

# Standards and Ethics for Foot Zone Therapy

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## WHAT IS FOOT ZONING?

For many centuries and in many areas of the world, people have found that the feet (and other areas of the body such as the hands and the face) possess signals that can be used to communicate with the systems and organs of the body. Manipulation of these signals has been used in many cultures for years to balance the energy function of the physical body and to stimulate healthy changes in physical, mental, emotional, and spiritual well-being.

Using energy signals on the feet or elsewhere to affect the health and well-being of the body is an art that is becoming more and more supported by scientific research and study.

It is not necessary to understand all that God understands about the working of our bodies (not that we ever could!) in order to become adept at using the signals on the feet to bring about positive change. I certainly cannot tell you *exactly* how a footzone works, but years of experience has taught me that it does!

## PREPARATION

All healing comes through the Lord, Jesus Christ (in my opinion and terminology). Without the Spirit, nothing of worth or permanence will be accomplished. It is important that the zone therapist be in as centered a place as possible. If we prepare ourselves and open ourselves to miracles, they will happen in the Lord's own time and in His own way.

1. Prepare self. As an energy teacher told me years ago, "Do your own spiritual homework first."  
Your stuff comes with you to every zone you do. Make sure what you bring is light and life and uplifting. Anything else is both unprofessional and unfair!
2. Not everyone who calls you will be your "walk". Never be afraid to recommend another zone therapist if they would be a better fit for a particular person or family member.
3. Be in a space to receive a prompting and NEVER ignore one that is given. What the Spirit puts into your head, however, may not be supposed to come out of your mouth so take a moment to sort why what you think you know was given to you.

*Spiritual Preparation* Spiritual preparation is a lifetime effort and lifestyle. Study, ponder, pray, and keep your connection to Heaven open and active. Find a way (*The Work* as done by Byron Katie, energy work, the process of personal repentance, journaling) to keep your perspective clear and your judgment heaven directed. Deal with and release your own negative emotions. Consider using essential oils every day and with every zone. Take counsel from your faith and not from your fears.

*Mentally* It is vitally important, of course, that you know and understand the signals on the feet and the order in which they should be worked during a zone therapy session. Order is only important in a few places but, in those places, it is very important and must be understood and followed closely.

Study anatomy, ponder and make connections in your head between the physical body and the signals you are feeling on the feet.

Gain as good an understanding of nutrition and, as much as possible, alternative methods for improving or maintaining good health. Have a ready source of reference materials to refer your client to. Your role is to aid your client in taking responsibility for their own health and to be able to work intelligently with their health professionals. Encourage them—with every opportunity—to study, read, ponder, and seek appropriate assistance from proper medical professionals for their individual health issues.

*Be continually learning and thinking yourself.*

*Physically* Be as healthy and energetic as possible yourself. If you possibly can, make arrangements to have regular zones for yourself and work to achieve and maintain a healthy body (and soul) yourself.

Drink plenty of water when zoning—and provide water for your clients, also.

Use whatever techniques you know and that work well for you to keep yourself grounded as well as protected from your client's energy and ailment.

*Environmentally* It is important that you work with your clients in an environment that is pleasant, clean, quiet, and warm enough—but not too warm. Provide a comfortable seating arrangement for them—sitting upright, rather than reclining.

The client should arrive fully clothed—neck to knees—and remain so throughout the zone, except for the removal of shoes and socks from their feet.

It is essential that distractions and interruptions be kept to a minimum. Peaceful music, played softly, can be nice but bear in mind that some people find music during a zone distracting or offensive. Some zone therapists like to diffuse an essential oil in their work space. The preferences of the client should always be considered first.

The most important part of the environment of a zone therapy session is you, the zone therapist. Be positive. Set your own troubles aside and focus on the zone procedure and on the client.

## **PROTOCOLS**

Professional quality zone therapy sessions require a systematic approach to the acquiring of skill and knowledge and the self-discipline to ALWAYS act in a professional and responsible manner.

- ~ Your hands are your tools. Keep your fingernails short and do not use them with sufficient force to risk breaking the skin or causing pain.
- ~ Always maintain the highest standards of cleanliness. Wash your hands thoroughly before and after each zone therapy session. A good hand-washing includes a least a full minute of thorough rubbing together of the hands with a proper anti-bacterial agent. Pay particular attention to nail beds and beneath the fingernails. Rinse and dry your hands completely on a clean towel or a paper towel.
- ~ Be sure that all towels used during the zone therapy session are sterilized appropriately.
- ~ Foot washing facilities should be made available to the client should they wish to wash their feet prior to the zone therapy session.
- ~ Instruments are not proper tools for the zone therapy technique. NEVER use a tool such as a wooden or plastic object to “work” a signal on a foot. This is my personal criterion-others in the zone community feel differently. The choice will have to be yours but I seriously discourage it. A therapist needs to “feel” the signals.

- ~ Always hold the client's feet firmly in your hands—not so firmly as to cause pain, but not so loosely as to allow any of your fingers to “tickle” a sensitive client's foot.
- ~ Please do not ever diagnose, prescribe, or to contradict the advice of their health professionals. Avoid the use of specific disease names and the use of medical terminology. A zone therapist is not a doctor or medical professional; DO NOT presume to pass out medical advice.
- ~ Share information and resources. Educate and encourage your client to utilize the wonderful resources available in our modern world. Some of your clients will want you to tell them what to do for whatever health concerns they have. THAT IS NOT THE ROLE OF A GOOD ZONE THERAPIST. Encourage responsibility and common sense and encourage them to seek the advice of proper medical professionals for answers to the questions that they may have.
- ~ Any communication between yourself and your client should be treated in a professional and discreet manner.
- ~ Always dress appropriately. If you wish to be taken seriously as a professional, you must dress and act the part at all times.
- ~ A zone therapy session should last approximately one hour.

## CAUTIONS AND CONTRAINDICATIONS

**When to use caution, not zone at all, or leave certain signals and areas unworked.**

Always ask if your client has undergone or experienced any of the following recently:

Radiation or chemotherapy, excessive alcohol consumption, recent trauma, accident or surgery with any type of artificial object placed in the body, pregnancy or having recently given birth, blood clots or treatment for blood clots, broken bones, open wounds, inflammation, or other skin conditions, serious chronic illnesses, epilepsy and seizure disorders.

If a client comes to you with obvious infections on the feet, or elsewhere, you will have to decide whether a zone therapy session is appropriate at this time. Whatever your decision, you should encourage them to seek the advice of a medical professional as soon as possible.

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Signature

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Date

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Name (printed please)

