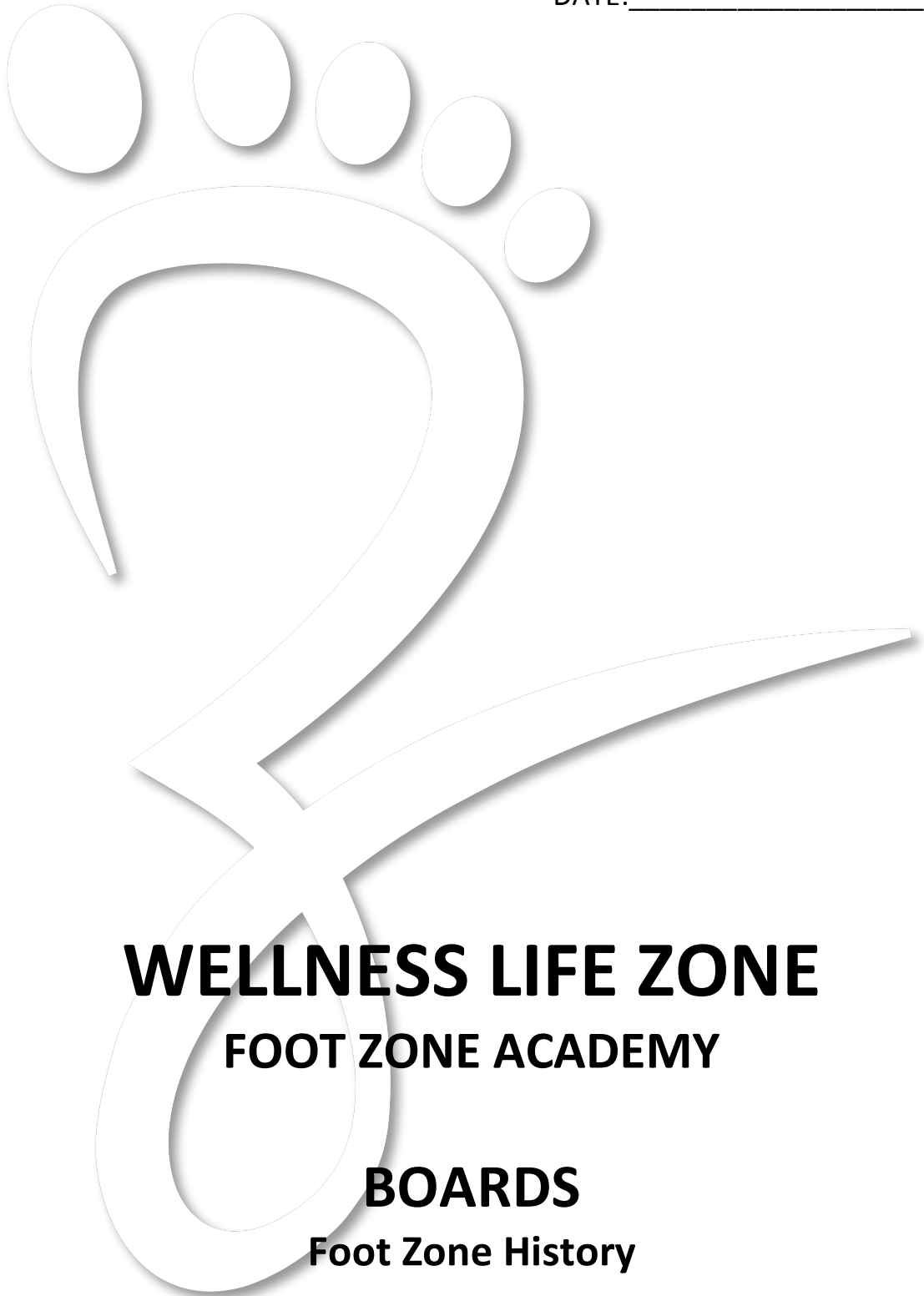


NAME: _____

DATE: _____



WELLNESS LIFE ZONE

FOOT ZONE ACADEMY

BOARDS

Foot Zone History

Foot Zone History Board Exam

1. Name 5 countries that documented reflexes on the hands or feet.
EGYPT _____
INDIA _____
JAPAN _____
NATIVE AMERICA _____
ENGLAND, ITALY, RUSSIA, NORWAY _____
2. A Florentine sculptor who is said to have used pressure on his fingers and toes to relieve pain to the body.
 - a) Cellini
 - b) Marco Polo
 - c) Michelangelo
 - d) Pablo Picasso
3. Some experts say a form of foot zoning was introduced to Europe by the travels of this explorer to China in the late 1200's.
 - a) Christopher Columbus
 - b) Marco Polo
 - c) Lewis & Clark
 - d) John Cabot
4. This early American group is known for bathing and treating their feet to bring balance back to the body. They passed down their knowledge of footwork through oral history.
 - a) Pilgrims
 - b) Mormon Pioneers
 - c) Native Americans
 - d) All of the above
5. Acupressure points on the feet can be seen on petroglyphs in Southern Utah. TRUE or FALSE

