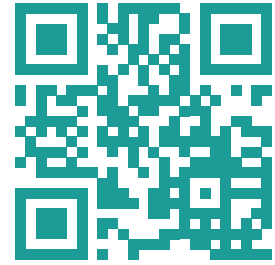




NATIONAL FOOT ZONE ASSOCIATION



NFZA.ORG



# CONFERENCE AGENDA 2026

April,  
**24-25**  
2026

**Karen Gail Miller Conference Center**

9750 S. 300 W., Building 2  
Sandy, UT 84070

United Steps: Expanding Foot Zoning Across the Nation



# Welcome to the First National Foot Zone Conference

We are thrilled to welcome you to **United Steps: Expanding Foot Zoning Across the Nation** — our first National Foot Zone Conference since expanding beyond the Utah Foot Zone Association. This inaugural event marks an exciting new chapter as we grow into every state across the nation, creating a stronger, more connected community of practitioners from coast to coast.

Over these two days, you will immerse yourself in a rich variety of classes designed to deepen your knowledge and skills.

Participate in our relaxing sound bath and Qigong sessions to center and recharge. You'll enjoy delicious lunches and visit with new friends. We have set aside a quiet space to practice new techniques and give or receive foot zones with fellow attendees. Join the round table sessions to learn favorite best practices in small groups and ask questions of our knowledgeable table hosts.

We are delighted to have our wonderful vendors joining us! Please take time to visit their booths and explore their wellness products and valuable information.

Every participant will receive a swag bag filled with thoughtful items. Be sure to enter for a chance to win fantastic raffle prizes at our table!

Thank you for being part of this historic gathering. Together, we are building community, advancing the art and science of Foot Zoning, and bringing the nation together, one foot at a time.

We are grateful to serve you.

Warmly,

The National Foot Zone Association Board



# CONFERENCE AGENDA 2026

United Steps: Expanding Foot Zoning Across the Nation

## Event Features

- Tailored Learning Paths:** We offer a diverse selection of breakout sessions designed to meet your specific interests and goals. Whether you are looking for advanced techniques or business growth strategies, you can customize your schedule to attend the classes that resonate most with your practice. See page 7-10 for a full list of our speakers.
- Vendor Tables:** Our Vendor Hall is open all day from 8:00 a.m. to 6:00 p.m. Browse the latest tools and products, visit all the vendors to collect your 2nd raffle ticket, and enter to win great prizes! See pages 13-14 for the full vendor list and page 102 for raffle details.
- Please plan to join us for lunch** — a wonderful opportunity to visit, connect, and make new friends. Friday's lunch will feature a variety of Zupas salads (with gluten-free and vegetarian options), along with a meat and cheese tray and rolls. Saturday, we will enjoy a Café Rio buffet.



NATIONAL FOOT ZONE ASSOCIATION

## Day 1, Friday, April 24

8:00-9:00 a.m. Registration is open **Room 150B/G**

8:20-8:55 a.m. Sound Bath by Vibes of Light, see pg 19 **Room 150A**

### Breakout Session 1

9:00-9:45 a.m. Where Light Meets the Feet Torrie Miller, see pg 25 **Room KGMC**

9:00-9:45 a.m. Five Things to Quickly and Organically Build Your Ideal Clientele at No Cost! Haylee Moore, see pg 31 **Room 150B**

9:00-9:45 a.m. The Link Between the Vagus Nerve, the Autonomic Nervous System and Pain Suzie Bell, see pg 27 **Room 150G**

9:00-9:45 a.m. How to Easily Grow Microgreens in Your Own Kitchen Jennah and Dave Martin see pg 33 **Room 102**  
(behind the stairs)


### BREAK 9:45-10:00 a.m.

10:00-10:45 a.m. What Is Your Roadblock With the Zone? Cheree Murdock see pg 37 **Room KGMC**

10:00-10:45 a.m. Medical Astrology — How it Applies to Foot Zoning Candice Prescott see pg 43 **Room 150B**

10:00-10:45 a.m. Low Energy? It's Not Always the Thyroid — It's the Team Behind It Amber Jensen see pg 39 **Room 150G**

### BREAK 10:45-11:00 a.m.

11:00-11:45 **Featured Speaker**  
How To Welcome Clients Into Your Practice!  
Heidi McKay, see pg 17  **Room KGMC**

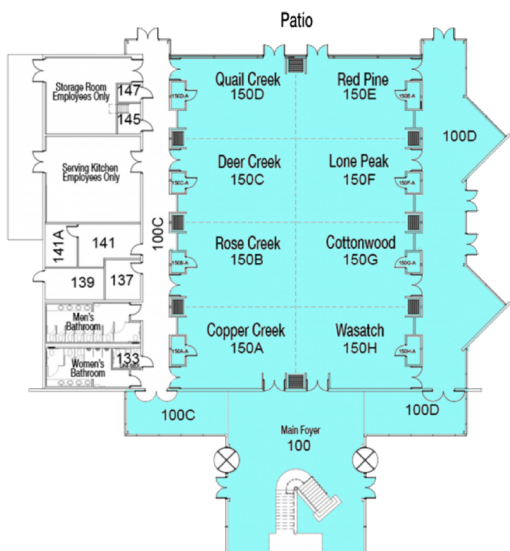
12:00-1:30 p.m. **LUNCH – Provided**  
*Board Voting and News* **Room KGMC**

# Day 1, Friday, April 24

## Today's Highlights

- **Sound Bath Sessions:** Two Sound Bath sessions will be held today. You are welcome to attend either or both.
  - 8:20 a.m. in Room 150A
  - 4:30 p.m. in Room KGMC
- **Foot Zone Trade:** For meaningful networking, to build lasting professional relationships, and trade foot zoning sessions with your peers, join us anytime between 12:00-6:00 p.m. in room 102 (behind the stairs).

KAREN GAIL MILLER CONFERENCE CENTER (KGMC)



## Breakout Session 2

1:30-2:15 p.m.	Beyond the Zone Integrating Herbal Guidance Jennah Martin & Jen Cloward see pg 45	Room KGMC
1:30-2:15 p.m.	Improving Health Starting at the Cellular Level David Brown, see pg 51	Room 150B
1:30-2:15 p.m.	End-of-Life Foot Zoning Diana Philips, see pg 49	Room 150G
BREAK 2:15-2:30 p.m.		
2:30-3:15 p.m.	Strengthen the Organ Communication Signal Through the Zone Sharik Peck, see pg 55	Room KGMC
2:30-3:15 p.m.	Trust the Process, Trust Your Intuition Tammy Anderson Ward see pg 61	Room 150B
2:30-3:15 p.m.	Emotions in the Foot Zone: Creating Safety Maleah Gordon see pg 57	Room 150G
BREAK 3:15-3:30 p.m.		
3:30-4:15 p.m.	Ignite Your Zone With Light Marta DeBerard see pg 63	Room KGMC
3:30-4:15 p.m.	Balancing the Brain: Supporting Physical and Emotional Wellness Through Foot Zoning Jamie Jensen, see pg 69	Room 150B
3:30-4:15 p.m.	Learning the Art of Singing Bowls Sue Chaves, see pg 67	Room 150G
BREAK 4:15-4:30 p.m.		
4:30-5:15 p.m.	Sound Bath by Sue Chaves see pg 23	Room KGMC

- **THE NATIONAL FOOT ZONE CERTIFICATION BOARD:**  
We are working on bringing nationally recognized certification to support practitioners and elevate foot zoning as a trusted wellness modality. Visit our booth for more information and see page 29.

support@nfza.org  
(385) 354-6752

# Day 2, Saturday, April 25

8:00-8:55 a.m.	Registration is open	Room 150B/G
8:20-8:55 a.m.	Qigong by Ben King, see pg 66	Room 150H

## Breakout Session 1

9:00-9:45 a.m.	Listening to Plants in a Noisy World Jane Barlow Christensen, see pg 73	Room KGMC
9:00-9:45 a.m.	Magnesium: One of the Most Needed Minerals for Our Bodies Amber Hanson, see pg 75	Room 150B
9:00-9:45 a.m.	Erasing Pain: Speaking the Body's Bioelectric Language Marleice Hyde, see pg 79	Room 150G

BREAK 9:45-10:00 a.m.

10:00-10:45 a.m.	Bilateral Stimulation and the Foot Zone Nisha Sathiyathan, see pg 81	Room KGMC
10:00-10:45 a.m.	From Crystal to Circuit: The Healing Physics of Gemstones Amber Jensen, see pg 83	Room 150B
10:00-10:45 a.m.	Immunity Without the Poke Angie Christensen see pg 85	Room 150G

BREAK 10:45-11:00 a.m.

## 11:00-11:45 a.m. Featured Speaker

Becoming the Integrative Healer  
Your Client Needs  
Amber Bodily, see pg 21



Room KGMC

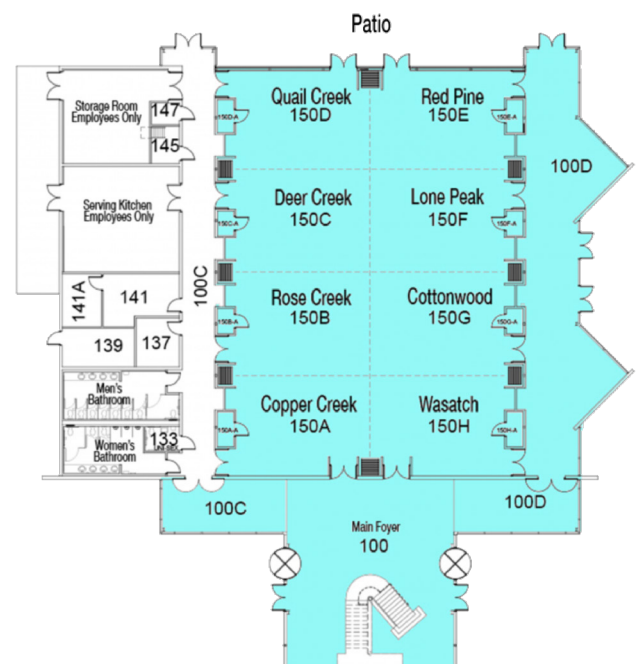
12:00-1:30 p.m. LUNCH – Provided  
Prizes

Room KGMC



## Today's Highlights

- Qigong Session with Ben King:**  
 Discover the ancient art of energy cultivation in this restorative session. Through gentle movement, rhythmic breathing, and focused intention, you'll learn to reduce stress and harmonize your Qi (vital energy). Perfect for all fitness levels, this practice offers simple yet powerful tools to improve balance and mental clarity.  
**Time:** 8:20 AM  
**Location:** Room 150H  
 See Ben King's bio on page 66



## Event Features

- **Round Table Discussions**  
Join our fast-paced round table discussions designed for high-energy knowledge sharing. You'll spend 15 minutes diving deep into a topic with a discussion leader, then have 5 minutes to rotate to the next table. In just two and a half hours, you'll engage with eight different groups, gaining a wide variety of perspectives and fresh insights from your peers. See pages 11–12 for the full list of topics.
- **Vendor Tables:** Our Vendor Hall is open all day from 8:00 a.m. to 6:00 p.m. Browse the latest tools and products, visit all the vendors to collect your 2nd raffle ticket, and enter to win great prizes! See pages 13–14 for the full vendor list and page 102 for raffle details.

