etc.

Excretory System: perspiration issues, itchy skin, skin tone, lymph nodes, kidney stone relief, bladder infection relief, etc.

Circulatory System: heart palpitations, blood pressure, dizziness, thrombosis, stroke, circulation, etc.

Respiratory System: asthma; sleep issues, such as obstructive sleep apnea; deviated septum and clogged sinuses; pharyngitis; laryngitis; bronchitis; pneumonia; sinusitis; allergies; etc.

Endocrine System: adrenal fatigue, thyroid, tissue healing, pituitary issues, sleep issues, digestive issues, female and male reproductive health, etc.

Reproductive System: menstrual, ovulation, cramps, mood, sex drive, pregnancy, delivery, miscarriage, etc.

Lymph System: swelling, digestive breakdown, metabolism of fats, etc.

Immune System: auto-immune conditions, colds, infections, etc.

Foot zone therapy is a very powerful tool, but the industry does not claim that it is a cure-all. It can be beneficial for new babies, to someone who is elderly, or even someone who is very ill, unless there are certain types of contraindications.

HEALTH INDICATIONS AND CAUTIONS WITH FOOT ZONE THERAPY

A contraindication is a medical reason not to foot zone someone. It may be considered for mental, emotional, or physical reasons. Although there have never been any reports of harm due to foot zoning, it is still important to always use caution when foot zoning a client with serious health issues or feet conditions. When there is doubt on the part of a foot zone practitioner whether or not to give a foot zone, the client should be referred to a primary physician.

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The following are some, but not all, conditions that are considered indications, cautions, and/or contraindications at all times or for a time period before one receives foot zone therapy:

1. **Accidents:** When an accident occurs, many injuries are obvious; such as broken bones, bruising, bleeding, etc. But there are other conditions that may not be discovered until hours, days, or even weeks later. Hidden injuries are difficult to detect with regular medical equipment. Therefore, accidents are considered a contraindication because a foot zone increases blood flow, and heightens the immune system. If a client has a small bleed, the practitioner does not want to increase the bleeding. Part of the immune system's defense is inflammation. The practitioner does not want to increase even more inflammation. Do not foot zone someone who has been in an accident within 72 hours unless the client has a doctor's note/consent stating the client is in stable condition and able to receive other therapies.

2. **Anorexia/Bulimia:** These two conditions are eating disorders where the patient obsesses over thinness and food and can include skipping meals (anorexia) or bingeing and overeating, then purging the food through vomiting or laxatives (bulimia). Many times, a person may suffer from both anorexia and bulimia simultaneously or one right after the other and then repeat the cycle.

Foot zoning helps the body's blueprint go several layers deep and several years earlier to the origin of a condition that may or may no longer be present. Anorexia/bulimia disorder is one of the many conditions that the body can bring to the surface through being foot zoned. These two conditions should be on the practitioner's intake form. If it is checked, the practitioner needs to ask how long ago the client had this disorder and the length of time they dealt with it. Practitioners need to be aware of the possibility of any or all of this disorder's symptoms presenting themselves again to the client during a healing crisis as the blueprint of the body works to bring the client's body back to a normal line of health, but can also have a cleansing and clearing effect on the client as well.

Practitioners need to be tactful in explaining or informing their clients of this possibility and can ask their client to let them know if anything changes in their life style or if they are start to revert back to this previous behavior. As a practitioner, be careful to not implant the idea that this will happen, as it is only a possibility.

If the foot zone practitioner does not feel he/she has the tools to deal what emotional roller coaster an anorexic/bulimic client may go through during a healing crisis or episode, the practitioner has the right to decline the client (due to the practitioner feeling it is not in his/her scope of practice) and can refer the client to a psychological professional.

