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AT THE ANNUAL MEETING
ON TOUCH FOR HEALTH,
HOLISTIC HEALTH-CARE AND RESEARCH



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WELCOME

It is with pride and pleasure that we present the 1987 Journal. This year's papers are outstanding; they reflect the commitment to excellence that has guided our actions at the Foundation over the past year. Through all the changes, we have brought forth a new direction for Touch for Health. Time now to enjoy the fruits of our work in the spirit of celebration at this Annual Meeting. The work that has gone into this Journal inspires me. As you read it, let it inspire you to use touch healing in a way that transforms yourself, your friends and family, and the consciousness of the planet.


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THE PYRAMID OF HEALTH

by John F. Thie, D.C.

There are four attributes of approaches to health: the structural, chemical, mental, and emotional. The base of all of these aspects, and in fact all aspects of life, is the spiritual.

I believe that in order to understand how we all function we must see that there is a plan and a purpose for our lives and what our lives represent. Therefore, if there is a plan and a purpose then there must be a Planner. How human beings become healthy and stay healthy has been my major study for many, many years. Having been involved in the Wholistic Health movement since its inception at the conferences at the University of California at La Jolla, I have observed that most of the pioneers in this movement now agree in the new scientific model of quantum physics: that there is an ultimate plan and purpose to life and that there is a planner. The more that is known about the world and its position in the universe, the more I am certain that it could not have occurred without a plan. The conditions and support systems needed for life to develop and sustain occur nowhere else in the universe that scientists have yet to discover. Therefore, my basic fundamental purpose is to believe in this plan and discover how to be more like the Planner. I have found that my main support is Jesus the Christ.

I believe that the Planner is part of me and that I can be in constant contact with His plan for me by being open to His direction and staying aware. I have free choice. With this choice I can choose to be part of His plan and purpose. Daily discovery of this plan and purpose is essential for me to stay on the path, so that I may help other human beings perceive the plan and the Planner in their lives, making this a better world as, of course, it was planned.

There are two major elements of God's plan—LOVE and TRUTH. In the course of human history the separation of these two attributes, one pursued in the scientific community and the other in the religious community, has made for both unloving and untruthful aspects of life. Understanding love as a manifestation of the Planner's grace and service to us all is to extend love into the framework of truth. Meeting the challenge of life today is not an easy task! My purpose in continuing to share my developments of the Touch For Health system is to assist anyone who wants to know how I uncovered some truths with love as my guiding star.

The revelation of how the Planner created the workings of our world and how we can utilize this information, as we develop our talents, is never taken back. We are given revelations and make discoveries through

them so that we can know and love the Planner more and serve humanity with joy. If we misuse the Planner's revelations and our discoveries, He will not withdraw the "new" truth from us. This is one difference between humans and the Planner. Once given a truth, it is never taken back; thus truth can be built on truth. The problem is that we sometimes get absorbed in something else like, the "seven deadly sins" (pride, greed, envy, gluttony, lust, sloth, or anger), or other distractions that takes us away from being able to be channeling the love of the Planner.

Our lives can be utilized for service or otherwise. They can be lived out for the Planner's purpose or for ours. It is a daily choice and we can always turn around and get back on the plan or we may, through ignorance or evil, move further and further away from our ultimate good in eternity.

I sometimes look at part of the Planner's plan in the chemistry of my body. There are at least 80,000 varieties of plants on earth and if I can eat only relatively few of them without causing harm to myself, then how would I survive unless there was a plan for the utilization of these fewer foods to allow me to rebuild my body and fulfill my purpose? As I recognize that the chemistry of my internal and external environments have an affect on my life and my health, I realize knowledge is necessary. When the food I eat and the constituents of the environment change my chemistry, my other attributes are

changed. As an example, If I drink a certain amount of alcohol it affects my structure by changing the way that I can control my muscles and therefore my posture. It affects my emotions for I allow them to surface more readily when I am "under the influence of alcohol" and I may then lose control over my feelings. My mental capacity can also be affected by alcohol. I may lose the ability to calculate accurately or I may fail to remember what happened when I was under the "influence of the alcohol." The amount of this substance is the crucial factor, because taken in small quantities as a carrier for medicine, it preserves the medicine and can be beneficial; however, taken in large quantities it can be lethal.

I often look at a human body and see the Planner's hand in giving us free choice to affect any of the four attributes: chemical, structural, mental, or emotional. Our bodies are our image of ourselves and how we maintain our bodies reflects our self image. Our body is the muscles, ligaments, bones, fascia, fat and the circulatory, lymphatic, nervous system, etc. I see that every attribute of my physical body is the structure of my being. When I change the positions of the structure I change my emotions. For example, when I get into a cramped position for any period of time I can observe my emotional mood changes. When I get out of that position of being cramped I can see how my emotions change. When I improve my structure my mental outlook will improve and I can think clearer than before.

Utilizing the Touch for Health muscle balancing techniques proves the above statement. In my 31 years of chiropractic practice, the last 23 utilizing my own Applied Kinesiology/Touch for Health modes of therapy, I have no doubt about it. Improving the posture and the communication between the systems allows for improved structural balance and improves the other attributes of life.

Our emotions affect our structure; our structure affects our emotions. When we change one, we change the other. If we are excited, our posture reflects it, and if we are depressed our posture demonstrates that. Our chronic, usual emotions which dominate us are correlated with our structure.

It is now known that certain chemicals manufactured in the brain and other organs may affect the emotions, senses and thinking. The reverse is also true: how we feel, sense and think also affects our body chemistry and causes the manufacture of chemicals within us. When we change our emotions the chemistry of our bodies changes.

Our mental or intellectual cognition affects our posture, because it directs how we decide to utilize the information about how to care for ourselves. For instance, if we choose to exercise, which exercises we do and when we do them makes a difference in our mental processes. Through many mental techniques we can change our emotions. We can also change our body chemistry with our minds. Through mental intention one can slow down or

speed up chemical processes.

As you can see, all of these aspects are integrated so that we really cannot talk about them individually except for the purpose of study. To observe some smaller aspect of life we leave out parts in order to focus on the one part and see it as if it existed independently of everything else. This is one way of seeking the truth, striving to learn how a thing really works. We want to find out more and more about a smaller and smaller part. We sometimes continue this until we know almost everything about almost nothing.

Another truth is surfacing after more than eighty years of living with the new science of quantum physics. Leaders in physics have now come to the realization that everything is uncertain and that the person studying a subject does have an influence on it. The passive observer no longer exists except in our illusions. If the person doing the study has an influence on what will be found, then it must mean that there is a direct connection between the Planner and that which He planned and created. In other words the spiritual aspect is influencing results in all aspects of the human life, whether it is chemical, emotional, mental or structural. The spiritual actually pervades all the four attributes of life. A person gains positive strength as the spirit predominates until at the pinnacle one is at-one-ment with the Planner's purpose. That is the ultimate of learning, knowing and loving.

There are other aspects of life that surround us and influence our beingness.

There is the context in which our lives are taking place at any given moment - our environment, our history and our future, as we perceive it.

The context in which our lives take place has an influence on our health, because we are influenced by others and how they live their lives. We do not live in isolation and unless we recognize the context of what is happening around our lives, we will have half-truths which are a lack of recognition as to what is influencing our health. For example, when my daughter died, I was greatly impacted and found that I could best bear my grief by continuing to work with my patients, attempting to continue to serve others. My health was depleted, my energy down, and my patients recognized that something wasn't the same with me and asked about it. They were able to become of service to me as I had been to them. Sometimes when tears would well up in my eyes, and I would share my grief, they would understand. I was able to listen to them share about their similar losses that I had never known about. We became closer and I believe that the health of both of us improved through this facing of death as a continuum of life together. The context of our relationship was enhanced, because the truth was revealed and shared. We were touched by that common reality. If I had not been willing to share my grief, get it out, get it healed and accept it, I am sure it would have lasted much longer for me and my health would have been negatively influenced. Now in all my relationships I have a different context with people that tell me about the

loss of a child. My pyramid of personhood is influenced by the context in which it is found at the moment.

Your history also helps create the context which you experience. No one has the exact same history that you have. Your history is totally your own. Every event that occurs in your life is influenced by your history. Your memories—perceptions are unique and different from anyone else's memories. Whether conscious or buried deep within you they may be opened up by any of the attributes singularly or or all in concert. For example, when I was a young man in Junior high school, I became drum major of the band, because on the last days of the previous school year I had simply asked the teacher of the band class "Who is going to be drum major next year?" I was purely curious and had no conscious thought that I would make a good drum major or that I wanted that position. Then, on the first day of class in September the teacher said to the band, "I am going to give the position of drum major to the first student who asked to try-out for the position." I wondered who it might be. When he announced my name and I was stunned and sat quietly wondering how that happened. Only later did I recall asking the previous year about who would be the drum major. Even then somehow there seemed a plan in this.

All the experiences of my life have given me the knowing — the knowledge that there is a plan for me. My conviction has been reinforced when I have listened and looked for that plan as it has manifested itself through my life. This is the process

of how Touch for Health has become part of my history.

All of God's creation and the creations of man: the environment, the weather, the air, the seas, pollution, radio, television, radar, the community, people, plants, and animals have had and will continue to have an effect on us and all of our attributes. These must be taken into account.

Our perceptions of the future can influence us by our knowledge that there is a plan for us and our world. We can fit into that plan or we can fight it. There are many ways that we can fulfill the Planner's purpose for us. The fulfilling of our per-

sonal mission, talent and destiny demands that we do those things that manifest health. This is far more than the mere absence of disease and infirmity. Your life is unique and your health is a subjective as well as objective manifestation of how you fulfill the purpose that the Planner has for you. It is my hope that the techniques and ideas of Touch for Health, a system for better health, will enable you to more fully recognize and accept the special life plan our Planner/God has for you. It is my hope also that you will share with others with love, the truths you will learn. ■

WHAT ABOUT RELAXATION MASSAGE FOR EVERYONE?

Sara Aeikens

Relax! . . . Hard to do? At one time it was easy. Remember when you were a baby or a young child? How good it felt to stretch? Roll in the grass? Feel that freshly mown grass on your skin?

Our skin is the largest organ of our body. Perhaps one we take the most for granted.

Our skin serves the following important functions:

1. Protects us from bacterial invasions.
2. Warns us of immediate dangers.
3. Maintains our body temperature.
4. Gets rid of body wastes.
5. Protects us from harmful sun rays.
6. Stores water and nourishment.

We also use our skin to take in physical warmth and nurturing, something we all need but perhaps have forgotten how good it feels (or we feel), how much comfort we get from it and that it's very healthy.

Touch watch your cat or dog. They know they need touch. They make sure they get it and they know how to relax.

1. BENEFITS OF TOUCH THROUGH RELAXATION MASSAGE

- A. Massage is a very effective way of quickly encouraging us to let go of stress and tension.
- B. Besides just plain feeling good - it's a mood changer.
- C. It invigorates, tones and softens the skin.
- D. It stimulates the circulation of body fluids.
- E. It promotes the suppleness of muscles, increases their flexibility and reduces soreness.
- F. It can aid in the alignment of the skeletal system.
- G. It helps the nervous system work more effectively.

H. It stimulates the functioning of the internal organs.

I. It reduces pain and fatigue.

J. It increases body awareness, allowing us to "get in touch" with ourself.

This gift to yourself, overall, promotes good physical, mental, and emotional health.

2. TYPE OF MASSAGE

A relaxation massage uses mainly fingers, hands, and forearms with varied pressures. Most firm strokes start from the outer part of the limbs towards the heart. This helps clear out the body's lymph system (our body's waste disposal system).

Long, light strokes are done away from the main part of the body.

Some pressure points are used to release congestion where energy is blocked in the body and toxins build up.

Shaking, kneading, vibrating, percussion, pressing, pulling, stretching and wringing also may be used. One does not have to know the names of muscles or do deep muscle work, as in other kinds of massage, in order to do a relaxation massage. However, it is helpful to follow the contour of the muscles.

3. STEREOTYPES ABOUT MASSAGE

Ask yourself what questions you have about touch or massage and talk about them before a massage. If you are apprehensive, think about your rules around touch. Give yourself permission to change those rules if needed; or not to, if you like.