## A Few of My Favorite Things

**1:30-4:05 p.m.** Round Table Discussions  
See page 11-12 for a full list of topics

**Room  
KGMC**

**4:10-5:00 p.m.**

**Room KGMC**

## Keynote Speaker



**Kristen VanWagoner**  
Creating Connection  
Throughout Our Industry

See page 15

- **THE NATIONAL FOOT ZONE CERTIFICATION BOARD:**  
We are working on bringing nationally recognized certification to support practitioners and elevate foot zoning as a trusted wellness modality. Visit our booth for more information and See page 29.

# TOPICS:

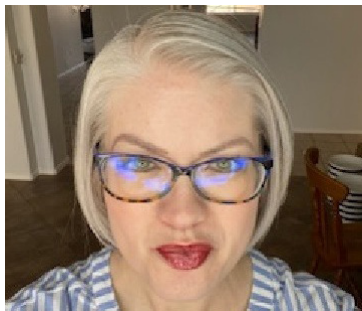


## Where Light Meets the Feet

**Torrie Miller**

9:00 a.m. Friday  
Room KGMC

See page 25 for details



## Five Things to Quickly and Organically Build Your Ideal Clientele at No Cost!

**Haylee Moore**

9:00 a.m. Friday  
Room 150B

See page 31 for details



## The Link Between the Vagus Nerve, the Autonomic Nervous System and Pain

**Suzie Bell**

9:00 a.m. Friday  
Room 150G

See page 27 for details



## How to Easily Grow Microgreens in Your Own Kitchen

**Jennah & Dave Martin**

9:00 a.m. Friday  
Room 102 (behind the stairs)

See page 33 for details



## What Is Your Roadblock With the Zone?

**Cheree Murdock**

10:00 a.m. Friday  
Room KGMC

See page 37 for details



## Medical Astrology: How It Applies to Zoning

**Candice Prescott**

10:00 a.m. Friday  
Room 150B

See page 43 for details

# TOPICS:



## Low Energy? It's Not Always the Thyroid — It's the Team Behind It

**Amber Jensen**

10:00 a.m. Friday  
Room 150G

See page 39 for details



## How to Welcome Clients Into Your Practice!

**Heidi McKay**

11:00 a.m. Friday  
Room KGMC

See page 17 for details



## Beyond the Zone: Integrating Herbal Guidance

**Jennah Martin &  
Jen Cloward**

1:30 p.m. Friday  
Room KGMC

See page 45 for details



## Improving Health Starting at the Cellular Level

**David Brown**

1:30 p.m. Friday  
Room 150B

See page 51 for details



## End-of-Life Foot Zoning

**Diana Phillips**

1:30 p.m. Friday  
Room 150G

See page 49 for details



## Strengthen the Organ Communication Signal Through the Zone

**Sharik Peck**

2:30 p.m. Friday  
Room KGMC

See page 55 for details



## Trust the Process, Trust Your Intuition

**Tammy Anderson Ward**

2:30 Friday  
Room 150B

See page 61 for details

# TOPICS:



## Emotions in the Foot Zone: Creating Safety

**Maleah Gordon**

2:30 p.m. Friday  
Room 150G

See page 57 for details



## Ignite Your Zone With Light

**Marta DeBerard**

3:30 p.m. Friday  
Room KGMC

See page 63 for details



## Balancing the Brain: Supporting Physical and Emotional Wellness Through Foot Zoning

**Jamie Jensen**

3:30 p.m. Friday  
Room 150B

See page 69 for details



## Learning the Art of Singing Bowls

**Sue Chaves**

3:30 p.m. Friday  
Room 150G

See page 67 for details



## Listening to Plants in a Noisy World

**Jane Barlow Christensen**

9:00 a.m. Saturday  
Room KGMC

See page 73 for details



## Magnesium: One of the Most Needed Minerals For Our Bodies

**Amber Hanson**

9:00 a.m. Saturday  
Room 150B

See page 75 for details

# TOPICS:



## Erasing Pain: Speaking the Body's Bioelectric Language

**MarLeice Hyde**

9:00 a.m. Saturday

Room 150G

See page 79 for details



## Bilateral Stimulation and the Foot Zone

**Nisha Sathiyathan**

10:00 a.m. Saturday

Room KGMC

See page 81 for details



## From Crystal to Circuit: The Healing Physics of Gemstones

**Amber Jensen**

10:00 a.m. Saturday

Room 150B

See page 83 for details



## Immunity Without the Poke! A Simple, Natural Method for Disease Prevention

**Angie Christensen**

10:00 a.m. Saturday

Room 150G

See page 85 for details



## More Than a Zoner: Becoming the Integrative Healer Your Client Needs

**Amber Bodily**

11:00 a.m. Saturday

Room KGMC

See page 21 for details



## Creating Connection Throughout Our Industry

**Kristen VanWagoner**

4:10 p.m. Saturday

Room KGMC

See page 15 for details

# Round Table Discussions Saturday, April 25, 1:30-4:05 KGMC

## Indications, Cautions, and Contraindications on the Feet when Foot Zoning

**Amber Jensen**

See page 87



## Signals of the Spine

**Kristen VanWagoner**

See page 88



## Continuing the Astrology Discussion

**Candice Prescott**

See page 89



## A Natural Approach to Women's Hormone Health

**Jennah Martin**

See page 90



# Round Table Discussions Saturday, April 25, 1:30-4:05 KGMC

## Mini Zones & Flows: Creating & Implementing Targeted Support for Specific Needs

**Kirsten Brown**

See page 91



## Ho'oponopono: Facilitating Generational Trauma

**Emmanette Haiola**

See page 92



## Brain Stem & Blood Flow: Supporting the Head Through Foot Zoning

**Stephanie Marcum**

See page 93



## Mastering the Essentials: Small Details That Elevate Every Session

**Lindsey Hepworth**

See page 94



# Our Vendors



See page 36



See page 41



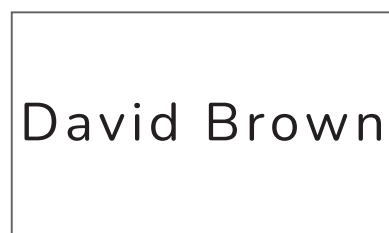
See page 78



See page 35



See page 42



See page 96



See page 47



See page 48



See page 53



See page 54



See page 24



See pages 59-60



Open Friday and Saturday, 8:00 a.m.-6:00 p.m.  
Visit all our vendors for a chance to win a prize. See page 102 for details.



See page 65



See page 97



See page 29



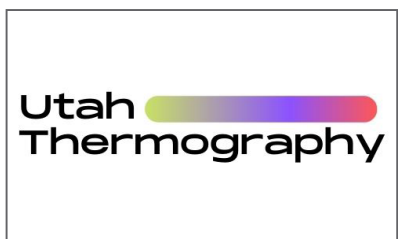
See page 66



See page 71



See page 72



See page 77



See page 20



See page 95



# Keynote Speaker



**Kristen VanWagoner**  
NFZA Board Chair

## Creating Connection Throughout Our Industry

Join us as we reflect on the past two years and look ahead to the future. Come learn what the NFZA Board has accomplished over the past two years and where we envision the association heading in the next two years. Kristen will also share her valuable insights on finding connection within our industry.



**Saturday, April 25**  
**4:10-5:00 p.m.**  
**Room KGMC**



**Kristen is also leading a  
Round Table discussion  
Saturday, see page 88**

After working in the dental industry for nearly a decade in many areas as a dental assistant and front office manager, Kristen was introduced to foot zone therapy 9 years ago. Having received multiple foot zones while expecting her second child, she felt deeply that this was something she needed to pursue. So with her 3-week-old baby in tow, she attended classes to become a certified foot zone practitioner and has loved it ever since. She is elated when clients feel the amazing effects of the foot zone and loves to support them on their health journey.

Kristen has been zoning for almost 6 years and instructing for nearly three years. She now lives the Dayton Ohio area, and she is excited to help establish a strong foot zone presence in the area.

Kristen recently served on the board of the Utah Foot Zone Association and is humbled to be the initial chair for the National Foot Zone Association.

She is actively seeking ways to be able to connect the foot zone community nationwide while also introducing and promoting it to other healing modalities and holistic practitioners as well as the nation at large through education and outreach.

Kristen is eager to work with the rest of the NFZA board to expand the reach of foot zone therapy to states nationwide.



# Featured Speaker



**Heidi McKay**  
The Foot Zoning Method

## How to Welcome Clients Into Your Practice!

Clients don't just come seeking relief, they come seeking hope. A powerful way to serve them is to help them remember their own body holds the key to healing abundance.

The actions that fill my schedule are built on how I show up authentically — messy, hopeful, and open to miracles. When you lead with that kind of genuine presence, the right clients are naturally drawn in.

Heidi McKay is a certified Foot Zone Practitioner and the founder of The Foot Zoning Method, a comprehensive certification program dedicated to body alignment through reflexology. Driven by a mission to make holistic healing accessible, she also developed a specialized mobile app to support practitioners and families in at-home wellness.

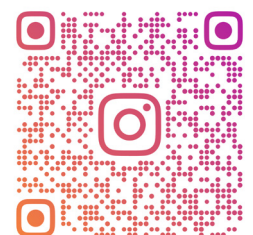
Heidi's career was born from a transformative personal experience nearly a decade ago. After exploring various treatments for her daughter's anxiety and depression, she discovered that foot zoning was the "life-saving" tool her family needed. Today, she leverages that expertise to teach others how this gentle modality can restore balance and peace to the body, mind, and spirit.



**Friday, April 24**  
**11:00 a.m.**  
**Room KGMC**



[thefootzoningmethod.com](http://thefootzoningmethod.com)



**HEIDI\_MCKAY**



# Sound Bath





**Jhill Seraphina**  
Vibes of Light

## Sound Bath

I start with an introduction about why/how sound baths are so healing and a little guided meditation to get grounded, relaxed, and open the heart space. Then, I use crystal bowls, metal bowls, buffalo drum, ocean drum, and koshi chimes in that specific order to break up, release, and cleanse out anything that is no longer serving us. I end with a chakra tune-up to send light and love to our body, mind, and soul.