3. **Autoimmune Diseases:** An autoimmune disease is defined as an illness that occurs when the body tissues are attacked by its own immune system. The immune system is designed to seek and destroy invaders of the body, including infectious agents. Patients with autoimmune diseases have antibodies in their blood that target their own tissues. There are several types of autoimmune diseases, and clients

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report that the foot zone is very beneficial. Below are a few, but not all, autoimmune conditions in which the practitioner needs to use caution. As a rule of thumb, use caution with all autoimmune diseases and have your client help educate you about the symptoms of his/her specific auto-immunity.

Diabetes: Type 1 diabetes condition is a concern because the insulin hormone, which is life sustaining, is no longer being produced by the pancreas and has to be supplemented. Too much or too little insulin can be life threatening. A foot zone can activate the blueprint to do one of two things, either increase the blood sugar levels or lower them. However, the practitioner has no control over what the signal will do. If blood sugar levels go too high or too low, a diabetic can have adverse reactions. Always use the following guidelines for foot zoning a diabetic:

- Have the diabetic client come to his/her appointment with carbohydrates on-hand. The practitioner should also always have carbohydrates on hand in case his/her blood sugar starts going low.
- Have the client test his/her blood before a foot zone session and ask the client when the last time he/she ate something and corrected their insulin. It may or may not need to be corrected before a foot zone. The diabetic will know by testing his/her blood, and it should be in the range of 100.
- Ask any thorough questions you want to help the diabetic educate you before performing the foot zone because each diabetic responds differently to activities and foods, etc.
- Tell the diabetic he/she needs to check their blood sugar levels 90 minutes after a foot zone to be sure the foot zone didn't activate the body's blood sugar levels to go too high or too low. If the diabetic finds he/she is too high or too low, then he/she will be able to quickly correct it.

Multiple Sclerosis: This disease is also known as MS and is a life time condition that attacks and affects the nervous system, especially the brain, spinal cord, and optic eye nerves. A diagnosis of this disease is when a fatty material called myelin sheaths, which is wrapped around your nerve fibers to protect them, gets attacked and they disintegrate exposing the actual nerve. The damage prevents the brain from sending electrical signals through the body correctly and the nerves don't work as they should. The effects will be unique to each MS patient; such as trouble walking, muscle weakness, fatigue, blurred or double vision, poor bladder or bowel control, burning pain, depression, and problems focusing. Because the nerves are unsheathed with this condition, a foot zone may be very painful, yet very beneficial. Again, it is important to refer to the "Goldilocks Rule" and perform a light zone on signals that are extremely tender to the touch.

Rheumatoid Arthritis: This is found in the joints of the feet, hands, and knees. This condition can become very swollen and have fevers in these areas. They can also cause a loss in range of motion or even a loss of function in the joints and include stiffness. Foot zoning is very beneficial

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for all of these symptoms, but a foot zone practitioner needs to exercise caution with the amount of pressure that is applied to the signals on the feet. Refer to the “Goldilocks Rule” and perform a light zone on signals that are extremely tender to the touch. Most clients will feel much relief, but occasionally a client may feel all the effects of an arthritic flair up including depression, frustration, and social withdrawal within 72 hours after a foot zone. This is merely part of the body’s healing process known as a “healing crisis” that will go away in time, therefore, educate your client about it.

4. Chemotherapy: There are a variety of powerful drug agents known as chemotherapy. Today, most chemotherapy drugs remain in the body for only a few hours or days. They are broken down by the kidneys and liver, then excreted in the urine, stools, or sweat. Although these drugs are designed to kill cancer cells, they are also harmful to some healthy cells. A variety of factors influence just how long it takes the body to rid itself of the drugs. One factor is the type of drug being used, another is the presence of other medications and how they can influence the chemo drug. A person’s age, condition of the liver and kidneys, or damage to any organ can also slow down the removal of the chemotherapy drug. A foot zone practitioner should never foot zone someone who has had a chemotherapy treatment within 72 hours and should use caution with the above information to determine whether or not a person qualifies for a foot zone at any given time.