We know it's OK for children to get their basic

need for nurturing touch met. As an adult, it's helpful to know we also have that need.

Give yourself, friends, and family permission to touch - in a nurturing, OK way. Massage is encouraged during time of stress, healing, emotional distress, and occasions where physical comforting can be nurturing and supportive.

4. SETTING UP A SAFE AND COMFORTABLE ENVIRONMENT

Our bodies take in nurturing touch most easily when:

- A. We are in a quiet place or listening to relaxing music.
- B. We are silent with words or thoughts.
- C. The room temperature and lighting is comfortable.
- D. The person giving the massage keeps as much contact as possible with the other person.
- E. We feel comfortable about nurturing touch and OK with saying "No" if not comfortable.

5. EQUIPMENT SUGGESTED

- A. Folding table, flat surface with padding or a massage table.
- B. Sheets and towels for a complete body massage.
- C. Tape recorder for music.
- D. Vegetable oil or lotion.

FOR THE PERSON GIVING THE MESSAGE

It is helpful to:

- A. Wear loose clothing.
- B. Have short fingernails.
- C. Let receiver know ahead of time;
 1. To remove jewelry for complete body massage.
 2. To say "stop" if an area is painful.
 3. To turn head to prevent stiff neck.
 4. To remain silent during massage.

5. To share which areas are in pain, or are sore or stiff.

6. To get up slowly at end and stretch.

It is also helpful to:

- D. Use a body stance of a triangle base; keep knees bent.
- E. Use all of body's weight, rather than just limbs.
- F. Vary speed, rhythm, pressure and mold hands to body.
- G. Use breath, color and visualization.
 1. Invite your family member or friend to breathe more slowly and from their diaphragm.
 2. Suggest they imagine your fingers as a paint brush with a warm color or your finger tips or visualize a ball of energized color traveling from toe tips to head crown.
 3. Describe a place which feels safe and comfortable where the person can go to be alone, but not be lonely.

USING TOUCH FOR HEALTH

An excellent way to begin or end a relaxation massage is to do a complete 14 muscle test/muscle balance with your friend. Muscle testing may also be used to determine which area of the body and which muscle needs work, and which direction to rub the muscle.

MESSAGE TO FIT YOUR OWN SITUATION

Share a portion of massage that "fits" for your family or friends. In my family of three, relaxation massage has been healthful and unifying, it also helps in communicating with my teenager. When arguments get tiring, 5 minutes on a foot, hand or shoulder rub have often bridged the generation gap.

In a society where our children are overloaded with messages that touch occurs mainly in connection with violence, sex or illness, nurturing touch can be offered as a healthy alternative in a family setting. In a society where pain is often

inflicted in the name of love, nurturing non-sexual touch or massage is a dignified option to violence.

Physical nurturing contact (touch) is a basic human right which needs to be available to people of any creed, sex, race, color or age. Nurturing, non-sexual touch is moral and essential for the development of our whole being and is a part of our human spirituality.

With a few moments of relaxation massage nurturing touch invites us to stop, slow down, calm ourselves and give ourselves permission to feel our feelings and trust someone else to care for us. It literally can get us in touch with that very special safe place inside our self. That place where we allow ourselves to be who we are - our inner self.

When we do this, we not only help ourselves, it rubs off on others! It conveys a feeling of respect and wholeness.

The above information is an excerpt from the video cassette booklet, "Massage for Everyone" authored by Sara Aeikens, M.S.

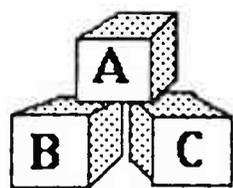
EXAMPLE OF MASSAGE:

Wake Up Message

1. Stretch, tense body tightly and relax.
2. Sit cross-legged, if possible, and put small pillow under buttocks.
3. Reach for ceiling stretch, and do Arm Activation - 4 ways.
4. Hand Massage – knuckling, thumb fans, spider push-ups, kneading, clam-ups, finger lace, twisting, bending, shaking, and dusting.

5. Belly Breathing and Nostril Breathing (alternate nostrils).
6. Head/Neck - Neck Rolls, 6 way Head Drop, Halfway Head Rotations.
7. Shoulder Rotations - forward, backward, each and both shoulders.
8. Lion's Roar and Energy Yawn.
9. Eye Exercises - 11 ways
10. Face Massage
 - A. Face Envelope
 - B. Forehead Ripple/Stretch, Temple Circles
 - C. Nose Resistive Stretch
 - D. Eyebrow, Eye sockets, Eyes, and Nose Trace, Temple Circles
 - E. Nose Press
 - F. Cheek contours - pressure points and plucking, Temple Circles
 - G. Lips and Chin Trace, Temple Circles
 - H. Inner sunshine with ears
 - I. EARS- Bony Ear Rub, Ear Clip, Ear Bend/Pull, Ear Feather Duster, Temple Circles
 - J. Jaw - knuckling, spider push-ups, jaw probe.
 - K. Neck - spider push-ups, Scalp-scraper (2 ways)
 - L. Shoulder - shoulder knead and Owl
 - M. Arm Meridian Trace
 - N. Body Meridian Trace
 - O. Upward Stretch

The above sequence may be adapted for sharing with someone else. ■



's of Meditation

(Ahhing Being Seeing for the Child Within Us)

 Affirmations

 Brain Gym

 Breathing and Sound

 Color

 Balancing

By Sara Aeikens

The restless "Child" inside of me would not be stilled. Meditation seems so "Adult." Surely someone else must have this problem? My colorful and playful "child" within wanted a simple, sacred, child-like ritual that she would soon look forward to doing daily.

A decade ago, I read a book called *The Magical Child*. I never forgot the message. Joseph Chilton Pierce, a well-known lecturer, talks of the unfolding of the "self" in a natural, joyous way, which of course, is what happens when we get "our wires all hooked up" with Educational Kinesiology and Touch for Health.

Pierce recently wrote an equally impactful book called *The Magical Child Matures* and while attending his lecture I heard him state that "meditation is the most powerful tool in the universe for change". I have always known this. Often, over the past ten years, I have *tried* to discipline myself in that direction. It never lasted more than a week or two.

Metaphors in my mind began to emerge to form some basic ABC's of Meditation. This would be for all those ordinary people out there that remember things in their brain, much better with

colorful pictures.

A visual romp around the seasonal cycle of the earth, helps me to anchor the OKness of getting in touch with the spiritual part of myself.

To prepare oneself for this "trip"-

A "Ahhing"

B "Being"

C "Seeing"

are used as tools to help make this such an effective relaxation exercise.

A Ahhing – is relaxed breathing with 5 special sounds.

B Being – is simply allowing oneself to Be and letting go of the message

"I have to do something in order to be OK in our outside world."

C Seeing – is using imagery and color to enhance meditation.

B BEGIN WITH LOTS OF "B's"

a Brass Bell hung on a hook by my special meditation spot lets me know this

is time to meet myself inside.

a **B**eautiful **B**lanket fringed in Angora yarn, **B**lue of course, goes over my shoulders.

My big, white **B**ear braces my arms for me and helps keep me from getting a tired back. I usually have a pillow under my **B**ottom, as I sit on a lovely, hand-woven rug from Nepal. Thus outfitted, I may look a bit odd, but my child within feels safe and I'm prepared to stick with it.

B Now I'm ready to do some **B**rain **G**ym exercises that can be done while sitting. I start with the Brain Buttons and then the Thinking Cap. If I am foggy or wake up with a headache, I may do Neck Rolls. I then do the Energy Yawn or something more challenging like the Owl (remember my body has to be convinced I need this!).

B I'm now alert enough to start **B**reathing. I use alternate nostril breathing. I then imagine an oval shape in the center of my trunk, inhale, keeping a rhythm of about three counts and exhale for three counts.

I then balance myself using the balancing points. I was only able to memorize these points with

<u>DIRECTION</u>	<u>SEASON</u>	<u>COLOR</u>	<u>TIME</u>	<u>SOUND</u>	<u>ORGAN</u>	<u>EMOTION</u>
North	Winter	Indigo/Blue	Midnight	Wood	Kidney	Fear
East	Spring	Green/Rose	Dawn	Shhh	Liver	Anger
South	Summer	Red	Midday	Haaa	Heart	Hastiness
West	Fall	Yellow/ Rust	Dusk	Ekkk	Spleen	Worry
Northwest	Indian Summer	White	Evening	Ssss	Lung	Sadness

Each of the above have a balancing effect on the body and may be muscle tested for effectiveness. As I complete the cycle/circle I give thanks to the Creator for the earth below and the universe above. In the stillness, I hear an **A**ffirmation of unconditional Love.

usage of tape cassettes.

Now I can do this daily muscle testing/balancing in three minutes. I actually rub or touch the balance points or challenge the balancing. By this time I'm awake and my headache or fogginess is gone.

B I then use the **B**asic **B**reathing cycle with the **C**olor. I imagine a red, warm relaxing ball of energy at the base of my spine while breathing through my nose and "pull" this color vertebrae by vertebrae up my spine, with the count of three or four, to the top of my head. As this vivid, heated color curves over the crown of my head, I exhale through my mouth and see it turn into a stream of calm, cool, blue energy that cascades over my face like a waterfall, to my navel. At which point I get smart and close my mouth "storing" that extra calming energy in a basin at the **B**ottom of my **B**eing.

The instant the "down" changes to an "up" there is a dead stop. Pause... That is where my stillness resides. I now am ready to sense it because I made preparations ahead of time - just as I would in preparing to take a child on a trip.

After a series of colorful, oval cascades I begin my journey through the senses and cycles of life.

Twenty minutes pass, I clear twenty years of headache. There is energy still for prayers for others.

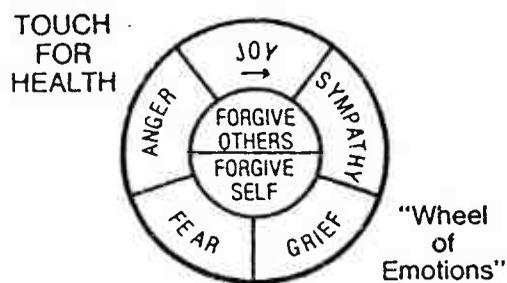
My child within is ready for the day.

Ahhing Being Seeing...Me. Grown up and nurtured small me, too. ■

DEVELOPMENTAL AFFIRMATIONS FOR SELF ESTEEM AND THE WHEEL OF EMOTIONS

by Carol Albee

Summary: Psychologist Pamela Levin has identified affirmations essential to self esteem which relate to childhood developmental stages. These themes recycle throughout our lifetimes. The most appropriate affirmations to focus upon can be identified by muscle testing. Using ESR, the Wheel of Emotions (with forgiveness of others and self added) and age regression, we can gain insight and make changes in attitudes and behavior.



Touch for Health is changing so rapidly, I feel like an archivist bringing to light wisdom from our past that has almost been forgotten. The Wheel of Emotions is not a new technique — I learned it in my ITW in 1979. It combines the basic tool of muscle-testing pectoralis major clavicular (both arms simultaneously) after naming each of the emotional correspondences of the Law of Five Elements (going clockwise around the wheel above) and using Emotional Stress Release to clear any emotion that shows as a stressor. With an ever-expanding choice of balancing techniques and the addition of Edu-K, many of us are not using the Wheel of Emotions, or are releasing only the one emotion that circuit localizing shows will balance energy by the Law of Five Elements. The emotional block is cleared without the insights that are gained from ac-

knowledging all the emotional components. Emotions are like soup, many flavors blending and unrecognized. Much can be learned about ourselves when we experience each ingredient.

I'd like to share my personal experience when I applied Touch for Health skills to the material presented in an eight-week study group that turned into a two-year support group. A friend had discovered the book *Self-Esteem: A Family Affair*, by Jean Illsley Clarke, and had found it to be one of the most gently, encouraging ways to support positive changes in her family and children's behavior. A separate Leader Guide gave detailed instructions so that we could facilitate a group learning experience.

The emphasis of Clarke's book is on affirmations essential for positive emotional development and self esteem. The affirmations were originated and coordinated with developmental stages of childhood by Pamela Levin in *How to Develop Your Personal Powers: A Workbook for Your Life's Times*. (Prenatal stages have been added since the book's publication.)

