

INSTANT SUPER BALANCE A POSSIBILITY!

117

Also To Leave Manual Existence for an Auto Programed Brain

Researched and Developed by Myrl M. Cole and Associates

Copyright 1985

Dire needs, difficulties, impossibilities and super goals furnish the background for successful research, discoveries and virtually foolproof answers!

History: It certainly was no accident when I was surprised, informed and introduced to some of the possibilities offered by Touch For Health. Dr. John F. Thie, D.C. was the main opening speaker at a rather small National Health Federation Convention held in San Bernardino, California in November, 1973. What he said and so convincingly demonstrated really made a lot of sense. I was ready for something new and better having searched most of my life for my personal health needs, then for my wife's more difficult problems.

Dr. Thie caused me to seriously consider Touch For Health as a possible answer. After carefully looking over the newly published manual, I decided not to purchase, until I could convince my wife. However, that totally failed until Dolores personally heard Dr. John Thie at the National Convention of the Health Federation in the Anaheim Convention Center, 10 A.M., January 18, 1975. After she personally talked with Dr. Thie, we purchased the manual, then took our Basic Workshop in Dr. Thie's office in Pasadena, Calif. Dolores really got excited and became the 38th person to register for an Instructor Training Workshop. Her only brother-in-law suddenly passed away with a heart attack, so Dolores persuaded me to take the Instructor Workshop instead of her. There were 21 in that workshop and we had our graduation banquet in the Huntington Hotel in San Marino, August 3, 1975. That workshop was far from easy for me, being a long time Electronic Engineer, until it suddenly dawned that this was really brain and body electronics. Volunteers were solicited to instruct Touch For Health with the International College of Applied Kinesiology in Pasadena that Labor Day week end. I offered with others.

That was my real initiation and I was actually surprised to find myself taking to the whole program as a duck would to water. I was extremely anxious to learn everything possible and quickly made many friends of the Doctors, Instructors and Researchers with the International College of Applied Kinesiology. I took a friend to Dr. Geo. Goodheart with an appointment arranged by one of the local Doctors. Other friends and students were taken or sent to other Doctors. I carefully watched everything to learn to better help my wife.

I immediately conducted Touch For Health Demos and Workshops every month in the Anaheim Sheraton Inn. There were only 4 in our first Workshop — 2 R.N. Nurses and a husband and wife couple. One R.N. had 3 or 4 severe cancer operations and requested that she not be touched because of adhesions and excess fat. Just how can you have a Touch For Health Workshop and have a "touch me not" student? We started by running her meridians about 2 inches above her body, the neuro vascular light touch points on her head and the acupressure holding points on her extremities. She got so much benefit from those, that she begged to have all of the rest. She became the only one to have all 35 muscles test strong in the clear. She later used Touch For Health on nearly all employees in a good sized factory. The husband had a ball with everyone. He previously stopped truck driving because of a heart attack. As a dispatcher, he drank too much and had a cerebral hemorrhage and a severe stroke soon after the workshop. When he was able, I took him to one of the International College Research Doctors. His successful techniques were very valuable info.

Besides Anaheim Sheraton, I held demos in service clubs, churches and schools. I also traveled to Health Conventions with Touch For Health and my Distillers, holding demos, seminars and workshops. I was often sponsored by numerous Health Stores, Athletic Groups, Therapy Centers, Clinics, Research Centers, Chiropractic, Osteopathic and Naturopathic Groups as well as continued education workshops for Chiropractors, Naturopaths and Nurses. A number of Doctors and Insurance Companies have used me for insurance cases, stroke patients, mental patients and severe accident victims in I.C.U. I've worked with Wrestling Teams, athletic problems and injuries, besides almost continuous long hours with nearly unbelievable number of consultations with individuals concerning their needs and perplexing problems.

Research: Concerning the major problems with my wife, I appealed personally to Dr. Thie several times at our First Touch For Health Annual Meeting held in Asilomar State Park, near Carmel, California, July 10-18,

1976. I really wanted to know if there were any better ways to obtain more results. Dr. Thie asked all 23 of us to research for the best ways to proceed with our corrections, also research the 12 muscle wheel for testing the 12 or 14 meridians. Half of us were to start with the 12 o'clock noon heart meridian and the rest of us were to start with the 8 o'clock stomach meridian. We were to test 100 persons and make our report. I had the stomach meridian and I really got carried away, doing over 2,000 persons. I often did the person's 12 muscles several times in rapid succession causing a greatly increased energy flow until 7 or 8 or even 9 or 10 muscles would test weak in the clear.

In January 1979, we began getting our first squares that tested weak in the clear. This indicated that there was sufficient energy to show the internal energy flow in the counterclockwise direction. The first square was the heart, kidney, gall bladder and large intestine meridians. Being counterclockwise, we would correct the Fascia Lata Muscle's Neuro-Lymphatic areas, retest it, then retest the gall bladder, kidney, and the heart meridians. All would usually test strong in the clear, so would any remaining weak muscles in the clockwise direction. Whether we had 1, 2 or 3 squares, correcting the Fascia Lata muscle — Large Intestine Meridian, would also usually correct all muscles in the reverse squares. This pointed the Fascia Lata or Intestine Meridian as the starting point or trigger muscle for all muscle deterioration or the first cause of nearly all body problems as well as the instant indicator that one's body muscles are operating manually.

We found an easier way for a fast energy pump instead of using the rapid 12 muscle wheel tests repeated several times. It even works on those who can't have their muscles fast tested. Very lightly touch one's frontal eminences (the forehead bumps) with the finger tips for about 1 1/2 minutes or until a slight pulse is felt, then instantly reverse the hands and return to the first position. This furnishes a 2 x energy boost each time this is done and may also be used at the same time to deprogram any mental negatives that one thinks about. Do this several times or until the person may start to feel light headed or even slightly dizzy. Then one may do the 12 muscle wheel, even slowly, only once, and usually get 1, 2 or 3 squares to test weak in the clear.