Even though chemotherapy drugs leave the body, negative effects can last a long time including years. Foot zone therapy can be very beneficial to helping the body rid itself of harmful effects caused by chemotherapy.

The first foot zone class taught in the United States by Dr. Charles Ersdal had many cancer survivors. Not all were treated medically; but all had one thing in common, they were receiving regular foot zone treatments and having great healing effects. All claimed it was because of the foot zone.

5. Labor & Delivery: Foot zoning has been known to prepare the body for labor. Foot zone practitioners have also been used by midwives during labor to help alleviate pain and speed up the delivery. However, once a woman has delivered her baby, the blood vessels where the placenta once was need to heal. During this time a woman may bleed for up to six weeks or more. Do not foot zone a woman who has recently delivered her baby until all bleeding has stopped because the foot zone will increase blood flow to the body and may disrupt the healing process of the blood vessels in the uterus and unnecessary bleeding or even hemorrhaging could occur as a result.

6. Organ Transplant: The body’s immune system is designed to protect one from any substance or antigen that may be harmful; such as germs, poisons, etc., because the immune system recognizes what is part of a person’s body and what is considered foreign and has a potential to be dangerous. When the immune system recognizes such things, it attacks them and kills them. When an organ from someone else is transplanted into a patient, that person’s immune system will detect antigens from the cells of an organ that are different from the patient’s original blueprint and attack and kill it.

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Doctors try to closely match an organ transplant to help prevent this reaction. Most of the time the match is not perfect because, other than identical twins, no two people have identical antigens. Therefore, doctors use immune suppressant medications to lower the patient's immune system so the body will not detect the different antigens on the transplanted organs and reject it. Foot zone therapy helps the body build its immune system up; and if the immune system is built up again, it may potentially reject the transplanted organ.

There are some exceptions to zoning organ transplant recipients. One exception is a patient who received a cornea transplant. Because the cornea doesn't have a blood supply, immune cells in the circulatory system are not able to detect the antigens of the cornea. Therefore, the immune system will not attack the cornea transplant and it is safe to foot zone someone with this procedure. Another exception where a foot zone practitioner can foot zone a client with an organ transplant is if the patient is an identical twin and has received the organ from the other identical twin. Remember the antigens are the same and the patient's immune system will not reject it. Do not foot zone someone who has an organ transplant and needs the immune system to be suppressed; such as heart, lungs, kidney, liver, etc.

7. Pharmaceutical and Street Drugs: Each type of prescription drug is meant for specified conditions and has different side-effects. Some drugs, including street drugs, have many side-effects, and others have very little. Most negative side-effects come from opiates, stimulants, or depressants, including alcohol. Some major side-effects are mood and behavior alterations, mental cloudiness or confusion, too little or too much sleep, hyperactivity, suicidal tendencies, addiction, etc. Some drugs are also meant to replace the function of a particular organ, gland, or hormone, such as insulin for the pancreas. Drugs are prescribed in various doses.

A foot zone helps bring the innate blueprint back to a "normal line of health" and may negate the intended effects of any given drug(s). An example of this may be if a woman is taking birth control. Foot zone therapy will help awaken the body to its natural hormonal balance, and the body will work to override the hormonal effects of the birth control negating the birth control and its effects for up to 8 days. One may get a foot zone and the body will begin to dump toxins or chemicals out of the liver. The chemicals go straight into the bloodstream, and the blood carries the chemicals to all the cells in the body before excreting them.

Another example of this is if a person is an alcoholic, the liver will store the excess alcohol. After a foot zone, the liver can dump the excess alcohol into the bloodstream and the client may feel drunk. This can occur with any type of pharmaceutical or street drug or any other chemicals that are unnatural to the innate blueprint of the body.

8. Post Traumatic Syndrome: This condition is defined as a shattering innocence, a loss of faith in safety, predictability, or meaning in the world. It also involves complete disillusionment. Many people who experience traumatic events cannot process them and are not able to correctly integrate back into normal society. They may experience the following: become hyper-aroused, re-experience the traumatic event as if it is present, avoid things, numb out, etc.