- Stage 1: Time to Be (0 to 6 months)
- Stage 2: Time to Do (6 to 18 months)
- Stage 3: Time to Think (18 months to 3 years)
- Stage 4: Time to Create an Identity (3 to 6 years)
- Stage 5: Time to Develop Skills (6 to 12 years)
- Stage 6: Time to Regenerate (13 to 18 years)
- Stage 7: Time to Recycle (through adulthood)

According to author Clarke, adults recycle these stages as life events or the growth of the children bring up unfinished business from childhood or new opportunities for growth. For example, affirmations for Being are important for people who are sick, hurt, or depleted; affirmations for

Doing are important for people learning a new skill (TFH!) or starting a new job or relationship; affirmations for Identity are important for people who are owning their own power and giving up inadequate patterns and crutches "and incorporating healthier ways;" affirmations for Structure (Developing Skills) are important for people entering new groups and social settings; and affirmations for Sexuality and Separation (Regeneration) are important for people making relationship separations.

Each session for eight weeks our group focused on one stage, learning new concepts and tools based on Transactional Analysis. Without Emotional Stress Release to clear thinking and ease the stress of change, the information was too much to assimilate. We began a repeat session, this time using muscle testing to identify affirmations for each of us to focus on. We would say each affirmation aloud reworded in the first person, and if we tested weak, we used ESR to get in touch with why it was stressful. We found more to work with when we had our muscle test partner say the affirmation to us as we visualized each of our parents speaking to us, or our spouses or any significant other. From this point the learning intensified and became a very personal experience.

Sometimes muscle testing confirms what you are thinking and strengthens your self trust. Other times it startles and opens a door. Take a moment to consider which of Pamela Levin's "Stage 1, Time to Be" affirmations seem most relevant to you, then muscle test to find out which statements are stressful.

"I have a right to be here.
My needs are o.k. with me.
I'm glad I'm a boy/girl.
Those I love like to be near me, to hold me, to touch me.
I don't have to hurry; I can take my time."

Dramatic changes can occur from working with affirmations from the first stage — "Deciding to Live," as Jean Clarke calls it. Muscle testing "I

have a right to be here" brought sudden tears to Brenda, and with ESR came the memory of her family's teasing that her grandfather "took one look and died" when he was introduced to her. She had grown up with the belief that she was ugly and with the unconscious guilt of being here at the expense of her grandfather. Many difficulties in her life now made sense. She had come a long way from abusing her first child, Melinda, in infancy. Brenda was now a devoted and loving mother but had difficulty giving "being" affirmations to herself or her children. With her husband, she decided to spend Melinda's seventh birthday allowing her to act like a baby and giving her the affirmations she had missed. By the afternoon, the girl who envied her baby brother and cried every birthday had moved to Stage 4 - Identity - and was celebrating the advantages of being her age.

Consider how important it is to communicate these affirmations in words and actions in the context of the TFH or Edu-K class. To create an effective learning environment, instructors must communicate Being affirmations at the very first meeting: "You have a right to be here. Your needs are o.k. with me. I'm comfortable touching you." When learning a new skill, the Doing and Thinking affirmations are needed: "It's o.k. for you to explore and experiment. You can do things and get approval at the same time. You do not have to be uncertain." For wholistic health educators, the attitude "You do not have to take care of other people by doing for them" is essential if we are to empower people to take care of themselves, as well as to prevent burn-out in ourselves. As health consultants working with people who are giving up old patterns and owning their own power, we can communicate, "You don't have to be sick or scared or sad to get taken care of. You can be powerful and still have needs. You don't have to suffer to get what you need." For us attending this conference and learning so many options, the Structure affirmations are grounding: "You can think before you make that way your own. It's o.k. to disagree. It's o.k. to

trust your feelings to guide you.” As we conclude our classes and meetings, the Separation affirmations give us support to continue using TFH: “It’s o.k. to be responsible for your own needs, feelings and behavior. It’s o.k. to be on your own. You are welcome to come back again.” These affirmations, expressed in appropriate words and actions, are the underlying attitudes essential to providing a learning environment where people feel safe to grow and change.

Once stressor affirmations have been identified, there are many ways to clear and balance using Touch for Health, Edu-K, and new material presented at Touch for Health annual meetings. Still the basic techniques of Emotional Stress Release and the Wheel of Emotions are profoundly simple and effective.

Emotional Stress Release clears the emotional charge from memories, sequential events relating to a theme, words that we use to make sense of our experience but may keep us stuck in it, and specific triggers for stress that are unconscious associations to a past trauma (e.g., objects, words, smells, dates or times of day, weather, etc., that trigger anxiety, fear, and depression). But ESR alone is often not enough. I find out by muscle testing, saying, “If there is something that needs clearing by the Wheel of Emotions, this muscle will test weak.”

The Wheel of Emotions seems to help people clear in a different way than ESR. It has helped me to recognize and accept my emotions and become “unstuck” in patterns of emotional response. When I first began to give myself permission to feel the unthinkable, I used to wallow in emotions to clear them. Since I learned to ask, “Reveal to me what I need to know and release the rest,” I more often experience insights and gentle release without a strong emotional reaction. Years ago at an ITW, I was one of Gordon Stokes’ unwitting volunteers for the Wheel of Emotions demonstration. (I had mis-heard his introduction and thought he was going to reduce the “love handles” at my waist with the reactive

muscle technique!) After bawling in front of 25 people I would have preferred to impress in another way, someone with an unforgettable smile said, “If you want to experience the ultimate release, test on forgiveness of self and forgiveness of others.” I urge all of you to experience this and add it to the Wheel of Emotions, testing and clearing on “forgiveness” or “acceptance” after the other emotions have been released. If there is reluctance to forgive, it is helpful to ask if there is another feeling to clear that was not acknowledged through the Wheel. Accept and allow expression of all feelings while holding the frontal eminences, even unwillingness to forgive.

Age regression is essential to do with ESR and the Wheel of Emotions after the time for clearing has been identified by muscle testing the affirmations. The age regression technique is described in the *Edu-K Advanced Class Manual* by Paul E. Dennison, Ph.D., and Gail E. Dennison.

It is my desire to get to the source of beliefs which have created problems that recycle in patterns. I continue exploring a theme until I have a strong muscle response to the statement, “If this individual is ready to clear more about this theme, the muscle will test weak.” Such muscle feedback has on occasion, led me to explore the birth event, trimesters in the womb, conception, “moment of entry” of spirit into flesh (some very strong life-denying attitudes have cleared at this level), pre-life, and past lives. Such exploration of course depends on each person’s belief systems and willingness to trust the body’s feedback. “Past life” impressions may be personal metaphors rather than literal experiences, but by accepting whatever comes up, many people reach a deeper level of understanding and love.

What is the value of taking the time to go around the Wheel of Emotions when we have other effective and perhaps more time-efficient ways of releasing emotional trauma from the past? It develops our understanding and acceptance of our emotions as keys to self-discovery and

change. Our emotions are the expression of core beliefs and attitudes. We have a chance to discover our inner wisdom with supportive silence and loving touch. We have a choice to change when underlying emotions and thoughts are brought to a conscious level. Only by acknowledging and accepting the validity of our emotional expression can we come to the point of forgiveness and acceptance of ourselves and others. What is the value of giving yourself time to use the Wheel of Emotions? It is one path leading to self-love and unconditional love of others.

The affirmations for self-esteem are concepts that are necessary for psychological health. Once the stress associated with them has been released, they can be more effective as affirmations, to give ourselves as well as to seek appropriately from others. I want to share these affirmations with all who have a commitment to their own healing, to releasing the past to live more fully in the present.

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SOME IMPORTANT CONSIDERATIONS IN MUSCLE TESTING FOR FOODS AND SUPPLEMENTS

by Elizabeth Barhydt and Hamilton Barhydt

Abstract: The basic muscle testing techniques for food and supplement testing are reviewed. Possible difficulties and misindications due to the presence of electromagnetic imbalances in the testee or testor or a hypertonic (frozen) indicator muscle are discussed. A revised testing procedure that accounts for these problems is described. Special considerations for testing with candida are also included.

INTRODUCTION

The simple approach to food and supplement testing of holding the item to be tested against the body or popping it under the tongue cannot be depended on to give accurate results. There are several problems that can occur:

1. The muscle being tested must be in balance (homeostasis) and remain in balance during the test.
2. Both the testee and the testor must be in full electromagnetic balance before and during the test.
3. We would like to know whether the item being tested is biogenic, biostatic, or biocidal.

HYPERTONIC MUSCLES

The problem presented by hypertonic (or frozen) muscles was discussed in detail in our paper presented to the Touch for Health Annual Meeting in 1986 (Ref.1). These are muscles that are overenergized and thus will not unlock in the presence of an unlocking signal. This condition must be corrected before testing the food or supplement.

Following the ICAK test procedure for hypertonic muscles (Ref. 2) a muscle to be used as an

indicator muscle is first tested in the clear. It should be locked. If not, it is hypotonic (underenergy) or reactive and can be corrected by standard Touch for Health techniques for underenergy or reactive muscles (Refs. 1 and 4). Next the same muscle is tested again while the testee touches their K27 point on the same side with two fingers. The muscle should remain locked. If not, it is hypertonic (overenergy or frozen). The simplest correction procedure that we have discovered is to tap the alarm points for the meridian associated with the muscle.

Even though the indicator muscle is in balance before testing the item in question, it may become hypertonic when the item is placed next to the body or under the tongue due to stress engendered in the body by that item. So for an accurate test you must recheck for the hypertonic muscle condition in the presence of the item being tested.

[Note: There is some variation in the use of the term, "hyper". In this paper we follow the ICAK usage of "hypertonic" to mean "overenergy" and "hypotonic" to mean "underenergy". Recently IIAP (Richard Utt, Ref. 6) has introduced the usage of the term "hypo" to refer to testing from contraction towards extension and the term "hyper" to refer to testing from extension towards contraction. Thus a "hypertonic" muscle in our terminology is the same thing as a "hypo frozen" muscle in IIAP terminology.]

ELECTROMAGNETIC BALANCE

The need for full electromagnetic balance in both the testor and the testee when muscle testing with an indicator muscle was also discussed in detail in our 1986 paper referred to above (Ref. 1). Here the term electromagnetic balance is used to refer

to a large group of electrical disturbances as defined by the ICAK (page 28, Ref. 4):

- Ionization
- Centering: hyoid, gait, cloacals
- Switching
- Cross-crawl
- Right-left brain integration
- Blood chemistry

We have found that the following condition is also part of this category, since it is also covered by the screening test and correction procedure given below:

Central Meridian reversal

We have found that, if any one of these items is out of balance, the indicator muscle test results may not be reliable. Switching is the most commonly encountered problem, but any one of these electrical disturbances can potentially cause a problem.

The test we use for this is the standard ICAK electromagnetics screening test (page 28, Ref. 4). We perform this test on the testee by having either the testee or the testor place all five fingertips of one hand on the testee's torso and then testing the testee's indicator muscle. If the indicator muscle remains locked, the testee is in full electromagnetic balance. If the indicator muscle unlocks, the testee is not in full electromagnetic balance.

The testor can then perform this same test on himself by touching the five fingertips of one hand to his torso and testing the testee's indicator muscle with his other hand. If the indicator muscle now unlocks, the testor is not in full electromagnetic balance. If it remains locked, the testor is in full electromagnetic balance. In this test, since the testor is touching the testee with the hand being used to test the indicator muscle, the testee is acting as a surrogate for the testor.

Frequently the testee or testor may flip out of full electromagnetic balance during a food and supplement testing session. This can be due to

confusion about the procedure, a prejudice on what the testing outcome should be, a food addiction, or anything else that places a stress on either the testee or the testor. So it is generally a good idea to recheck electromagnetic balance in the presence of the item being tested, especially if there is any reason to suspect the apparent test indications.

We introduced the "five finger quick fix" in our 1986 paper (Ref. 1) as a quick and simple way to establish full electromagnetic balance. A detailed explanation of the rationale behind this correction procedure is given in the referenced paper. A brief summary of the technique follows:

Standing with your feet together, touch five fingers of one hand to your chest and then spread your legs while your fingers are touching your body. Continuing to stand with your legs apart, do the corrections for the three directions of switching. Place one hand over the navel and rub the two K27 points for right-left correction. Rub under the lower lip with one hand and rub the pubic bone ridge with the other for top-bottom correction. And rub just above the upper lip with one hand and the coccyx with the other for front-back correction. You are now in full electromagnetic balance. The basic idea behind this procedure is that doing all the corrections will be beneficial and will place you in full electromagnetic balance regardless of your initial state of balance before you started the procedure.

