

TODAY'S EXERCISE AND FITNESS BONANZA

by Myrl M. Cole

While taking my Touch For Health Instructor Workshop, July 1975 with 20 others, Dr. John F. Thie, D.C. introduced his basic co-ordinated set of 6 exercises he had used to reduce 30 pounds in 30 days! They all were closely patterned after cross-crawl techniques and later illustrated in the Touch For Health Workbook by Mary Marks, D.C. See the included photocopy of exercises for bilateral oriented persons.

I immediately added these exercises to my daily program and 3-fold deep breathing while laying with my back on the floor, sitting on a straight back chair and reaching down to hold the chair's front legs, then sitting on the straight back chair with my legs out level on a suitable hassock.

I learned very early as a spastic child and having had double pneumonia when only 6 weeks old that some exercises and deep breathing were good for me while some popular ones were not good for anyone. Then I learned later that exercises had to be different and sometimes entirely opposite for bilateral and homolateral oriented persons. Gym instructors or exercise teachers who don't understand this often increase learning problems seriously. This definite difference started from the time of conception. In fact, exercise was in full progress at the time of conception as both male and female cells fought their battle for the survival of the fittest. After this initial conception is completed, one's innate intelligence takes over and cell growth, duplication and movement becomes the established exercise program. All movement is coordinated by the preprogrammed right and left brain spheres and operated by multiple motorism switches. I was told by a reliable source that there are too many to believe individual connections from each side of the brain that control in detail every single

muscle segment both in the brain and in the entire body. Three fourths of them are actually used for one's fabulous, intricate computer brain to operate at incredible speed. Most of the basic preprogramming and actual functions are meticulously set up and quietly rehearsed millions of times while one is anxiously waiting to become separated from the 9 months preparation in fetus!

As a Touch For Health Instructor I soon found out that muscle testing and making corrections had to be different for bilateral and for homolateral oriented persons. I voiced this problem and concern at our First Annual Meeting in 1976, mentioning that the only reference to bilateral and homolateral is in the extreme back of the Touch For Health Manual under the heading of Cross-Crawling. To only use Cross-Crawling to find out one's correct brain orienting is accurate but too complicated to use on everyone all the time. I desired to know immediately when first testing each person without such commotion. So I discovered about a dozen easier ways to instantly find out if each person is bilateral or homolateral. Perhaps the easiest and fastest way I use is to muscle test either arm using one's same side hand, test his left arm with your left hand or his right arm with your right hand. Barring severe problems, either arm will usually test strong. Now use your opposite hand for a second test. It should still test strong if he is bilateral oriented, but really weak if he is homolateral.

To better understand, the right side of everyone's body is positive or Chinese Yang, and the left side of everyone's body is always negative or Yin. If one is bilateral, the opposite brain controls the other side of one's body, or one's left brain is positive and controls the positive right side of

one's body as well as instigates the positive movement of all brain and body muscles, while the right brain controls one's negative left side and all trailing, reactive or balancing muscles. Since bilateral has these cross-over connections — one usually needs to only strengthen one's weak side, and total balance of both sides is accomplished.

The homolateral's right brain is positive and controls the positive right side and also instigates all brain and body muscles. Since there are no cross connections between right and left brain spheres, each side of one's body usually needs to be tested and corrected separately. Homolaterals may experience difficulty in identifying and associating more than one sense connected to the same item. One example is that of odors and taste, since one side of the brain registers the sense of tastes and the other side that of smell. There are others which definitely include that of exercises, all of the right side moves in the same direction at the same time as the right leg moves forward the same time the right arm swings forward, then the left side takes its turn. Bilaterals normally about face clockwise and homolaterals counterclockwise!

Since the majority of individuals are bilateral, is there a special reason why some are homolateral? I've traveled much of the U.S. attending Health Conventions and conducting Touch For Health Workshops and I found the largest numbers of homolateral individuals among the Amish! As an example, Nov. 1978, we held workshops in Reading, Pa. The opening night there were 40 persons with almost exactly half of them being Amish and 16 of the Amish were homolaterals. My wife Dolores and another experienced TFH person were having difficulty testing this group until I took over and rapidly tested everyone for orientation, then I took the 16 homolaterals for my workshop and they took the bilaterals for their workshop.

Reports confirm that there are larger numbers of homolaterals near Sacramento, California that are most likely to be the descendants of the early

gold rush settlers. I haven't worked with Indians in their tribes or on their reservations since I've been involved with Touch for Health, but I'm almost very sure that one will find many homolaterals there since I've found a few away from their tribes who were homolaterals. It all points to a single common denominator that homolaterals are more likely to happen when marriages or pregnancies result from close family ties and for long periods of time. One cannot change from being homolateral as some are claiming. He may change his harmful exercise pattern to a better homolateral one!

