



Reflexologist Anne Scardarella.

# Feet reveal all about a person

A WOMAN from Ash says she can read a person's emotions, personality and history – by looking at their feet.

According to reflexologist Anne Scardarella, 47, emotions and personality are imprinted and reflected onto feet, with every bunion revealing something about the person's inner life.

Emotions express themselves through colour, said Anne, with parts of the feet that flash dark red indicating anger, lighter reds meaning excitement, and black suggesting depression.

"Often their feet will flash red when I'm reading them, often around the tips of the toes, which is where the thoughts are," she said. Anne, who has been a holistic therapist for around 10 years, after she became interested in what she could see in people's feet.

She said: "Bunions, hard skin, they all say something about how we have lived our lives. If, for example, you have a bunion, if your big toe leans towards the little toe, it means that you are doing far too much for other people and not enough for yourself.

"The greater the angle, the more out of balance that particular aspect of your life is."

However, she said that it cannot be used to predict the future.

"I can't unfortunately say that you're going to win the lottery next week, or that you'll meet a tall, handsome stranger," she said. She pointed out that feet reading is not a way of dealing with medical issues.

"It can be used in two ways," she explained. "It can be as a fun aspect, as everyone likes to hear about themselves for 15 or 20 minutes.

"On a more serious side, it can help people recognise where their lives are out of balance.

"It can be seen as a complementary therapy rather than a medical issue.

"It's done purely by observation, though I can use gentle questioning to find out what people are doing with their lives."

To those who might say that battered feet are just the result of high heels, Anne said that people choose shoes individually to suit their personalities.

She explained that there may

be a personal or social pressure to wear high heels, leaving the wearer more likely to end up with lumps and sore soles, so the resulting foot blemishes can be read as an effect of the personality, regardless of how they got there.

Anne, who used to work in marketing in the 1980s before she left to have her three children, has also run feet reading parties for the last couple of years.

"All I need is a separate room, as it can bring up a lot of emotional issues which people don't want aired in public, no matter how close their friends are," said Anne. She explained that feet constantly change, with celebrities being a good example of this.

"If you take Britney Spears, when she started off her career, she had beautiful, unblemished feet," said Anne.

"When she had all those problems over her children, they become more gnarled."

She added: "It's something I wanted to do for years.

"It's nice being able to help people and make them feel good about themselves."