FOOD AND SUPPLEMENT TESTING

Touch for Health has introduced three categories for food and supplement testing:

- Biogenic, adds bioenergy
- Biostatic, no change in bioenergy
- Biocidic, decreases bioenergy

The basic procedure used by most people has been to place the item to be tested next to the body, usually near the navel, or under the tongue and to test a balanced indicator muscle. If the muscle unlocks (becomes hypotonic), then we consider the item being tested to be biocidic. If

the muscle remains locked (in balance or homeostasis), the item is either biogenic OR biostatic. The muscles most commonly used for this testing are the deltoid, anterior deltoid, or pectoralis major clavicular.

This is fine for testing foods which we enjoy eating; however when we are testing supplements, which are an extra expense, we want to take them only if they are biogenic. To check this we test a muscle that has been temporarily sedated (placed in an unlocked or hypotonic condition) as described in Ref. 5. If the muscle relocks when the item being tested is placed next to the body or under the tongue, the item is biogenic. (When testing in this mode, be sure to rebalance the muscle at the end of the testing session. Also you need to check the muscle condition before each test to make sure that the muscle has not spontaneously rebalanced itself.)

The new thought that we wish to inject at this point is that it is possible for either the testee or the testor to drop out of electromagnetic balance DURING the test. This will invalidate the test. It is also possible for the indicator muscle to become hypertonic and freeze up. This also invalidates the test result. These reactions can be due to a number of causes: confusion over the procedure; a strong desire or conviction, conscious or subconscious, that a certain test result should occur; a food addiction; a bioenergy from the item being tested that disturbs the energy balance of either the testee or the testor; something in the environment, colors, sounds, etc., that disturbs the energy balance of either the testee or the testor.

To assure that the testor and testee are remaining in electromagnetic balance and the testee's indicator muscle is not freezing up, we add the following safety checks to our testing procedure:

1. We check the testee's indicator muscle and correct it if it is out of balance. We test for the hypertonic (frozen) condition by having the testee hold two fingers to the K27 point on the

same side as the indicator muscle.

2. We test the testor and the testee for electromagnetic balance with the five finger test and correct with the five finger quick fix as necessary.
3. We test the food or supplement as described above, using a locked indicator muscle if we wish to determine if the item is biocidal or an unlocked indicator muscle if we wish to determine if it is biogenic. For a positive result in either test (not biocidal in the first case or biogenic in the second case), we require that the indicator muscle remain locked with the test item is being held next to the testee's body,
 - a. while the testee touches the K27 point on the same side as the indicator muscle,
 - b. while the testor touches the testee's body with five fingers,
 - c. and while the testee touches his own body with five fingers.

If the indicator muscle unlocks on any one of these tests, the test result is considered to be negative.

We have much better success in the selection of food items and supplements for ourselves since we have adopted these techniques. We found a number of items that we had thought were OK based on the basic muscle test were not OK when we added the check procedures. Eliminating these items from our diets resulted in improvements in our health and sense of well being. As a specific example wheat tested biogenic for Elizabeth using an initially balanced indicator muscle. Meanwhile she was experiencing cramps of unknown origin. Then we tried TL of K27 during the test and the indicator unlocked; her indicator was becoming hypertonic (frozen) whenever wheat was brought near her body and would spontaneously relax into balance when the wheat was removed. Removing wheat from her diet eliminated the cramps.

CANDIDA FOOD TESTING

When a person is experiencing an imbalance due to candida albicans or other yeasts, proper food selection is an important contributor towards reaching permanent balance. An important tool for dealing with yeast infections is the candida mode test introduced by Steven Rochlitz (Ref. 3). This test involves touching the edge of the middle fingernail to the pad of the thumb and testing an indicator muscle. We find that this test works best if the testee does the mode test. A change of state of the indicator muscle (generally from locked to unlocked) indicates the presence of a candida or yeast imbalance. When a candida imbalance is present in the clear, the first step usually is to correct the imbalance by whatever priority balancing procedures you prefer.

Once a candida balance has been established in the clear, we want to determine those foods that will preserve the candida balance. First we test the food in question as described in the preceding section. If the food is not biocidal, we then repeat the tests while the testee holds the candida mode test. If the indicator muscle now unlocks, the food is **BIOGENIC TO THE CANDIDA** and should not be eaten by the testee.

The concept here is that many foods that are otherwise healthy for the testee are also "healthy" for the candida and other pathological yeasts in the body. The testee will want to avoid those foods that are "healthy" for the candida and other pathological yeasts. Once these yeasts are totally in check and down to normal levels for a healthy

body, this test will no longer unlock the indicator muscle, and the person can go back to these foods on a regular basis.

It is not practical to do this as a one-time doctor's office test because the acceptable foods change. Typically a food may be initially OK, but may become troublesome if consumed too frequently and must be avoided for a while before it can be consumed again. The foods most likely to present candida problems are carbohydrates and foods containing yeasts, molds, and fungi.

We also use a mode test for the presence of aldehydes, discovered by Elizabeth. This involves touching the edge of the thumbnail to the inside of the second joint of the little finger (counting in from the fingertip). Steven Rochlitz describes a two-point test in his paper (Ref.3). A positive response to this test indicates the toxic presence of aldehydes, such as acetylaldehyde, a candida waste product, or formaldehyde. It is the aldehydes that are responsible for much of the pain associated with candida and other yeast imbalances. We have found that the free amino acid Taurine will correct the aldehyde indication and relieve the pain associated with the aldehydes. (Rochlitz also reports the same result and adds molybdenum and the free amino acid cysteine to the list, Ref. 3) However this is really an "aspirin approach", since the pain will not go away permanently until the imbalance of the candida and other yeasts that are generating the aldehydes is permanently corrected.

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SPA

SINGLE POINT ANALYSIS AND SINGLE POINT APPLICATION

By Leslie K. Bolgar

THE SCIENTIFIC BASIS

On page 11 of the Thorndike Barnhart Advanced Dictionary, "scientific method" is defined as an orderly method used in scientific research, generally consisting in identifying a problem, gathering all the pertinent data, formulating a hypothesis, performing experiments, interpreting the results, and drawing a conclusion."

For an experiment to be scientific it must be possible for properly trained persons to perform it with similar results. Preferably the experiment should be reversible to provide positive proof of causal relationships. The instrumentation should be as sophisticated as possible.

Once an hypothesis has been established scientifically, it can form a basis for further development.

TFH (Touch For Health) is an orderly method for energy balancing. It identifies and solves problems, provides interpretations of observed facts on the basis of proven hypotheses, it can be performed reproducibly by trained TFH students using the most sophisticated instrument in the world—the human body. TFH experiments are generally reversible, and are useful as a foundation for further development.

SPA, Single Point Analysis followed by Single Point Application, is a development of TFH according to the postulated principles of science. It was developed by the author with the help of students, patients, and assistants, using the information from Dr. Thie's Touch For Health manual as reference material. It is useful, however, as a follow-up in all branches of kinesiology and any other system of energy balancing. The author owes the idea to the methodology acquired while attending the ITW course in 1981. This methodology has been handed on to the author's students at TFH level III. It has subsequently been applied in thousands of treatments, and has formed the basis for considerable development. The present article describes the first of these developments, and it describes the basic formula using TFH III material.

Energy Imbalance

The body is intricately simple. It is energized by emotional, chemical, physical, electromagnetic, and other energies. The energies enter the body, circulate and interact in the body, are used and converted, stored, and finally discharged from the body. The energies flow in the body along identifiable pathways and their interactions are governed by identifi-

able laws.

Whenever a blockage occurs in an energy path, an imbalance of energy appears. Excess pressure spreads backwards from the blockage point against the direction of flow, and low pressure spreads ahead of the blockage point in the direction of flow.

Any disorder rapidly disturbs the entire organism. At the material level, the energy surplus and energy starvation extend upstream and downstream of the energy blockage, each extension being formed like a river delta. The blockage is partially bypassed by secondary pathways that are themselves overloaded.

At the level of subtler energies, the entire organism senses the disorder and thus permits muscle testing to identify the energy disorder.

The bypass system is a compensatory mechanism that helps the organism to continue functioning despite the disorder. However, the compensatory mechanism itself is an irregularity in the energy system, and it advances further imbalances. The body then substitutes different kinds of energy for each other. For example, willpower is used to augment muscle power; mental power is used to avert the sensation of pain or fatigue; vitamins and minerals are depleted by the use of refined foods taken to augment available energy and so on. Compensation always brings about further strain, and this is the price we pay for imbalance. On the physiological level, we observe this as inflammation, strain, increased heart rate, fever, muscle strain, inattention, uncoordination, emo-

tional changes, etc. External interference can also bring about results that appear immediately desirable but are damaging in the long run—an extreme example is the use of drugs.

ENERGY EQUATIONS

Any muscle when tested at TFH I level can appear strong either because it is in balance or because its energies are compensated. As long as the sum of the various energies that flow to the muscle is within desirable limits, the muscle tests strong. For example, on a balanced person the supraspinatus can be weakened by tapping the neurovascular point eleven on the frontal eminence, and compensated by neurolymphatic massage medial to the armpit. It will test strong, yet it is out of balance, as can be shown by the challenge technique (that is, by retesting it while touching the last-treated point.)

If we now continue to strengthen the supraspinatus by other methods without first cancelling the neurolymphatic massage by light tapping, we produce a condition of over-energy in this muscle. This can be demonstrated by running a hand up along the central meridian, after which the muscle will test weak due to surplus energy. (The surplus can dissipate rapidly, and therefore the test must be carried out very quickly.) To restore a proper balance, each treatment must be reversed (the central meridian run backwards and the neurolymphatic switch lightly tapped before strengthening the muscle by holding the neurovascular point on the frontal eminence) until we get to the head of the

chain of events that brought about the eventual imbalance. We can now challenge the muscle and it will stay strong; thereafter we can also run up the central meridian and the muscle will remain strong.

As we progress in TFH, the choice of the correct point for balancing the body is even more important. For example, the effect of acupuncture can be demonstrated well with the pectoralis major muscles. The use of food, emotions, and other energies obeys the same general rules, as can be easily demonstrated in muscles related to those energies.

SEQUENCE OF EVENTS

On a previously balanced testee, the importance of treatment in the correct sequence can be well demonstrated by lightly tapping on the neurolymphatic switches adjacent to the K27 acupuncture points. This will cause lateral switching and the muscle testing thereafter brings results that need very careful analysis since now the fix-as-you-go method of balancing may further imbalance the system. The same is true of the results of subsequent food testing etc. Immediately after tapping K27, for example, white sugar and tobacco may appear to strengthen the testee! The K27 which has been disturbed last must be corrected first before additional testing can bring valid results.

Any interference with the body's energies starts a change in the whole system. The old balance is unstabilized. After a time lapse, the energy system reintegrates into

a new organization. The unstabilizing interference may have been external or internal, natural or artificial, or even experimental. If it is known and immediately reversed, the previous conditions can be restored. Otherwise it is necessary to carry out a comprehensive test of the reintegrated balance of the system, analyze it, and arrive at the point where the system can be balanced and not merely compensated. In this sense, "point" can be the application of any energy relevant to the organism. This includes food, emotion, etc. The process just described is single-point analysis.

SPA

SINGLE POINT APPLICATION

It is a principle of TFH to test, treat, and retest after treatment with the dual purpose of proving the treatment and reactivating the system under the new balance of energies.

When the single point of SPA is applied, the entire system is immediately altered. This is Single Point Application. The primary restriction to the flow of energies is removed. Consequently there is a tidal wave of energy flowing from the previously stressed areas (over-energy) to the previously depleted areas (under-energy.) The immediate effect is that all areas that previously had a surplus show under-energy, and all areas previously depleted show over-energy. Neutral areas remain relatively unaffected. This imbalance is short lived; within seconds or minutes the system can rebalance itself and show all areas in balance.