It has been 25 years since President John F. Kennedy made the suggestion and provided the youthful fitness model of health. About 20% or 40 million individuals have joined the fitness bandwagon with the single goal of personal health. Many of these are sincerely pursuing the improvement of their bodies with almost religious intensity. Another 40% or 80 million persons are seriously considering their need for better health and are sporadically exercising. Swimming, bicycling and jogging still lead the pack, while weight lifting, aerobics, rowing, treadmills, fitness spas, gyms, yoga, etc. to infinity get their share!!! Certainly, sporadic exercising isn't the answer! Both the U.S. and nearly all foreign concerns are trying their best to help and are flooding the market with every possible type of exercise equipment and gadgets! Is there really a best or even a better way to go? We are so spoiled with instant and push button ways to go. At the zenith of fitness, Jim Fixx, the author of the best seller, "The Complete Book of Running" (Random House), ironically died of a heart attack while he was jogging!

Then there is the muscle building program for the actual Mr. Universe or for an ego attempt to be a lesser facsimile by men, women, boys and girls is still the "in thing." Their method of muscle development uses the ancient Greek program of straining muscles beyond their ability or over-exercising them to partially destroy them, then giving them 48 or more hours to recuperate,

doing this again and again attempting to build bigger and, hopefully, stronger muscles. Unless this is constantly continued, this ego trip quickly goes as flat as a blown tire! In fact, one may do sit-ups, push-ups or any other type of gymnastic exercise and he will have to constantly increase the amount of repetitions in order to get the proper benefit for his efforts. One may start with 5 reps and a year from now, he will have to be doing 105 reps. This gets to be too much effort and takes too much time, and sooner or later, he gives up the whole idea and gets his blown flat tire!!

However, to just give up or to do nothing is by far the worst of all. This is the sad plight of another 40% or 80 million of our population who are totally sedentary. A hundred years back, at least 98% of all work was manual labor, fifty years ago it was 50%, but today it is less than 2%. The law of cause and effect still stands. What you don't use, you lose! Longevity was increasing, but for those who don't exercise, it is very rapidly decreasing dangerously! Today, it's watch T.V., forget living and die young!

As a skinny, sickly child, trying to grow up, I had to exercise in order to exist. I ran a lot, often to get away from the bigger bullies! I also loved to play soccer, but I really had a problem with what I thought was weak ankles, which was getting worse with constant severe sprains! It wasn't until I was in my twenties before I learned the actual cause. An Army Officer who worked with inductees, noticed how I walked over my shoes. I wore a size 8EE shoe. He explained that I had a too high longitudinal arch for such a short wide shoe. It was pressing heavily on the top side of my arch and I was mentally trying to avoid all this discomfort by supination of my ankles or tipping them out sideways. He suggested a longer shoe, a 9 1/2 D to provide the higher arch. He also gave me the following exercises to strengthen the ankle muscles on both sides:

Before putting on the shoes, stand with toes pointed out like Charlie Chaplin, rise up on toes as one imagines his head through the ceiling to

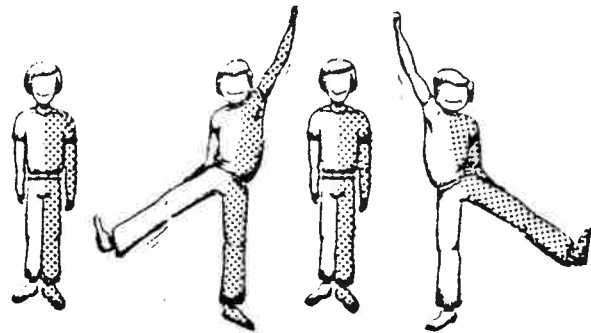
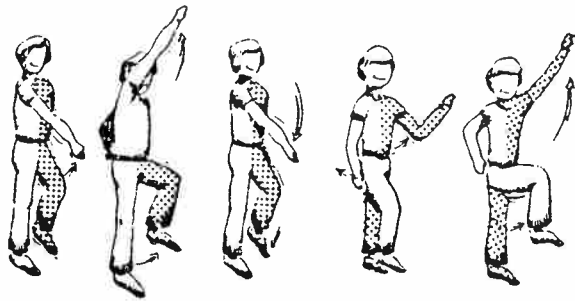
keep his balance. Do this 8 to 10 times or 10 seconds exactly. Next with pigeon toes like a penguin, rise up as high as possible as before. Last, with a normal standing position, rise up again as high and as many times as can be done in 10 seconds. Do this daily as needed.