Jhill Seraphina is a licensed massage therapist, Reiki Master, breathwork practitioner, shaman and certified sound healer. She is passionate about all three pillars of healing: mind, body, and spirit. Whether she's providing individualized care in her office, teaching workshops, or doing sound baths at festivals, retreats and conferences, Jhill makes everyone feel brighter, lighter, and happier!

 **Friday, April 24**  
8:20 - 8:55 a.m.  
Room 150A

 **Visit Vibes of Light**  
Vendor Booth

## Sound Bath Reflections

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**Be your whole self again, naturally**

I provide holistic healing for body, mind, and spirit using a combination of massage therapy, energy work, sound healing, and other therapeutic modalities.

# Enlightened Healing

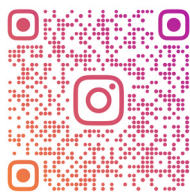
Vibes of Light



**Vibes of Light**  
*Enlightened Healing*



vibesoflighthealing.com



VIBES.OF.LIGHT



Linktree

Follow my Instagram page!

Visit my vendor booth to hear more about what I do!

# Featured Speaker



**Amber Bodily**  
Amber Bodily Health

## More Than a Zoner: Becoming the Integrative Healer Your Client Needs

Foot zoning is a living practice — but are you growing with it? In this keynote, Amber Bodily challenges practitioners to step beyond certification and into their full role as integrative healers. Through real client case studies and live demonstrations, she'll show what's possible when you go deeper into the body's systems — and why your clients are already looking for this level of care. Whether you certified last year or twenty years ago, this session will change how you see your practice, your clients, and your place in their healing journey. Come ready to be challenged.

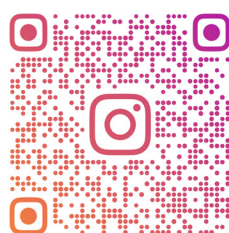
Amber Bodily is the founder of Integrative Foot Zoning™ and the Bodily Wellness Institute. She is a Master Foot Zonologist, Master Herbalist, and the creator of the Integrative Foot Zoning Certification program, which trains healers through IFZC. Amber advances foot zoning through refined techniques, expanded assessment, and integration of complementary healing modalities. She treats foot zoning as a living modality shaped by clinical observation, repetition, and outcomes over time. Her work honors traditional foundations while expanding how practitioners interpret patterns, support regulation, and work across complex systems. Amber guides practitioners who want depth, precision, and responsible integration in their work, and who view foot zoning as an evolving practice grounded in skill and discernment.



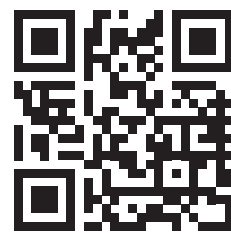
**Saturday, April 25**  
**11:00 a.m.**  
**Room KGMC**



**Also see page 41**



AMBERBODILYHEALTH



amberbodilyhealth.com





**Just Ingredients** is a health and wellness company founded by Karalynn Call, a mom who discovered the importance of real food nutrition through her own health journey.

What began as an Instagram page sharing simple, everyday ingredient swaps, has grown into a trusted brand. While Karalynn continues to inspire her community through social media, Just Ingredients is focused on creating products using only real food ingredients.

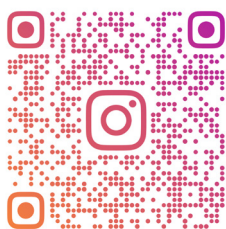
The company avoids artificial flavors, natural flavors, fillers, and other unnecessary additives. Their product line includes protein powders, electrolytes, supplements, dental care products, and more.

They believe that real ingredients are vital for better health. Transparency is core to our mission, as we aim to make trustworthy products.

# JUST INGREDIENTS



Stop by our booth and sample our protein powders, electrolytes, and receive 20% off our products.



[JUST.INGREDIENTS](https://www.instagram.com/justingredients)



[justingredients.com](https://www.justingredients.com)

Follow my Instagram page!

Visit my vendor booth to hear more about what I do!

# Speaker



**Torrie Miller**  
LumiCeuticals

## Where Light Meets the Feet

Explore how to integrate light and frequency therapies safely and intuitively into your foot zoning practice for more profound and lasting results. Learn practical ways to use different colors, wavelengths, and how frequencies of pulsed light support the process and results of foot zoning. Learn how to more optimally support cellular communication, reduce stress responses, and enhance the clearing of emotional and physical energy to amplify the body's natural healing signals before, during, and after your foot zones. This class is ideal for practitioners looking to expand their toolkit with evidence-based and intuitive light techniques.

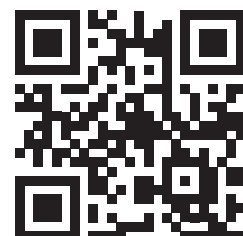
Torrie Miller has training certificates in foot zoning, light therapy, and face zoning. She earned her Bachelors in Science from the University of Utah in Health Promotion and Education. Torrie discovered the power of harmonic light 10 years ago to heal a sports injury and it has become her favorite family wellness tool. She became a foot zone therapist over 4 years ago and loves the powerful combination of light, frequency, and foot zoning. Torrie enjoys living a light-filled, healthy lifestyle in Rigby, Idaho with her husband and four children.



**Friday, April 24**  
**9:00 a.m.**  
**Room KGMC**



**Also see pages 59-60**



[www.lumiceuticals.com](http://www.lumiceuticals.com)



# Speaker



**Suzie Bell**  
Arise Healing

## The Link Between the Vagus Nerve, the Autonomic Nervous System, and Pain

The vagus nerve and autonomic nervous system are complex parts of the body that impact muscle tension, pain, and illness. We are going to dive into the anatomy of the ANS with the vagus nerve and factors that put pressure on the autonomic nervous system, inside and outside the body.

Suzie has been foot zoning since 2014. She is an experienced energy practitioner, emotional release facilitator, and instructor. She loves serving her clients and tailoring each session to their unique needs.

Suzie believes in taking opportunities for growth and improvement. She specializes in muscle testing, fitness, birth preparation, and the art of combining multiple modalities to deliver the most effective results for her clients.

Suzie has been through the ebbs and flows of working in holistic health while being a mother of a growing family. She has five children, ages 2-12.

Her latest passions are microcurrent therapy and aerial fitness, both of which she's thoroughly enjoying as she continues to expand her skills.



**Friday, April 24**  
**9:00 a.m.**  
**Room 150G**



**Also see page 78**



The National Foot Zone Certification Board (NFZCB) exists to strengthen the credibility of foot zoning as a respected professional modality. We establish consistent standards in education, ethics, and practice to ensure all certified practitioners are knowledgeable, accountable, and professional.

By promoting certification and continuing education, the NFZCB builds public trust and recognition for foot zoning as a legitimate wellness practice. We provide the resources and community needed to encourage excellence in the field, ultimately elevating the quality of care for clients and advancing the integrity of foot zoning across the nation.

## Certification Board

**National Foot Zone**

**SURVEY FOR NATIONAL TEST**

Submit this Survey to be entered to win!

**SCAN HERE**



Enter to  
**WIN!**

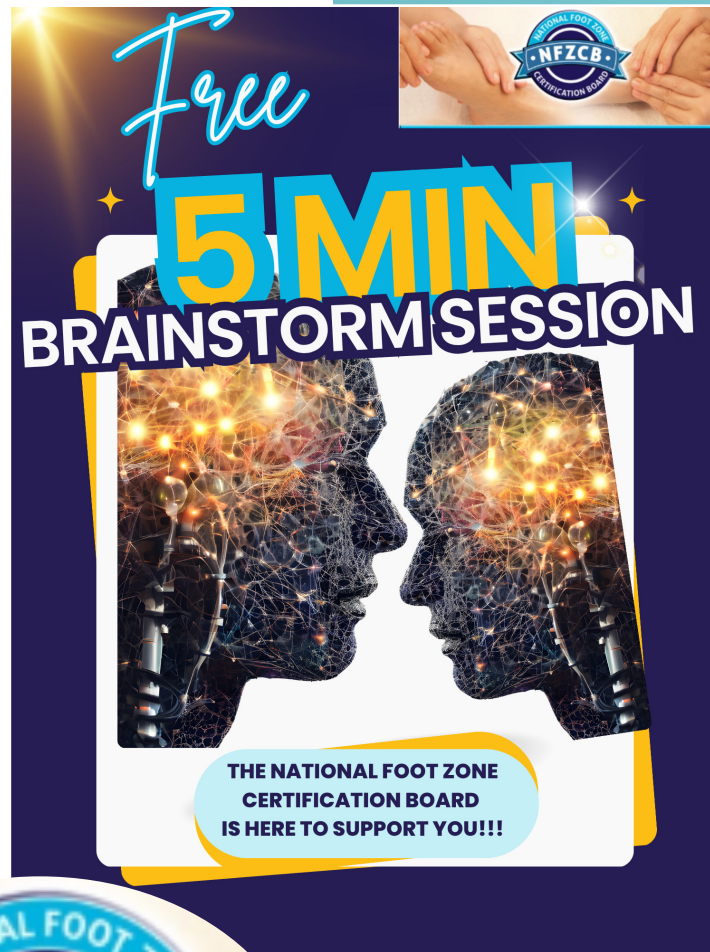
Ask us about our prize giveaway!  
Our prizes were generously donated by:  
Rezzimax®,  
PiperBlue,  
Heart & Sole Foot ZoneTherapy,  
and Wellness Life Zone.



[nfzcb.org](http://nfzcb.org)

The National Foot Zone Certification Board is offering complimentary 5-minute brainstorm sessions to support you with any aspect of foot zoning. Whether you have business questions, need guidance as

a practitioner, or are simply curious about getting started, our team is here to help. This is an excellent opportunity to connect, ask questions, and gain valuable insight in a relaxed and supportive environment.



We are here to chat!

Please visit our vendor booth to learn about the exciting growth and future developments in foot zoning.

# Speaker



**Haylee Moore**  
Foot Zone Practitioner

## Five Things to Quickly and Organically Build Your Ideal Clientele at No Cost!

No matter where you are in your foot zoning business journey . . . these tips will help you build your business in ways that encourage rebooking, continually introducing new clients to foot zoning, and keeping in touch with them for the long term. You don't want to miss this amazing presentation.

Haylee Moore is a BSN, RN, mother of three, an avid foot zone practitioner, and one who dearly loves her beagle fur-baby, "Piper".