To prove the point, all the tests should be repeated in a matter of seconds or minutes, and this is clearly impractical—no-one can be expected to test 42 or more muscles and carry out additional tests for food, emotions, gaits, etc., within 1-2 minutes. This is, however, unnecessary in practical work since it is sufficient to retest only the muscles that showed weakness in the tests before the treatment.

42 MUSCLES IN 15 MINUTES

The author and his assistants have developed charts and other methods to speed the testing and the analysis of results. At the level of TFH III, this involves the tabulation of information relating to muscles, energies, and foods, based on Dr. Thie's TFH manual. These aids have proved their value in experimental use and as teaching aids in the author's practice. It should be possible with trained people to balance 42 muscles in 15 minutes.

This experience further proves the scientific validity of TFH—as if it still required proof.

The muscle testing sequence is based on the order given on page 127 of Dr. Thie's TFH manual. The notation is based on the principle of the 5 elements—page 113—and separating Yin from Yang. Neurolymphatic and neurovascular points are noted as well as other information. A sample chart is attached (Appendix A.)

Our food analysis chart is also based on the TFH manual. At present it is in Hebrew for local use. However, it can be made available in English.

REVERSIBILITY

The reversibility of experiments is mentioned as one of the proofs of cause and effect. Reversibility is of further importance in treatment, to avoid the effects of mistakes. SPA must be fully reversible.

In SPA we prove the effects as follows:

STEP 1: Test the testee in all respects without giving any treatment.

STEP 2: Analyze the results.

STEP 3: Apply the SPA treatment.

STEP 4: Retest the testee to prove that all imbalances have been corrected. There should be no under-energy or over-energy in any muscle. This is the normal treatment.

STEP 5: Reverse the treatment, thus cancelling its effect.

STEP 6: Retest the testee. The results should now be identical with the original results. In practice, the results can be even more definite than in the initial test.

STEP 7: Re-apply the treatment.

STEP 8: Retest the testee. The testee should now be in complete balance.

LIMITATIONS

All balancing methods are limited in their scope and this is also true of SPA. There are two causal factors that have a combined effect:

1. The nature of the testee's problems.
2. The level of application of the method.

The second factor compels practitioners to continue perfecting their skills.

The results of SPA are comparatively stable. The need for repeated treatment generally reveals the need for a higher level of application.

Personally, the author spends about half his time in studying and research in this and allied subjects.

FURTHER RESEARCH

Further information is available. Development is continuing, and the author will be grateful for any help, information, comment, or advice that the reader can offer. Please write to the following address:

Thank you in anticipation of your cooperation.

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If you visit Israel, please phone 03-737-844.

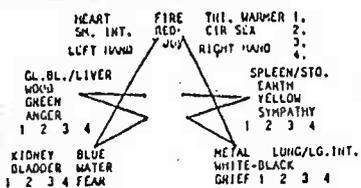
See appendix, next page.

Leslie K. Bolgar
Touch For Health July, 1987

SPA-1

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	SUPRASPINATUS - CENTRAL				1-4	HEAD	2-3	B	GOVERNING - ICKE'S MAJOR				K1-1
	R1L	R2L	R3L	R4L					R4L	R3L	R2L	R1L	
YIN	X	X										X	X
KIDNEY	R1L	R2L	R3L	R4L	NV	5-7 PM	3-5 PM	NV	R4L	R3L	R2L	R1L	
UPPER TRAP. 67					7	2-3 AM	NAVAL PUBIC E/7	2/11					
PSOAS 65					1	NAVAL I12-L1	NAVAL PUBIC L2	11					
ILIACUS 69	X	X			10	SHOULDER L1-L12	NAVAL PUBIC	11					
YANG												X	X
LIVER	R1L	R2L	R3L	R4L	NV	1-3 AM	11-1 AM	NV	R4L	R3L	R2L	R1L	
PECT. MAJ. STERN					12	R 5-6	3-4	4					
RHOMBOIDS 95	X	X			4	R 5-6	R 5-6	Knee Sterri					
HEART	R1L	R2L	R3L	R4L	NV	11-1 PM	1-3 PM	NV	R4L	R3L	R2L	R1L	
SUUSCAPULARIS 53					4	2-3	THIGI L 5 CHEST 8-11	10				X	X
CIR SEX	R1L	R2L	R3L	R4L	NV	7-9 PM	9-11 PM	NV	R4L	R3L	R2L	R1L	
GLUTEUS MED. 71					10	PUBIC L/5	2-3	8 Sterri					
ADDUCTORS 73					10/13	4-5	NAVAL 10-12	2					
PIRIFORMIS 75	X	X			10	PUBIC L/5	NAVAL 10-12	2					
GLUTEUS MAX 77	X	X			13	THIGI L-5	NAVAL 10-12	2					
SPLEEN	R1L	R2L	R3L	R4L	NV	9-11 AM	7-9 AM	NV	R4L	R3L	R2L	R1L	
LAT. DORSI 45	X	X			9	L 7-8	L 5-6	11					
TRICEPS 51	X	X			9	L 7-8	L 5-6	11			X	X	
OPP. POLL. LON. 49					3	L 7-8	L C 7 T 1	11					
LOWER TRAP. 47					3	L 7-8	C 2	6					
TRAPEZIUS 47					3	L 7-8	2-3						
LUNG	R1L	R2L	R3L	R4L	NV	3-5 AM	5-7 AM	NV	R4L	R3L	R2L	R1L	
DELTOIDS 101	X	X			4	3-4	BACK THIGHS	10				X	X
ANT. SER. 97	X	X			4	3-4	INSIDE THIGHS	10				X	X
CORACODR. 99	X	X			4	3-4	INSIDE THIGHS L	2				X	X
DIAPHRAGM 103	X				4	STERNUM 10							



TREATMENT = TIME: DATE:
 NV 4 12 10/1987
 DATE OF BIRTH: 1957
 NAME: A. Testee
 COPYRIGHT: 1987
 LESLIE K. BOLGAR

TUNING UP THE TOUNGUE

by Kathy Brannan

I first began thinking about the tongue in 1986 when my son, Frank, began seeing a speech pathologist for a slight speech impediment. I was using muscle balancing in my work as a massage therapist, and after watching the therapist's speech evaluation, I began to think of the tongue as a muscle, or a network of muscles, controlled by the different hemispheres of the brain. With a little experimentation, I soon discovered that, by putting the tongue in extension and testing an indicator muscle, I could find the tongue positions that seemed to cause stress to the system.

Working with Frank, I made corrections on his tongue using spindle cells. Extending his tongue against two finger pads, the indicator muscle eventually stayed strong in the five positions; up, down, right, left and straight ahead. We did this once more the following week, and this time the muscle stayed strong without any corrections.

The therapist gave Frank exercises to improve tongue strength and position of the tongue in making certain sounds. This solved his speech problem and the only sign that the stress reduction techniques had made a difference was that, while the speech teacher had estimated that it would take eight months, Frank completed the course in only three-and-a-half months.

My next opportunity to work with the tongue was in Holland during the Advanced One Brain Workshop in August, 1986. There I met a 27-year-old woman named Jetti, who was born with what the doctors diagnosed as a "long tongue." As an infant it had been very hard for her to drink from a baby bottle, and spoon feeding was always a "fight." Even now, as an adult, it was difficult for her to drink liquids quickly. She had been to several speech pathologists with no results. On the last day she asked me to work with her. First

we put the stressful tongue positions into circuit. Then we started to find the outs. Her body told us to stack the outs, then to correct the one that was repeated twice in a row. We corrected, using Gordon Stokes' Visional Motivational Cards. Upon completion, her muscle stayed strong on all of the outs and with her tongue in all five positions.

After lunch she was elated and said she was able to drink a drink pretty much straight down. I think she suffered from tongue thrust which is a fairly common condition in which the tongue pushes against the back of the front teeth instead of the roof of the mouth. With tongue thrust it is very hard to drink, except in small sips. The main thing my own son liked about the speech therapy was it enabled him to drink more easily. After returning from Europe I received a thank you letter from Jetti. She referred to the work as "unknotting" her fixed tongue muscles, and said her tongue now seemed to feel twice as broad as before.

I worked on several other people on the trip. I developed a finger mode which is the third finger (counting from the little finger) held down in the palm. If that causes a stress, I join the second finger for emotional, then the fourth finger for structural. The difference being "emotional" is the emotional stress and "structural" is stress in the muscles themselves. If it is structural, I then see which position(s) are being affected.

Barbara Mangles, my son's speech pathologist, had taken Touch For Health I. She questioned if running a meridian would help to strengthen the muscle. We found a willing subject, my daughter, Jessie, who was taking speech for tongue thrust. Barbara measured the strength of Jessie's tongue in three directions and observed

Jessie's speech. I then did a quick balancing with Jessie that indicated her tongue was stressed structurally. I also checked meridians, circulation-sex was over energized. The body indicated that it would not benefit from any specific meridian work. Barbara then observed Jessie's speech and remeasured the tongue's strength. There was an improvement, and Barbara stated, "It appears more balanced." Circulation-sex was in balance as well. I have since found that if the tongue is out structurally then circulation-sex is either over or under energized.

Up to this point I was very gratified with the results I had been having with my tongue work. Then I happened upon a rather startling discovery. For no particular reason, a small, toy xylophone was on a shelf near my work area. One day while balancing a client, reactive ears came up and I couldn't find the right correction for it. Looking around the room my eyes fell on the xylophone. I asked the body if that was what was needed, and the arm remained strong. So I began to learn a new process. It went like this: to go from the long pipe at one end of the xylophone to the short pipe at the other end, I asked "long to short" and muscle tested, then "short to long" and tested. I tested if I should point to each pipe or sound each note. The body indicated I should just point. When the arm went down I found I was to hit the note 10 times. I did that and the muscle stayed strong. What next? I repeated the process until the ears were no longer reactive.

I have since concluded that the xylophone balancing process is very successful. In working with the tongue, if sound is not part of the corrections, then the circulation-sex meridian may not be corrected. Incidentally, I have used the xylophone for many people in my work as a massage therapist, and I have found that the client feels a

much greater sense of calm. My theory is that vibration is a part of the energy system that circulates the body, beginning and ending at the tongue, and the tones of the xylophone help to balance these vibrations.

In working with the tongue, I use the following exam. I look at how the body is processing information and whether there is integration in the brain. I also check to see if there are any colors or any notes on the xylophone that cause a stress. I check to see if a configuration I use to represent child/adult/parent is in balance. I test to see if the tongue is stressed.

In this exam we determine, "How willing is this body to feel better?" This is answered on a percentage scale of one to 100. I then do what corrections are needed to bring it up to 100%. I also ask, "How willing is this body to give up what it knows and loves in order to grow?" If less than 100%, we work on bringing it up to 100%. Then I ask if the body is willing to allow me to facilitate these clearings?

One thing that runs pretty constant is that the throat chakra always comes up at some point in the corrections. I either correct as I go or stack the outs, then correct at an appropriate time.

I find this work very rewarding. Some of my clients were in speech therapy not making the progress they had hoped for. My work isn't intended to replace speech therapy, but to reduce the stress in the tongue to aid the speech therapy process. It's my experience that these techniques help to promote self-esteem and improve concentration. I have seen an improved self-awareness. They also seem to feel more comfortable with themselves. They LIKE themselves. It truly is a joy assisting people in their growth. ■

TERRE SPINE

by Arlene Nedd Brown

I'd like to share with you a story to make it easier for you to remember the *14 muscles - the test used* - their associated **meridians** and the order in which they come on the wheel.

This is the story of Terre Spine.

Our main character - Terre was 14 years old when the story begins. He was a really nice guy - some people even called him Super - but he had a voracious appetite and some peculiar eating habits that sometimes got him into trouble.

One might say then that our **central figure** *supra-spine ate* his (Supraspinatus) way *into some ticklish situations*.

This hadn't always been the case - for when he was younger he *ate like a bird ...* but teenagers need more food so *Terres major governing* drive became food.

For instance, at dinner time - in the *P. M. see* (P.M.C - Pectoralis Major Clavicular) he would *pick and grab* at his food on the table with his hands and this was something his family just couldn't **stomach**.

Because of this he was usually asked to leave the table before he had a chance to finish his salad - so he'd be walking out of the room chewing on his *lettuce*, reach the *door-sigh* and remark how **spleen** did he thought everything had been.

