

WHY TEST FOOD AS WE DO IN TOUCH FOR HEALTH?

The way I learned and I teach foodtest in Touch for Health is like this: start by testing some muscles, usually Pectoralis Major Clavicularis (PMC) and Latissimus Dorsi, but sometime other muscles also need to be used. Find out which ones are stable and which ones are not. To do a test where you both want to find out which food the body needs and which is not good for the body, you both need muscles that are stable and unstable to start off with. Then the person takes the food in his mouth, chews on it and can feel the taste of it - and at that moment you retest the muscles. You can notice at once how the body reacts to this food.

Nevertheless, there are also other ways to test food with muscletesting. I took the first course in Biokinesiology that was held in Sweden some years ago. I got very fascinated of how fast you could test and how effective it seemed to be. The therapist has a testkit of 100-200 items, each item in a small plastic jar. The food is kept all the time in the jar and the food is tested by holding the jar towards the body at some specific point. Here it is also muscletest which determines whether the person is allergic to the food or not.

So why do we in Touch for Health have our friends and clients do the hassle of bringing their own food when it could be so easy and practical with a testkit? Apperently it works to test food outside the body, why bother about putting it in the mouth?

I asked myself these questions and ordered a testkit. It took a long time for these testkits to get ready and during that time I continued to test in the old Touch for Health manner. And I started to discover the advantages of it.

One of the first advantages is actually that I let the person bring their own food. When I tell them this in advance, I tell them to bring about 30 different items of what they eat most of in a week. Everyting should be in the form they eat it (raw carrot, cooked carrot etc). Many people comment this when they come to see me and they tell me that they learned a lot just by doing that. They have been, perhaps for the first time,

thinking trough what they actually do eat in a week and that might have been very different from what they thought. Many have realized they need to do some changes in their diet. This makes them more open for what the test will show them, as the test usually show that they in one way or the other has to change something in their diet.

There has been a few people, who, when I talked to them over the phone about bringing food with them, said that it would be to much hassle for them, they did not want to do all that work. I think they are not motivated enough and are not ready to do the change in diet they might need. To change your diet is certainly not easy! And in Touch for Healt we do not prescribe any simple cure, like a pill, that the person can take and than go on and eat anything. We take the little more difficult way: awereness about that the food we eat effect us and that we have to take the consequences of it.

Some people I do send to a therapist working with Biokinesiology, as a change in diet would not be enough, e.g. if the person is allergic to almost everything.

Most people who come to see me have never been in touch with muscletesting before. Their first reaction is that it is very strange that the food in the mouth can effect muscles. For some of them it would be just too weird to accept that food has its own energy which effect the body even outside of it. For them their own food in their own mouth can work as an anchor to their own reality. The explanation that when you have the food in the mouth there is a message to the brain and from the brain to the rest of the body as how to react to this food is physiological enough to be accepted.

Something else I like about the Touch for Health way of foodtesting is the clear connection to the actual food - it is there at the test. It is the persons own food I test, a food he or she has a lot of feelings for. We take it up from the jars and the bags, we see how it looks, we feel the smell of it and the person taste a bit of it and in that moment experience a lot of feelings for that food: wonderful, not so good, an so on. At

the same time the person can also feel how other parts of the body react to the food in the mouth. There is a direct connection between the food and the bodys reaction - which for many is completely new. Before the only connection perhaps was: This tastes good - I eat it! Now they feel in their own bodies (I never have to tell anybody) that something tasty is not always good for the whole body. This gives them a new dimension to food and their own eating habits.

A reaction that often happens is the this: The person has something in the mouth that he likes very much and when he feels that the muscles are not stable anymore he wants to spit it out. This is a reaction they probably did have as very small children when they did not want the food, but most of us were forced to eat whether or not we wanted that particular food, so we have lost this natural reaction. Now, with the help of muscletesting, we can again directly feel what is good and bad for our body.

I ask my clients to spit everything out, even the things which are good for them. If they would swallow something which made a muscle stronger while they had the food in the mouth, there is a small chance the muscle will stay stable, and for my purpose in foodtesting I like them to have unstable muscles (as well as stable ones).

I suspect that people who only get tested with anonymous things in plastic jars and before going home get a list of "good" foods and "bad" foods, will have a more difficult time to change their diet. The wheat on the list does not have anything to do with the bread I take when I get hungry in between meals. So when I get hungry, I start thinking of bread and the nice feeling in the mouth of how good it tastes - and the experience is completely separated from the experience of having a plastic jar on the navel for a few seconds. If I have been tested on the bread I use to eat I have a multidimensional memory of the test and the connection is not only an abstract, mental one.

As all the senses (sight, smell, feeling, taste, hearing) are present at the test, so are the inner feelings. As I said earlier, to change diet is very difficult for most people. While testing, the person might realize that he would do better

avoiding some particular food. This might make him very upset or sad. I am happy that they can come out with this feeling while they are seeing me, so they don't have to bring it home, to a perhaps non-supportive environment.