Within her first ninety days of class, she had already reached the needed number of 150 foot zones to certify three months later and maxed out her schedule while working a full time job.

She shares these tips after utilizing them fully herself and watching her business expand and grow like she never thought possible.



**Friday, April 24**  
**9:00 a.m.**  
**Room 150B**



# Speaker



## Jennah & Dave Martin

Nice Farm Goods

### How to Easily Grow Microgreens in Your Own Kitchen

Be the health hero in your home! With just a little space and light, you can grow your own living super food in as little as 10 days.

What are microgreens?

- Young seedlings of vegetables and herbs
- A superfood that helps with blood sugar, focus, and protection against cancer
- Highly bio-available food, packed with up to 40x more nutrients than their adult counterparts

This class will be a demonstration that shows you the exact process of planting microgreens. If you're ready to learn 7 simple steps to grow microgreens in your own kitchen, we'd love to have you join us.

Dave and Jennah own Nice Farm Goods, a small farm in Salem, Utah. For the past five years, they have successfully run a Community Supported Agriculture program, offering fresh fruits and vegetables from their farm. They also grow microgreens year-round indoors, allowing them to consistently provide this nutrient-dense food to the community.

After experiencing the powerful health benefits of microgreens firsthand — backed by research and their own results — Dave and Jennah have made it their mission to help other families grow microgreens right in their own kitchens. They provide all the tools families need to successfully grow and enjoy this incredible superfood at home.

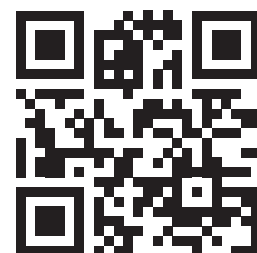
Friday, April 24

9:00 a.m.

Room 102

(behind the stairs)

Also see page 65



[www.nicefarmgoods.com](http://www.nicefarmgoods.com)



**ASEA Redox** is a breakthrough for cellular and overall health. The path to overall wellness starts here. Look, move, and feel younger with ASEA's age-fighting wellness solutions. Powered by breakthrough redox technology, ASEA helps you restore vitality and gives you the opportunity to share health and success with others.

Fill out a form for our free product give away and observe a balance test.

# ASEA Global



ASEA Global

Kaye and Rand Copier



Stop by our booth and receive a 20% discount off the retail price!

Visit our vendor booth to hear more about us!



[Aseaglobal.com/randnkaye](http://Aseaglobal.com/randnkaye)

The Academy of Foot Zone & Wellness is a leader in foot zone instruction and continuing education, with more than 20 years of training experience.

Kathy Duvall and her daughter, Christine Christensen, founded AFZ. In 2024, Sandra Checketts, Tonnya Atwood, Kirsten Brown, and Libby Short purchased the business and are honored

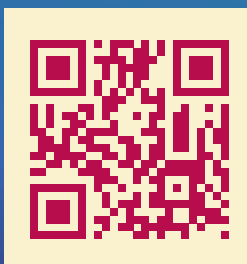
to carry forward their legacy of teaching and training practitioners in the foot zone modality.

AFZ has developed a comprehensive, education-focused website ([academyoffootzone.com](http://academyoffootzone.com)) featuring many online classes designed to complement and enhance foot zone training.

# Academy of Foot Zone & Wellness




We have created very beautiful sterling silver necklaces that we will have available at the conference, along with our foot zone tools, "The Road to Health" booklets, and body map charts.



[academyoffootzone.com](http://academyoffootzone.com)

Visit our vendor booth to hear more about our school!

 Kirsten is leading a Round Table discussion Saturday, see page 91

# Speaker



**Cheree Murdock**  
Life Coach and Foot Zone Therapist

## What Is Your Roadblock With the Zone?

As foot zone practitioners, we spend our days identifying blockages in the body — but what about the ones that affect us personally and professionally? This class focuses on the internal roadblocks that can keep foot zone practitioners from putting themselves out there, growing a clientele, or trusting their own expertise. Attendees will gain insight into recognizing these barriers and learn ways to move beyond them to support continued learning, confidence, and business growth.

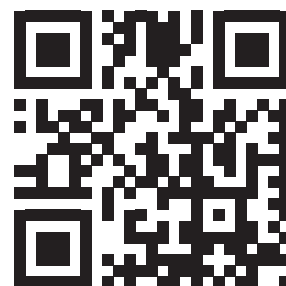
Cheree Murdock is a life and confidence coach for teens and young adults and is passionate about helping youth grow into emotionally strong and purpose-driven individuals.

Certified through The Life Coach School and with over 18 years of experience as a Foot Zone Therapist trained by We Do Feet Seminars, Cheree blends emotional intelligence, resilience training, and holistic support into her coaching. She loves empowering clients to trust their inner wisdom and discover who they are meant to become. Cheree teaches teens and young adults how to bounce back stronger and build confidence that lasts, so emotions become a source of strength, not fear.

Cheree has been featured on Studio 5 with Brooke Walker and Good Things Utah, sharing her message of resilience and emotional wellness.



**Friday, April 24**  
**10:00 a.m.**  
**Room KGMC**



[www.chereemurdock.com](http://www.chereemurdock.com)



# Speaker



**Amber Jensen**  
Wellness Life Zone

## **Low Energy? It's Not Always the Thyroid — It's the Team Behind It**

Low energy is common — but thyroid labs don't always tell the full story. This engaging presentation makes the thyroid's role in energy and metabolism easy and enjoyable to understand, even if anatomy and physiology aren't your strong suit. Discover why fatigue may come from more than the thyroid itself and how other organs, glands, and systems influence thyroid hormone balance. Explore the emotional metaphors behind thyroid challenges and learn practical ways to help clients release stuck energy. You'll also be introduced to key foot zone and acupressure points that support thyroid function and overall vitality. We'll cover how everyday food choices and environmental stressors can disrupt thyroid hormones — and how targeted nutritional support helps the thyroid do its job effectively. Walk away with a clear, holistic framework to support cellular energy, restore balance, and help clients feel truly energized again.

Amber Jensen is a dynamic leader in the foot zone industry, known for blending deep compassion with bold innovation. Trained and certified under Dr. Charles Ersdal, the father of modern Foot Zone Therapy, Amber has helped advance the field through groundbreaking research, including the discovery of over 170 new acupressure points that have reshaped the traditional foot zone map.

As owner and lead instructor of Wellness Life Zone – Foot Zone Academy, she is passionate about elevating both the art and science of healing. Amber teaches with clarity, heart, and purpose in courses such as Foot Zoning; Anatomy, & Physiology; Knowledge; Intent & Technique; and Gentle Healing Energy Work. She holds multiple certifications and licensure, including massage therapy, and is a strong advocate for professional standards and the nationalization of foot zoning. Amber's classes are inspiring, practical, and transformational — participants leave empowered, confident, and ready to elevate their healing work.



**Friday, April 24**  
**10:00 a.m.**  
**Room 150G**



**Also see page 83**  
**and page 95**



**Amber Bodily** is a medical intuitive, holistic healer, and the creator of Integrative Foot Zoning™ — a proprietary modality that uses the body's signal system through the feet to identify root causes of illness and restore the body's original blueprint.


Through Amber Bodily Health, she works directly with clients navigating chronic illness, hormonal imbalances, and complex health challenges through consultations, courses, and healing protocols.


Through The Bodily Wellness Institute, she trains and certifies the next generation of Integrative Foot Zoning™ Practitioners in a rigorous 400-hour program accredited by the American Foot Zoning Practitioners Association.

She is also the host of The Bodily Blueprint Podcast. Amber's work has been featured in Psychology Today, and she has helped tens of thousands of people reclaim their health through natural, root-cause healing.


# Amber Bodily

# Health

 Radical Healing

 Face Rejuvenation

 The Sole Signal System

 Healing Foods Handbook

 All-Natural Medicine Cabinet

 Cancer Warrior

Practitioner Discount  
**SAVE 20%**  
APRIL 24-25, 2026

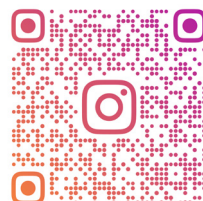


Amber will be offering advanced Integrative Foot Zoning courses for certified Foot Zone Practitioners as well as some free guides and information to attendees.

Follow my Instagram page and sign up for my mailing list.



[www.amberbodilyhealth.com](http://www.amberbodilyhealth.com)



AMBERBODILYHEALTH



**Saturday, April 25**  
**11:00 a.m.**  
**Room KGMC**  
**See page 21**

## Our Herbal Tradition

**Barlow Herbal** has been crafting trusted herbal remedies for over 50 years, offering all-natural solutions to support your health and well-being. Discover the power of nature, backed by tradition and expertise.

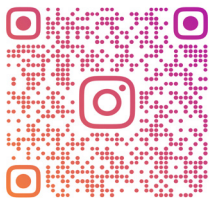
# Barlow Herbal



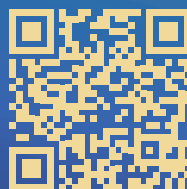
BARLOW HERBAL™



Friday, April 24  
9:00 a.m.  
Room KGMC  
See page 73



BARLOWHERBAL



barlowherbal.com

Follow my  
Instagram page!

Visit my vendor  
booth to hear more  
about what I do!

# Speaker



## **Candice Prescott** Foot Zone Practitioner and Astrologer

### **Medical Astrology — How it Applies to Foot Zoning**

Did you know that celestial bodies in the universe can influence different parts of the body?

In this class, we will explore the clues that reveal which aspects, qualities, or characteristics are out-of-balance, including emotional and physical symptoms. We'll also cover which parts of the body are connected to each zodiac sign and how to bring them back into alignment.

Candice Prescott was born and raised in Utah and is double-certified in foot zoning, trained in a variety of energy practices, and is certified in astrology. Since May 2020, she has been working from her home in Morgan, Utah.

Her professional background is in mental health and school counseling. When introduced to zoning and energy work, it felt like the next step in her career path to aid clients in their healing journey. She has found her passion, feels divinely guided in each session, and finds so much joy and gratitude in the adventure of facilitating deeper understanding and freedom for others!



**Friday, April 24**  
**10:00 a.m.**  
**Room 150B**



**Candice is also**  
**leading a Round Table**  
**discussion Saturday.**  
**See page 89**



# Speaker



## Jennah Martin & Jen Cloward Holistic Solutions

### Beyond the Zone: Integrating Herbal Guidance

The Next Natural Step in Foot Zone Care

This class equips Foot Zone Therapists to confidently guide clients toward safe, effective, self-made herbal remedies as part of ongoing care. This class also explores how herbal support can complement foot zone work.