Besides playing soccer, I always went out for track with 75 and 100 yard dashes and hurdles. I remember how we were warned not to drink any water before races, and the same before hiking with the Scouts. It was supposed to give us weak knees! Years later, we learned that this was wrong information as follows:

Climbing Mt. Everest proved this. The Swiss tried numerous times but failed to reach the summit, although once they were 800 feet from it. The German attempts also failed. Dr. John Hunt of the British New Zealand team found all former climbers consumed less than 2 glasses of water per day. He equipped his team with fuel to melt the ice and snow. Sir Edmund Hillary and Tenzing Norgay drank in excess of 12 glasses each day including lemonade, and were first to reach the top!

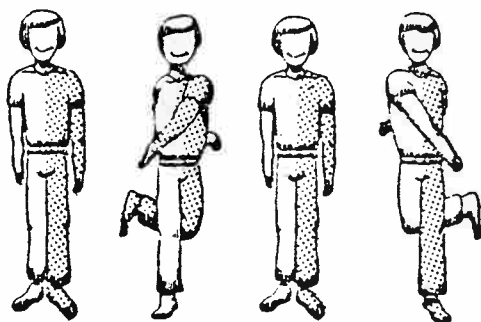
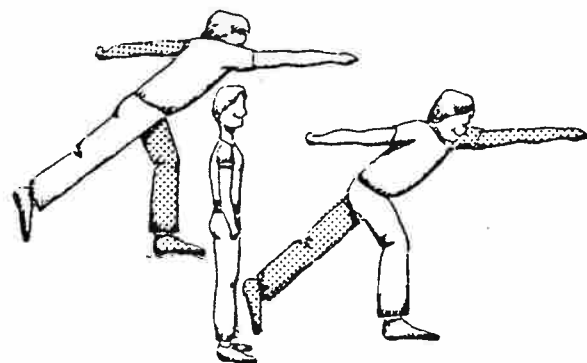
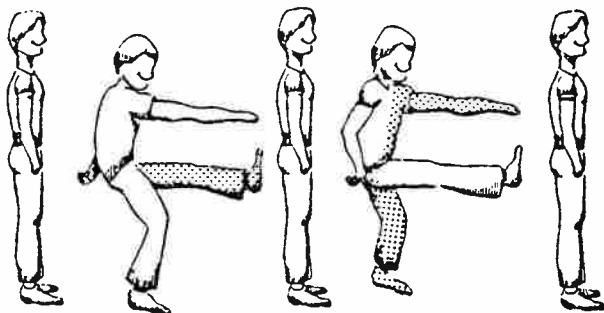
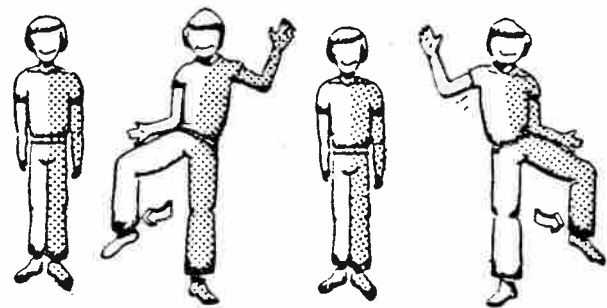
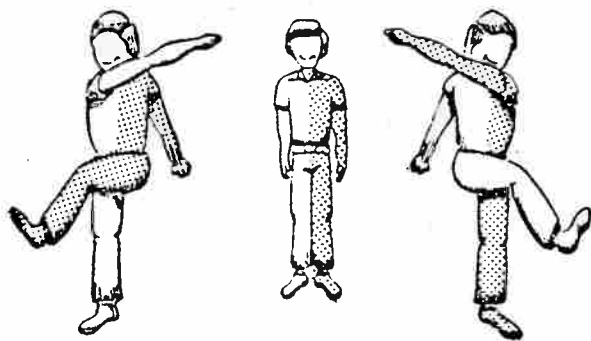
Runners and athletes now drink water if desired during performances after much research. Dr. Pitts of Harvard University experimented with athletes on a tread mill at 3 1/2 miles per hour. With no water their blood temperatures raised 102 degrees in 3 1/2 hours causing complete exhaustion in 6 hours. When 1/3 more water was consumed than their tastes regulated all continued over 7 hours with temperatures under 101 degrees with absolutely no exhaustion!

Because of almost universal water pollution, one's sense of taste usually keeps one from consuming needed amounts of water so that nearly everyone is very dehydrated. To suddenly stop one's dehydrated condition with proper amounts of pollution free distilled water can produce some very dramatic results in super energy and greatly improved better health. A very exciting demonstration of this nature happened during my Instructor Training Workshop.



