

Deborah Myers
Deborah Myers Wellness

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Deborah Myers' Biography

Deborah Myers is passionate about empowering others to live life in a balanced and healthy way. After a car accident that left her with a back injury and chronic pain, Deborah finally found relief through acupressure and Jin Shin Jyutsu. This led her on a personal quest to find out more about these ancient healing techniques.

She graduated as a certified acupressurist from the Acupressure Institute in Berkeley, California, then pursued training under well-respected Jin Shin Jyutsu masters, and made a commitment to share what she had learned with others.

Deborah founded Health At Your Fingertips in 1995 so she could use her knowledge of mind and body to help people find relief from pain, reduce stress, and embody well-being. Today, this thriving endeavor is Deborah Myers Wellness—the go-to resource for energy balancing.

Acupressurist and Jin Shin Jyutsu Practitioner

Deborah addresses your individual needs through one-on-one sessions. She uses gentle acupressure to balance your body's energy system and restore your vitality and wellness.

Creator of Daily Clean Your House Flow animated video program

Originally developed to benefit children in the classroom, Deborah's Daily Clean Your House Flow is an easy self-help acupressure routine that has proven to be effective for people of all ages. This innovative and entertaining program—which includes a book and video—walks you through a series of acupressure poses that reduce stress while increasing creativity, productivity, clarity, and focus.

Workshop Facilitator and Public Speaker

Deborah offers acupressure workshops throughout the year to help you help yourself. An engaging and sought-after speaker, Deborah spreads the wisdom of energy balancing and self-help. Currently, she is developing a series of online trainings.

Workplace Wellness Trainer

To support more people to enjoy better health, Deborah teaches programs designed for the workplace. Businesses find their employees—and their productivity—benefit from Deborah's lively presentation of wellness tips.

For more than 20 years, Deborah Myers has been helping people get and stay healthy. She's built on her degrees in sociology and psychology with an understanding of whole-person wellness. She is on a mission to reach people with the simple fact that we each have the ability to harmonize and balance ourselves.