

Grace Halloran, Ph.D.

REVERSING BLINDNESS WITH TOUCH FOR HEALTH!

In 1979, the National Eye Institute released some very alarming figures regarding visual loss and blindness in this country. It is estimated that over ten million Americans (as of 1979) had visual loss that could not be corrected by any conventional methods. At a cost of over eight billion dollars to the taxpayers, these figures are indeed alarming. However, the most startling fact was the prediction that the four leading causes of blindness--cataracts, glaucoma, senile macular degeneration and diabetic retinopathy would increase over 160% in the next fifty years!

These figures and predictions are totally un-acceptable to me personally, and as a vision specialist and Touch for Health Instructor, I am doing something about it.

My interest in this field came as a personal journey. In 1970, I was told that I would go blind from an inherited eye disease, Retinitis Pigmentosa--a disease that is progressive, starting with night blindness, tunnel vision, and eventual total loss of central vision.

My vision was very poor at that time, and I qualified as legally blind, having less than 20 degrees of peripheral (side) vision. All the doctors told me that there was nothing to be done, and that I would go blind, without hope of treatment or cure!

After learning to read braille and use a white cane, I became very impatient with being blind, and I decided that I would do something about it. I didn't know what, but I had made an important step in my personal journey towards getting my sight back.

After studying nutrition, color therapy, and working with a wonderful vision specialist, Dr. Larry Jebrock, O.D., of Novato, California, I started getting some improvement in my visual functioning.

Then I came across the Touch for Health book, and my vision literally doubled in its field after I had my roommate work on the kidney meridian (feeds the eyes). I was astounded, naturally, and knew that Touch for Health was going to be an important part of my visual program.

I took the Instructor Training with Gordon Stokes in Sonoma, and have used Touch for Health almost every day since! If I go on vacation, I at least balance my son, or whomever is travelling with me.

After finding that I have improved so much, I began working with other people, including my family, especially my mother. Her vision started to improve, and the other people I was working with claimed that they were able to see better, also. I was ecstatic, of course, and seriously began developing a complete visual improvement program for those people that usually have no alternative or treatment other than losing their vision.

Touch for Health is a cornerstone of my program, and all my clients that come (from all over the United States) stay for three weeks and are, of course, taught Touch for Health as well as other disciplines that I have found to be of great benefit to the visual process.

Some of the other problems that this program has benefited are: senile macular degeneration (the deterioration of the ability to see clearly centrally, therefore making it almost impossible to see in the center, drive a car, or read or watch television), glaucoma (pressure inside the eye that can lead to blindness) and amblyopia, or turned eyes, where one usually shuts off the pathway to the brain to avoid double imagery. Glaucoma is treatable by eye medication, and sometimes surgery is beneficial. However, there are a great many people who become intolerant of the medication, or immune to it, and they begin to lose their vision.

These are all some of the varied types of eye problems that have been

successfully regenerated with the vision program I have developed. And my latest client, a woman from Ohio, had a cataract that had been developing for over 18 months completely disappear in the three weeks she was here. I think that it was an unusual cause, however.

I have been having these clients independently monitored by an eye doctor, Dr. John Downing in Mill Valley, California. His before and after checkups have shown that the last five clients with varying types of vision problems, including the cataract clients, have all shown 'significant' improvement. Armed with those statistics, I am looking forward to setting up a larger work program and increasing our documentation base.

Some of the other disciplines that I teach to the vision clients range from nutrition to color therapy. A great deal of training time involves the power of the mind, and how positive attitudes and positive affirmations can help tremendously.

I have been fortunate to research over forty acupressure points that stimulate the visual system, and to train the people coming to work with me how to use the art of acupressure on themselves. Ninety-five percent of the techniques I use are taught to the clients. The only part at the present time that is not available for home usage is the use of the Electro-Acuscope instrument. I am involved in a research project using this instrument on vision problems. When the results are ready, I will be happy to make them available to you through this journal.

A lot of my clients are referrals from other Touch for Health Instructors, and I just want to thank you all for your support and interest.

The visual system is a complex part of our body, and although we are all taught how to brush our teeth at an early age, none of us have been really taught how to take care of our most precious gift, our sight!

I am including some of the acupressure points that I use--they are general and will help both in prevention of eye strain and helping some minor vision problems.

I welcome feedback, and if there is any interest in in-depth training, please notify me or the Touch for Health Foundation.

With the use of Touch for Health and some of the other techniques, I can say that we are surely going to be able to change the predicted statistics of 160% increase in blindness in this country. It will take time, perseverance and constant awareness to the problem. Thank you for your help.

P.S. For those who may or may not know, I am 80% back to normal vision, and feasting my eyes on the sunsets in the evenings, children's smiles and tears, and birds in the trees. With faith, and the work of John Thie, Mary Marks, Gordon Stokes, and all those dedicated and blessed people, I'm sure proud to be part of the Touch for Health family, and I know we will make a difference in people's lives by bring better quality, through better health, and in many cases, clearer vision!