Touch for Health

Cross-Crawl Exercises



Identify the actions and positions of
the opposite limbs: right leg and
left arm; left leg and right arm.
Used by permission of Touch For Health Foundation

I believe that it was Peter Andree who was working on a weak Psoas muscle, but wasn't having too much success, then he suddenly reminded us that our Manual stated that the need for larger quantities of water on a regular basis cannot be emphasized enough. He got a large glass of bottled distilled water for the person to drink and like magic his Psoas muscle instantly became super strong — really.

I've seen a number of athletes who have greatly improved their performance noticeably when they added pollution free distilled water. Some of the wrestlers and runners have even become State Champions. A number of Little League Teams who were at the bottom of the list for winnings, have given up the use of Gatorade and their Special Energy Bars and are drinking large amounts of distilled water and a half orange before games and at half time. They are nearly all winning and some have become Champions!

Attempting to instruct Dr. Thie's Cross-Crawl Exercises, I ran into real difficulty with some students who just couldn't seem to get co-ordinated or stay co-ordinated once they started. A rather famous D.O. Dr. in Florida didn't believe that Dr. Thie could have used these simple exercises to take off a pound a day for 30 days. He had tried numerous other types of reducing methods without reasonable success. He gave us plenty of other sincere static about our program of instruction. To my utter surprise, the next Saturday in Chattanooga, Tennessee, he and his wife arrived first by taxi from the airport. As we all introduced ourselves, he told how he had sincerely doubted our program in Florida and especially that these easy exercises would work for anyone. He let us know that they had worked perfectly exactly a pound daily - 5 days!! So I invited him to show us how to do these exercises. He couldn't do them anyway at all so we could understand how to do them! How he ever took off a pound a day with that kind of exercises is still one of the great mysteries of this wonderful program. I felt deeply embarrassed for him as I took over to show them!! However, these exercises are ex-

tremely important for everyone to master and to use regularly or at least periodically to maintain proper brain body co-ordination of the control system of motorisms and muscles.

Because of their great importance, I spent considerable time trying to get easier methods of doing and instructing them and especially to help those who were having so much difficulty — I now use the following:

1. Mark time by touching the opposite knee on the side with the opposite hand. Do this for 30 seconds.
2. Raise each knee as extremely high as possible as the opposite arm is also raised as high as possible.
3. Wrap each raised knee around the opposite thigh while the other arm is wrapped around the opposite waist.
4. Balance on one foot as the opposite is raised or stretched upward to that side as opposite arm is raised.
5. Bend each knee as the same side arm is stretched backward while the other leg is stretched backward and that side arm is stretched forward.

The above bilateral exercises should each be timed 10 seconds accurately for each side. Do them the first thing in the morning and if more is needed, they may be done twice than or again before retiring at night.

To have properly co-ordinated exercises for homolaterals, one should forget the word opposite with the above bilateral exercises. Mark time by touching each raised knee on the side with the same side hand. Do mark time for 30 seconds. Move the same side arm and leg in the same direction for forward, backward, sideways or up high for 10 seconds for each movement of the rest of the exercises.

Whenever one doesn't have the time to do all of these exercises although it will certainly pay with super benefits if one makes time to do them, he

should at least do the 30 second mark time! He may also do the 30 second mark time whenever one is tense or needs a break, it will instantly rejuvenate one with a 10x energy boost for an all new fresh start in keeping with our whole NULIFE program. We have also researched a breathing technique that almost gives equal benefits as follows:

- A. A bilateral person should exhale all of the air from his lungs as far as possible, now inhale through the right nostril as far as possible while holding the left nostril tightly shut, then rapidly exhale through the left nostril while the right one is also held tightly shut. All muscles should than test super strong!
- B. A homolateral person should exhale all of the air from his lungs as far as possible, now inhale through left nostril as far as possible while holding the right nostril tightly shut, then rapidly exhale through the right nostril while the left one is also held tightly shut. All muscles should also test super strong!

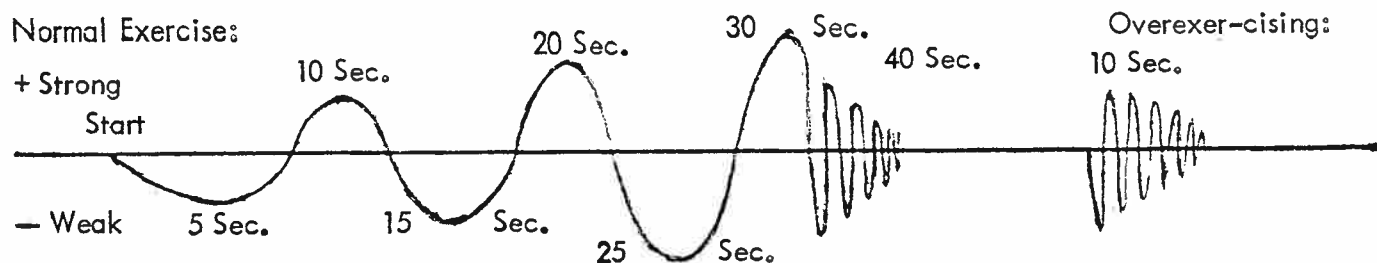
Doing either the Mark Time for 30 seconds or the correct Breathing Technique every 12 hours usually gives continuous super strength and may lessen tensions or greatly minimize even severe headaches. Repeating the breathing more than twice at the same time may create extreme dizziness without other harm.