When Terre became of age he joined the navy and found himself on a submarine

where he continued his peculiar eating habits. Because he was so fond of periscopes now instead of picking at his food he would *reach for it like a periscope*. The *sub's captain* was *hilarious* but didn't have a **heart** to tell him he was a little off-beat.

He soon found himself looking for new employment. He had always wanted to be a cop so he *walked* over to the police station and *landed* himself a desk job on the Vice Squad - he was the receptionist - or the *squad's receptor*. He didn't find it very exciting work as he mostly answered the phone and watched the clock tick away - and he had only a **small interest in time**.

But one day he got a rather unusual call into the station - from a nudist camp. It seems people were going out swimming in their lake but not coming back - and that there were some strange fish reported in the lake. Well, since everyone at the station was out for the afternoon - and since fish (or food) was his interest - he decided to go check this one out for himself. When he got to the lake no one was around, so *he stuck his big toe into the water* to see what was going on - and immediately he felt some excruciating pain - realized what had happened and screamed *perona eeus!* as he pulled out his **bloody toe**.

SO AS it turned out when he got back to the station and his co-workers found out about what had happened they said "Are you **kiddneying** me ... why didn't you just pull your foot out quicker?"

Well, that wasn't bad enough - but then they started to **circulate** some **sex** stories around (since he had been at this nudist camp) and continued to *rub it in* and even started rumors about his peculiar eating habits and said he was a *gluttonus meateater* (Gluteus Medius).

Terres didn't like all this *ribbing* he was getting and was almost ready to punch someone out - but *Terres* was still a **minor** so he just warned them - and warned them - and warned them - he **triple warned** them to quit *pushing him around*.

Terres was pretty bummed out by all this so he called his favorite aunt - Aunte Del- and *Ante Del told* him that those guys had their **gall** about making fun of his **bladdy** toe and that he shouldn't let it *get him down*.

But Terre who had once been a pretty nice

guy got tired of people picking at him and so he developed more of a **sternal** attitude towards life. Fortunately this sterner attitude didn't affect his health because he lived for a long time - he *turned out* to be a long **liver**.

While his new attitude didn't affect his health it did affect his appetite quite a bit - he didn't eat near as much as he used to however, he still continued some of his eccentric habits - *like chopping food with a guillotine*. Now his one aunt that kept in touch with him (who was a little *tipsy* herself) was Aunt Serra. She often had him over for lunch but would get a little upset with him as he'd leave his lunch to go play with his guillotine so ... *Ante Serra ate his lun(g)ch*.

Now that was the *last leg* - his relatives didn't care to associate with him anymore so he decided to join the **large and interesting** nudist camp that he had come in contact with as a young man - so for his final exploits he became a streaker - or one might say that he *flashed a lota ..* and that's the "end" of the story. ■

FINGER TESTING AND SELF-BALANCING

by Cressandra Cobb

Ever since taking Touch for Health I in 1981, I have been intrigued with the idea of being able to balance myself. However, as the years rolled by, I neglected this in favor of testing others for food. As a substitute teacher, I was usually armed with two bags, one of jelly beans and the other of sunflower seeds, to demonstrate the negative effects of junk food to my students (Presidential preferences notwithstanding!). The arm being tested would prove weak when the jelly beans were placed in the student's mouth, and strong for the sunflower seeds, so I made quite a few converts! I even wrote a children's musical called "Tooth Rock" that promoted foods that are good for the teeth. Although it was produced by two Monterey County middle schools, it could never make the big time as it exposes most of the usual commercial sponsors!

After taking Advanced Edu-K in 1984 and the ITW in 1985, I again turned my thoughts to self-balancing. I realized that the first step was to be able to muscle test myself. A few weeks after my first Advanced Edu-K, I came down with the flu. Lying on my back with no energy for reading or even listening to tapes, I started out with my *opponens pollicis*. If my left hand thumb stayed pressed to my pinky when I tried to separate them with my right hand thumb and index finger, it was a "yes;" if they came apart, it was a "no."

So I thought of all the people and situations in my life that had left a scar — my language-brained fifth grade teacher who constantly admonished us to try harder, a boy-friend who jilted me, a rude co-worker, etc. Whenever I "finger tested" weak, I would mentally forgive them and bless them as I imagined cross-crawling by tensing opposite arms and legs as I looked up to the right. Then I did the same for the homolateral crawl as

I looked down to the left, and then clasped my hands in the integration metaphor. This subtle Dennison Laterality Repatterning helped me to neutralize a great deal of negative energy so that I was quite a changed person when I emerged from the flu! I realize now that most of these self-balancings were not permanent as I have had to re-balance myself for them, but it was a big step in self-awareness and taking responsibility for my own health and well-being.

The next step in self-balancing came when I met Denis Genesse at my second Edu-K Advanced workshop. He was sitting next to me and I noticed that he was pressing his middle finger down on his index finger every time Paul or Gail were about to test someone. When I asked him what he was doing, he told me he was practicing his finger testing: he would get the same response as the Dennison's a split second earlier, and that was a win for him! As I am a pianist, I had little difficulty in mastering Denis' method. I have taught it to several people, but most find it too difficult and haven't got the patience to play with it. Among several methods to choose from, they prefer the *opponens pollicis* or pushing down one wrist with the other.

I found that my finger testing was a way to communicate with my inner self. Of course, the usual precautions had to be observed — no dehydration, switching, or reversed energy. Occasionally I get a faulty answer, and on checking it find my energy reversed. So for important questions I always zip up the Central meridian after the answer to make sure my energy isn't reversed, and I ask the question in both a negative and a positive way as a check.

My ITW with Philip Crockford came the next month and with it I was on my way to a new

lifestyle that is still expanding. I found finger testing for foods I should eat the most valuable at this point. I could look at a menu and finger test the healthiest meal to order. I was sometimes surprised as I would have chosen something else completely different!

This finger testing proved invaluable in balancing children and invalids, for I found I could touch their shoulder with one hand and get an accurate response with my other hand — like surrogate testing without the third person. This developed into being able to look at people and ask non-verbal questions about them such as which brain hemisphere was language or whether they were suffering from some specific malady. Now I do not ask questions about other people without their permission, but my “period of exploration” convinced me that most people function using one brain hemisphere at a time — they are not integrated with a midfield as human beings are meant to be.

About a year after taking my first Edu-K Advanced, I took the Edu-K Vision Training. Using acupuncture points relating to the eyes, I immediately started balancing myself for these two points using Edu-K techniques (mainly affirmations in the emotional realm with the Cook’s Hookup). Suddenly I became profoundly psychic: a number of past lives opened up in detail. I discovered that people I was drawn to in this life had played important roles in my past lives and I was able to understand what brought us together in this life. Using Edu-K goal balancing, I found I could balance myself to neutralize the karma from a particular life and these balancings proved to be permanent.

Then I wondered if I could simplify this process enough to teach it to some of my clients. Sometimes the emotional goals we reached in our sessions were not permanent and needed to be rebalanced about once a week for several weeks

(depending on the muscle response to that question). To save their coming back, I devised a technique that proved effective: doing the Cook’s Hookup on both sides, making four positions, and repeating the affirmation three times for each position. Thus the affirmation is repeated 12 times, 3 for the first side, whichever foot over ankle tests stronger, 3 for the feet apart with finger tips touching, 3 for the other foot over, and 3 for the feet apart with finger tips touching. It is best to have someone test to see which foot over is strongest, also which arm over is strongest (this “top” posture remains the same for both feet positions).

The Cook’s Hookup is extremely effective for, like the cross crawl, it accesses and strengthens the midfield by putting the body into a figure 8, thus redistributing the energy between the two sides of the brain/body. This “centering” to the midfield taps the depths of the sub-conscious so that reprogramming of the biocomputer can take place. It is, of course, desirable for the client to have a full Edu-K balancing for the goal before the weekly sessions of self-balancing take place; however, once the client is familiar with the process, it is possible for him/her to choose new goals and initiate the weekly sessions — going for the maximum of ten weeks if no one is around to muscle test the necessary length of time. In my experience, the desired goal becomes permanent after the prescribed number of weeks, unless of course the goal is not appropriate or is of a negative nature.

I am excited about people being able to balance themselves — even if they don’t understand the art of muscle testing — for they will be able to achieve positive goals in their lives more effectively. Touch for Health and Edu-K are leading the way for the people on our planet to find inner peace and health, bring us closer to the planetary goal of a world without war! ■

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 or 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

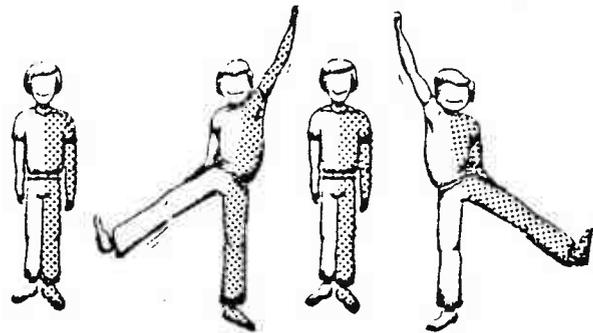
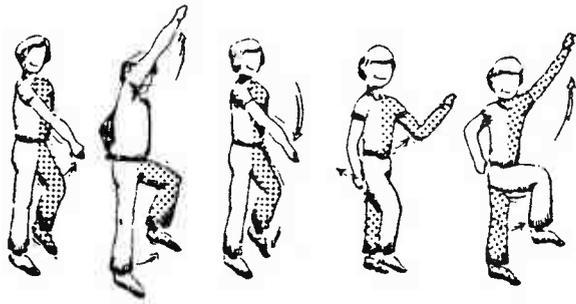
keep his balance. Do this 8 to 10 times or 10 seconds exactly. Next with pigeon toes like a penguin, rise up as high as possible as before. Last, with a normal standing position, rise up again as high and as many times as can be done in 10 seconds. Do this daily as needed.

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!

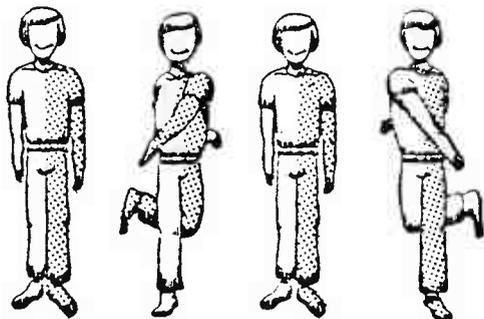
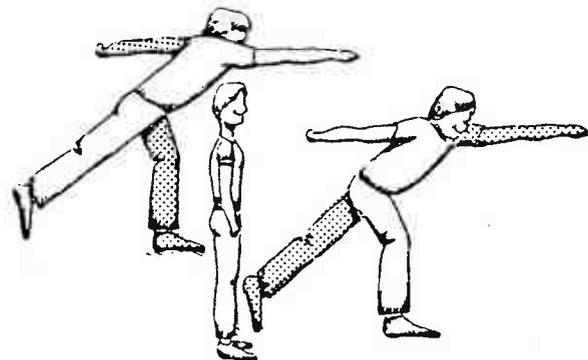
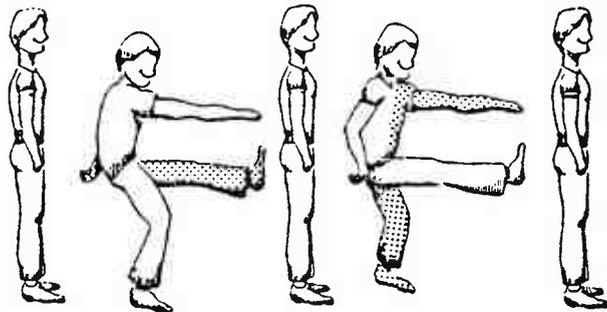
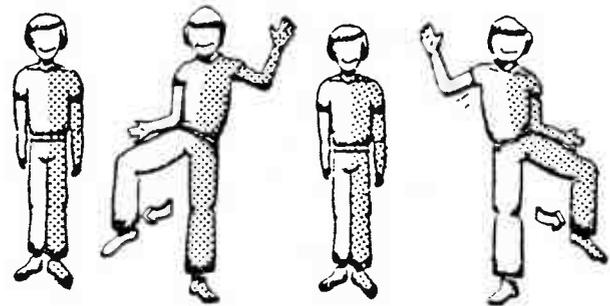
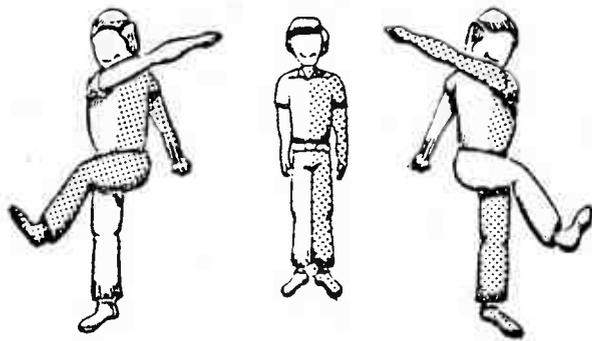
Runners and athletes now drink water if desired during performances after much research. Dr. Pitts of Harvard University experimented with athletes on a tread mill at 3 1/2 miles per hour. With no water their blood temperatures raised 102 degrees in 3 1/2 hours causing complete exhaustion in 6 hours. 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 NU-LIFE 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!

