

TOUCH FOR HEALTH WHERE LIFE BEGINS

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Touch for Health as a movement is about finding new groups of people to bring our knowledge to. The number of such groups is of course endless.

One is **pregnant mothers, their mates and their newborn babies before, during and after childbirth.** Working with them is a wonderful thing, both for us and for Touch for Health. For us, because there are few things which are as inspiring as to be in touch with the mystery of life. For Touch for Health, because in this way we reach out to whole families and to several generations of them. Also we have a chance to introduce Touch for Health in the life of people at the very beginning, making it what it should be for everyone: not only a part of everyday life, but a way of life.

If you are interested in working with this group, here follow some suggestions.

Pregnancy is a very special time in life, when women takes care of their health better than otherwise. They have the motivation of taking care of someone else at the same time. If I want to get pregnant couples interested in Touch for Health, what do I show to them? The best thing, of course, is to get them into a basic class, so they get the whole package of **balancing** the body's energies.

Bippan has been teaching classes for pregnant women and their men for many years and she, of course, uses a lot of Touch for Health in those classes. There are such classes in every community, so why don't you walk up there and ask them if you can present a few things?

Foodtest will definitely be something interesting for pregnant women. All of them know today that nutrition is an important part of a healthy pregnancy and childbirth. But it can be nice to be able to know what that means for them as individuals.

An other thing almost everyone in those classes is preoccupied with is how to assure a smooth delivery. You are of course aware of how their fears and negative expectations counteract this desire, so why not show them **ESR**? You can let them go through their fears, all the terrible stories they might have heard, eventual bad memories from earlier deliveries or, for those who expect their first child, the more or less unconscious fears related to becoming a mother.

Please, don't forget the fathers! Nowadays, at least in Sweden, it is quite natural for them to participate at the delivery, but that doesn't necessarily mean that they feel altogether comfortable about it or that they are confident enough to assist their partner the way they wish. You can let them use **ESR**, but you can also give them more confidence by teaching them some Touch for Health-tools to use under the delivery (and after it). A man can hold the forehead on his woman, he can run her meridians, balance her (with a surrogate if needed). He can also balance the newborn child a few hours after

birth, then using the mother as a surrogate if possible.

So why not cooperate with your local teacher of prenatal classes by setting up a basic Touch for Health-class in conjunction to the prenatal class, or at least include one evening of Touch for Health in it?

A couple who have learned Touch for Health during the pregnancy (or earlier) have a great tool to help the woman to get back in shape. A tired mother who nurses her baby perhaps both day and nights, really appreciates a balancing every day! Although the baby can also use some surrogate-balancing, please don't forget to take the baby away from the mother while balancing.

Foodtest comes to one of its best uses when a child begins to get other food than mother's milk. The normal rule is to give the baby one thing, for example potatoes, for one week, than carrots for the next one and so on and see if the baby gets any allergic reactions. Hardly any parent would not appreciate a tool which can save such eventually unpleasant reactions for the baby, specially if they suspect that the baby can have predisposition for allergies.

Parents who have learned about **cross-crawl**, will not unintentionally damage their children by helping them to stand up and walk earlier than they would do it by themselves, but they will let the child to crawl long enough.

The most rewarding thing about assisting the beginning of life with Touch for Health is to see a child growing up into a person who takes Touch for Health for a completely natural ingredient of life. Our four years old son doesn't ask: "I want to have this stuff!" but "Can you please muscletest this on me!". He reminds his overloaded parents about balancing and he makes sure to get a meridian-massage if he hurts himself. He will not need to take a Touch for Health class and although we know that instructors need to fill up their classes even in the future, we also wish that there will be more and more children for whom Touch for Health is like playing: something you just do and have fun with.