

VICTORY IN SIGHT!

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THE SUMMER OF 1984 IS A TIME THAT THE WORLD WILL BE TURNING ITS FOCUS ON THE ATHLETES THAT WILL BE COMPETING FOR THE 'GOLD'. ALL OF THESE ATHLETES ARE WINNERS ALREADY. THEY HAVE SET THEIR GOALS, AND WORKED HARD AT ACHIEVING THEM. THEIR COURAGE AND DETERMINATION IS ALWAYS INSPIRING TO US ALL. THIS SUMMER IS A TIME FOR REWARDING PEOPLE WHO HAVE ACHIEVED THEIR GOALS.

THERE ARE A NUMBER OF OTHER PEOPLE WHO HAVE SET GOALS AND HAVE BEEN IN TRAINING. THEY DO NOT HAVE THE ATTENTION OF THE MEDIA, NOR IS THERE A GOLD, SILVER OR BRONZE MEDAL WAITING TO BE PLACED AROUND THEIR NECKS. BUT WHAT THEY HAVE DONE IS TRULY AS INSPIRATIONAL AS THE WORLD CLASS ATHLETES. THEY HAVE REGAINED LOST VISION! VISION THAT WAS LOST, AND HAD BEEN TOLD WOULD NEVER RETURN TO THEM.

TOUCH FOR HEALTH HAS PLAYED A VITAL ROLE IN THE RECOVERY OF THESE PEOPLE'S SIGHT. I WAS INTRODUCED TO TOUCH FOR HEALTH ALMOST SEVEN YEARS AGO, AND HAVE USED IT EVERYDAY IN MY WORK, TEACHING AND TRAINING PEOPLE WHO HAVE HAD TRADITIONALLY 'UNTREATABLE' EYE CONDITIONS.

CONDITIONS SUCH AS RETINITIS PIGMENTOSA, AN INHERITED AND GENETIC EYE DISEASE WHICH SHOWS UP AS EXTREME NIGHT BLINDNESS AT FIRST AND LATER AS NARROWED FIELDS OF VISION, OR TUNNEL VISION; AND SENILE MACULAR DEGENERATION, WHERE A PERSON LOSES THEIR ABILITY TO SEE CENTRALLY. THE ABILITY TO READ AND DRIVE AND PARTICIPATE IN RECREATIONAL ACTIVITY IS TREMENDOUSLY IMPAIRED IN PEOPLE WHO HAVE THIS EYE CONDITION. ALMOST A HALF MILLION AMERICANS A YEAR ARE DIAGNOSED WITH THIS DISORDER. FOR ALMOST ALL, THERE IS NO TREATMENT AVAILABLE.

THE REASON I BECAME SO INVOLVED WITH TOUCH FOR HEALTH AND PEOPLE WHO ARE SO SERIOUSLY AFFECTED VISUALLY, IS BECAUSE FOR ALMOST 8 YEARS OF MY LIFE, I WAS CONSIDERED 'LEGALLY' BLIND. I USED A WHITE CANE, STUDIED BRAILLE, AND HAD READERS WHEN I WENT TO COLLEGE. I HAVE RETINITIS PIGMENTOSA, AS WELL AS MY ENTIRE FAMILY, AND ALTHOUGH I AM NOT CURED, HAVE REGAINED 80% OF NORMAL VISION. I KNOW FROM PERSONAL EXPERIENCE HOW POWERFUL THE COMBINATION OF POSITIVE MENTAL ATTITUDE AND TOUCH FOR HEALTH CAN BE.