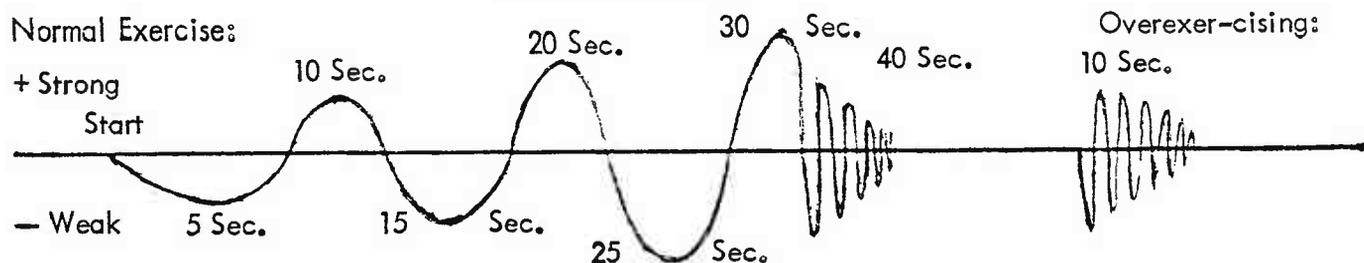
Doing either the Mark Time for 30 seconds or the correct Breathing Technique every 12 hours usually gives continuous super strength and may lessen tensions or greatly minimize even severe headaches. Repeating the breathing more than twice at the same time may create extreme dizziness without other harm.

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 Chatanooga, 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. Bud 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. ■

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STREAMLINING TFH FOR THE LAY PERSON

by Ristead de Barra B.Sc. A.T.O.

There would appear to be a basic difficulty after TFH has been taught to the layperson in that it is not used as nearly as much as it could be. Even TFH instructors who are also therapists do not all use TFH balancing in their offices because "it would take too long" according to some. Pity, therefore, the mere lay person. A number of reasons could account for this:

1. **OVERWHELM.** There is just too much material, too much complex theorizing (5-elements, etc.) and too many muscles covered. 42 muscles seems excessive for the lay person.
2. **MATERIAL POORLY PRESENTED.** This leads to confusion and difficulty. The result is disillusionment and loss of heart.
3. **THE MANUAL.** The material in the Manual could do with improved layout, e.g. TFH Parts 1,2,3 should be in distinct Chapters.

It would be well to simplify, rearrange, codify and reduce.

To expect the average lay person to learn and use the muscles in the manner presented is overly optimistic. The subject matter can be simplified considerably. Indeed, by changing around the presentation and theory a Direct 1-Point balance can be taught on the very first day of TFH!! (See last paragraph of this paper).

Thus, complex theorizing and practice of such as 5-element ideas can be reduced in significance as far as a TFH balance is concerned. This would leave more workshop time available for other more practical sections of the Courses.

The lay person needs a simple format, one that is broken into parts and is easy to learn. Of course, this will also help the professional progress more quickly. I have found it useful to rearrange the muscles in the following logical and hierarchical order:

- 2 Control Circuits, viz. Supraspinatus, Teres Major.
- 6 YiMIMs (Yin Meridian Indicator Muscles), viz. Subscapularis, Deltoid, Pectoralis Major Sternal, Latissimus Dorsi, Psoas, Gluteus Medius - in that order!! It is suggested that the Deltoid replace Anterior Serratus for Lung as they are far easier to test, especially for the lay person.
- 6 YaMIMs (Yang Meridian Indicator Muscles), viz. Pectoralis Major Clavicular, Anterior Deltoid, Teres Minor, Quadriceps (or Rectus Femoris?), Peroneus, (Tensor?) Fascia Lata - in that order!!

28 other muscles

The work method is to learn, test and strengthen the 2 Control muscles. Next,

learn and Test only the 6 YiMIMs. This prepares for a Direct 1-Point Balance which is then introduced and practiced. YaMims and other muscles are then taught, tested and balanced as required. Note that the order of the 6 YiMIMs has the following features:

1. Physically, the order of test muscles goes down the body.
2. NL points for the muscles go down the body, in order.
3. The related 'organs' form a logical order and also run down the body, viz. Brain, Spine, H, Lu, Li, Sp, Ki, Sex.
4. NL points for the muscles tested are physically 'over' or 'above' the actual location of the organ in the torso.

All the above is extremely easy-to-learn as the pattern is clear.

5. For the purist - the order of testing follows the KO cycle!

The order suggested for the YaMIMs also goes down the body and is more easily absorbed after the 6 YiMIMs have been dealt with, e.g. pairings can be identified PMC/PMS, Deltoids, Teres Major/Minor.

MUSCLE DANCE: As taught, it is completely contrary to pedagogic principles! The so-called Range of Motion is the opposite of the motion that the muscle will traverse if activated, i.e. it shows the muscle going from contraction to extension! It could more properly be called Range-of-Opposition! Worse, it teaches the Opposite to that required!

Learners should be taught what is required

to be done with the muscle not the opposite; for that leads to confusion. This is particularly true for lay people (Professionals could learn Range-of-Opposition). Therefore, to avoid confusion, teach only what the testee needs to do, and nothing else!, e.g. for Supraspinatus, teach - 'push out & up', etc. It is therefore recommended that the muscle dance should be turned around completely to teach only the action the testee performs!!

Sheet 4(4) of this paper has the converted New Muscle Dance (and other) information on one half and the first 14 muscles rearranged as proposed above on the other half (The two halves can be printed front and back on A5). With this new scheme, the testor instructs the testee to repeat the action learnt in the New Muscle Dance and simply opposes that action! The vital information is below the stick figure!

These methods have been tried very successfully in practice in Ireland. The Direct 1-Point Balance (next page) is based on the following:

1. Major (Primary) and Minor (Secondary) blockages occur in the body.
2. If the Major blockages are cleared the Minor ones often disappear.
3. Major Blockages mostly occur in YiMIMs.
4. Major blockages are very often Lymphatic.
5. Prechallenging (See Journal 1983 paper by B. Butler)

For a more complete exposition see International Journal 1985 pp. 38-43.

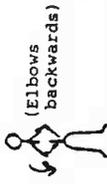
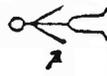
Summary of Procedure (Updated):

1. Test and strengthen for Auriculars, Visual Inhibition, etc.
2. Test and strengthen Supraspinatus, Teres Major as usual TFH.
3. Test (no strengthening yet) the 6 Yin Meridian Indicator Muscles (YuMIMs) only in the following (or any other) order - Subscapularis, Deltoids (or "Anterior Serratus), Pectoralis Major Sternal, Latissimus Dorsi, Psoas, Gluteus Medius.
4. When the first weak YiMIM is found, then retest while touching the NL for that muscle (hereinafter called 'pre-challenging.' See the International Journal 1983, Paper by Brian Butler). Do not strengthen the muscle now - rather continue testing YiMIMs.
5. When subsequent weak YiMIMs are found then retest while prechallenging either (i) an NL used previously for prechallenge (provided it has been successful for all previous prechallenges!), or else, (ii) its own NL (Note: Do not retest previous weak YiMIMs yet).
6. When all 6 YiMIMs have been tested, then retest with prechallenge any weak YiMIM in the early part of the sequence (Subscapularis, etc.) while prechallenging the most successful NL (if necessary).
7. The steps above nearly always identify one (or possibly two) 'master' NL which strengthens all (or most) of the weak YiMIMs.
8. If no suitable master NL can be found, or if there is more than one NL necessary, then repeat the tests on the weak YiMIMs while prechallenging other NLs (you might have missed a weak muscle!), NVs, Meridians, etc. If still no successful master point (very rare), then check for over energy, physical muscle problems, etc. If no master 1-Point can be found, then strengthen the best points, or revert to standard TFH procedures such as fix-as-you-go, etc.
9. Balance/strengthen the best master point(s) identified.
10. Retest weak YiMIMs and retest with rechallenge (= TFH challenge) etc.
11. Test other muscles as required, e.g. YaMIMs, Pie, the rest of the 42 muscles, etc. while prechallenging the point strengthened.
12. Tidying up. If further muscles are weak on testing or retesting, then they most likely require physical strengthening techniques. such as O/I, Spindle Cell, Golgi Tendon, etc. or maybe Nutrition.
13. Nutritional support for the Meridian(s) associated with the key blockage(s) only is advised.

Note: A more complete description of the Direct 1-Point Balance is to be found in the International Journal 1985, pages 38-43.

MUSCLE TESTS

SUPRASPINATUS (C).
Pos: Wide-robots. Arms out diagonally, forwards & sideways. palm facing groin. ROO: Palm to groin.

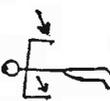


TERES MAJOR (G).
Pos: Arms akimbo. Arms angled, fingers behind. ROO: Elbows forward.

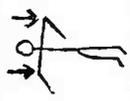
Pos: = Position.
ROO: = Range-of-Opposition of muscle.

YIN

SUBSCAPULARIS (H).
Pos: Scarecrow. Upperarms out from shoulders, forearms parallel to body. ROO: Hands forwards-ROO: Elbows down & in

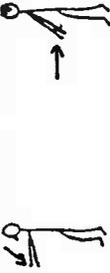


(Palms backwards or padding).



(Elbows up, Elbow lift)

PECT MAJ CLAVIC (St) ANTERIOR DELTOID (GB)
Pos: Swimmers Arms in front at shoulder level, palms facing back. ROO: Arms to thighs. Breaststroke. (Arms forwards)



(Arms towards eyes) (Arms forwards)

YANG

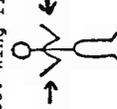
PECT MAJ STERNAL (LI). LATISSIMUS DORSI (SP).
Pos: Swimmers. Arms in front at shoulder level, palms turned out. ROO: Backstroke.



(Arms towards navel) (Arms in to side)



TERES MINOR (TW). QUADRICEPS (SI).
Pos: Chicken Wings. Pos: Knees up. Elbows near sides, knee & hip at 90 degrees. ROO: Straighten leg. palms forward. ROO: Wing flapping.

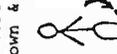


(Wrists backwards Back wing-flap) (Knees to nose)

PSOAS (KI). GLUTEUS MEDIUS (CX).
Pos: Insidefoot up. Leg forward & up, foot turned out. ROO: Leg out & down.



(Leg up & in, or Sidefoot in-kick) (Leg out sideways)



PERONEUS (BI). FASCIA LATA (LI).
Pos: Little toe up. Foot turned out, little toe up. ROO: Little toe down & in.



(Foot turned out, little toe up) (Outsidefoot up)

INDICATOR MUSCLES

	P	A	B	C	D	E	F	G	H	NL	NV
1. SUPRASPINATUS/Central	33									shoul	4 & 11
2. TERES MAJOR/Governing	35									2-3	8
3. SUBSCAPULARIS/Heart	53									2-3	4
4. DELTOID/Lung	101									3-4-5	4
5. PECT. MAJ. STER./Liver	93									5-6 R	12
6. LATISSIMUS DORSI/Spleen	45									7-8 L	9
7. PSOAS/Kidney	65									nav + 1"	1
8. GLUTEUS MEDIUS/Cir-Sex	71									pubes	10
9. PECT. MAJ. CLAV./Stom.	37									5-6 L	11
10. ANTERIOR DELTOID/Gall Bl	89									3-4-5	4
11. TERES MINOR/Triple Warm	79									2-3	8
12. QUADRICEPS/Small Intest.	55									ribs	10
13. PERONEUS/Bladder	59									nav + pub	5 & 11
14. FASCIA LATA/Large Intest	105									leg side	10

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4 (4)

Notes: 1. "Pushing" instructions for testee in ().
2. Arrows show direction of tester's pressure.

