

TOUCH FOR HEALTH WORLD WIDE

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We are people who heal by touching. There is more to healing than touching, of course. Different types of touching are more effective for individual people and problems.

For myself, Touch for Health allows me to make certain I have applied a method which has proven effective. We now know that TFH methods affect the whole person. Touch for Health began with the structural/chemical/psychological trangle of chiropractic and applied kinesiology. I would add the spiritual dimension -- the necessity of a person to realize his connection with the Universal Oneness. For me, that has been a fuller understanding of Christianity. I have given my life to serving, knowing and loving God, and have fully accepted that Jesus Christ is the way for me.

I visualize TFH's healing process as a circle which can incorporate a variety of new, old and changing techniques that benefit the whole person. For example, we learned that music and sounds could be an important way of "touching" people. As Touch for Health developed we were shown the healing properties of light, sound and vibrations.

Touch for Health became an "open door" for others who discovered new aspects of healing. From the beginning we wanted

TFH to remain a people's movement, including individuals from all academic and experiential levels who would share their commonality of ethically and morally touching for health.

To accomplish this, we provided a simple body of information called Touch for Health -- a method that was not static, but growing and expanding. We permitted anyone to utilize TFH techniques with the freedom to add or subtract portions. The only restriction was: If you call it Touch for Health, do it according to the book. Thus, Touch for Health is a tool. When you call a program Touch for Health, you proceed in a prescribed way. When you add things we asked that you differentiate between TFH basics and modifications with your own methods. This rule has been respected and now various modifications are being taught and shared by many people.

I believe it is now time for Touch for Health enthusiasts to assume more responsibility for the organization. We have created an umbrella -- an ever-expanding circle of healing experience of which the tool called Touch for Health is one part.

The circle is a unique symbol. It represents the infinite. In the 1600's the French theologian Pascal said that God is a circle of which the center is everywhere and the circumference is nowhere. The circle also represents the finite. It is both boundless and the bounded, the divine and the human. By adding rays, it is an emblem of the sun. When spokes are added, it represents the wheel. Divided by an "S" shape, it becomes the Yin-Yang symbol of meridian therapy.

I believe we can formulate ever widening programs that will

fit into our circle of healing by touch. I personally want to step away from the controlling position and find others to lead this organization so that it will continue to allow people to share the basic principles of Touch for Health. This year I have stepped away symbolically by not addressing the closing meeting. I am here as a fellow member who is vitally interested in seeing that this organization continues to help people through touch. I will continue to train people, using TFH as a tool. I believe this tool should be available to everyone from school children to the most highly trained professionals. How successfully the tool can be utilized is up to you as individuals. I will be part of this non-profit organization as long as I am not restricted in my freedom, and as long as those who join me maintain integrity, congruity and love for one another. I will work to expand our circle so that we enjoy the common goal of love and trust.

I will be adding new elements to the Touch for Health course as they are discovered by others and shared with me. I evaluate ideas and techniques which prove to be consistently effective. Their merit usually becomes evident during a period of years. My plan is to revise the Touch for Health Manual as time goes on. I deeply appreciate the "corrections" offered by you. Your input makes the material more understandable. I value ideas that allow our methods to be learned more quickly, including differences of opinions as to the position of reflexes and the many other suggestions about how our material can be shared more effectively. Please keep sending me written ideas

about revision, as I am now gathering all modifications and additions I will add to the book.

A REPORT ABOUT TOUCH FOR HEALTH WORLDWIDE

Since our last meeting I have traveled with Carrie, my wife, and spoken about Touch for Health in 11 countries. I was met with enthusiasm everywhere. People all over the world are utilizing TFH techniques. This year the Touch for Health Manual was printed in German and French. The books are selling well in both countries, and we plan to appoint faculty members to serve the French and German people in their own language.

My experiences in Europe confirmed a principle I noticed when first developing Touch for Health here in the United States. This is that the basic Touch for Health techniques are the key to solving most problems. The simplicity of TFH techniques gives people the impression that much more must be learned to be effective. They assume that the meridian theory of TFH is not enough.