PEOPLE WHO ATTEND THE INTENSIVE TRAINING HAVE COME FROM ALL OVER THE WORLD. WE HAVE HAD PEOPLE FROM EUROPE, NEW ZEALAND, AND WE HAVE HAD INQUIRIES FROM INDIA, ISRAEL AND MEXICO. MANY OF THIS EXPOSURE HAS BEEN FROM TOUCH FOR HEALTH INSTRUCTORS THAT HEAR OF MY WORK. I CANNOT THANK YOU ALL ENOUGH FOR YOUR SUPPORT AND SINCERE INTEREST IN HELPING OTHERS. I THINK THAT THE ONLY WAY I CAN TRULY THANK YOU ALL IS TO KEEP UP THE OUTSTANDING RESULTS WE HAVE BEEN ACHIEVING, AND IN SO DOING, JUSTIFY YOUR SUPPORT.

THE THREE WEEK INTENSIVE TRAINING SESSIONS INCLUDES, IN ADDITION TO TOUCH FOR HEALTH, EDUCATION IN THE FOLLOWING AREAS:

1. ELECTRO-ACUSCOPE, A BIO-ELECTRICAL STIMULATOR TO ENHANCE THE HEALING PROCESS. A RECENT AND REVOLUTIONARY INSTRUMENT THAT IS BEING USED IN MOST SUCCESSFUL PAIN CONTROL CLINICS, AND IS TURNING THE SPORTS MEDICINE FIELD COMPLETELY AROUND. MANY OF THE WORLD CLASS ATHLETES THAT HAVE BEEN INJURED RECENTLY HAVE BEEN EXPOSED TO THE MAGIC OF THIS MACHINE. WE ARE THE ONLY ONES USING THE ELECTRO-ACUSCOPE FOR EYE CONDITIONS ON A FULL TIME BASIS. THE RESULTS HAVE BEEN OUTSTANDING!

2. RETINAL-STIMULATION, BASED ON THE REVOLUTIONARY COLOR THERAPY INSTRUMENT DEVELOPED AT THE CENTER FOR EYE HEALTH EDUCATION. THE EYE IS A LIGHT-SENSITIVE ORGAN, AND WHEN THE RETINA IS FUNCTIONING PROPERLY, SHAPE AND COLOR IDENTIFICATION ARE INSTANT. IN THE CONDITIONS WE WORK WITH, THIS IS GENERALLY NOT THE CASE. THIS MACHINE HAS BROUGHT BACK COLOR AND SHPAE VISION TO MANY CLIENTS WHO HAD LOST IT ALMOST COMPLETELY!

3. BIOFEEDBACK, AND STRESS MANAGEMENT. THE STRESS OF POOR VISION IS IN ITSELF A MAJOR PROBLEM TO VISION. BY IDENTIFYIG THE EXACT CENTERS OF MUSCULAR TENSION AND BY EDUCATING THE CLIENT IN STRESS MANAGEMENT, THE RESULTS ARE IMPROVED CIRCULAION, AND FREQUENTLY, IMPROVED SIGHT.

4. NUTRITION. IT IS OBVIOUS THAT NUTRITION IS AN IMPORTANT FACTOR IN WORKING WITH SERIOUS EYE DISORDERS. WE ASK EACH CLIENT TO KEEP A TWO WEEK DIET DIARY, AND MAKE TOTAL, INDIVIDUAL NUTRITIONAL EVALUATIONS.

5. POSITIVE MENTAL PROGRAMMING, INCLUDING VISUALIZATION AND POSITIVE AFFIRMATIONS AND AUTO-GENIC TRAINING.

6. ACUPRESSURE, SPECIFICALLY DESIGNED TO STIMULATE TOTAL VISUAL FUNCTION AND EYE HEALTH. I HAVE DEVELOPED AND RESEARCHED AND PUT TOGETHER OVER FORTY ACU-EYE POINTS, AND EACH CLIENT IS TAUGHT HOW TO APPLY THESE TECHNIQUES.

7. YOGIC-TYPE STRECH EXERCISES AND EYE EXERCISES. STIMULATION OF THE CARDIO-VASCULAR SYSTEM IS VITAL TO IMPROVING SIGHT.

CLIENTS COME TO THE CENTER FOR THREE WEEKS, AND PARTICIPATE IN TRAINING SESSIONS, ON A ONE ON ONE LEVEL, AS WELL AS IN GROUP SESSIONS THREE TO FIVE (3 - 5) HOURS MONDAY THROUGH FRIDAY.

