



## **A Heel-to-Toe Approach To Wellness**

By: Leigh Blenkhorn - Oct 7, 2008

When Deborah Cameron began my reflexology treatment, I didn't know if she was a masseuse or a mind reader.

"You have lower back pain, don't you," she asked while rubbing the instep of my feet near my heels, five minutes into the treatment.

"Yes," I replied, trying to think if I'd tipped her off by walking stiffly into the room. "How'd you know?" "I can feel it in your feet." That was the start of my first experience with reflexology, the therapy based on the theory that reflexes in the hands and feet correspond to other parts of the body.

"I am working with 250 reflexes on the soles of your feet that correspond to every body part," Cameron said. "When I am looking at your feet, I am looking at an image to your body."

The top of a person's toes correspond with his or her head, heels are linked to the pelvic girdle, the spine is represented by the curve of the instep of the foot. Other body parts like the liver, spleen, pancreas, heart and lungs are all there, too.

"We are not allowed to diagnose, but usually when there is a tender spot on your foot, it means there is a blockage in that particular area of your body," Cameron said. "Putting pressure on the reflex helps to enhance the opening of that particular channel. As I put my hand and conduct a pressure, it's going directly to that area of your body."

Cameron is a former registered nurse who has been a certified Reflexologist since 1995. She is also a body talk practitioner and has been a teacher of Chi Kung, an ancient Chinese exercise similar to Tai Chi, since 2000.

Cameron follows an ancient Chinese model of reflexology, which believes that emotions are stored in the vital organs of the body.

"With reflexology, we are looking at the well-being of the internal function of the body," she said.

Cameron provides reflexology treatments to clients of all ages including small children.

"It can be helpful for people who suffer from a lot of stress, poor circulation, allergies, any number of things," she said. "I've treated babies for colic. I will even teach the parents what to do, so they can continue the treatment at home."

I wasn't quite sure what I was getting myself into when I walked into The Healing Oasis in Barrie for my treatment.

All I knew was, a woman I had never met was going to rub my feet, my very ticklish feet. Surprisingly enough, I didn't laugh once.

"Honestly, the only person I've ever had laugh during treatment was my own daughter," Cameron said. "Because I use a fairly firm pressure, it doesn't tickle."

The entire experience was relaxing, and although Cameron was only working with my feet, it felt like I was getting a whole-body massage.

After about 30 minutes of determining the "points of interest" that needed to be worked on, Cameron went to work on my feet, massaging areas that connected to my back, and even clearing my sinuses through the tips of my toes.

"This is when clients usually drift off to sleep," she said. "It really is like a full-body massage, but it's not as invasive. I'm only touching their feet."

Cameron said most clients come for treatment once a week in the beginning, before making the switch to monthly visits for maintenance.

"When people are working through physical pain, it isn't a one-shot deal. It's a process, a journey," she said. "Once a month helps to enhance the circulation and relaxation."

Cameron operates Sole to Soul Intuitive Reflexology at various locations in Barrie and Orillia.

For more information or to schedule an appointment, call Deborah Cameron at 826-2365 or e-mail her at [soletosoul@hotmail.com](mailto:soletosoul@hotmail.com).