The first three years with TFH, I associated closely with a number of Instructors and Therapists connected with TFH. Among them was Virginia Smith who had been one of Jack La Lanne's top trainers and Ms. Smith was the President of Holiday Spas. Besides associating with the entire family, there was much shop talk and sharing of ideas of our research. She shared with TFH and with me personally their findings of the 10, 20 and 30 second energy peaks and the 5, 15 and 25 second peaks of muscle weaknesses that occurred as muscles were exercised. She had hoped to write a book on it and donate it to TFH. She needed more research, so I personally started on it and with a few close associates, we

have gone quite a ways with our research and findings.

There are a large number of electrical and time cycles constantly occurring in connection with the mental and body controls. For an over simplified possible explanation of these causes of what is happening: When one's positive brain starts to instigate muscle action, the negative brain applies the brakes with a reactive counter muscle which causes a negative energy cycle for the first 5 seconds; as balance is established, the positive brain succeeds in causing a positive energy section of the cycle; then as the energy is mostly used up to reach that peak at exactly 10 seconds, the negative energy section of the cycle takes over and carries it to the negative energy peak at 15 seconds; now the positive energy section raises it to the 20 second peak, and what goes up starts down again to its lowest negative peak at 25 seconds; the energy positive cycle soars to its highest peak at 30 seconds.

By this time the brain is either tired of this energy down and up yo-yo game or it decides that that muscle needs a rest, so both sides of the brain attempt to put it to sleep for a long rest by rapidly or almost instantly partially annihilating it with high frequency negative and positive energy thrusts. Knowing this whole picture, one may at any point mentally stop this energy yo-yo program to either an advantage or disadvantage positively or negatively. If you stop on one of the peaks, you reap either the positive energy benefit of that peak or the negative energy weakness of the negative peak. Also the 20 second peak is greater than the 10 second and the 30 second one is the greatest of all or even more positive than the 25 second weakness peak is negative. Besides, if one stops on the 30 second peak, he not only obtains the most super energy boost, but he never once starts to destroy his muscles so they need time out to recuperate or even get sore. In fact, instead, they are only more rapidly developed. This was one great bonus of our research; there's more!



Now that you know the way your brain functions during exercises, you may control its computer like a robot to turn "off" and "on" at the exact times that will be advantageous to muscle building, well-being, endurance and super health. You can do as others are now doing, but it may take just a little practice if you are like the rest of us who haven't used 1/10 of our brain's capacity. It always works often more accurate than a quartz watch. Haven't you set your alarm and have awakened consistently before it rang?

You perhaps have heard that I was a spastic baby with severe brain damage from no oxygen for nearly 30 minutes while the Doctor worked to save Mother's life. My first 96 hours were continuous spasms one after another. Mother prayed me out of each one. I was totally allergic to most foods until I was age 61, also had double pneumonia when 6 weeks old and 14 times since, then a cerebral hemorrhage with right side paralyzed for 2 weeks and no intestinal movement until they were gangrenous. The Doctors said that my problems were hopeless or impossible many times. I refused to accept impossible, it only meant 'sic-em'!!

My first 2 Scout Masters and 2 Assistants were all Mazama Mountain Climbing Club Members. Ed Soderberg took my brother, age 12 and me, age 15 to pick wild huckleberries near Mt. Hood. The berries were too scarce to pay, so he tied climbing ropes around us and pulled us to the summit of Mt. Hood in oxfords! I did it 7 more times and signed in 2 times first on the Fourth of July and on Labor Day! While attending Benson Tech I was the President of the Outdoor Club and of the Science Club both for 2 years. Miss Parson was my favorite English Instructor because she was a Mazama Member and I had a teacher crush on her.

In 1949, my oldest son and I ascended Mt. Whitney by the all new East Side trail with its 95 switchbacks. It's really a great feeling to know that you have succeeded to get on top of everything no matter what happens after that, they are all under your feet! I even joined James W. Whittaker's group and heard him tell and show his attempts to climb K2, the second highest peak after being first American on Mt. Everest.