FROM THE LAST TWO YEARS OF INDEPENDENT DOCUMENTATION ON THE RESULTS, I FEEL THAT IT WON'T BE LONG BEFORE WE WILL HAVE AN IMPACT ON HOW PATIENTS ARE TREATED WHEN THEY ARE DIAGNOSED WITH THESE CONDITIONS! INSTEAD OF BEING TOLD THAT THERE IS NOTHING TO BE DONE TO IMPROVE THEIR CONDITION, AND THAT THEY SHOULD GO HOME AND ACCEPT THEIR FATE, I FEEL THEY SOON WILL BE TOLD ABOUT ALTERNATIVE SELF-HELP TECHNIQUES.

A GOOD START AT INFORMING THE MEDICAL PROFESSION BEGAN WHEN I

RECENTLY DELIVERED A PAPER ON THE RESULTS OF MY WORK AT THE AMERICAN HOLISTIC MEDICAL ASSOCIATION. AT THE CONVENTION, HELD IN WICHITA, KANSAS, THERE WERE MEDICAL DOCTORS AND HEALTH PRACTITIONERS FROM ALL OVER THE WORLD. THEIR RECEPTION OF THE PAPER WAS OVERWHELMING! OF COURSE, THEIR AWARENESS OF ALTERNATIVE HEALTH CARE WAS WELL ESTABLISHED, SO IT WAS NOT A DIFFICULT TASK OF EXPLAINING HOW POWERFUL ALTERNATIVE TECHNIQUES COULD HAVE SUCH A POSITIVE IMPACT ON THESE 'TRADITIONALLY' UNTREATABLE EYE CONDITIONS. MANY OF THE HEALTH CARE PROFESSIONALS HAD COME IN CONTACT WITH TOUCH FOR HEALTH, AND ALL WERE AMAZED AT THE TYPE OF RESULTS WE HAVE BEEN ACHIEVING AT THE CENTER FOR EYE HEALTH EDUCATION.

THE RESULTS, (SEE GRAPH AND DIAGRAM), HAVE BEEN INDEPENDENTLY MONITORED BY TWO EYE DOCTORS IN THE SAN FRANCISCO BAY AREA. DR. ELIOT KAPLAN, A VISION SPECIALIST IN BERKELEY, CALIFORNIA, AND DR. GREGGORY KING OF SANTA ROSA, CALIFORNIA HAVE BEEN TESTING FUNCTIONAL VISION PRE AND POST TRAINING. BY STANDARDIZING THE TESTING, WE HAVE BEEN ABLE TO RECORD THE PROGRESS THE CLIENTS ACHIEVE IN THE THREE WEEK TRAINING.

THE TESTING INCLUDES, BUT IS NOT LIMITED TO THE FOLLOWING VISUAL FUNCTIONS:

1. ACUITY. THE ABILITY TO SEE CLEARLY IN THE DISTANCE AND AT NEAR.
2. COLOR PERCEPTION. THE ABILITY TO IDENTIFY 12 COLOR PLATES, SPECIFICALLY DESIGNED TO DETERMINE COLOR BLINDNESS.
3. FIELD OF VISION. THIS TEST MEASURES PERIPHERAL VISION.
4. DEPTH PERCEPTION AND BINOCULARITY. MEASURES THE ABILITY FOR THE CLIENT TO USE BOTH EYES TOGETHER.

OTHER PHYSIOLOGICAL MONITORING THAT THE CLIENTS HAVE HAD DOCUMENTED IS IN THE AREA OF BIOFEEDBACK EVALUATIONS:

1. EMG. MUSCLE TENSION LEVELS IN THE FRONTALIS AND TRAPEZISUS MUSCLES.
2. TEMPERATURE. SKIN TEMPERATURE OF THE EXTREMITIES TO INDICATE CIRCULATORY PROBLEMS.
3. BLOOD PRESSURE. ANOTHER FACTOR VITAL TO HEALTHY EYES.

