

Sole interest

You may have heard of palm readers and even head readers but what about foot readers?
Neil Hudson met one of the UK's most prominent solistry experts and got his feet out

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MENTION the words foot reading to anyone and chances are they will either have never heard of it or will lump it in the same category as nightclub psychics, Tarot card readers and other 'alternative' practices.

Foot reader and reflexologist Jane Sheehan is trying to break away from that judgement by bringing her rather unusual brand of therapy to the masses.

What started out as a party trick for the former Huddersfield business and engineering student has become a full-time profession which has taken her around the world and led to numerous television appearances, including several on *This Morning*.

Jane said: "People think it's flaky, they have preconceptions about it but if you think about it, you use your feet differently depending on your mood or state

of health. "If you are angry, you stamp about, if you are depressed, your shoulders slump, you lean much further forwards on your feet and as a foot reader, I would see that on your feet, because it would affect the circulation, so I would typically notice black or dark purple on the toe pads."

Position

I met Jane at a teaching seminar in one of the conference rooms at The Holiday Inn, Garforth, where she was tutoring half a dozen reflexologists in the art of foot reading.

It's something she has been doing since 2003 and judging by her diary (she's already booked to return to the same hotel in June next year) and the fact her latest book, *Let's Read Our Feet*, recently went into its second edition, foot reading is gaining in popularity.

So what is foot reading?
 Jane said: "Your feet reflect your personality."

"As a foot reader, I look at everything to do with the feet: their colour, size, whether the

tendons are showing, how big the toes are and what position they are in, whether they are pointing inwards or outwards.

"In terms of reading the feet, the right foot relates to a person's past, whereas the left foot is to do with the present.

"For example, a short little toe means you have a great sense of fun and if you can wiggle it separately, it means you have a good sense of adventure, whereas an elongated third toe equates to drive and determination."

Jane got into foot reading after she visited a reflexologist with a friend and admits she considered it a bit of fun at the time.

"In 1999, one of my friends fancied reflexology for her birthday, I thought it was just a beauty treatment but was amazed at what they could tell her about her health.

"When it came to my turn, I had a big emotional reaction to it, I was in floods of tears when she touched my big toe - I had to know more."

Philosophy

She went on: "I studied at the Chiltern School of Reflexology and later came across a book about the mind, body, spirit connection.

"Before that, I thought illness was just about viruses and bacteria, which is the Western perception of disease.

"However, Eastern philosophy teaches that those viruses and illnesses can only invade our bodies if there's another element involved, like feeling low, which allows you to become run down

"If you think about it, you use your feet differently depending on your mood or state of health"



TOOTSIE ROLE: Foot reader Jane Sheehan talks to Neil Hudson

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