With our acquired information, we have been able to assist a number of others to become State Champs, also National, Olympic and for the Guinness Book of World Records. Here is a note of this type:

My name is Randy Webb and I am the Marital Arts (Karate, Kung-Fu, Bando, etc.) Director and Fitness Instructor at the Central YMCA and the Baylor School in Chattonooga, Tenn. My experience in fitness dates back to approximately the age of 12 from which time I have been involved in many different athletics and my martial arts experience started at age 22. At present I am 37 and sincerely feel I am only beginning to learn knowledge and skills as well as physically developing myself.

The day after finishing my class with you, Oct. 18, 1977, I proceeded to do an experiment regarding a new technique of muscle timing cycle by running 10 miles. The technique that you taught periodically turned off the upper torso and then turned it back on, meaning I was able to much more completely relax and eliminate needless strain and effort during the run by using this technique. The unusual thing about running the 10 miles was that I had not run since last November 1976.

The reason for not running was that I had initially

planned to utilize myself in some way for a cardiovascular experiment, and as it turned out this worked out beautifully. The experiment gave me great insight and a new thirst for more knowledge on how we can tap the fathoms of potential that each man, woman, boy and girl has, but rarely discovers.

I am looking forward to continuing in Acu-Touch, Touch For Health, water distillation, the growing of cereal grasses, and on and on. L. Randall Webb, Nov. 7, 1977, Chattanooga, Tenn.

Champions are not born, but are made after one is born! In fact, they aren't better than others, but have only either eliminated one or more wrong things or have done a few right things to gain a slight edge over their immediate competition! It is now known that one's body will automatically repair or rejuvenate itself when the causes for injuring it are removed. They have even found that destroyed brain cells may also be rejuvenated to the needed amount as all causes of harm are eliminated. It has also been known that our entire bodies are completely rejuvenated every seven years so that every part including bones, teeth, brain, organs, muscles, nerves, cells, etc. are all new! This being true, why doesn't anyone ever capitalize on this and work with this to improve our life style? On the other hand, why don't we live to be 500 and 700 years like everyone normally did before the great flood? I've spent some time to research the causes and what we would need to do or eliminate to provide the ideal program for this to happen again as well as what has happened that we cannot change. Taking the last first, the entire world from pole to pole was totally tropical. They wore very little amount of clothing, but were entirely safe from any of the harmful rays of the sun, since they were all filtered out with the water vapor canopy that encircled our globe. We can do nothing to restore either a tropical climate or the protective vapor canopy, but we can do something about all of the other problems as follows: First, all of life's problems are really opportunities for us to find

the best answers and to conquer them like winning champions. Our main problem is that we have been thoroughly programmed mentally to die much sooner, short of 1000 years. Being part of the crowd, we accept what they all do and expect. We go along with the insurance companies, the general education and the religious thinking of our day. Perhaps the rest of the problems that affect our fitness and health, our muscles related to exercises, their strength, endurance and well-being may cause one to change his attitude and set his goal for an enjoyable longer life! Mine is 100+ years or until Christ returns!

When the above water canopy broke, Elephants and other animals were instantly deep frozen and discovered with tropical food in their stomachs. Man's clothing had to fit his local climate, but the major universal change was that all started to wear shoes or some form of sandals. The vegetarians are quick to remind that everyone started to eat meat which surely was the cause for man's shortened life span. They however, forget that there are a large number of tribes that have always been and still are only vegetable and fruit eaters who have never touched meat, but they no longer live 500 to 700 years. Applied Kinesiology with discoveries made by Doctors George J. Goodheart, D.C., Alan Beardall, D.C. and others, that wearing shoes prevents the proper use of one's walking gait receptors on each foot, which causes the brain to turn "off" the automatic use of one's body muscles. They in turn function in a very weak mode with 1/10 the normal strength and ability. This causes one's muscles and body to more rapidly deteriorate, starting with weakening of the elimination meridians - the large intestine, gall bladder and kidneys. If not checked, this gross deterioration progresses to the chemical meridians - the stomach, spleen, small intestine, bladder, circulation, triple warmer and liver. The last stage of deterioration effects the last of the 12 meridians - the heart and lungs. When the point of no return is reached, one's neck muscles will always test weak in the

clear as introduced by Dr. Sheldon Deal, D.C. One will really need an experienced doctor to help!