Jennah Martin and Jen Cloward are both mothers of six children. They met while homeschooling their children and became fast friends.

They share a deep love of natural healing solutions and are passionate about learning all they can, then teaching what they learn to others — because it works! They have been using this knowledge for over 20 years, ever since their families were young.

Their combined years of education and hands-on experience working with their own families now come together at [DIYHolisticSolutions.com](http://DIYHolisticSolutions.com), where they offer classes and books to share their knowledge with those seeking natural solutions to everyday ailments.



**Friday, April 24**  
**1:30 p.m.**  
**Room KGMC**



**Also see page 53**

Stop by the Holistic  
Solution's vendor table!



[DIYHolisticSolutions.com](http://DIYHolisticSolutions.com)



Tammy Anderson Ward creates both small and large community events and loves supporting the energy healing and foot zoning community. Tammy began her journey as a foot zone professional and then wanted to help fellow practitioners. Today, she produces energy healing conferences and regularly offers foot zoning, breathwork, and retreats.



## Energy Healing Conference



Hope Haven Events

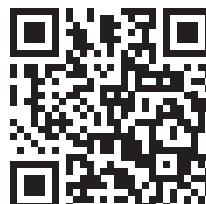


Visit the vendor table for free tickets to upcoming events!

Come by and get a free sample of the Super Patch!



Friday, April 24  
2:30 p.m.  
Room 150B  
See page 61



energyhealingconference.com

**Erasing Pain** is a holistic healing system utilizing primarily Microcurrent Biofeedback therapy but incorporates the five pillars of physical, nutritional, detox, EMF, and emotional healing. My goal is to help your body communicate effectively by opening closed bioelectric doors and then guide you through whichever process or product is your next best step forward.

Download the free vagus nerve activation handout, from a QR code in the booth.

# Erasing Pain



Come try a complete mini session: 15 minutes for \$20 during the conference. I will also be sharing PHIX vagus nerve activation drops.



Friday, April 24  
9:00 a.m.  
Room 150G  
See page 79



[erasingpain.com](http://erasingpain.com)

Visit my vendor booth to learn more about PHIX vagus nerve activation drops!

# Speaker



**Diana Phillips**  
Foot Zoning By Di

## End-of-Life Foot Zoning

Explore the compassionate application of foot zoning in end-of-life care. Learn how this gentle, but powerful, modality can provide comfort, reduce stress, and promote peaceful transitions. Discover techniques to support loved ones and caregivers in creating a calming environment.



Diana Phillips is a Certified Foot Zone Practitioner and a member of the National Foot Zone Association Board.

Dedicated to empowering others through holistic wellness, she is passionate about sharing the transformative power of foot zoning with families and communities.

Diana is the owner of Foot Zoning by Di, located in Lehi and Vernal, UT. She enjoys sharing her expertise by teaching this modality and mentoring a new generation of practitioners.

In her free time, she loves river rafting and rockhounding with her two daughters or getting lost in a good book while swinging in her hammock.



**Friday, April 24**  
**1:30 p.m.**  
**Room 150G**



**Also see page 97**





# Speaker



**David Brown**  
Health & Wellness Entrepreneur

## Improving Health Starting at the Cellular Level

This class will teach participants about cellular physiology and how to restore and maintain optimal cellular health. It will serve as an introduction to modern tools and practices for feeling and looking your very best and how good cellular health improves the efficacy your client's experience from receiving foot zones.

With over 30 years of experience formulating health supplements, David Brown brings a wealth of knowledge in supporting wellness at the cellular level. His work has focused on helping the body function more efficiently by providing targeted nutritional support designed to optimize cellular health.

Through years of observation and hands-on experience, he has found that when the body's cells are functioning at their best, individuals often experience a more effective and enhanced response to foot zone treatments.

David is passionate about educating others on the connection between cellular health and overall well-being and how proper supplementation can support the body's natural healing processes.



**Friday, April 24**  
**1:30 p.m.**  
**Room 150B**



**Also see page 96**



At **DIY Holistic Solutions**, Jen and Jennah understand the challenges of finding safe, effective remedies for everyday ailments. As fellow parents and homeschoolers, they've walked in your shoes, searching for natural alternatives to support their families' health. For over two decades, they've been dedicated to learning and applying holistic healing methods.

Now they're here to guide you on your own journey to natural wellness. With their

combined years of experience and education, they offer the knowledge and tools you need to become the hero of your loved ones' health story. Through their classes and books, they empower you to take control of your well-being using natural solutions that really work.

Join them on their website, where you'll find the resources and support to confidently address everyday health concerns with holistic approaches.

# Holistic Solutions

We offer the following resources and products:

"Realizing the Gift of Womanhood" – A book that explores women's hormonal health.

"Cycles of Renewal" – A calendar-style reference guide for each month of the year based on TCM.

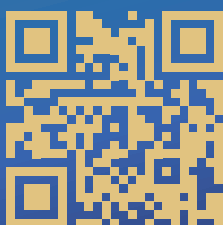
"Herbs for Healing" – A tincture-making guide and recipe book.

"Food for Healing" – A whole grains cookbook designed to complement Cycles of Renewal.

We will also have a selection of tinctures, tincture-making packets, and other holistic healing products available.



Come by our booth and enter our drawing!



[DIYHolisticSolutions.com](http://DIYHolisticSolutions.com)



Friday, April 24  
1:30 p.m.  
Room KGMC  
See Page 45

**Tamara Laing** is a best selling author who unites spiritual beliefs and energy work. She embeds quantum medicine in a Christian framework, making energy science concepts accessible to religious audiences. She attributes quantum technology as an incredible expression of the universal life-giving force that connects us all.

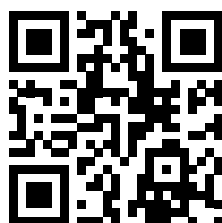
Tamara specializes in generational healing through the eyes, a healing method, teaching others how to release inherited patterns by practicing forgiveness, gratitude, and praise in all things. Hope For a Better World is dedicated to whole-person health education and higher consciousness to make a peaceful difference in lives, families, and the world.

# Hope for a Better World

Books and the  
*Wave of  
Life*  
at **LaingBooks.com**



Stop by to have a free 5-minute demo of quantum scalar waves with our iTeraCare devices!



[www.LaingBooks.com](http://www.LaingBooks.com)

Visit our vendor booth to hear more about us and our books!

# Speaker



**Sharik Peck**  
Rezzimax® LLC

## Strengthen the Organ Communication Signal Through the Zone

- Learn the communication system of the organs.
- How to tell if a particular organ's connection with the brain is online.
- How to correct the communication system through the vagus nerve super highway to enhance the body healing systems.

Sharik is the founder and CEO of Rezzimax® LLC, a Utah corporation. Sharik obtained his degree in physical therapy from the University of Utah in 1994. He later obtained a Master's degree in counseling from Utah State University. He has spent the last 30 years helping people eliminate pain from their lives.

Sharik suffered a stroke, a broken neck, a broken back, and years of chronic pain. It was out of these experiences and an intense desire to help others with persistent pain that drove him to find the Rezzimax® solution.



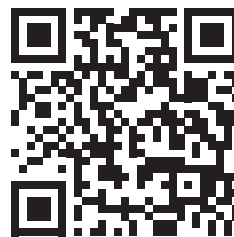
**Friday, April 24**  
**2:30 p.m.**  
**Room KGMC**



**Also see page 72**



[rezzimax.com](http://rezzimax.com)



[www.youtube.com/@Rezzimax](http://www.youtube.com/@Rezzimax)



# Speaker



**Maleah Gordon**  
A.New Foot Zone Academy

## Emotions in the Foot Zone: Creating Safety

An emotion shows up in the zone...now what? Do we give it a list of things to do? Do we name it and move on? Do we talk about it?

Emotions are often at the root of physical symptoms, so let's help our clients with these roots! You'll learn how to:

- Recognize when an emotion is surfacing
- What to do when it is present
- Safely guide clients

This workshop is for practitioners who want to move beyond identifying emotions and want to create lasting change for their clients and loved ones.

Maleah Gordon is the founder of A.NEW Foot Zone Academy, a trauma-informed healing school devoted to restoring root-level healing to individuals, families, and communities.

Maleah's work is shaped by her own journey through physical and emotional disease, where true healing required more than surface-level solutions. She often says that foot zoning changed and saved her life!

For almost a decade, she has trained and certified women in foot zoning and complementary modalities, teaching them to understand the emotional language of the body, trust their intuition, and confidently support transformation.

Through education programs, workshops, and speaking engagements, Maleah inspires people to step into purpose, help others heal, and bring the foot zone to every community.



**Friday, April 24**  
**2:30 p.m.**  
**Room 150G**



**Also see page 97**



[anewrev.co](http://anewrev.co)



**LumiCeuticals Harmonic Light Therapy Systems** are the ultimate self-healing tools. We combine the ultimate biological nutrient of Light and the tuning power of Vibrational Frequency to profoundly benefit your mind, body, and spirit. Our products work through the eyes, skin, and energetic field to release stress, restore flow, relieve pain, increase circulation, tune and balance the nervous system, energize and renew cellular metabolism and regeneration.

# LUMICEUTI CALS



We offer free session experiences at the conference and exclusive specials for attendees. Save \$50 - \$3000.

Free red/infrared booster pad, facial rejuvenator mask, clear complexion mask, or green/infrared body pad are all available with a purchase.



[www.lumiceuticals.com](http://www.lumiceuticals.com)



Friday, April 24  
3:30 p.m.  
Room KGMC  
See page 63

We invite each attendee to experience harmonic light therapy. Improve the way you see with a 3-minute vision therapy/light therapy session; rest, digest, and heal with a full 20-minute harmonic light therapy session; or balance your chakras with a 4-minute chakra wand session.

# LUMI CEUTICALS



Follow our Facebook Page!



Friday, April 24  
9:00 a.m.  
Room KGMC  
See page 25



[www.facebook.com/shinewithlight](http://www.facebook.com/shinewithlight)

# Speaker



## Tammy Anderson Ward Energy Healing Conference/ Hope Haven Events

### Trust the Process, Trust Your Intuition

"Intuitive Stepping Stones: Unlearning to Become the Healer You Are" invites practitioners to release expectations, comparison, and the pressure to follow someone else's path. Through interactive insight, guided breathwork, and reflection, you'll create space to hear your own inner wisdom and recognize your full-body "yes".

This experiential class supports authentic growth, deeper confidence, and aligned decision-making — helping you trust your unique gifts and step forward as the practitioner and leader you're becoming.