BASIC VISION IMPROVEMENT TECHNIQUES
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"HOOK" POSITION

PURPOSE: To relax visual cortex, release emotional stress, and to improve spinal alignment.

PROCEDURE:

1. Lay on flat surface
2. Raise knees, so feet are flat on surface.
3. Close eyes gently.
4. Cover eyes with cupped palms.
5. Rest fingertips on forehead, leave nose free.
6. Take in ten to 15 deep breaths.

RECOMMENDATIONS:

This procedure can be done at any time during the day. Use 'palming' alone if unable to lie down briefly. Using palming and deep breathing frequently for short periods of time during the day is very effective in allowing the visual cortex to relax and improve the healing process.

EYE SQUINCHING

PURPOSE: Aids in building eye muscle strength and co-ordination. Increases tear flow activity. Excellent for improving nearsighted conditions. However, this is a major, general purpose technique.

PROCEDURE:

1. DO NOT DO IF WEARING CONTACT LENS!
2. Close eyes tightly, squinching as tightly as you can.
3. Hold muscles tensely for 5 seconds.
4. Try and relax other facial muscles, isolating eyelids for total muscle stimulation.
5. Open eyes widely, as wide as you can.
6. Take in deep breath.
7. Repeat procedure five times.

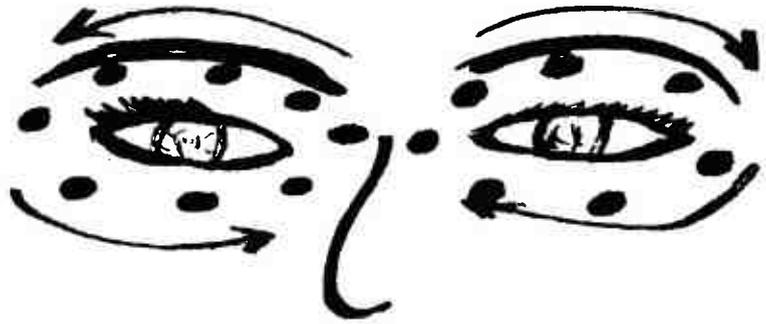
RECOMMENDATION:

Begin slowly, and build up to a series of five times, at least five times daily. Like in body building, begin slowly to avoid muscle strain.

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ACU-EYE-POINTS

To increase circulation and relieve tension to eye area, apply firm finger pressure to the points in diagram.



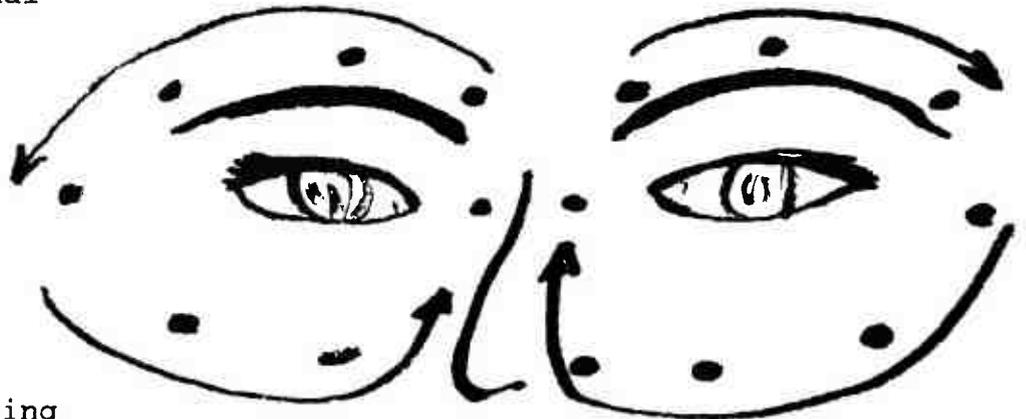
Hold each point for seven seconds. Lift finger off face before moving to next point.

Repeat procedure three times.

If any area is tender or painful, that may indicate 'blocked' energy flow.

Stimulate these points daily for improved visual function.

If under stress or reading a lot, use them more frequently.



At points on either side of nose, use a pinching position with thumb and index finger.

Take deep breaths while pressing all eye-points.

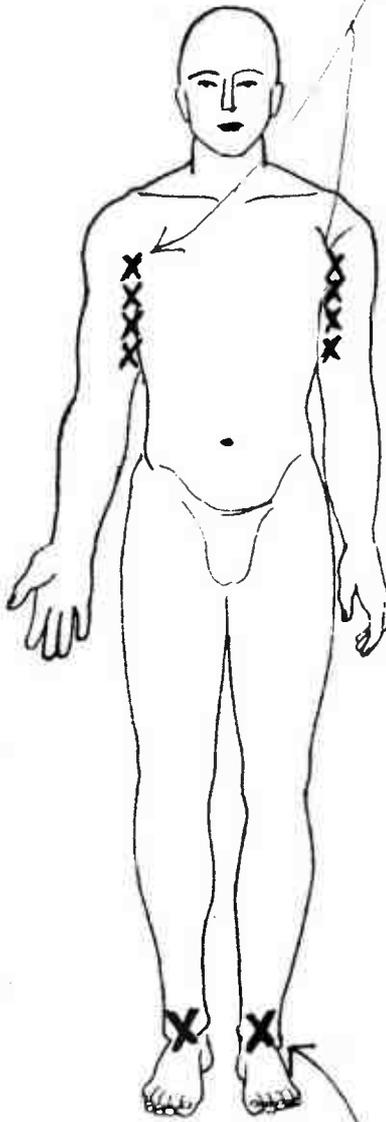
THESE POINTS ARE BENEFICIAL IN PREVENTION OF MYOPIA, (NEARSIGHTED) ESPECIALLY WHEN TAUGHT AND USED BY EARLY GRADE SCHOOL CHILDREN.