I do keep a testkit and sometimes I use it. My testkit is some jars and bags with alternatives. For someone who has just realized he or she is allergic to dairy products and feel very lost, I can show and test them on different seeds and advise them how to use it in their cooking and also have them taste tahini or other substitutes for butter. For someone who wants to stop drinking coffee I can show them barleycup and test it. I like to keep these items in the original package, the reason being that most people I see have never been into a healthfood store and going into one is like being in a different country and not understanding the language - and I like to give them some help on the way.

As we do have lots of feelings about food, I am thankful for the great Touch for Health technique Emotional Stress Release. I use it a lot in combination with foodtest. I do not want people walking away from the foodtest feeling low and thinking of everything they should not eat. Instead I want them to be happy that there is something that can be done about their allergies or whatever their problem is, and to be curious about this new adventure.

As the result we got in that session is not 100% true for always, I also do encourage them to come to a foodtesting class and learn to do the test at home in their own family. In order to be more accurate it is better if they do the testing more often, as the result can change.

We are now setting up these foodtesting classes of two to three evenings. The students learn to muscletest PMC and Latissimus Dorsi and the principles for foodtesting. There will be one or two weeks in between the meetings so the students have a chance to practice and the instructors can be sure before the end of the class that everyone in the class is capable of determine whether a muscle is stable or not.

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TOUCH FOR HEALTH ZERO

All of us who work with teaching Tfh knows that there is no worse enemy for our goal (i. e. to make this method available to as many people as possible) but our own eagerness to overwhelm people with everything we know.

The clear structure of Tfh I, II and III works as a kind of defense against this human weakness, to which not even Tfh instructors are immune.

Despite that, it is a common experience of many instructors that even Tfh I, with only 14 muscles, fix as you go and may be some additional techniques can be just too much for some people. We want to reach the lay public, so we have to be aware of the fact that many of them will not be willing to put aside one hour each day, although at the beginning a balancing takes as long as that. On the other hand, if they don't take this time during the first week following the basic course it is most likely that the impulse and knowledge from the workshop rapidly fade away.

A possible solution for this problem is our idea of a course called Touch for Health Zero.

Tfh Zero includes the following techniques:

- * correction of visual inhibition;
- * meridianmassage;
- * ESR;
- * cross-crawl and demonstration of the importance of diagonal movements (use of backpack, walk with freely swinging arms);
- * muscletesting of PMC and Latissimus dorsi and foodtesting with the help of these two muscles.

As you see, Tfh Zero is a course to learn some simple techniques from the rich arsenal of Tfh. These techniques are chosen so that the students can practice them enough in the actual workshop, so that when they go home, they can start right away. Everything they learn in the workshop should actually be possible to do in less than 15 minutes already the first day after the workshop, with no more practice than the practice gained under the workshop. Despite its simplicity, the whole material of Tfh Zero makes up a complete selfhelpprogram, which people can use already at this stage to produce definite changes both in their own life and in the life of their families and friends.

Let's think, how a morning of one of your students at a Tfh Zero workshop could look like:

He gets up, he does a meridianmassage and some exercising with a lot of cross-crawl movements. He eats his breakfast which has been muscletested with the help of someone in the family. He does the visual inhibition technique on himself and his children who go to school. With his hand on his forehead he thinks through all the difficulties he is going to confront this day and, with the hand still on the forehead, he visualizes himself solving them without stress. Then he takes his backpack and with freely swinging arms he walks to his job.

To reinforce the program, the course can be finished with all the students making a nice, colorful drawing with the whole program, which they can set up on the wall at home, e.g. in the bathroom.

Tfh Zero should preferably take a whole weekend, like the other Tfh workshops. One of the reasons for that is to really allow time for learning all the techniques, including the meridianmassage, before the students go home. Another reason is the enormous need beginners in Tfh have to ask all the "dum" (the best!) questions about energies, alternative medicine, about each others explorings in this field etc. By satisfying this need and by providing a peaceful, relaxed time-space for learning techniques they can feel successful with already next day, we create more appetite for Tfh instead of creating frustration. That increases also our chances to really concentrate on the material at the Tfh I course.

The perspective of the whole Tfh curriculum should of course be emphasized throughout the whole Tfh Zero workshop. Meridianmassage, for example, doesn't have the same balancing effect on the posture as a complete musclebalancing can have. PMC or Latissimus are in some cases not enough for testing food. In four tests (PMC and Latissimus on both sides) you almost always find at least one muscle in unbalance and one in balance, so you can test the food, but who wouldn't be interested in also learning how to strengthen unbalanced muscles?

We hope you will have fun trying our idea and we hope even more that you will take time to write us about your experiences with it. Thank you in advance!

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