When I was first developing the techniques I tried short cuts, which often turned out to be detours. Very quickly I learned to begin all public demonstrations and Touch for Health Instructor Meetings with the basic TFH balancing. Instructors were often surprised by the power of this tool.

People often think that Touch for Health courses I, II, III and the Doctor's and Assistant's Applied Kinesiology Course are set up in order of progressive effectiveness, but the order is reversed. In my opinion, Touch for Health is the most important and most effective touch for healing. The other materials are shared because they too have merit. Many instructors assume that additional courses are really advanced courses -- meaning they contain better, more effective healing techniques.

I can only tell you that in running my large and successful clinic, I see the best result when I use the basic 14 muscle balance first. The second step may be utilizing techniques of applied kinesiology's approach. I also try other techniques that are restricted to licensed chiropractors by California law and other jurisdictions.

To explain my approach, I like the analogy of American football--a game in which the fundamentals must be applied in every play if the team is to win. The fundamentals of American football are blocking, tackling and a thorough knowledge of rules (to avoid penalties). In Touch for Health, the fundamentals are the 14 muscle balance, ESR, Cross Crawl and food (allergy) testing. If these are not carefully dealt with, then additional techniques may fail. In football, fancy plays and unusual strategy may look spectacular. However, missed blocks and tackles will eventually result in losing the game.

My recent travels have underlined the fact that there is now a worldwide audience for Touch for Health. I plan to visit other countries once a year in the future, and invitations from groups and individuals in other countries will be welcome.

I found great interest in initiating an Annual TFH meeting in Europe. I would like to be a part of this and encourage Americans to attend and also visit other TFH instructors in Europe. Hopefully, at this 1984 meeting we can choose a host country. I suggest fall as an excellent time of year to visit Europe. Such a schedule would allow us to publicize it at the U.S. Annual Meeting so that members could plan to attend. It is possible that attendance at either the U.S. or European meeting would fulfill the certification requirement for those who are not actively teaching Touch for Health.

In Europe many medical doctors and therapists are interested in the theory and use of Touch for Health. For example, I spoke at hospitals, at the British School of Osteopathy and at universities. The reception given me by the medical establishment was very gratifying, and I am sure that the impressive contacts made by Touch for Health instructors in Europe will result in more investigation by health care professionals. When I speak of "the establishment," I refer to medical doctors, their assistant, psychiatrists, psychologists and social workers who specialize in counseling. Also included are registered nurses, physical therapists, some of whom are now working independently.

In Britain, our first overseas faculty member, Brian Butler, has pioneered the British Touch for Health Association, whose General Annual Meeting and Seminar occurred while I was in Europe. I was honored to be the guest speaker and can verify that TFH is doing very well in Britain.

Poland deserves special mention because my invitation to give a paper at the International Meeting in Warsaw was the reason for my trip to Europe. In addition to the Warsaw conference, I spoke more than once a day while in Poland and met with health specialists including the Central Organization of Sports at the Olympic Training Center. I was also invited to demonstrate Touch for Health for Polish Olympic athletes, their coaches, trainers and doctors. I found them very receptive and was invited to return and train the Olympic Training Staff. I did return, and for three weeks trained the Olympic Biological Recovery Staff and doctors. My lectures were translated by an interpreter and the classes were video taped. The directors of this program informed me that these were the most popular and well-attended classes in the history of the organization. They felt the material was helpful to their program. More importantly, the TFH training inspired the class members to realize they were all part of one team, working for the improvement of the athletes' performance -- a goal they had desired but not yet accomplished.

Touch for Health is also very active and successful in Australia and New Zealand. Special credit belongs to the leadership and teaching ability of Dr. Bruce Dewe, M.D. and his wife, Joan. New Zealand has scheduled its Third Annual General Meeting the last week of September. Australia's First Annual General Meeting takes place the first week of October. I am honored to be the featured speaker at both meetings. Any of you here are welcome. Representatives at this Ninth Annual Meeting will be happy to discuss the details with you.