Tammy Anderson Ward is a visionary wellness entrepreneur, speaker, and community builder who founded a thriving mind-body-spirit wellness studio.

With over 11 years as a certified foot zone practitioner and 12 years producing energy healing conferences, she creates transformative experiences through foot zoning, Reiki, breathwork, sound baths, light therapy, and immersive healing events.

Tammy is known for curating powerful, heart-centered experiences that educate and connect communities. She also hosts luxury business retreats and youth entrepreneur initiatives to inspire confidence and financial empowerment.

Having walked her own journey of faith transition and healing, Tammy brings compassion, wisdom, and authenticity to her work. Her mission is to elevate lives and remind people of their innate power and light.



**Friday, April 24**  
**2:30 p.m.**  
**Room 150B**



**Also see page 47**



# Speaker



**Marta DeBerard**  
LumiCeuticals

## Ignite Your Zone With Light

Learn how the science and intuitive wisdom of pulsed harmonic light can enhance the healing journey for you and your clients.

Learn practical ways to use different colors, wavelengths, and frequencies of pulsed light to support the process and results of foot zoning.

Marta loves being known as the “Light Lady.” She is a board-certified Quantum Light Energy Coach, author, and light therapy educator who holds multiple light therapy design patents.

Marta also has certifications in nutrition, yoga, and reiki, and she is passionate about increasing awareness for the way light nourishes and informs our body, mind, and spirit.



**Friday, April 24**  
**3:30 p.m.**  
**Room KGMC**



**Also see pages 59-60**



NICE Farm Goods is a family-owned, Salem-based farm dedicated to delivering fresh, locally grown peaches, apples, pears, and vegetables to the community. Through the NICE Farm Share Community, the farm provides sustainable, high-quality produce while upholding a multi-generational legacy of passion and nutrition. Read the full story at [nicefarmgoods.com/about](http://nicefarmgoods.com/about)

# NICE Farm

# Goods

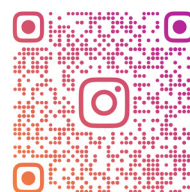


You don't want to miss the microgreens growing demonstration at our vendor booth! We will have microgreens growing kits to sell, which will be bundled with a detailed online class.

Visit our booth, sample our microgreens, and enter to win a free package of microgreens!



[nicefarmgoods.com](http://nicefarmgoods.com)



NICEFARMGOODS



Friday, April 24  
9:00 a.m.  
Room 102  
(behind the stairs)  
See page 33

The One Heart One Mind Institute (OHOMI) is an educational organization that teaches practical tools for personal wholeness, emotional healing, and meaningful connection through practices such

as Qigong, self-reflection, and holistic learning. OHOMI helps individuals cultivate inner harmony so they can experience greater peace, clarity, and connection in their lives and relationships.



Ben King is offering a Saturday morning group Qigong class at 8:20 in room 150H, as well as an opportunity to participate in future Saturday morning events in Utah County or via Zoom. Stop by the booth to learn more!

 **Qigong Session**  
Saturday, April 24  
8:20-8:55 a.m.  
Room 150H



Visit my vendor booth and sign up for the newsletter!

[www.ohomi.org](http://www.ohomi.org)

# Speaker



**Sue Chaves**  
Foot Zone Practitioner

## Learning the Art of Singing Bowls

What are singing bowls? Bowls have been used for centuries for healing and meditation purposes. They create a range of sound to help restore the normal vibrational frequencies of diseased and out-of-harmony parts of the body, mind, and soul.

The pure sonic waves from these singing bowls awaken more than just our sense of hearing. We don't just hear the sound, we feel it throughout our body. Because of this, singing bowls can also be effectively used in combination with foot zoning.

Come learn about these beautiful sound modalities and how to use them!

Growing up, Sue's mother introduced her to natural remedies. While reading a book on reflexology her mother gave her, she noticed a painful spot on her foot that corresponded to a health condition she had been diagnosed with. Later on, Sue and her sister were introduced to someone who practiced "foot work", and she knew this was what she wanted to learn. Her journey into natural and holistic healing had begun!

Sue certified through the Nordblom American Institute of Footzonology and later with SureFooted and then with Wellness Life Zone. For over 23 years she has practiced foot zoning. Sue continuously researches and expands her knowledge to better support her clients. She has also studied additional healing modalities, including singing bowls, essential oils, healing stones, and tuning forks, all of which work together to support the body's natural ability to heal and restore balance.

Sue's greatest passion is helping others achieve greater wellness by supporting their body's natural healing processes.



**Friday, April 24**  
**3:30 p.m.**  
**Room 150G**



**Following her class,**  
**Sue is offering a Sound**  
**Bath session, in Room**  
**KGMC. See page 23**



# Speaker



**Jamie Jensen**  
PiperBlue

## Balancing the Brain: Supporting Physical and Emotional Wellness Through Foot Zoning

The brain is the command center of the body and balance begins there. In this class, Jamie shares insights from her years of experience as a certified foot zone practitioner and instructor.

We will explore how supporting brain balance through foot zoning can influence both physical health and emotional regulation. Blending structured technique with intuitive awareness, Jamie teaches practitioners how to recognize patterns, support nervous system regulation, and build greater confidence in session work. You will leave the class better equipped to help clients feel more clear, calm, and resilient.

True healing begins when we trust the body's ability to restore itself. After her journey of healing from Stage IV CKD and additional health challenges, Jamie Jensen became a passionate natural health advocate and entrepreneur. Her recovery led her deep into holistic healing, detoxification, and body system restoration — igniting a lifelong belief in the body's innate intelligence and capacity to rebalance.

Jamie is a certified foot zone practitioner, member of the National Foot Zone Certification Board, and longtime instructor dedicated to empowering others in their wellness journey. She blends intuitive insight with structured technique to help practitioners build confidence, clarity, and mastery in their work. She is also the founder of PiperBlue Organic Makeup, a luxury clean beauty brand rooted in wild-crafted, organic ingredients — reflecting her belief that true radiance begins from within. Jamie is known for her uplifting, empowering teaching style and her passion for helping others feel vibrant, resilient, and whole.



**Friday, April 24**  
**3:30 p.m.**  
**Room 150B**



**Also see page 71**



**PiperBlue Organic Makeup - Organic Beauty Elevated.** Seen on the New York runway, yet simple, truly clean, and elegant for an everyday look, too! PiperBlue is perfect for beginners wanting a simple, elegant look or for master artists seen on the New York runway. We'll help you discover your ideal foundation shade, sculpt with creamy contour and blush, and finish with a luminous glow using our wild-crafted, organic formulas. Experience our incredible skincare, powered by

patented botanical extracts that support barrier repair, anti-aging, and healthy, glowing skin. No heavy makeup. No harsh ingredients. Just radiant skin that looks like you — elevated.

Whether you want a fresh everyday look or a polished conference glow, we'll show you how to achieve confidence in minutes. Walk away feeling confident, radiant, and aligned with your wellness values.

# Piper Blue

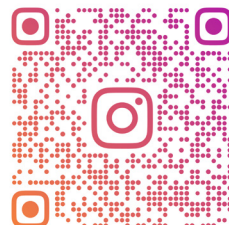
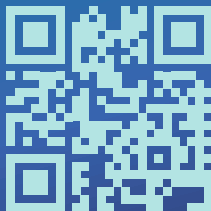


ORGANIC BEAUTY ELEVATED  
@PIPERBLUE\_ORGANICMAKEUP



Sign up for a color match or a mini makeover!

Enter our giveaway for a full makeover and photo session in Utah.



Friday, April 24  
3:30 p.m.  
Room 150B  
See page 69

Rezzimax manufactures external vagus nerve stimulators (the Rezzimax Tuner Pro II and Rezzimax Tuner Pro Mini) that use resonance therapy, fascia scraping techniques, acupuncture, and physical therapy techniques to support sympathetic and parasympathetic homeostasis

and the brain's ability to heal the body.

We are founded by Sharik Peck, PT, MRC, who has worked with countless physicians and families around the world to enhance healing. Our goal is to help the world to Tune Out Pain and Tune Into Life.

Rezzimax  
LLC

Rezzimax  
LLC



We will have great specials for those attending in person. Ask about our specials at the booth!



Friday, April 24  
2:30 p.m.  
Room KGMC  
See page 55



rezzimax.com



youtube.com/@Rezzimax

Visit my vendor booth to hear more about what this can do!

# Speaker



**Jane Barlow Christensen**  
Barlow Herbal

## Listening to Plants in a Noisy World

Listening to Plants in a Noisy World is an invitation to slow down, attune, and rediscover our innate relationship with the living intelligence of the plant world. As a master herbalist, I will share not only practical plant wisdom, but the deeper ways plants communicate, guide, and support human healing — physically, emotionally, and energetically — when we learn how to truly listen. In a culture of constant noise and distraction, this class offers a return to presence. Through stories, teachings, and lived experience, we will explore how reconnecting with plants helps restore balance, expand consciousness, and remind us of who we are beneath the conditioning of modern life.

Jane Barlow is a master herbalist (trained by her botanist father) and she owns and operates a generational herbal business called Barlow Herbal. Learning how to use plant medicine, taking radical responsibility and understanding that we are all connected on a spiritual and emotional level is an amazing way to progress through this lifetime while we realize the divine spark that we are. Jane's first career was in health and fitness; she owned her own gym and taught group fitness for 40 years. Jane is the second oldest of 14 kids. She has 2 grown sons and 2 grandkids.



**Saturday, April 25**  
9:00 a.m.  
Room KGMC



**Also see page 42**



# Speaker



**Amber Hanson**  
Heart and Sole Foot Zone

## Magnesium: One of the Most Needed Minerals for Our Bodies

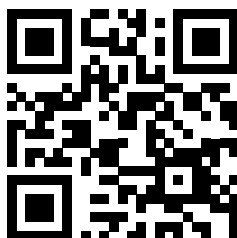
Magnesium is a foundational mineral for our health. Learn about the health benefits of magnesium, the best way to increase magnesium in our bodies and a great way to incorporate, and educate clients about magnesium in your foot zone business.

Amber completed the practical nursing program at Idaho State University in 2001, a background that complements her kind and caring nature, as well as her passion for helping others. In 2012, she became certified as a foot zone practitioner, where her nursing expertise and newfound interest in holistic health came together.

Amber is the creator of Heart and Sole Foot Zone Therapy, where she shares her passion for helping people achieve balance and vitality through foot zoning and educational classes on various health topics.

Her own health journey has deepened her understanding of true wellness, motivating her to continue her education in the field. In addition to her initial foot zone training, Amber further advanced her skills at a second foot zone school, enriching her ability to teach and empower others.