Let us go back to the beginning of all this deterioration and consider the first signs of muscle weakness and functions that serve as flashing red lights or stop signals:

While all body muscles will be weak as explained above, only some of the larger ones will always test weak in the clear the very moment the brain turns them all "off" to the manual mode. The easiest to test is the normally super strong iliacus muscle that lifts one's leg (originates on the upper back side of the hip and its pie shaped lower point inserts on the protruded femur bump on the inside of the upper leg bone). Have person sit on a straight back chair and lift each knee as high as possible while the tester attempts to push it downward. If it cannot be pushed down, the muscles are all operating in the normal automatic mode with no deterioration. If it can be pushed down rather easily, all muscles are operating in the weak manual mode with full deterioration. Correction is made by setting all 6 walking gait receptors on each foot with firm massage as mentioned with Gait Testing in the Touch For Health Revised Manual and Dr. Sheldon Deal's Basic AK Workshop Manual for the positions of all 6. One may substitute deep pressure on K1 1/2 on one foot for Bilaterals and both feet for Homolaterals. These corrections usually last 14 days, but do every 7 days!

Local calls and also from across the nation to let me know that the bottom had just dropped out and they all wanted me to give them another super shot of energy because they are having the same old problems again! Runners have suddenly found their energy leave and have lost their race, while wrestlers were pinning their man, their energy disappeared and their competition pinned them. This is why I suggested keeping one's muscles turned "on" to automatic every 7 days and not waiting 14 days when one's brain turns

them "off."

Strong iliacus muscles agitate with every step the small intestines and the colon for healthy peristalsis and elimination, also a properly functioning appendix and ileocecal valve between the small intestines and the colon. Weak muscles will cause faulty elimination, intestine, colon, appendix and ileocecal valve problems. It may even cause the psoas muscles that one's feet are placed to reverse, become spastic, help lift the legs, pull on the lumbar back area, cause chronic back problems and sudden back pains until one cannot straighten up and one may be ambulated to the hospital for a week or two of traction. The psoas exercises the kidneys, the uterus, bladder and prostrates, if weak cause these problems and trigger heart attacks!

A weak ileocecal valve may allow small or larger amounts of colonic putrefied fecal pollution to re-enter the small intestines and go into one's blood stream as toxic wastes. This will soon cause a severe cold, sinus drainage, catarrh, asthma, acne in adolescents, boils, pneumonia, shingles, etc. It may also cause any or all of the following alarm symptoms: Heart flutter, dizziness, pseudo heart attacks, chest pains, pseudo bursitis pains in the shoulder, hips or knees, spontaneous sacroiliac syndrome in absence of trauma, tinnitus (ringing in the ears), severe headaches, pallor and dark circles under the eyes, etc. Dr. Fred Stoner, D.C. declares that this one syndrome is responsible for approximately 40% of all acute cases treated by Chiropractors. At least 80% of all structural, chemical and much mental deterioration with rapid aging stems from incorrectly walking in shoes. Most of this will all clear up and be prevented by keeping one's muscles turned "on" to automatic mode. One should always de-program all mental trauma of above problems also!

The only good I can say about wearing shoes are:

1. Some are nice looking.
2. Some protect from injury and the weather.
3. They are required to get into certain places.

4. They are really high priced.

In fact, I have Mason's Shoe Catalog with over 400 styles for men and women, and there was only one pair of men's moccasins that even looked like they might be worn without the above problems. Nothing more for women. A muscle test will prove the fact. Have the person fully balanced with all muscles testing strong in the clear, walk a few steps and back, then retest his muscles. They usually test really weak in the clear. Now have him walk again on his toes or just think about walking on his toes. His muscles should then test real strong. One may also tighten his buttocks, relax and walk without weak muscles. In either case, one must bend the knees and use them and one's foot arches as shock absorbers to prevent jarring! If one will always remember to daily tighten the buttocks or to think about walking or running on the toes, his days and exercises will certainly be more enjoyable and beneficial. Long distance runners never believe that they can run entirely on their toes. I have encouraged several marathon runners to do their 26 miles on their toes and they have been surprised with the ease, extra energy and increased possibility for winning!

Another mechanical almost universal cause for man's shortened life span and definite weakening of muscles is the wearing of metals and of today's wearing of battery or solar operated watches, hearing aids, pocket computer calculators and pacemakers. Shortly before the flood, nearly everyone began wearing all types of metal jewelry, from bracelets and rings to earrings, nose rings, leg and neck rings, chains and necklaces. Archaeologists found the formula for hardening brass in the ancient before the flood city of Ur of the Chaldees. They sold it to the U.S. Government who uses it in the defense department for making shells. Almost everyone started wearing their metal jewelry right after the flood as before it. We now know that any form of metal upsets the electrical brain and body control of muscles, inhibiting normal functions, leaving one weak and unable to defend oneself against

the tensions, problems and diseases that shorten life. One often has to learn the hard way(s) before giving up or eliminating metallic or electrical deterioration before death takes its victim! Pierced ears may cause a need for glasses and metal frames makes things even worse!