We also found that one's body muscles could be locked in to run automatically strong without a single one of the 12 meridian muscles to test weak for 14 days (exceptions may be injured muscles or those not testing strong because of wearing metals, jewelry or battery operated things). This was accomplished by carefully setting all 6 walking gait receptors or proprioceptors on each foot. Dr. Thie demonstrated these in one of our earlier Annual Meetings that had been discovered by Dr. Alan Beardall, D.C. of Lake Oswego, Ore. instead of only the 4 shown in our Revised Manual. This proved Dr. Beardall's findings that hard sole shoes were the reason that the walking gaits couldn't function causing one's brain to turn off the normal automatic functions of the body muscles for them to barely exist with sluggish manual functions. This usually happens 14 days after an infant starts wearing the first pair of hard sole shoes and usually, most everyone, continue with weak and easily tired muscles ever after. On the other hand, if one sets his gait receptors and resets them before the 14th day turn off, one may enjoy almost constant health and super energy!!!

Working with wrestlers and athletes, this turn off has actually caused some surprising defeats. One may be super strong and far ahead in points and advantages, experience the 14 day muscle turn off, his opponent just seems to easily take over and he is quickly pinned for a loss. Almost like a former wrestler who had his man in an airplane spin for his last match for the U.S. National Amateur Title, when he actually fainted. His opponent had no trouble pinning for the Title! I've also had runners, who I was working with, but not at that race, have the bottom drop out as they would say, and others easily passed them to win. If I, my associates or any coach that we have trained was on the spot, such turn offs would not happen. We have also developed a demagnetizer mat, originally to demagnetize one's magnetized hour of birth meridian for a permanent 3x energy boost. It can be subsequently used to obtain 10 x energy boost for about 24 hours for all controlled body muscles associated with the 12 meridians. Enterprising athletes, muscle builders, motivators, shrewd individuals and businesses have used these demagnetizer mats to daily maintain super energy levels and minimize sick leaves!

By using certain muscles as surrogates, they will test many other muscles or several meridians at the same time. Whenever it is impossible or not practical to use the 12 muscle wheel, and sometimes for simplicity or need to save time, we use the diaphragm to test the heart and lung meridians. Have the person touch the front center point just below the sternum bone with the tips of his right fingers as his left arm muscle is tested. Should the left arm shoulder muscle not be usable, you may use left thumb and little finger. We use the rectus abdominis muscle to test the 7 meridians related to one's chemical, circulation, repair

and reproduction (or stomach, spleen, small intestine, bladder, circulation, tripple warmer and liver). The person places his right palm flat on the center of his abdominal muscle just below his navel as his left arm or his left thumb and little finger is tested. To test the 3 elimination meridians (kidney, gall bladder and large intestine), we test the iliacus muscle. The person places his right finger tips in the soft area below the ribs and just above the right hip as the left arm or left thumb and little finger is tested. This is extremely foolproof way of testing that does not require increased levels of energy to obtain positive tests, and usually takes less than one minute!

There are also easier and faster ways to obtain the automatic turn on benefits of all body muscles related to the 12 meridians for various desired amount of time. Instead of setting all 6 walking gait receptors on both feet, just one master reflex point on one foot for bilateral persons and the same single reflex point on both feet for all homolateral persons—provides the same 14 day automatic total muscle control without a single muscle testing weak (with the above exceptions). This master reflex point is located on the bottom center of either foot, exactly half way between the center of the metatarsal arch and the center of the longitudinal arch at K 1 1/2. This reflex point or master receptor is next to the bone and is only about 1/8 inch in diameter. Pain level 1/4 inch from it is normally severe, but exactly on it is more! However, do not rub it afterwards or all benefits will be canceled! The pain is much less and of shorter duration than the total ordeal of the 6 walking gaits on both feet. The negative trauma may be deprogramed by touching one's frontal eminences. Our demagnetizer will accomplish the same benefits without any pain for a' bout 24 hours. Some users stand on their mats, less than 10 seconds, twice daily for assured results. One may simply tap 12 taps around one's navel in a clockwise direction for bilateral persons and counterclockwise for homolateral persons for 12 hours of the above benefits. And we also instruct another method that only furnishes 6 hours of the benefits, that is used by athletic coaches and others for very special purposes.

Results: What is most exciting and even more thrilling is that anyone may actually use any or all of these to put himself in instant automatic super balance for virtually the above mentioned times. Besides all this, at the same time one is a perpetual automatic surrogate, who may also instantly and automatically super balance anyone that is touched, who may also enjoy the above benefits for approximately 6 hours. This may be done to one or a number of individuals who may then join hands and the whole group be used as a powerful surrogate to actually super balance difficult special needs. This may all sound too good to be true, and may not be believed—until it actually happens to the doubter. It has often almost made me angry when one of our students found this-out and had touched everyone in a workshop, and all were balanced, so that not one single person was left to demonstrate how or what happens when one was being balanced.

All of our research, findings, experiences, demonstrations, consultations and coaching are purely instructional information that is being shared entirely for the personal benefit of the user. It is not in direct competition with any other techniques or instructions. Should we find or anyone show us anything reasonably better, we'll gladly drop the best so far and certainly go for the better!

NU-LIFE CENTER, Box 2529, Salmon, Idaho 83467 — 24 Hour Phone (208) 756-2953 or 1-800-4 NU-LIFE