

Health is at Your Fingertips

Snapshot of the life of Deborah Myers:

- Born in Minnesota, in touch with nature;
- Attended Simpson College in Indianola, Iowa, majored in sociology and psychology, degree in law enforcement;
- Became a probation officer;
- Moved to Colorado, worked in group homes;
- Moved to Colorado mountains, became a real estate broker with her own company;
- Trained and practiced as a mediator for divorce, family and child custody cases;
- Moved to Sonoma County, got real estate, insurance and securities licenses;
- Serious car accident resulting in multiple herniated disks, with pain so severe that she couldn't tolerate physical therapy;
- Healed with acupressure, a gentle, light touch healing and said to herself, "OK, this is what you know;"
- Closed her business, gave away her clients and studied at the Acupressure Institute in Berkeley;
- Has practiced healing touch modalities from her home in Santa Rosa for 12 years.



Reduced to these matter-of-fact elements, Deborah Meyers' life might seem somewhat cut and dry. Not true. An intuitive who obviously follows her instincts, she describes how she and her family discovered Sonoma County: "We were so happy in Colorado, we loved the mountains, we were never going to move. We came out to visit Randy's (my husband's) parents in Carmel, borrowed a car, plopped the kids in and just started traveling the backroads. It was beautiful, misty, and driving toward Santa Rosa, I said to my husband, 'I know we're not planning to move, but this is where we are coming.' We got home, I put together a resume and started getting job interviews. We decided to move. A teacher at the local high school in Colorado called us and said, 'If you ever decide to move I'm buying your house.' Next thing we knew, we were here. That was 1989—the best move we ever made."

By 1995 Deborah was providing healing to clients seeking relief from any kind of pain, from arthritis, fatigue, fibromyalgia, insomnia, allergies, colds and flu, menopause symptoms, stress, emotional imbalances, recovery from

accidents and surgery, and to promote general wellness, vitality and productivity. A key to all of her work is providing self-help techniques that allow healing to continue at home, empowering clients to get in touch with their own bodies. She is a Certified Acupressurist and Jin Shin Jyutsu practitioner. She also has extensive training in women's health issues and other modalities.

From her studio on beautiful Sonoma Mountain Road, which Myers calls "the treehouse," clients enjoy her garden, trees, sky, hawks flying overhead—the healing properties of nature as well as from her hands. One growing area of her practice is working with children. "Kids come to me with learning problems—I call problems 'projects'—and my work helps their bodies and minds get in line. It's blocked energy. A little guy, four years old, or nine or ten, gets into alignment and experiences what it feels like to live in their core—how to swing, pump a bicycle, run with a merry-go-round—where maybe a year before they could hardly speak. It's reprogramming—a reminder. For anyone with acute

physical injury, it's helping the body let go of pain, which is also blocked energy. And in all cases, to BREATHE. So many people don't really know how to breathe," she explains passionately, excitement in every word.

This wife, mother of two grown kids (daughter Nicole, 25, son Chris, 22) has found her true calling. Working hands-on with individuals and teaching workshops to other healers and in corporate settings (see website info) keeps this brilliant healer in a continuous flow of self-perpetuated energy. "I work so intuitively that the energy itself actually gives me the information and what it is searching for. Right away most people feel the difference in relaxation, in comfort level, in just being." Imagine just being Deborah Myers. How energetic!

Health At Your Fingertips
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