I would like to commend some of our outstanding TFH instrustors in the following countries:

CANADA: Jennifer Garrett, Marie Featherston, Yvette Eastman, Dominique Dufour, Verna D.H. Hunt, D.C., George Milne, D.C., Mary Jo Bulbrook, Patricia J. Wales, D.C., Jane Faint-Kieran, Heidi Ship, A.D. Rowley, R. N., Colefn Quinn, Spiros Lenis, Ph.D., Yousri Karakand and Marion Hafley.

ENGLAND: John English, Natalie Davenport, Brian Butler, Charles Benham, John and Heather White, Kay McCarroll, Elizabeth Andre's and more than 50 other instructors

THE NETHERLANDS: Joan Voors, Vera Vandersleesen, Coby Schasfoort and the entire group of Dutch Touch for Health associates.

DENMARK: Grethe Fremming, Kristin Bielke

NORWAY: Dag and Eva Galteland, Asta Tusberg

WEST GERMANY: Susan Fassberg, Alfred Schatz and his wife, Suzanne

NEW ZEALAND: Joan and Carolyn Dewe, Bruce Dewe, Pat Cash

AUSTRALIA: Trevor Savage, Gary Samer, Philip Rafferty, Donald and Carolyn McDowall, D.C., Morrie Keevers

SWITZERLAND: Dr. Joann Beyer, Jean-Francois Jaccard, Noelle Weyneth

ISRAEL: L. K. Bolgar, Nathan Van Leeuwen, Dr. Ilana Zur

JAPAN: Deirdre Merrell

INDONESIA: Ruslan and Rahaju Morris

BELGIUM: Pierre Thierry-Vuerings

BRAZIL: Henny and Jose Moniz De Aragao

MEXICO: Linda Jimenez Olmos

A separate but significant experience for me was acting as principal trainer for the AVANTA Network this past May. AVANTA is devoted to teaching a human validation process to use in families, professional therapy, businesses, educational institutions and everywhere possible. Members from four countries attended the meeting and 50 people took the Touch for Health I class during the conference. Also speaking was Virginia Satir, who explained methods of training and their importance to learning. The processes she described could be used regardless of context. While listening to her I validated my opinions about our teaching methods, which were considered excellent by the group. This, in turn, strengthened my feeling that we are moving in the right direction by devoting part of each Annual Meeting to improving our teaching skills.

In summary, I can say that Touch for Health is now a world-wide movement -- so well known, in fact, that we are now attracting critics. Some voice objections about items that are totally untrue. This fact is not threatening, but challenging to me. It indicates we have reached a level that requires further change. We are no longer crawling. We have grown up! Now is the time for new leadership. If Touch for Health is to continue to help people, this organization will need leaders to direct it. This does not have to be a hurried process, but it must be done.

I see Touch for Health principles as a significant aspect in the future health of this world -- regardless of what name it is called. I believe that people of your caliber have a

deal to offer.

In my opinion, the future organization of Touch for Health will depend on you.

SURVEY RESULTS

The recent survey revealed many interesting facts about how people are involved with the principles and practices of Touch for Health.

Educational Backgrounds included 64% with bachelor's degrees, 23% with master's degrees (some listing more than one M.A.). Seven percent were nurses, 13% had no degrees and did not mention college, 7% mentioned college work not leading to degrees. Thirteen percent held Associate of Arts degrees (two years of college accreditation), 4% were chiropractors and 6% were Ph.D.s. Fifteen percent listed massage certificates. Other specialties included an advanced degree in dance therapy, an occupational therapist, a priest, a physical therapist, a doctor of Oriental medicine and a doctor of metaphysics. Most of the respondents had more than one professional degree.

On Getting Involved with TFH, 27% were introduced by a chiropractor. Twenty-one percent were told about TFH by a friend, 13% saw a demonstration in a home, at a health fair or during a lecture. Twelve percent read about TFH in a college bulletin. Four percent saw the TFH Manual and investigated it from there.

A few learned about TFH from relatives. Other introductions came from nurses continuing education brochures, a pediatrician and an optometrist.