Now based in South Dakota with her husband and five children, Amber owns and operates a Foot Zone business and is the founder of an approved Foot Zone Training Program, using specialized course materials and online resources to educate and inspire the next generation of foot zone practitioners.



heartandsolefzt.com



**Saturday, April 25**  
**9:00 a.m.**  
**Room 150B**



At **Utah Thermography**, we provide non-invasive thermal imaging that helps detect patterns of inflammation and abnormal heat in the body. Using medical infrared technology, we capture images that may reveal early physiological changes before structural disease develops. Thermography can support monitoring of areas such as

the breast, thyroid, and vascular system. It is safe, radiation-free, and painless. Our goal is to give clients preventive insight into their health, helping them and their healthcare providers identify potential concerns earlier, and make more informed decisions about wellness and follow-up care.

# Utah Thermography



Stop by the vendor booth to learn more!

**Utah**   
**Thermography**



[utahthermography.com](http://utahthermography.com)

At Arise Healing, we take a whole-person approach to wellness. Rather than focusing solely on symptoms, we look deeper to identify and address the root causes of imbalance.

We utilize a variety of complementary modalities, often combining them for

greater effectiveness. Our primary methods include Emotion Code, Body Code, foot zoning, and micro-current therapy.

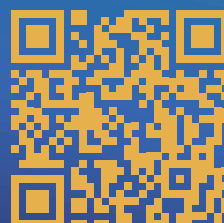
In addition, we offer professional training in foot zoning through our sister company, Healthy Foothold.

# Healing

Arise



Friday, April 24  
9:00 a.m.  
Room 150G  
See page 27



Stop by my vendor booth, I would love to chat!

# Speaker



**MarLeice Hyde**  
Erasing Pain

## Erasing Pain: Speaking the Body's Bioelectric Language

Our bodies communicate electrically far more than chemically! By accessing the fascia network with the correct frequency/volume/language, we can unlock speedy healing, neutralize scar tissue, balance the nervous system and much more. Sending specific frequency messages through the reflexology points on the feet is significantly more effective than touch alone. Come learn how!

MarLeice Hyde, MSN, RN, is a passionate healer with over 30 years of experience bridging conventional and alternative therapies. She began her career as an EMT, progressing through CNA, LVN, and RN/BSN from Brigham Young University, to a MSN with an education focus. For many years she worked as an acute care nurse across cardiology, the ER, and multiple specialties.

After a congenital hip condition ended her hospital nursing career, MarLeice discovered Microcurrent Biofeedback Therapy. This modality not only prevented major surgery, but inspired her to open Erasing Pain, a holistic healing center in Sacramento, California. She later co-founded the Learn Microcurrent Academy, where she teaches workshops nationwide.

MarLeice developed the Five Pillars of Erasing Pain framework to empower clients to achieve optimal health by thoughtfully combining multiple healing methods. Her unique background makes her especially skilled at helping practitioners reduce physical and energetic strain while enhancing client outcomes — skills directly applicable to foot zoning and integrative bodywork.



**Saturday, April 25**  
**9:00 a.m.**  
**Room 150G**



**Also see page 48**



# Speaker



**Nisha Sathiyathan**  
Xanti Method

## Bilateral Stimulation and the Foot Zone

We will explore Bilateral Stimulation and its role with integrating the logical and emotional centers of the brain, resulting in more balanced thinking. We will also explore how Bilateral Stimulation can assist in releasing unwanted physical sensations from the body.

Nisha will demonstrate how integrating the Xanti Method with foot zoning can accelerate processing for the client while minimizing the energetic burden on the practitioner.

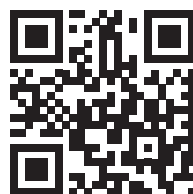
Through her work as a trauma therapist, Nisha has observed that many individuals are not yet ready to directly confront heavy trauma, or may not even be fully aware of the emotions that remain stuck and in need of healing.

The Xanti Method was developed to meet this need. By integrating Bilateral Stimulation with complementary therapeutic approaches, it helps individuals gain greater insight into their inner world while restoring peace to both body and mind. This method facilitates emotional release, cultivates a sense of calm, and fosters a more balanced way of living. The Xanti Method is a flexible approach that pairs well with other healing modalities, such as meditation and foot zoning.

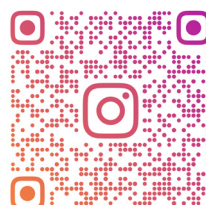
Nisha has her Masters of Social Work and is a Licensed Clinical Social Worker. She earned her B.S. in Criminal Justice at Weber State University and her Masters of Social Work at the University of Utah. She is a Master ART Provider, founder of Sathiyathan Counseling, and creator of the Xanti Method.



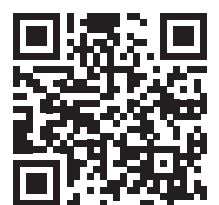
**Saturday, April 25**  
10:00 a.m.  
Room KGMC



[www.xantimethod.com](http://www.xantimethod.com)



**XANTI\_METHOD**



[sathiyathancounseling.com](http://sathiyathancounseling.com)



# Speaker



**Amber Jensen**  
Wellness Life Zone,  
Foot Zone Academy

## From Crystal to Circuit: The Healing Physics of Gemstones

This class takes you inside the hidden world of gemstones — where healing, physics, and intention meet. Amber Jensen explains the piezo-electric effect and how gems create healing vibration that supports the physical, emotional, mental, and energetic bodies.

You'll learn why gem tools are used in Foot Zone Therapy and how their properties influence the nervous system and energy field. Explore the history of gem therapy and discover how the same principles power crystal watches, radios, computers, and phones—and even surgical tools using diamonds. You'll also learn the difference between isotropic and anisotropic crystals and witness a live demonstration on how gems can be tuned to intention. Prepare to see crystals in an entirely new way.

Amber Jensen is a dynamic leader in the foot zone industry, known for blending deep compassion with bold innovation. Trained and certified under Dr. Charles Ersdal, the father of modern Foot Zone Therapy, Amber has helped advance the field through groundbreaking research, including the discovery of over 170 new acupressure points that have reshaped the traditional foot zone map.

As owner and lead instructor of Wellness Life Zone – Foot Zone Academy, she is passionate about elevating both the art and science of healing. Amber teaches with clarity, heart, and purpose in courses such as Foot Zoning; Anatomy, & Physiology; Knowledge; Intent & Technique; and Gentle Healing Energy Work. She holds multiple certifications and licensure, including massage therapy, and is a strong advocate for professional standards and the nationalization of foot zoning. Amber's classes are inspiring, practical, and transformational — participants leave empowered, confident, and ready to elevate their healing work.



**Saturday, April 25**  
**10:00 a.m.**  
**Room 150B**



**Amber is also leading a**  
**Round Table discussion**  
**Saturday, see page 87**  
**and page 95**



# Speaker



**Angie Christensen**  
Simply Divine Living

## Immunity Without the Poke! A Simple, Natural Method for Disease Prevention

Whether you're looking for an alternative way to create a structured childhood or adolescent immunity protocol, boost immunity for flu season, or create resistance to an active epidemic, this class will teach you how to build resilience against specific illnesses without side-effects or toxic ingredients.

In this empowering class, you'll learn:

- How homeoprophylaxis (HP) trains the immune system
- Scientific data of effectiveness during epidemics and emergencies
- A step-by-step guide to using HP at home or in your practice

This is not just theory — it's a proven, practical, affordable, and sustainable solution that will help you build true, lasting immunity — naturally and safely.

Angie Christensen is a passionate educator of holistic health. For over a decade, she has taught thousands of people four divine keys to activate their body's innate power to create physical and mental health. She has been trained in holistic nutrition, herbs, homeopathy, biomedical interventions, neurofeedback, and energy therapy.

She has a special knack for simplifying complex subjects, and her students leave her classes saying, "You made it all make sense! I can do this!" Through online classes, hands-on workshops, retreats, and mentoring, Angie empowers others to heal by making homeopathy, herbs, fermenting, and nutrition SIMPLE. She is also a whiz at being able to "edit" almost any recipe to make it both delicious and healthy.

Learn more about all the resources she has available at [www.simplydivineliving.com](http://www.simplydivineliving.com) and on her YouTube channel, Simply Divine Living.



**Saturday, April 25**

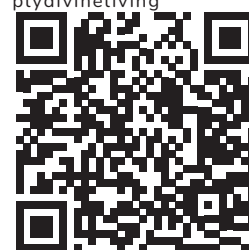
**10:00 a.m.**

**Room 150G**

[www.simplydivineliving.com](http://www.simplydivineliving.com)



[www.youtube.com/@simplydivineliving](https://www.youtube.com/@simplydivineliving)















# Round Table Discussion:



I will be sharing the Hawaiian cultural practice of ho'oponopono, a tradition of reconciliation and healing.

My perspective is shaped by both ancestral knowledge and a deepened understanding of generational trauma.

As part of an Indigenous community working to reclaim and revitalize our language and cultural practices, I aim to honor and carry forward these teachings in a meaningful way from my own experience in my healing journey.

**Emmanette Haiola**

## **Ho'oponopono: Facilitating Generational Trauma**

### Discussion Notes:

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**Wellness Life Zone – Foot Zone Academy** was created to give students everything we wished we had during our foot zone certification. WLZ is visual, intuitive, and deeply grounded in clear, easy-to-understand Anatomy & Physiology, the foundation that set Dr. Charles Ersdal’s work apart from reflexology. WLZ uses colorful, coordinated books and charts linking foot zone signals to real body systems, making learning accurate and memorable. Our hybrid certification program combines step-by-step online videos, monthly Zoom sessions, and hands-on in-person classes and clinicals. Additional courses include The Professional Practitioner, Sanitation and

Safety, Legal and Ethical Practices, and bonus classes in gemstone physics, Gemi Tools Technique, and Gentle Healing Energy Points. Students learn over 170 newly discovered acupressure signals, advancing their skills and enhancing healing outcomes. The program addresses all four bodies of health — physical, emotional, mental, and energetic — preparing graduates for holistic, professional care. Lifelong support includes continued education through our online Practitioner Library and free audits of in-person classes.

# Wellness Life Zone - Foot Zone Academy



✓ Fri, April 24  
10:00 a.m.  
Room 150G  
See page 39

✓ Sat, April 25  
10:00 a.m.  
Room 150B  
See page 83

✓ Amber is also leading  
a Round Table discussion  
Sat, see page 87



[wellnesslifezone.com](http://wellnesslifezone.com)



WELLNESSLIFEZONE

Stop by my vendor booth!  
I would love to chat!

**David Brown** has formulated health supplements for over 30 years and specializes in improving health at the cellular level. He has observed an improved response to foot zone treatments when the body's cells are functioning optimally.