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The foot zone helps the body's blueprint calm the nervous system down and reestablish healthy laws in the limbic system. The foot zone may also stimulate the blueprint of the body to go into an emotional and mental healing crisis after a treatment. Any or all of the client's symptoms may reoccur at this time as the body brings it to the surface during the process of healing. Be sure to include PTSD on your client intake form. If the client checks this box, get more clarification from the client without being intrusive; and educate your client of what the blueprint of the body may or may not do. Get the client's signed consent to perform the foot zone beforehand.

Again, as stated with the anorexic/bulimic condition, if the foot zone practitioner does not feel he/she has the tools to deal with what emotional roller coaster a PTSD client may go through during a healing crisis or episode, the practitioner has the right to decline the client (due to the practitioner feeling it is not in his/her scope of practice) and can refer the client to a psychological professional.

9. Pregnancy: If a client who is pregnant wants a foot zone and has not been foot zoned on a regular basis, it is best for the practitioner to wait until the second trimester. Many people have toxins in the body, and the foot zone stimulates the body to release those toxins and cleanse itself. The placenta is the "gatekeeper" keeping the mother's blood and the baby's blood from mixing with each other, yet it provides needed nutrients, oxygen, and antibodies to the baby through gas diffusion. The placenta takes 12 weeks to fully form, therefore, it best to wait until it is fully developed to assure the placenta is able to provide protection to the baby from any toxins that may be released after a foot zone, should the mother have a healing crisis after she receives a foot zone (either her first or her first in a long while).

10. Radiation Therapy: This is a therapy of high-energy rays that damage cells, such as killing an overactive thyroid or killing cancer cells from growing and dividing. Therefore, radiation therapy is a local treatment for specific cancer areas found in the body. Radiation comes from either a machine (external radiation) or from a small container of radioactive material which is implanted near a tumor (internal radiation).

Patients are not radioactive with external radiation, but are radioactive with the internal radiation treatment. Internal radiation patients are hospitalized for a few days and quarantined so others do not receive the side-effects. Some internal radiation is implanted permanently, therefore, the patient will always have some amount of radioactivity in the body. Again, it is to be understood that foot zoning helps activate the immune system, increase blood flow, etc. The body will then want to rid itself of any foreign substances by flushing them into the bloodstream and then out of the body. This can stir the radioactive substances left in the body, possibly causing an unnecessary radiation treatment. Note, radiation has the potential to harm or destroy healthy tissues. This can cause several side-effects anywhere in the body.

11. Surgery: As with any surgeries each one has its own side-effects. Be sure to include a place on your client intake forms for recent surgeries and any effects from the surgery that the client may be experiencing. Also, know that in foot zone therapy, all systems of the body can be affected by a

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surgery; including things such as bleeding, pooling of blood, effects of the drugs used during and after a procedure, scarring, etc. A foot zone practitioner should always allow the body to heal before performing a foot zone. Do not foot zone someone who has had a major surgery unless the client has a doctor's consent stating the client is in stable condition and able to receive other therapies. While not all are listed, outlined below are some examples of surgeries to take precautions with.

Breast Implants: These are defined as a prosthesis filled with silicone or saline gel implanted behind or in front of breast tissue and breast muscle. It is foreign to the body and scar tissue may develop around the breast because the immune system is trying to rid the foreign object from the body. Also, implants may leak. If an implant is leaking, do not foot zone the client. A foot zone increases the blood flow and can carry the toxic substance throughout the body and at a much quicker pace if the blood flow is increased. Some may think saline is safer if it is leaking. However, keep in mind that exuberant amounts of saline are very hard on the kidneys and can cause a crisis to them.