Looking at these statistics we see that the majority of people became involved with Touch for Health because of contact with someone they trusted. This leads me to believe that "word of mouth" is still the most effective way to communicate TFH information.

In answer to How are You Sharing TFH?, 78% of the people are teaching or have taught classes. Seventy-two percent said they have personally helped others with TFH techniques. Fifty-five percent incorporated their techniques into other work such as massage, chiropractic, teaching, counseling and nutritional guidance. Twenty-two percent use TFH in other classes they teach. Sixteen percent have given demonstrations. The following reports reveal how TFH is being used by responsible professional and lay persons in a variety of circumstances.

Joy Lindsay, of Tarzana, California, states, "I straightened out a toe of my 76-year-old cousin. The toe was sore on the top and bottom from being bent inside her shoe. Her doctor, a specialist in his field, said she would have to put up with the soreness until the condition was severe enough to require an operation. The sores and pain are gone now and now operation has been necessary."

Kathy Street of Portland, Oregon, describes using TFH on a daily basis with family, friends and herself. "I teach TFH I, II and III as often as I can. I also use TFH to assist my quadraplegic daughter to survive."

John N. Dogget, Jr., a Ph.D. who is president of the Board of Directors of the Central Medical and Extended Care Centers of St. Louis, Mo., states, "I have shared this knowledge with family and friends at the hospital and at churches and colleges. It helped as a get-acquainted tool which later was instrumental in developing interest groups. TFH helped to improve the mental attitude of pre- and post-operative persons, making believers of some of the physicians."

In response to How Has Your TFH Connection Affected You?", 52% found that TFH helped them live a healthier life. Thirty-seven percent reported a career change; 18% found that the TFH course prompted them to seek further education. Here are some typical answers:

Ila Gerding, an R.N. from Palos Verdes Peninsula, California, said, "TFH has changed my life completely. Before TFH, I spent much time in bed, in traction. I had spinal surgery and used aspirin continuously for pain. Now I now longer use any prescription medicines. I am free from pain, look years younger and am much healthier and happier."

Roger W. Akers, D.C. of Santa Monica, California, said, "Being exposed to TFH early in chiropractic probably kept me from practicing chiro-psychotherapy or possibly going on to medical college in Mexico. I have found in my practice of chiropractic that I can obtain results not possible for other chiropractors. I attribute my success in chiropractic to Dr. Thie's training."

Clifford S. Garner of Santa Clara, California, a Ph.D. with degrees in physics and chemistry from the California Institute of Technology, said, "Foremost TFH has helped me become a healthier, more loving person. It has balanced my earlier (predominately "left brain") approach to everything. It gives me great joy, fulfills a long-standing inner need to help others help themselves. I feel TFH will continue to lead others in the holistic health field in which I plan to work with patients with learning disabilities."

Kathleen (Kacie) Crisp, of San Leandro, California, received her M.A. in Counseling from Cal State Fullerton in 1975 and is a licensed California Marriage, Family and Child Counselor. She states: I felt I didn't know enough about muscles, so I went to massage school at the Sarasota School of Natural Healing Arts. My anatomy instructor, a chiropractor who practiced AK, taught me how to identify adrenal insufficiency. After this I finally mustered the courage to on chiropractic school and expect to graduate in June of 1985."

Carol Anne Hitz of Bellingham, Washington, states: Taking ITW three times has been significant in my personal and professional life. I lost 18 pounds the first time and eleven pounds next time. I overcame dyslexia, cross-crawled across California last summer, giving up a 46-year-long fear of flying to attend my first TFH conference. I could go on and on..."

Barbara Mae Miller, an R.N. from Seattle, Washington, states, " This program has been very beneficial in aiding my

own well-being as I had rheumatoid arthritis. The inflammation is all gone now, although the muscles are still weak in my shoulders. I will be doing more TFH classes in the future, specifically with a women's church fellowship and at a pain clinic."

