

AN INTRODUCTORY PRESENTATION – PURPOSE OF TOUCH FOR HEALTH

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When presenting the concept of Touch for Health to students for the first time I use this diagram. (See illustration #1)

Touch for Health is a system by which we are able to test, via muscles, internal levels of energy. This energy is found in the form of a clear liquid traveling within a tube-like vessel, no larger than one inch in diameter. The meridians, or energy paths, lend vitality to all parts of the body. This vitality extends beyond the dense, physical body for a minimum of two inches. Some of you may be more familiar with the terms: force field, electrical field, magnetic force, halo, aura, or energy field.

These energies link the molecules, atoms, cells, tissues, organs, glands and the systems. The meridians are the liaison between you and all parts of yourself; physical, mental and emotional. When testing for energy levels it is beneficial to compare the meridians to an electrical circuit.

The muscle being tested becomes the light switch. Should the light switch fail we do not know if the light switch is faulty or if there is a break in the circuitry. (See illustration #2). It is most important to keep in mind that our testing yields information about energies and their relationship to muscles and organs. We know NOTHING about the physiology of the organ to which the muscle relates; we know only about the flow of energy, or circuitry, to a particular organ.

If the energies are flowing freely, the muscle being tested will "lock" when pressure is applied and the direction, "And hold", is given. Should the muscle test "unlocked", we have six choices of correction. (See illustration #3)

There is six times as much lymph fluid as blood. The lymph system is the ONLY system which does not have its own pump. If we do not move the lymph fluid, it holds onto the toxic wastes which we take into our bodies through the water we drink, foods we eat, and the air we breathe. Therein lies the importance of exercise. If we do not move the toxicity, dis - ease has a fertile environment in which to manifest. Lymphatic corrections are massaged.

The circulatory corrections, or neuro-vasculars, are points to be held, mainly on the head. The tips of the fingers are held on specific places to encourage blood flow to the needed area.

The third method to be employed is meridian massage. By running your hand along a meridian pathway, it serves as a reminder to the body's electrical system to reconnect. The body responds to a meridian massage when directly touching or within two inches.

Acupressure points are related to the science of acupuncture. The only difference is that we use our fingertip pads in place of needles. This fourth correction stimulates specific areas along the meridian pathways. To employ the acupressure holding points, touch at the specific area and hold for about thirty seconds.

Remembering that the muscle acts as the light switch of the body's electrical system, it is possible to have a faulty light switch. Should the corrections used yield no change in the muscle response, the muscle, itself, may need strengthening. This involves massaging at the origin/insertion or the spindle cells.

The last technique which Touch for Health uses to rebalance is nutrition. This affords the student the ability to see and feel the

dramatic effect of food on the body. The food substance is to be placed in the mouth, then, test the muscle.

Those are the six strengthening techniques available. Although the body energy affects the functioning of the organs, we know nothing about the physiology or structure of the organs.

The purpose of Touch for Health is to teach people how to maintain balance. The balance of which we speak is to allow body energies to flow, uninhibited, from the top of the head to the tip of the toes. If the body is in balance, dis - ease is not a choice. In the world of holistic health, there exists no such word as disease, the word is dis - ease, meaning out of ease or out of balance. So, we come to understand that should we choose health, or balance, we lose dis - ease, or imbalance.

How do we maintain that balance? The acronym DERM answers that question. One way to assist the body in staying in homeostasis is by following the laws of D.E.R.M. D is for Diet, E is for Exercise, R is for Rest and M is for Mental Attitude, emphasizing a Positive Mental Attitude. Touch for Health embraces and encourages following these inherent laws of health.