Joint Replacements: During these surgeries a surgeon removes damaged bone and replaces it with prosthetic components made of metal, plastic, or ceramic. Although these components are not part of the innate blueprint of the body, the immune system does not have to be suppressed to accept them because they are sterile and do not have any DNA or antigens, therefore, the immune system doesn't recognize them as something to kill. It is highly unlikely for the body to reject such a surgery. When the client has healed from this surgery, apply light acupressure rather than deep acupressure.

Allograft vs. Autograft: Both are considered a tissue transplant. However, each type of tissue graft greatly differs.

- **Allograft:** This known as a homologous graft meaning it is a graft of tissue between individuals of the same species but of a different genotype. Types of donors are cadaveric, living related.

Because these grafts are not internal organs, the immune system does not have to be suppressed to keep the body from rejecting it. In foot zone therapy there is not an acupressure signal for something that is not part of the body. But the practitioner does not want to awaken the original blueprint of the body in this area to remind it that the graft doesn't belong. Therefore, use little pressure on the grafted area and slightly run your energy over this region with the intent for the body to accept this transplant.

- **Autograft:** This tissue transplanted from one part of the body to another in the individual. This is also known as an auto-transplant. Although it is part of the body's original blueprint, once it has been moved out of its order and placed in another region of the body, the blueprint does not recognize its new position. Therefore, it

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cannot be stimulated by any acupressure for healing results because there is no signal for it in its new position, but it definitely will not reject it

Artificial Pacemaker: The heart has its own electrical system called the cardiac conduction system, and it is running by the heart's natural pacemaker. The function of a pacemaker is to maintain an adequate heart rate. If a person's natural pacemaker is inadequate, a heart surgeon will replace it with an artificial pacemaker. A foot zone practitioner can foot zone someone with a pacemaker. However, never zone the heart because you do not want to awaken the blueprint of the original pacemaker and challenge the function of the artificial pacemaker.

Stent: The medical definition and function of a stent is a metal or plastic tube inserted into an anatomical vessel or duct to keep the passageway open; such as coronary, kidney, and bladder stents. A foot zone practitioner can foot zone someone with a stent. However, do not apply pressure on the signal that correlates to the region of the stent, but rather slide a light energy across this region and continue on with the zone so the blueprint of body isn't awakened to the foreign object of this region.

Shunts: A shunt is defined as a tube that connects two previously unconnected parts of the body to allow fluid to flow between them. Examples of this are shunts for water on the brain and arteriovenous. The same consideration of a shunt should be taken as for a stent.

FEET CONDITIONS WITH CONTRAINDICATIONS AND CAUTIONS FOR FOOT ZONE THERAPY

Each foot has 26 bones, 33 joints, 40 ligaments and tendons, and 42 muscles. As a foot zone practitioner, it is important to assess the client's feet. Also, there are feet conditions that may be contagious to the practitioner. Other conditions may be limiting or painful to the client. When feet conditions are indicated, the practitioner needs to make adjustments to the session to accommodate the client's needs and level of comfort.

Below is a list of conditions the practitioner needs to understand in order to protect one's self and the client from spreading or transferring a contagious condition or disease and to alleviate any pain that could be caused by a condition. Be sure to use extreme caution and to wash well between foot zones. Also sanitize your foot zone tools, towels, and stations.

1. **Ankle Sprain/Strain:** A sprain is an injury that occurs when the ankle is rolled, twisted, or turned in an unnatural way, causing the ligaments that stabilize the ankle to stretch or tear because the ligaments were stretched beyond the normal range of motion. Symptoms will include pain on weight bearing areas, tenderness to the touch, swelling, bruising, restricted range of motion and instability in the ankle region. A foot zone practitioner should not foot zone a client with a severe strain or acute sprain.

