

Wellness Life Zone

Foot Zone Certification Course

“Feelings Buried Alive Never Die”, by Karol Truman Reading Schedule

This reading assignment is not required but highly recommended. We have divided the reading schedule up into 6 months to go along with the class schedule.

We advise that you purchase a hard copy of this book. That way you are able to mark it up and refer to it often. You can find this book on Amazon, used, for around \$10. However, it is available online for free. You can access your free copy here: <http://www.e-bookspdf.org/download/feelings-buried-alive-never-die.html>

For the “Anatomy and Emotions Challenge”, you can find the body parts and conditions found on pages 220-264. **It is not necessary to read all items, but please read items that are bolded.** All of these items could be emotional issues found in the sections of the feet that you will be learning the month indicated.

MONTH 1

- Chapters 1-4
- **Anatomy and Emotions Challenge:** Aches, Adenoids, Alignment, Alzheimer’s Disease, Amnesia, Anorectal Bleeding, **Back Problems, Back-Upper, Back-Middle, Back-Lower**, Bleeding Gums, **Brain**, Cancer, Colds, Cold Sores, Conjunctivitis, Coughs, Deafness, Dementia, **Depression**, Dizziness, Dry Eye, **Ears, Ear Ache, Endocrine System**, Epilepsy, **Eyes**, Fainting, **Headaches**, Joints, Hodgkin’s Disease, Huntington’s Disease, Hypothalamus, Inflammation, Insanity, Insomnia, Lou Gehrig’s Disease, Laryngitis, **Lymph**, Lymphatic Vessels, **Lymph System**, Lymphatic Problems, Menstrual Problems, Migraine Headaches, Mononucleosis, Motion Sickness, Multiple Sclerosis (MS), Narcolepsy, **Neck Problems, Nerves**, Nervousness, Nervous Breakdown, Nose, **Pain**, Paralysis, Parkinson’s Disease, Pineal Gland, Pink-Eye, Pituitary Gland, Post-Nasal Drip, Glandular Problems, Gum Problems, Senility, **Sinus Trouble**, Slipped Disc, Soar-Throat, Spasms, Spinal Meningitis, **Spine, Tailbone**, Stiffness, Stoke, Sty, Teeth, **Throat**, Tongue, Tonsils, Tumors,

MONTH 2

- Chapters 5-7
- **Anatomy and Emotions Challenge:** Aches, Anus, Ankles, Arthritis, Arthritis –Rheumatoid, Bones, Bone Problems, Breast, Bunions, Bursitis, Calluses, Cancer, Canker Sores, Carpel Tunnel, Chest, Cramps, **Circulation Problems**, Cysts, Edema, Elbow, Fallopian Tubes, Face, Fat, **Female Problems, Feet**, Fingers, Fingernails, Fungus, **Hands**, Hands – Arthritis, Hands–Cramps, Hands–Sweaty, Hemorrhoids, **Hips, Hip-joints**, Immune System, **Inflammation**, Injuries, **Jaw Problems (TMJ), Joints, Leg Problems**, Leg Paralysis, **Knee Problems**, Knee-Left, Knee–Right, Lock Jaw, Menopause, Muscle Cramps, Muscular-Skeletal Disease (MD), Nail Biting, Nose, Osteoporosis, Ovaries, Pain, Paralyzed Arms, Premenstrual Syndrome (PMS), Rheumatism, Sacroiliac Problems, **Sciatica**, Shins, **Shoulders**, Sprains, Stiffness, Swelling, Tendons, Thighs, Throat, Toes, Tumors, Varicose Veins,

MONTH 3

- Chapters 8-10
- **Anatomy and Emotions Challenge:** Aches, Addison’s Disease, **Adrenal Problems**, Anemia, Anxiety, Appendicitis, Appetite, Asthma, Bedwetting, **Bladder Problems**, Blood Disorders, Blood Problems, **Bowels**, Bronchitis, Cancer, Candida, Cholesterol, Chronic Fatigue Syndrome, Colic, Colitis-Ulcerative, Colon, Coughs, Diabetes, Diarrhea, **Elimination Problems (constipated)**, Emphysema, **Fatigue**, Flu, **Gallbladder, Gallstones**, Gastritis, Goiter, Hepatitis, Hernia, Hyperthyroidism, Hypoglycemia, **Immune System, Indigestion**, Inflammation, Intestinal Diseases,

Kidney Problems, Kidney Stones, Leukemia, Liver, Lungs, Lupus, Miscarriage, Nausea, Pain, Pancreas, Parasites, Parathyroid, Peptic Ulcer, Pneumonia, Pleurisy, Respiratory Problems, Spastic Colon, Spleen, Sterility, Stomach Cancer, Stomach Problems, Thymus, Thyroid, Tuberculosis, Tumors, Ulcers, Urinary Infections, Vomiting

MONTH 4

- Chapters 11-15
- **Anatomy and Emotions Challenge:** Arteries-Hardening, Arteriosclerosis, Blood Disorders, **Blood Problems**, Cancer, Cholesterol, Endometriosis, **Female Problems**, Frigidity, **Heart Problems, Hemorrhoids**, Hips, Hip Joints, Impotence, Incontinence, Inflammation, **Male Problems**, Menopause, Pain, Pelvis, **Premenstrual Syndrome (PMS)**, **Prostrate Problems**, Prostrate Cancers, Sex Organs, Testicles, Tumors, Urinary Infections, Uterine Cancer, **Uterus**, Vaginitis, Venereal Disease, Yeast Infections.

MONTH 5

- Chapters 16-18

MONTH 6

- Chapters 19-21
- **Anatomy and Emotions Challenge: All things Skin**, Acne, Allergies, Blisters, Bruises, Calluses, Cold Sores, Corns, Eczema, Face, Fungus, Growths, Hives, Infection, Itching, Pimples, Shingles, Swelling, Warts.