



Basic Family Foot Zone Course Curriculum-\$1295 Value!

Online Course

This basic family foot zone course is an online course. Login to your course at footzonecenter.com using your username and password.

Username: your email address

Password: automatically generated (change by clicking on forgot password)

Basic Family Foot Zone Online Video Recordings

❖ Module 1: Introduction to Basic Family Foot Zoning

- Part 1: What foot zoning is, history, and how it works
- Part 2: Culprits to health and benefits of foot zoning
- Part 3: How zoning works, health of the foot zoner, cautions
- Part 4: Creating a zoning environment and helps for foot zoning sessions
- Part 5: Foot zoning and interaction rules

❖ Module 2: Instruction in Practical Application of the Basic Family Foot Zone Technique

- Area A (Outside) – Right Foot
- Area A (Outside) – Left Foot
- Area B (Top) – Right Foot
- Area B (Top) – Left Foot
- Area C (Inside) – Right Foot
- Area C (Inside) – Left Foot
- Area D (Bottom) – Right Foot
- Area D (Bottom) – Left Foot

❖ Module 3: Instruction in Basic Anatomy

- Structural System
- Lymph & Immune System
- Respiratory & Urinary Systems
- Digestive System
- Endocrine & Reproductive Systems

- Cardiovascular System
- Nervous System

Basic Family Foot Zone Books

❖ Basic Family Zone Introduction & Anatomy book

- Introduction to basic family foot zoning
- Basic Family Foot Zone anatomy
 - Structural System
 - Lymph & Immune System
 - Respiratory & Urinary Systems
 - Digestive System
 - Endocrine & Reproductive Systems
 - Cardiovascular System
 - Nervous System

❖ Basic Family Foot Zone Maps & Charts book

- Full color maps on every page so you can easily see every signal with clear directions of how to apply each technique.

❖ Basic Family Zone Workbook

- Introduction to basic family foot zoning workbook
- Basic family foot zone maps & charts workbook
- Basic family foot zone anatomy workbook

Live Online Training

❖ One Session with a Qualified Instructor

We will email you and let you know when the next available session is scheduled.

- Added insight to the basic family foot zone and how to use it more affectively
- Question & Answers about the basic family foot zone

Foot zoning is a wonderful way to increase your family's ability to enjoy greater health and happiness. We are thrilled to have you join our family of foot zoners and hope you love learning this amazing modality!

Love & Gratitude,

Susan Tiede

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