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2. **Athlete's Feet:** This is caused by a fungus. This type of fungus likes moist, dark, and warm locations; such as the bottom of the feet and areas between the toes. The indications of the skin may look white, inflamed, scaly, and/or have a red base. Symptoms may include itching, peeling, and burning, or even have a slight odor. This fungus is contagious and may spread. If it is located in only specific areas of the feet, a practitioner may choose to foot zone all areas except for those indicated. Before starting a foot zone, be sure to always check between a client's toes for this. The practitioner may want to wear medical gloves to avoid contamination. Take note that tools, such as emery boards, nail clippers, and zoning tools, can spread fungal infections from person-to-person if they are not cleaned and disinfected.
3. **Blisters:** These are raised pockets of fluid. This may be caused by walking or standing too long, wearing ill-fitted shoes, or from having sweaty feet. Be mindful that at any given time a blister may pop and drain the fluid. If this happens, make sure to keep it covered with a bandage and anti-biotic ointment.
4. **Bunion:** These may be a bump on the side of your big toe causing the big toe to bend toward the other toes. It can be painful to walk. It may also become inflamed or irritate the big toe and second toe. Bunions may also appear on a hammer toe. Use caution around these areas.
5. **Calluses and Corns:** Hammer toe, bunions, or poor-fitting shoes may be the cause of corns as well as being caused by a bony area of the foot repeatedly rubbing against a shoe. Corns usually form on the tops and sides of the toes or between toes. Calluses form on the bottom of the feet, usually around the heels, balls, or sides of the feet. Calluses are dead, compressed skin cells. Usually they are not painful, but they are somewhat hard. Foot zoning a callus or corn may or may not be painful. Use caution and check-in with the client about the acupressure.
6. **Edema:** This is interstitial fluid buildup located directly under the skin and in the cavities of the body. Symptoms will include swelling, referred to as "pitting", and pain. There are different causes for edema. It may be due to heart failure, varicose veins, insect bites, pregnancy, etc. It is okay for the practitioner to foot zone a client with edema. In fact, it usually relieves the client. However, it may be painful; and at times it may be difficult for the practitioner to get to the point of pressure.
7. **Foot Surgery:** As with any other surgery, caution is needed when there has been surgery on a foot and/or metal plates/screws inserted. Many foot surgeries require metal plates and screws to fuse a joint, stabilize a bone, or fix fractures. Most hardware will be permanent. In some patients, hardware can become irritable or even painful. A foot zone practitioner can zone this type of patient, but may not be able to reach a designated signal around a plate or screw. Use the mind-set of intent and caution for pain around these areas.
8. **Fungal Toe Nail Infection:** If a toenail is flaking, streaky, crumbling, and has a yellowing look, it is highly likely it is a fungal infection. Fungi in the toenails may be due to a moist environment,

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diabetes, or contaminated clippers or emery board as well as going barefoot in public places, such as a gym or locker room. It is safe to foot zone this type of client, just stay away from the toenails.

9. **Gout:** This is a build-up of uric acid in the joint tissues and joint fluid caused when the body is unable to rid itself of high uric acid levels. Gout usually occurs furthest away from the heart in the most difficult place for circulation and lymph drainage, which is in the big toe joint. Both of these systems help cleanse and rid the body of toxins. Because the circulation is low, temperatures change quickly; and the uric acid may crystallize easily, causing painful, swollen toes, especially with even the slightest of touch. Avoid these areas of the feet when foot zoning and use caution with the depth of the client's pressure points.
10. **Hammer Toe:** This results in a curved toe that points down and deforms the foot. It can be caused from genetics, improper shoes, high arches, or bunions. Arthritis or an injury to the toe may also cause this condition. This type of client may experience pain when walking, stretching, or receiving a foot zone. It is okay to foot zone someone with a hammer toe; just use caution around the affected areas, which include the arches due to them tightening the tendons located there.
11. **Hand, Foot, and Mouth Disease:** This is a mild infection that is common in young children, especially those under the age of 10. The virus is fairly contagious and spreads through person-to-person contact, respiratory secretions, stool, and broken blisters. The incubation period is three to seven days, and the affected child is usually contagious before the fever begins. This makes it difficult to stop the spread because parents do not know that their child is infected until it's too late. Proper hand washing is the most effective means to slow the spread of the disease. Do not foot zone anyone who has been exposed to or has this condition until signs and symptoms have alleviated.
12. **Heel Spurs:** These are pieces of bone that grow at the base of the heel bone and look like a spur. The spur is not painful on its own; it is the inflammation and irritation of a tissue called fascia around the spur that causes the pain in the heel. Heel spurs are found in 70 percent of patients that have a condition called plantar fasciitis.
13. **Ingrown Toenail:** This is when the toenail grows into the surrounding skin. It is usually caused by incorrect clipping of a toenail. If the corners of a toenail are cut at an angle and too short, the toenail may grow up under the thick cornered-edges of skin surrounding the toenail, putting undo pressure and inflammation on the skin in this region. Other possibilities for an ingrown toenail are pressure from shoes and a fungus infection. When triggering signals around the toes use caution of pressure.
14. **Morton's Neuroma:** This is the thickening of the tissue around a nerve at the base of the toes and most common in middle aged women. The primary location is usually between the third and fourth toes. Symptoms include pain and a burning sensation in the affected area, numbness,

