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To be a Touch for Health instructor in Denmark is a wonderful job and it has become our life. Our goal is to integrate Touch for Health in all groups in our little country, which has only 5 million inhabitants.

To make this dream come true, we must contact as many people as possible. A very big group consists of men and women who have trouble with their marriage. There is no particular organisation here for such people, but all organisations have members who have this problem. At every lecture we have the chance to address such people and show them that prior to being balanced they should not make any decisions and should certainly not break their marriage since this will create problems for the whole family. Since every 4th marriage in Denmark will break, we have many interested people.

Either the wife or the husband becomes sufficiently interested in having their problems solved so that they come to our clinic to be balanced. At this point there are many ways in which one can show them the variety of methods in which Touch for Health can be used to balance them and keep them in balance. This usually encourages the other partner to come for a session and in many cases both become so interested that they will come for Touch for Health classes.

They learn to take care of each other and themselves, and to go home and test their kids so that they can take care of them in quite a different manner. In other words, they learn how much our thoughts, our eating habits and our acting influence ourselves, our surroundings, indeed, our whole life. No man is an isolated island. One can even teach them to appreciate their problems as a challenge, or a possibility for self-development using the magic tool of Touch for Health.

They love to find out what they should eat and drink and which supplements they should take; all by using this simple method. Like a stone thrown into a pond, the ripples are reaching further and further out from the centre and the Touch for Health family is growing as more and more people come to our classes.

The corner-stone of our society is the individual person. By making sure that these corner-stones are solid, we can create a better world with a sound foundation in which children are well taken care of and are being taught to take care of one another in an enjoyable way, whilst having fun muscle testing.

The goal for a "Touch for Health integrated Denmark" is being aimed at by the activities of clinics and in many other ways by the steadily increasing number of practitioners. Our Kinesiology Association now has some 140 members.

## ARE YOU WORKING WITH TOUCH FOR HEALTH?

And do you suggest to people that they take vitamins, minerals, herbs and even homeopathic remedies? If so, here is something that might interest you.

The so-called healing crisis shows up partly because the supplements that people take release toxins from body tissues and bring them into the bloodstream, and, partly because they may cause allergic reactions.

To reduce the reactions it is of great importance to flush the toxins out of the body as quickly as the body will allow. This is the reason why clean water should be drunk. To help the body even more you may choose to drink a herb tea.

To deal with the allergic reactions you could re-test all the "42 muscles", but as we know, PMC and Lat.dorsi will pick up most of the allergies.

1. Find the supplements your client needs and strengthen all weak muscles using the NL points for instance.
2. Place as usual every single supplement between the lips and re-test at least PMC and Lat.dorsi. Only give those supplements which do not weaken these muscles/any of the muscles.
3. Now check all the alarm-points without remedies, they should be strong.
4. Re-test all alarm-points with all the supplements between the lips or on the navel. One or more of the alarm-points, often the bladder alarm-point, will now test weak indicating that the supplements have started to release toxins which temporarily throws the body out of balance.

Sometimes you may have to wait 1 - 2 minutes depending upon which supplements have been chosen before the body will show this reaction.

5. Now place different herbs on the navel one by one to see which one(s) will counteract the reaction so that the alarm-point(s) will test strong again.

The chosen herb should be taken by the client as an infusion 3-5 cups a day. To do this test you should get hold of samples of different herbs (either singly or in combination) which are known to have a cleansing effect.