THE BIOFEEDBACK EVALUATION WAS DONE BY A CONSULTANT, AND STRESS MANAGEMENT SPECIALIST, BARBARA EHLERS, R.N. AND TOUCH FOR HEALTH INSTRUCTOR. CLIENTS WERE MEASURED IN THE ABOVE AREAS PRE AND POST TRAINING DURING THE THREE WEEK'S STAY.

THE RESULTS WERE TYPICALLY:

1. IMPROVEMENT IN ALL VISUAL FUNCTIONS
 - A. ACUITY, COLOR, DEPTH, AND FIELDS OF VISION.

2. LOWERING OF TIGHT MUSCLE GROUPS, LOWERING OF BLOOD PRESSURE, AND INCREASING SKIN TEMPERATURE WHEN APPROPRIATE.

CASE EXAMPLE:

JOE, 58 YEARS OLD. DIAGNOSED WITH RETINITIS PIGMENTOSA, HAS ONE BROTHER WITH SAME DIAGNOSIS. HAD TO RETIRE EARLY FROM THE NEW YORK CITY POLICE DEPARTMENT BECAUSE OF VISUAL LOSS. IN GOOD HEALTH OTHER THAN FAILING SIGHT. HAS DIFFICULTY GOING FROM LIGHT TO DARK, DIFFICULTY IN READING, AND NOTICES THAT EYES ARE DETORAIATING AT AN ACCELERATED RATE IN LAST YEAR.

VISUAL EXAMINATION SHOWED THE FOLLOWING:

1. PRE TESTING OF DISTANCE ACUITY MEASURED AT 20/200. POST TESTING REVEALED 20/30! A REMARKABLE IMPROVEMENT.

2. PRE MEASUREMENT OF THE RIGHT EYE HAD LESS THAN 15 DEGREES OF FIELD OF VISION. POST MEASUREMENT SHOWED MORE THAN FOUR TIMES THE ORIGINAL FIELD!

3. PRE MEASUREMENT OF THE LEFT EYE HAD LESS THAN 5 DEGREES OF FIELD OF VISION. POST EVALUATION SHOWED MORE THAN DOUBLE THE ORIGINAL FIELD.

4. PRE EXAM, CLIENT WAS ABLE TO IDENTIFY ONLY ONE (1) OF TWELVE (12) COLOR PLATES. POST EXAMINATION JOE WAS ABLE TO IDENTIFY EIGHT (8) OF THE TWELVE COLOR PLATES!

5. PRE EXAMINATION INDICATED NO DEPTH PERCEPTION, AND NO BINOCULARITY (ABILITY TO USE BOTH EYES TOGETHER). POST EXAM SHOWED DEPTH PERCEPTION AND BINOCULARITY, INDICATING BOTH EYES TURNED ON AND WORKING TOGETHER!

BIOFEEDBACK EVALUATION PROVIDED THE FOLLOWING OBSERVATIONS:

1. PRE TRAINING, BLOOD PRESSURE WAS NORMAL TO HIGH NORMAL 130/80. POST EVALUATION WAS 120.75.

2. PRE MEASUREMENT OF THE EMG, FRONTALIS WAS MEASURED AT 6+. POST MEASUREMENT WAS 1.5 (LOW NORMAL, AN EXCELLENT RATE).

3. PRE EVALUATION OF THE SKIN TEMPERATURE (INDEX FINGER), MEASURED IN NORMAL RANGE AT 86.6. POST TRAINING WAS SAME.

THIS IS JUST BUT ONE OF MANY CASE EXAMPLES THAT PORTREY SIMILIAR FINDINGS IN PRE AND POST MONITORING BY INDEPENDENT OBSERVERS. A TOTAL OF FORTY-FOUR (44) OUT OF FIFTY (50) HAVE SHOWN 'SIGNIFICANT' IMPROVEMENT. (REFER TO GRAPH ON TOTAL CASES WORKED WITH) SOME CASES, SUCH AS JOE'S ARE MORE SIGNIFICANT THAN OTHERS, HOWEVER, THE CLIENTS

ARE PLEASED TO SEE SOME INITIAL EARLY RESULTS. ESPECIALLY IN LIGHT OF THE FACT THAT THEY WERE SET ASIDE AS 'HOPELESS' MEDICAL CASES, NOT TO BE DEALT WITH IN ANY THERAPUTIC MANNER.