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and cramping. The condition can result from wearing high-heeled or too-tight of shoes, high-impact exercise, or an injury. In some cases, there is no clear cause. It is fine to foot zone the client, using caution for pain tolerance on both the top of the foot around the neuroma, as well as the ball of the foot opposite side the neuroma.

15. **Neuropathy:** This is inflammation of the nerves in the feet or a condition of damaged nerves due to high blood sugar, which interferes with the nerves' ability to transmit signals. The walls of the blood vessels in the feet become low in oxygen and nutrients, and the nerves become deficient and can no longer function properly. The feet have a tingling sensation from nerves misfiring. A person with neuropathy may likely experience a numbing sensation as well due to nerves becoming starved and not getting enough oxygen. Neuropathy may become very painful. A foot zone practitioner may zone this client, but be very aware of how much pressure is applied.
16. **Plantar Fasciitis:** This is a painful disorder in which tissue, known as fascia, connects the ball of the foot to the heel. When the fascia becomes inflamed, it will become very painful. Heel spurs are pieces of bone that grow at the heel bone base and often develop after you've had plantar fasciitis. The heel spurs themselves are not painful; it's the inflammation and irritation caused by plantar fasciitis that can hurt terribly.
17. **Plantar Warts:** These are contagious. You are able to foot zone this type of client, but stay clear of the wart(s). Also, these warts are deep inside and can be wider on the inside than what your eyes may see. Many times plantar warts are painful when pressure is applied from walking or during a foot zone, therefore, be very gentle when you are near these warts. Do not foot zone someone if the warts cover the client's feet.
18. **Thrombosis:** This is the formation of a blood clot that obstructs the blood flow of a blood vessel. Dr. Ersdal discovered that white flecks around the ankles is a sign the body is leading up to this condition or already has it. Foot zone therapy increases blood flow. As a precaution, the practitioner doesn't want a clotted formation to be stimulated because the body can dislodge the clot from its resting place. A clot can then move to another region of the body causing a stroke or heart attack. The practitioner should refer this type of client to the doctor when these symptoms occur on the feet before foot zoning them.
19. **Varicose Veins:** This is a superficial vein that has become enlarged and twisted. This condition usually occurs anywhere in the leg and can extend down into the feet. Other regions may include the scrotum, vagina, and anus (hemorrhoids). The client may experience a heavy, dull pain. Complications may include bleeding; and blood clots are likely to develop, especially in larger veins. Again, it is important to use caution because the practitioner does not want the body to dislodge a clot. The practitioner is not able to know if a client has a clot unless the client is aware and discloses that information. Foot zoning is beneficial to relieving the pain of a varicose veins. Always use caution, especially if there are several varicose veins around the ankle and feet. This would warrant a more energetic, full of intent, foot zone.