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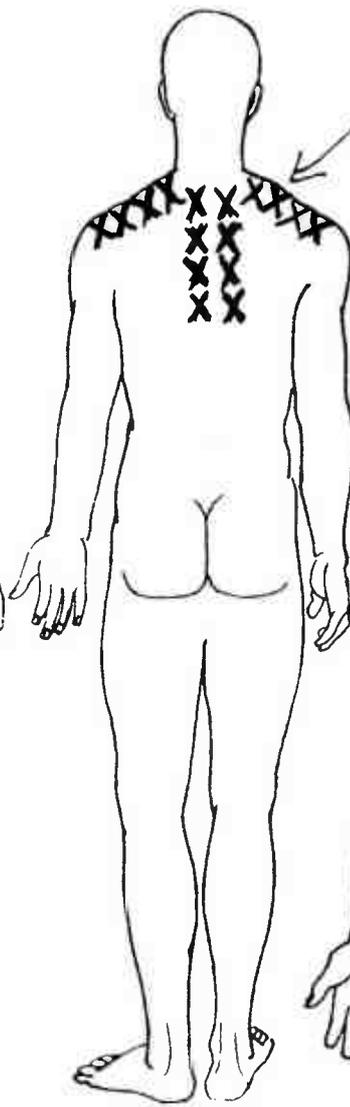
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ACU-EYE-POINTS

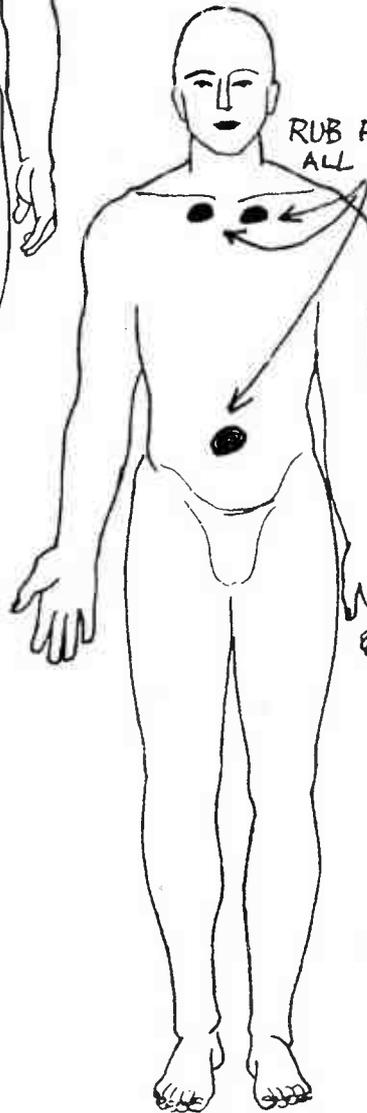
RUB FIRMLY
Lymph Drainage for Eyes



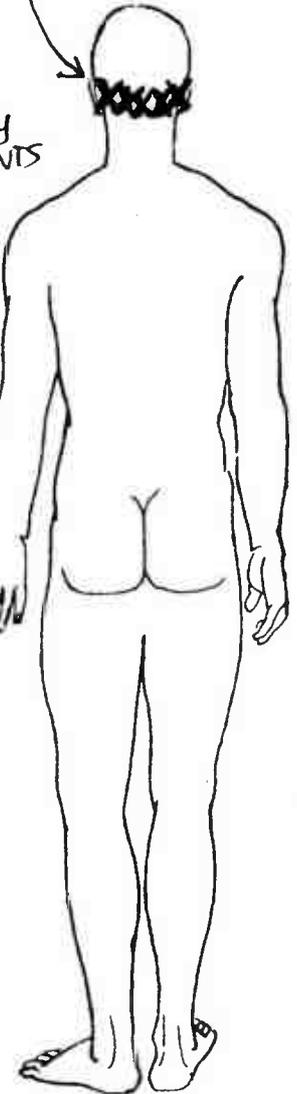
PRESS 30 SECONDS
FOR TENSION RELIEF



PRESS FIRMLY
30 SECONDS



RUB FIRMLY
ALL 3 POINTS



PRESS FIRMLY
30 SECONDS