To exercise properly and to enjoy super fitness for better health isn't a Christmas present. It takes real work just like it takes to be a winner at anything. One must stop doing some things wrong and really start doing some things right. A young chiropractor who had taken a basic Touch For Health Workshop I conducted instructed and balanced a cyclist named John Marino in 1978 who entered the U.S. Coast to Coast Race from Santa Monica, California to New York City. This was June 14 to 28 with 25 hours and 39 minutes better time than Paul Cornish March 1973 Guinness Book of World Records of 13 Days, 5 hours, 20 minutes. John Marino's 1978 Guinness Book of World Records was 12 Days, 3 Hours, 41 Minutes. The chiropractor brought him to my Los Angeles Convention Center booth in September. He got some points and re-entered a second race that same year, but injured his knee and didn't finish. That takes more energy than many dozens of marathons!!

For over 50 years, I had diligently searched and researched looking for the best possible exercise program that would provide the most benefits in the shortest possible time! I had tried and used nearly everything to help myself and others to do the impossible or become champions.

When I accidentally heard about the closed main lymphatic valve at the annual Touch For Health meeting in 1978, I had no idea that 75% of the population had this due to lack of physical exercise. It has become more prevalent for the same reason until over 90% have closed lymphatic valves which makes this even more threatening than cancer or heart attacks! In 1981, I was interviewed twice over Radio KSRA, Salmon's local station on the Voice of the Valley. Questions phoned were answered for over an hour the first time, and nearly an hour and a half the second time. The Station Owner was very supportive

and extremely interested in our practical approach to natural health. I offered to check him with the simple self help methods we were teaching. His main lymphatic valve was tightly blocked shut. I begged him to stop by our Center for further instruction. He failed to come, so about a year and a half later, he was rushed to a Salt Lake Hospital for an almost fatal operation on the lymphatic valve. He finally came after four months. He was doing and looking much better for quite some time. He must have neglected it again and was taken again to Salt Lake in 1985 with a dangerous cancer condition. He has been receiving chemotherapy ever since. He is in a very precarious condition and looks like a skeleton needing a miracle!

Another close friend and his wife stopped on their way back to Tulsa from a health trip to California. It was discovered that both had closed main lymphatic valves. I stressed the importance of maintaining open lymphatic valves with proper exercise and daily checks until the exercises were entirely effective. I didn't seem to impress them of the real seriousness of this personal need. In about 6 months the wife was deceased, after suffering horribly for only several weeks with cancer of the lymphatic system!

This may all sound only negative and I could continue for hours, but hope that this is enough so that you immediately chose a proper daily exercise habit program that would supply your total physical fitness needs including aerobic for the lungs, cardiovascular for the heart and coordinated to provide strength, flexibility and tone to all of one's muscles and organs. This may sound complicated and take too much time. First, you are worth taking care of. Second, your needs and your life may depend on it. But don't go out and buy any equipment, join an exercise group, a gym, a spa or start jogging. Use our temporary exercises mentioned below.

Stretched unused muscles become weak and flabby like around the stomach while other unused ones usually shrink, tighten or ossify. The latter is what happens to block or close the above

mentioned main lymphatic valve located just below the right shoulder next to the armpit under the pronounced dimple area. There are two very important medium large muscles that go over the top of this valve that serve to function two of the main uses of one's right arm. There are two similar muscles for the left arm but no valve to block. They originate or anchor to the chest and insert to function the arms near the armpits. The overly worked one is called the Pectoralis Major clavicular and is used to feed one's face, brush the teeth, comb the hair, shave and apply cosmetics. The very much lesser used one is called Pectoralis Major Sternal and is used to tie one's shoes, put on pantyhose, pants or skirts and to fasten a belt at the waist. This much lesser used muscle, because of general inactivity and no proper daily exercise usually shrinks, tightens, shortens and or ossifies over the main lymphatic valve to block its flow or entirely close it. That starts most problems with gall bladder, thyroid, endocrine glands, defense mechanisms and faulty assimilation.

The lymphatic vascular system is often termed the sewer system for one's muscles. It is many times larger than the vascular system for the blood. It collects the oxidized fats and proteins given off from muscles as they are being used including one's brain. This yellowish lymph acid fluid is carried to 18 tubes and valves to the right of one's heart and sometimes called the second heart which then converges into one tube and the last main lymphatic valve before entering the subclavian vein into the blood stream. Then the liver changes it into bitter alkaline bile that aids the endocrine glands digest fats to lubricate muscles.

Touch valve area with right palm as left arm muscle is tested. If arm tests weak, mushy or unhooks, valve needs correction. Place right hand high behind door jam, lean away from it as one pushes into muscle at arm's base. Retest, correct as needed. Rotate arms backward like a windmill temporarily for open valve. ■

NU-LIFE CENTER, Box 2529, Salmon, ID 83467-24 hour phone (208) 756-2953.