6. Dr. Ivan Pavlov developed the theory of conditioned reflex response. It earned him the _____.

- a) Nobel Prize
- b) Academy of Scientist Recognition
- c) Nobel Peace Prize
- d) Russian Scientist of the Year

7. This Russian doctor claimed that nerve diseases were often accompanied by mental disorders.

- a) Vladimir Bekhterev
- b) Vladimir Betz
- c) Ivan Pavlov
- d) Rasputin

8. Dr. Bekhterev's study of the reflex was from a _____.

- a) Physical Perspective
- b) Emotional Perspective
- c) Psychological Perspective
- d) Neurological Perspective

9. This doctor discovered that applied pressure on the zones relieved pain and a majority of underlying causes.

- a) William Fitzgerald
- b) Joseph Shelby Riley
- c) Sir Henry Head
- d) A.W. Campbell

10. This doctor is known for the theory of the 10 vertical meridians and zones of the feet.

- a) Eunice Ingham
- b) Joseph Shelby Riley
- c) Charles Ersdal
- d) William Fitzgerald

11. This naturopathic doctor studied, documented, and furthered the cause of zone therapy, and wrote 12 books on the subject.
- a) Eunice Ingham
 - b) Charles Ersdal
 - c) Joseph Shelby Riley
 - d) William Fitzgerald
12. Who is the ear, nose, and throat doctor who discovered the Chinese method of zone therapy and brought it to the western medical world in the early 1900's?
- a) Charles Ersdal
 - b) Sir Henry Head
 - c) William Fitzgerald
 - d) Joseph Shelby Riley
13. Zone Therapy was used by Dr. William Fitzgerald to deaden pain and replace drugs in minor operations. TRUE or FALSE
14. Dr. William Fitzgerald believed that application of pressure on _____ zones relieved pain and in the majority of cases relieved the underlying cause as well.
- a) 5
 - b) 10
 - c) 12
 - d) 20
15. This doctor discovered 8 horizontal zones across the hands and feet.
- a) Joseph Shelby Riley
 - b) William Fitzgerald
 - c) Charles Ersdal
 - d) Sir Henry Head
16. _____ changed the name of zone therapy to reflexology and is most well known worldwide in the reflexology community today. She is also known as the grandmother of reflexology.
- a) Katri Nordblom
 - b) Trudy Thurgood
 - c) Eunice Ingham
 - d) Amber Jensen

17. Who discovered the body needed to be treated in its entirety during a foot zone and was able to develop over 100 pathology charts for zone therapy?
- a) Charles Ersdal
 - b) Eunice Ingham
 - c) William Fitzgerald
 - d) Joseph Shelby Riley
18. This person made the startling discovery and claimed that pressure points on the human foot were situated in the mirror image of the corresponding organs of the body.
- a) Charles Ersdal
 - b) Eunice Ingham
 - c) William Fitzgerald
 - d) Joseph Shelby Riley
19. In 1989, _____ with _____ brought foot zone therapy to the United States.
- a) Amber Jensen - Sharla Pearce
 - b) Charles Ersdal - Katri Nordblom
 - c) William Fitzgerald - Joseph Shelby Riley
 - d) Charles Ersdal - Amber Jensen
20. In _____, the first foot zone therapy class taught in Utah was at the home of Amber Jensen.
- a) 1992
 - b) 1989
 - c) 1994
 - d) 1990
21. HB 207 is the House Bill that exempts foot zoning from massage therapy law.
TRUE or FALSE
22. HB 207 was signed into law by Utah Governor Gary Herbert on _____.
- a) May 1, 2014
 - b) April 15, 2013
 - c) April 1, 2013
 - d) April 1, 2014

23. In 2014 several foot zone schools joined together to form the _____ and held their first Foot Zone Conference bringing all foot zone communities together.

- a) Utah Foot Zoner Association
- b) United Foot Zone Association
- c) **Utah Foot Zone Association**
- d) United Foot Zoner Association