# Brown

# David



Stop by David's vendor booth and try some amazing samples! David will be sharing his knowledge to help attendees better understand how to incorporate them into their wellness routines.



Friday, April 24  
1:30 p.m.  
Room 150B  
See page 51

Come chat with David!  
You will learn so much!

# BOARD OF DIRECTORS



Kristen VanWagoner  
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Stephanie Marcum  
Chair Elect 2024



Jeanie Robbins  
Secretary 2024



Mary Ballif  
Membership Clerk 2024



Judy Ludlow  
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Kiyoko Ball  
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Diana Phillips  
Social Media 2026



Saige Ellingford  
Member at Large 2024

Our Board of Directors consists of dedicated NFZA members from across the nation, spanning the islands of the Pacific to the East Coast of the United States.

Together, they bring a wide range of professional experience and education to the organization. This diversity of backgrounds strengthens our commitment to advancing the foot zone industry as a whole, while supporting the professional growth of every individual practitioner.

Welcome to the **Inaugural National Foot Zone Association Conference!**

We're so glad you're here! As members of the NFZA Board of Directors, we invite you to stop by our booth. Come say hello, enter our raffle, and connect with us. We're happy to answer any questions about the website, continuing education opportunities, and all the ways NFZA supports your professional journey.

We also encourage you to share your voice! Complete our event survey during the round

table event and let us know how we're doing and how we can better serve you. Your input on future continuing education offerings will help shape what comes next for our community.

We're proud to manage NFZA communications including the website, quarterly emails, and monthly continuing education. We're committed to creating a welcoming, collaborative space where Foot Zone practitioners of all levels can grow and thrive together.

# Foot Zone Association

National



Board



### How to Enter the Raffle

- One ticket is included with your registration
- Get a 2nd by visiting all vendor booths and collect initials on the signature page of this brochure.
- Bring your completed page to the NFZA booth to enter.



iPhone



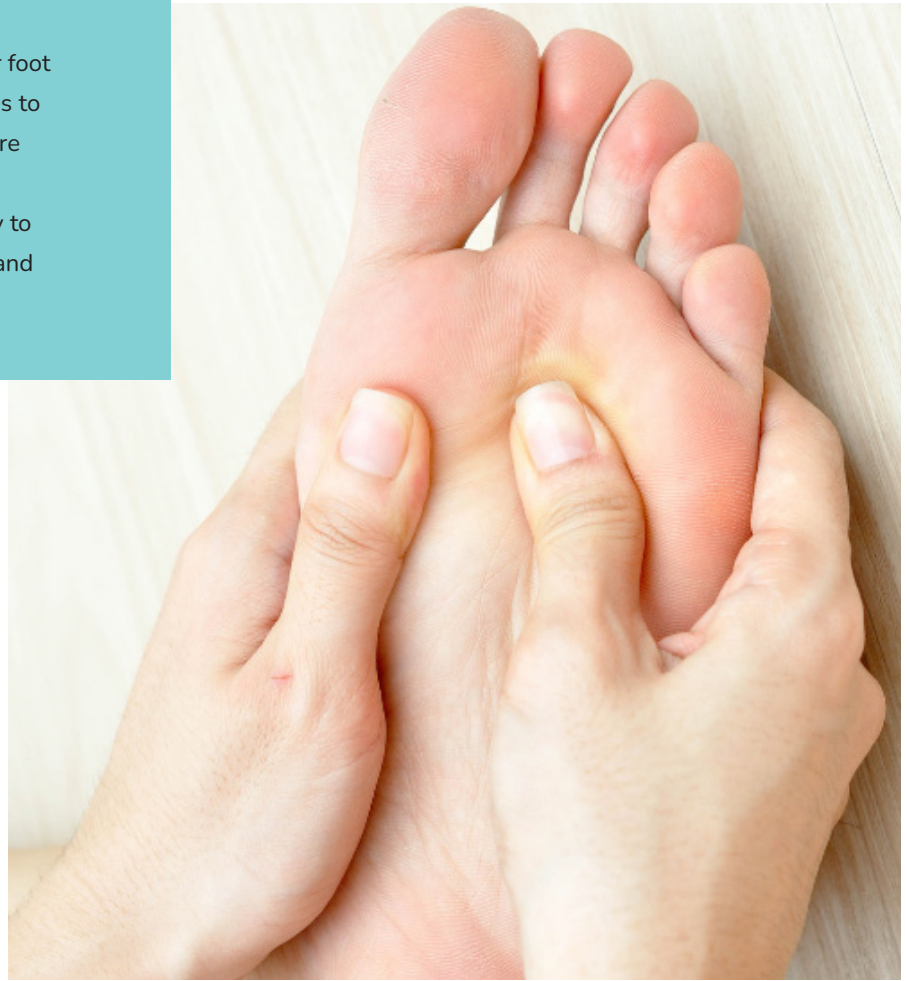
Android

Follow our socials!  
See page 100!

Download the gokollab app and log in.

## 2026 Inaugural National Foot Zone Conference

The National Foot Zone Association is dedicated to providing the opportunity for foot zone practitioners across the United States to qualify as professionals, further the welfare of the foot zone profession, and provide opportunities for the foot zone community to gather together for continuing education and mutual edification.



## Become a Member

Practitioner Membership includes:

- Access to quarterly classes to keep your skills and knowledge current
- Discounted registration for our biennial conference
- Voting rights and a voice in association matters
- Quarterly newsletter subscription
- Listing in our national directory
- Opportunity to practice Foot Zoning legally — subject to state and local regulations

Choose between a 1-year membership or save with a discounted 2-year option.



# Save the Date for 2028!

## The National Foot Zone Association's Biennial Conference

Every two years we celebrate and advance the art and science of foot zoning with a conference like this one! While we are still soaking in the inspiration and connection of this year's event, the journey continues on. We are already looking forward to our next gathering in 2028!

Even though specific dates and themes for the next conference have not been announced yet, you can mark your calendars for the last half of April 2028.

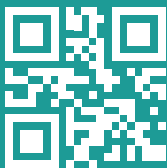
Building on the success of our previous conferences — like this 2026 “United Steps” event in Sandy, Utah — our next gathering will, once again, bring together practitioners, instructors, and holistic health enthusiasts from across the nation. You can expect expert keynotes, professional growth to help you elevate your knowledge and practice, meaningful connections, and exclusive innovations.

No need to wait two years to stay connected. Be sure to check the NFZA website, [nfza.org](http://nfza.org), to maintain your membership. This grants you exclusive benefits, including notification of early-bird registration and discounts, access to our online member portal where you can chat with other members, and the benefits of attending and reviewing quarterly professional development classes. See page 101 for instructions.

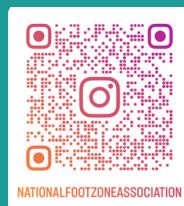
We can't wait to see how much our community has grown by 2028!

Be sure to stay connected!

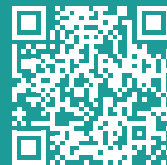
[nfza.org](http://nfza.org)



Instagram:  
[@nationalfootzoneassociation](https://www.instagram.com/nationalfootzoneassociation)



Facebook:  
National Foot Zone Association



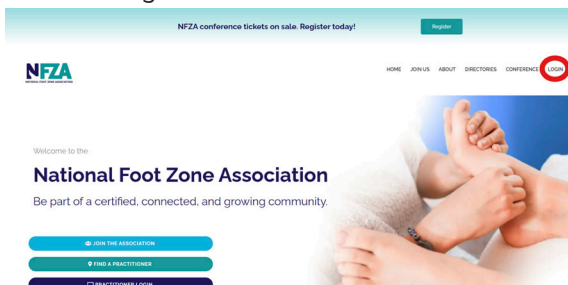


# Discover the new Member Portal on our website!

1

## Follow these steps to Log In:

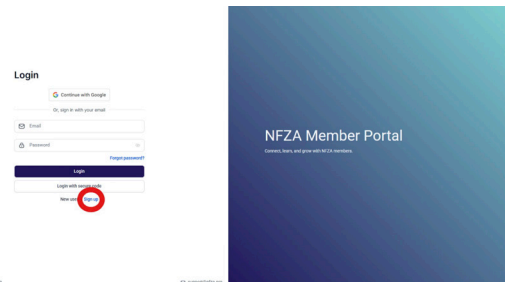
Go to [nfza.org](https://nfza.org) and on the top right, click on "Login".



2

## A login window will appear

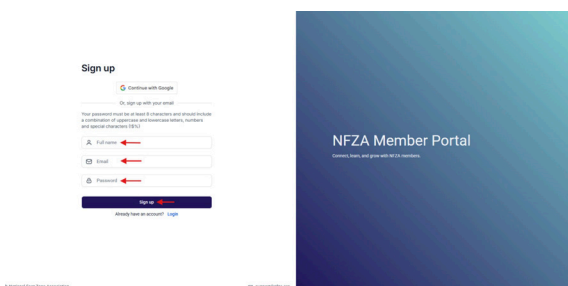
If you have never logged in before, click "Sign Up" at the bottom of the login screen.



3

## Fill in your information

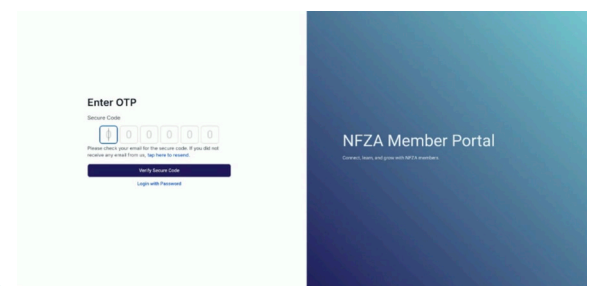
When you have filled in all three fields, click the blue "Sign Up".



4

## Check your email for a one time pass code

Enter the pass code in the space provided here and click "Verify".



5

## You can now log in to the website

Enjoy access to the member portal, community and private chats, community and private groups, and continuing education modules. Watch our quick video tutorial to learn how to navigate the member website and access the exclusive resources available to current NFZA members.



6

## If you want great access on the go:

Download this app to enjoy the same member benefits on your device!



GOKOLLAB



iphone



android

## Power Up

Visit each booth and do what it takes to earn a signature from them. Collect all the signatures and when your battery is fully charged, bring it back to the check-in table to be entered to win a door prize.



Name: \_\_\_\_\_  
Phone # \_\_\_\_\_

**Art Direction & Graphic Design**  
Judy Ludlow/LifeDesigns  
**Copy Editors**  
Kiyoko Ball & Tamara Wilcox