THE CENTER FOR EYE HEALTH EDUCATION HAS DEVELOPED A HOME TRAINING CASSETTE PROGRAM FOR THOSE PEOPLE WHO ARE UNABLE TO ATTEND THE INTENSIVE TRAINING, AND WE ARE PRODUCING THE COLOR THERAPY INSTRUMENTS FOR VISION IMPROVEMENT. OUR GOAL IS TO EDUCATE THE MILLIONS OF PEOPLE WORLD WIDE THAT ARE SUFFERING FROM 'UNTREATABLE' VISION LOSS. WE BELIEVE THAT AN AGGRESSIVE SELF-HELP THERAPY PROGRAM CAN AND DOES AID IN THE MAINTAINANCE AND IMPROVEMENT OF THESE SERIOUS EYE DISORDERS.

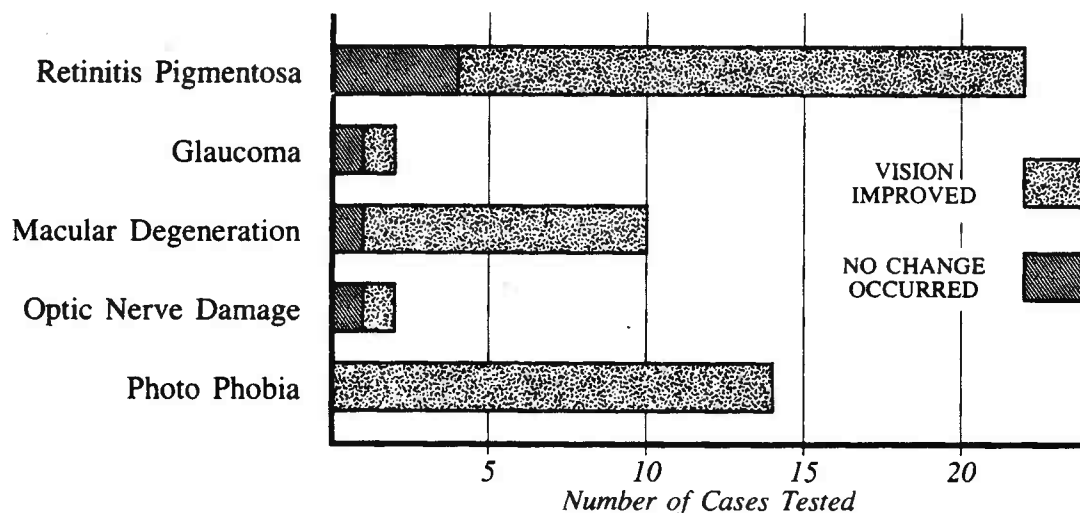
AS FAR AS I'M CONCERNED, I THINK TOUCH FOR HEALTH WINS THE 'GOLD' EVERY TIME!

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Applied kinesiology, or as it is more commonly called, Touch for Health, is a powerful preventative and curative discipline based on the science of applied kinesiology and uses the oriental acupuncture

paradigm as a guide for balancing body energies. Touch for Health self-help techniques are taught to all clients and attending family members so that they can continue to maintain their health and well-being when the on site training is completed.

Halloran has researched and developed over 40 acupressure points that aid in stimulation of blood circulation to the visual system. Clients are taught how and where to apply pressure.



This graph illustrates the results of tests on 50 cases with vision impairment. As indicated, 44 showed improvement using proper vision therapy, six showed no change.