



SOLE RENEW

Foot Zone Therapy Explained



[Sole Renew](#) is the exclusive provider of [Foot Zone Therapy](#) in Georgia.

Your feet are a gateway to whole-body healing. Foot Zone Therapy works by accessing a detailed map of the entire body that's reflected in the feet; where every organ, system, and structure is energetically connected through specific meridian points. By stimulating these zones, this holistic practice helps clear energetic blockages, detoxify the body, activate the lymphatic and circulatory systems, and restore natural balance. It's a powerful yet gentle therapy with infinite potential to support your body's innate ability to heal, renew, and thrive, one step at a time.

Precise hand techniques of pressure and touch are applied, activating the delivery of electromagnetic impulses throughout your entire body. These signals relay messages to your organs, tissues, and each system in your body to correct imbalances. Over 100 trillion cells are positively stimulated to support your body's innate intelligence to heal itself. Sessions help promote balance and optimal vitality for your heart, mind, body and soul.

While we only work with your lower legs and feet, you'll feel like you had a full-body massage. It's a perfect choice to add to your self-care routine. In each session you are supported with reaching new levels of awareness, relaxation and transformative healing.

FOOT ZONE VS. REFLEXOLOGY

Reflexology: Basic foot reflexology relates to working on the bottoms of the feet and stimulating the body by applying direct pressure. It works great and continues to evolve and promote benefits for many.

Foot Zone Therapy: Foot zoning is an advanced technique that evolved from reflexology and provides infinitely more benefits.:

- More areas of the body are mapped out on the feet and lower leg.
- The whole-body is supported in each session, from the hair on your head to your toenails, and everything in between. Spot treatment is not generally performed.
- A wider range of hand techniques, pressure and movement is applied, stimulating energy to your meridian signals in a specific pattern and motion that match the actual flow of energy in the body.
- Healing is provided to realign your physical, mental, emotional, spiritual and auric wellbeing.
- Mental & emotional blocks are harmonized.
- Trapped trauma is released.
- Energy blocks are cleared.

FOOT ZONE BENEFITS

Caring for our feet with intention, opens up boundless pathways to optimal health, heightens vibrational frequencies, and helps us to create the life of our dreams. Foot zone therapy can help your body heal itself from both acute and chronic imbalance.

Conventional medicine can be extremely valuable at times. However, it requires the presence of a pathogen, and/or symptoms to diagnose your condition. Energy medicine can identify the whispers of an imbalance at the onset and help your body to heal before it begins shouting with the physical manifestation of symptoms. It can also help identify root causes of chronic conditions and help your body accelerate its healing.

The benefits of foot zoning are **LIMITLESS**. Some benefits include:

Accelerated healing during illness	Improved fertility
Accelerated recovery from injury or surgery	Improved lymphatic flow
ADHD	Improved relationships
Arthritis relief	Better sleep
Assess the body's current state of health	Body ache relief
Asthma and allergy relief	Increased blood circulation
Back, hip, knee pain relief	Increased energy
Brain Balance	Increased feelings of peace
Bringing the body into balance	Increased mental clarity and concentration
Chronic-fatigue syndrome relief	Increased mobility
Crohn's disease relief	Increased overall sense of well-being
Cell system renewal	Increased oxygen uptake
Decreases depression and sadness	Increased relaxation
Detoxification	Lupus support
Diabetes I & II support	Migraine relief
Digestive system support	Neuropathy support
Emotional Balance	Natural, drug-free pregnancy support
Emotional release	Pain relief
Fibromyalgia relief	Relief from sinus problems
Greater body awareness	Relief from stress, anxiety and/or depression
Gut balance	Renewed hope
Heart support	Sciatica relief
High Blood Pressure support	Stress relief
Hormonal balance	Structural alignment
Immune system boost	Tension release
Improved cognition	Thyroid balance
Improved digestion	Trauma support

HOW TO PREPARE FOR A FOOT ZONE

1. Drink plenty of clean, pure water. The body needs electricity to function, and the components of water are utilized to conduct electricity.
2. Fuel yourself with a healthy meal to ensure your body has the energy it needs to detox and heal.
3. Please advise of any medical procedures; surgeries; or foreign materials in your body i.e. pacemakers and IUDs.
4. And of course, please make sure to have clean feet.

WHAT TO EXPECT AFTER A FOOT ZONE SESSION?

Immediately following a session, most people feel light, very relaxed and have an overall sense of ease. Many feel refreshed and revitalized. Others may be extremely tired. Regardless of any initial sensations, over the next 4-day period your body will likely still be adjusting and balancing itself. Foot zoning encourages your body to detox and balance, and your body may expend considerable energy to do so. If you feel tired, please make time to sleep well and support your body's restorative process. Drink plenty of water to flush out toxins, nourish your body with nutritious meals, and rest well.

WHO SHOULD NOT BE FOOT ZONED?

- Pregnant women in their first trimester, who have not previously received a foot zone.
- Persons who have recently had a surgical procedure.
- Persons with open sores on their feet, or lower portion of their legs.
- Persons under the influence of a control substance.

THE HISTORY OF FOOT ZONING

Foot therapy can be traced back to 2500 B.C. Hieroglyphics depicting early images of foot therapy were found in Egypt's pyramid of Ankmahor, known as the 'Physician's Tomb'. Foot therapy is documented in Inca ruins from the early 6th dynasty, and also has roots in China, India, Arabia, Greece, Russia, Europe and other ancient civilizations. Foot zoning as we know it today, is directly attributed to Dr. Charles Ersdal, who took his nod from reflexology.

In the early 1900's Dr William Fitzgerald (who is often referred to as the father of reflexology) observed that applying pressure to certain parts of the body enabled him to do minor operations without local anesthetics and he mapped the body into five zones on each side of the body. He researched and later published work on 'zone therapy'.

Eunice Ingham, an American physiotherapist in the 1930's, took zone therapy one step further and intricately mapped the organs and glands of the body onto reflex points on the feet and hands. She believed that congestion found in a particular reflex point suggested congestion in the corresponding body part and therefore, working the appropriate reflex point would have a positive effect on the corresponding organ or gland. Her foot maps provided the basis for many of the maps used by reflexologists today and she is now often referred to as 'The Mother of Reflexology'.

In Norway, Dr. Ersdal who had been paralyzed on the left side of his body was treated with reflexology and experienced a complete reversal of his paralysis. He later committed decades of his life to the practice of reflexology but wasn't able to find consistent results with the technique. He later came to understand that consistent health is a result of treating the whole body in each session and set out to remap body signals. Dr. Ersdal mapped out the entire anatomical, physiological and immunological systems on the foot and named it Foot Zone Therapy treatment. He began teaching his therapy in 1975.

Katri Nordblom was taught by Dr. Ersdal and began to teach in Sweden. In 1989 Katri and her husband Hans brought Foot Zone Therapy to the United States.