Marge Murray of Waupaca, Wisconsin, who holds a Bachelor of Elementary Education from St. Norbert College, states, "TFH changed my personality. I had already changed my diet and lifestyle, but I was haughty and domineering. With ESR and balancing I could not stay that way and be happy."

Margene Smith of Escondido, California, who has a B.A. in psychology and an M.S. in Rehabilitation Counseling reports, "Touch for Health has been a turning point in my life. It has affected my mental attitude about illness and my physical habits of eating and taking care of my body. Through TFH techniques I know, I can lick what has been diagnosed as multiple sclerosis. So far I have made great strides. I am presently training to become a massage technician so I can work on other individuals to increase their well-being. Before the M.S. attack, I had chronic bladder infections and been on daily medication for two years. After the attack these conditions worsened. In Donna Eden's Touch for Health class I began working on myself using the neuro-lymphatics and acupressure holding points for both bladder and kidney meridians daily for a year. I have not had any bladder infections since I ceased medication in August 1982. If I feel any twinges in the bladder area I just work on my neurolymphatics and they disappear."

In answering the question about Changes Following TFH, all but one person noted positive responses such as the examples below:

Mary Watson of La Jolla, California, said, "My whole life changed. I have a new vocabulary. I feel a vital life force and my body is caught up with the power of the spirit of life."

Beatrice N. Neimi, who has an M.A. in psychology and counseling from Assumption College of Fitchburg, Massachusetts, said, "TFH provided me with a way to show psychotherapy clients how minds and emotions affect their bodies. I also show them body techniques that can help them with emotional problems."

Heidi Stromberg, with a Master of science degree from Portland State University, says, "I was surprised by the immediate results from using Touch for Health. It works with anyone!"

Brenda S. Henry of Gastonia, North Carolina reports, "My coordination, reading skills, flexibility and general health have improved. Several years ago on the battery of tests given at Employment Security, my scores were average and low -- especially the dexterity skills. After TFH I took the test again (after being balanced and using cross crawl). I scored high on every aspect and graphed off the charts in dexterity skills."

Carol Fisher Dunn, who has a B.S. from the University of California at Berkeley and is currently a senior at Logan College of Chiropractic, states, "My personal endurance increased through the use of TFH. Coordination in exercise and mental

abilities also improved and I have been able to help friends and family in similar ways."

Linda Hedquist of Woodbridge, Connecticut, has a B.G.S. in Applied Philosophy from the University of Connecticut. She says, "I experience satisfaction and get a real "high" watching TFH work. Also, it is another means of gathering additional information for our chiropractor. I do TFH at home on my husband and friends and when they go to his office, they get their temporary problems cleared out and have a record of the persistent ones that need professional care."

Dorothy E. Dusek, Ph.D., from the University of Toledo, is Director of Health Promotion Resources at Winter Park, Colorado. She explains, "Winter Park is a large handicap ski center. I have worked with the National Handicap Olympic Team, balancing and lecturing. I also work with sports injuries and have helped racers improve their performance."

To summarize, I feel that this survey has provided very worthwhile information. It convinced me more than ever that people using Touch for Health are benefiting themselves and others.

I was surprised and impressed by several statistics. For example, the greatest number of people were introduced to Touch for Health by chiropractors.

I was surprised by the educational level of our respondents. I assumed that the Touch for Health program would appeal more to people without degrees, but 64% report having at least

bachelor's degrees. It seems that TFH appeals most to educated people who are searching for more information. This convinces me that we need to place greater emphasis on informing professionals, especially people in chiropractic and psychological/social work. It was very gratifying to note that 78% of the respondents are currently teaching TFH or have plans to teach in the near future. And it is especially satisfying to know how many people value the help they attribute to their association with Touch for Health.

We are going down the right path. The replies indicate that more and more people benefit from the fundamentals of Touch for Health. I want to thank all of you who participated and shared your experiences in the survey. Touch for Health has changed my life also, and one of my life goals is to continue to promote and train more people who in turn can help each other.



DR. THIE AND BRITISH TOUCH FOR HEALTH CHAIRPERSON KAY MCCARROLL