Touch For Health July, 1987

REPORT OF FINDINGS

FROM THE

ELECTROMAGNETIC KINESIOLOGY RESEARCH & EDUCATIONAL CENTER

by Nancy Dougherty

The search for answers has led us to discover that what is happening to the negative (-) and positive (+) electromagnetic energy in the cells when we test and balance muscles, is extremely important if we are looking for total success.

We have learned what the body's electromagnetic spins (see T.F.H. Journal 1985) mean in terms of the Five (5) Body Energy System (T.F.H. Journal 1987) and the (-) and (+) electromagnetic fields. The outcome has been that we no longer have to use the spinning sticks to stress the system as we correct. The correction procedure is quicker, easier, and (dare I say it) seems to be 100% efficient in terms of correcting energy loss.

POINTS TO CONSIDER FOR ACCURATE TESTING AND CORRECTING

It is important for the tester to be on the testee's skin when testing and correcting. Since the two energy fields do influence each other, contact makes the testing more accurate and the corrections more thorough.

The tester should always test with the same hand. We use the right hand and we prefer to test the testee's right and left latissimus dorsi (hereafter referred to as R. Lat. or L. Lat.) We use the (-) energy coming from the fingertip of the pointer finger next to the thumb and the (+) energy coming from the middle fingertip of the left hand.

Do not change testing hands in the middle of a correction. Testing with the right hand of the right side of the testee will give you information about their right side and left brain. Testing with the left hand will give you information about their

left side and right brain. Testing on the left side of the testee with the right hand gives information about their left side and right brain while testing with the left hand gives information about their right side and left brain. Therefore, testing on the right side with the right hand and then going to the left side and testing with the left hand would mean you had just tested the right side twice and totally missed finding out anything about left side weaknesses.

The testee should be in all white. This means no colored tags, no colored thread in the stitching, no make-up, etc. and a white cloth covering over a colored testing table. One time we realized halfway through a correction that the testee had green clay stuck under their nails touching the skin. We removed the clay and rechecked what we had already and found that only about 60% of the energy had come into these corrected areas. The energy from the color green in the clay had temporarily raised (counteracted) the energy loss by 40%. If you want a correction to take 100%, the energy must be at its lowest in that area at the time of correction.

NUMBER OF BLOCKAGES PRIORITY ORDER TO CORRECT

Every person carries around with them an undetermined number of energy blockages in their body. Liken these to a tower made out of blocks. The top block is the last trauma your system sustained. Each blockage has a symptom it produces, so as each blockage is removed, your energy level with accompanying symptoms is taken on a trip back through the years.

After each correction and while the testee's en-

ergy is still strong, we put pressure on the body by moving and/or pressing alternately on a hand or foot. This will cause the new top blockage to surface for correcting. We find that the body knows best what its priority is, so we try to follow its orders though it is sometimes hard.

For example, when a cancer patient first came to us a few weeks ago, pressing on the growths indicated that correcting the spleen meridian would strengthen the energy in the area of the growths (tester's choice of priority). Pulling on a strand of what little hair was left after chemotherapy indicated that the stomach/spleen meridian (middle toe) needed to be corrected to put energy into the surface of the head (testee's priority). However, the body wanted the left circulation/sex meridian corrected first, then both kidney meridians, and then both spleen meridians. After this it went to half of both triple warmers and as of this writing, the liver meridian is being done. Perhaps the circulation and kidney meridians had to be corrected before the kidney could adequately deal with any waste that the spleen energy might have stirred up. Correcting in the body's priority order seems to be improving things slowly but steadily. (Note of Interest: From our limited experience we find that people who have cancer lose (-) energy with about 95% of their corrections while Candida people mostly lose (+) energy.)

RECOGNIZE THE ALCOHOLIC SYNDROME AND BE AWARE

If we find a weakness upon testing, we can always find the muscle or area and the corresponding thought (explained later) that will tighten the weakness. This will be the area that caused the imbalance in the first place. We call it the alcoholic syndrome.

Example:

1. An ex-alcoholic has stayed temporarily balanced without alcohol.
2. He takes one drink (which lowers his energy) and feels bad.

3. Soon he craves another drink and this drink counteracts the bad feeling temporarily so he feels good.
4. As the effects of the drink wear off and the bad feeling returns, the body will crave another drink and he is on the way to becoming an alcoholic again.

(Is the drink really good for him because it makes him feel better temporarily?)

Apply this principle to muscle testing.

Example:

1. Do a quickie temporary balance and test for a strong R. Lat.
2. Put a muscle into and out of testing position which causes the R. Lat. to go weak (possibly a left P.M.C.).
3. Holding the same muscle which first caused the weakness (left P.M.C.) while testing the weakened R. Lat., will now cause the R. Lat. to test strong.

Example:

1. Do a quickie temporary balance and test for a strong R. Lat.
2. Instead of a muscle, substitute a thought that will weaken the R. Lat., i.e., "I can be smart."
3. While the R. Lat. is weak, again think, "I can be smart." while testing the R. Lat. and it should be strong. (Is it really going to be good for the person to constantly think, "I can be smart"?)

Anything that counteracts by tightening a weak muscle, be it alcohol, cigarettes, pepsi, coke, food, vitamins, colors, medicines, muscle movement, exercise, minerals, thoughts, heat, pressure, etc. is not necessarily the thing that is really good for a person. This is especially true if after temporarily balancing the person, the counteractant weakens a temporarily balanced system. This is like the alcoholic syndrome and if the counteractant is something that should be good for you, the area it affected needs to have its (-) and/or (+) energy loss permanently balanced.

The counteractant, whatever it may be, will then not weaken strong muscles and can be used by the body to truly strengthen weaknesses. The counteractant, if it is known to be unhealthy for people will probably no longer be craved by the body as a counteractant.

Example:

1. A newly pregnant friend had a long standing mild anemia and the prescribed supplements had never permanently corrected the problem.
2. An iron frying pan weakened all of her muscles.
3. The right sacrospinalis muscle in position strengthened all of the weaknesses, indicating that when it was corrected, the iron would then be able to be dealt with by her body.
4. The weakness was corrected and two weeks later the blood test showed not even the slightest anemia.

HOW ENERGY SWITCHING OCCURS

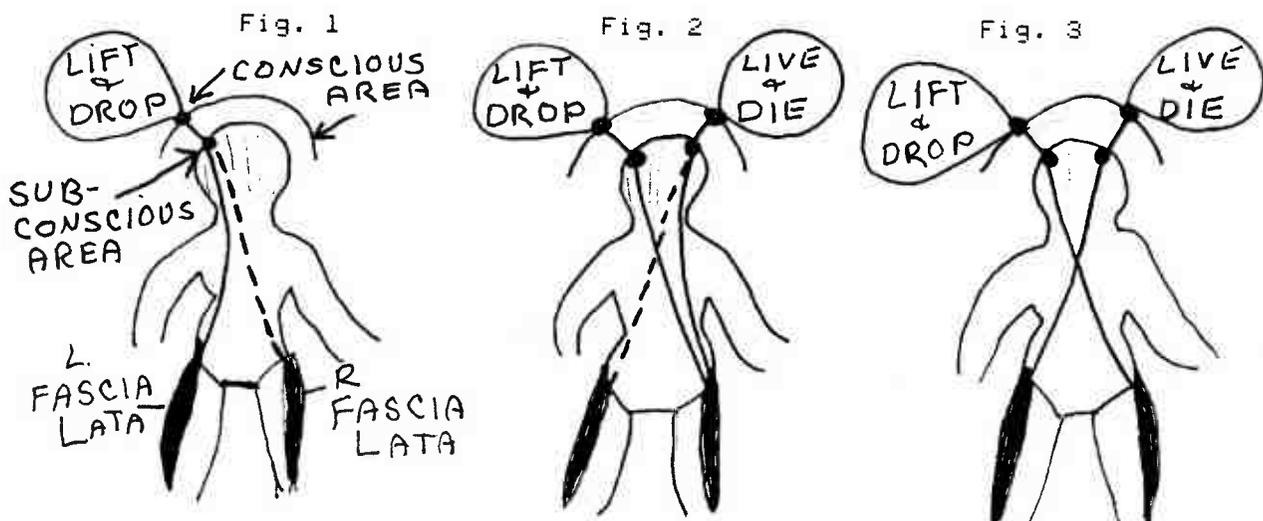
Our body's energies seem to be programmed. The main computer is constantly running two programs at once, the subconscious program and the conscious program.

The subconscious program runs the physical body. As the meridian energy lowers, the program rearranges energy flows to keep the physical body running as best it can for as long as it can, but it doesn't seem capable of resetting the not so

physical electromagnetic energies permanently to their proper state. As in the alcoholic syndrome, the program counteracts constantly to temporarily raise the energy and it seems to try to do this especially hard during a correction by resorting to coughing, a runny nose, burping, heavy breathing, pain, twitches, rumbling gastric juices, itching, passing gas, listening to far off noises, etc. Be aware of these things while you are testing and correcting.

The conscious program seems to regulate the mind which contains every imaginable thought. This program allows the individual the freedom to arrange the thoughts into various concepts. How well the conscious program works depends on how well the subconscious program is working. A thought from the conscious program doesn't lower the energy in an energy string unless the subconscious energy is shaky. The conscious program can also help the subconscious program when it needs to counteract a weakness by thinking of a specific (+) or (-) thought.

Let's assume that there are hundreds or more energy threads connected from different areas (cells, muscles, etc.) of the right side of the body to the left brain. There are also energy strings going from the left side to the right brain. Each energy string is supposed to be neutral containing balanced (-) and (+) energy. They attach to the subconscious area of the computer first and then



continue on to the conscious area. Each energy string at the conscious level is attached to a negative and positive aspect of a thought.

For example, suppose the left fascia lata tested weak and further testing showed that the upper part of the muscle was losing (+) energy and the left brain was losing (+) energy. (Ideally a body should not be losing any energy. To find out if it is, test a previously strong R. Lat. and touch your (-) fingertip on the testee's body (clothes are not a barrier) and retest the R. Lat. If it goes weak, it means that (-) energy is escaping from that area. The (+) fingertip will tell you if (+) energy is escaping.)

Figure 1 shows the energy string going from an area of the homolateral left fascia lata to the subconscious area of the left brain and on to the conscious area (solid line). The energy as it corrects shows us that the energy string switches from the left fascia lata and goes to the right fascia lata (dotted line). The conscious and subconscious areas do not switch.

Figure 2 shows that an area of the right fascia lata is homolateral and connected to the right brain (solid line). When the correction is made, the energy string will switch over and go to the left fascia lata (dotted line).

Figure 3 shows the connection between the fascia lata muscles and the brain in their ideal state.

OPPOSING THOUGHTS AND THE CONSCIOUS COMPUTER

We have put a lot of work into connecting up the conscious thoughts with the subconscious area on their energy strings. This is because we find it easier to correct an imbalance by using thought as the stress even though the cause was a physical one. Many times when the energy strings tangle together and more than one priority surfaces to be done interspersed with each other, it is easier and quicker and just as thorough to change thoughts than to keep finding, changing and pause-locking muscles.

Every thought at the conscious level has an opposing thought with it and each of these has a (-) and (+) aspect. The greatest stress is to combine the thought with the phrase "I can" (which should test strong) and the phrase "I cannot" (which should test weak). We find that some of the words that the conscious program considers as opposites are interesting. Some are: grow/decay, sane/odd, command/beg, intimate/explain, nourished/withhold, think/memorize, invent/imitate, satisfy/jealous, rebel/approve, choose/dominate, seizure/organized, grateful/angry, and rape/fortify. There are many shades of thought around a particular conscious area, but there is always only one major thought that corrects the many shades.

MORE ON THE FIVE BODIES

Last year we wrote about how we have five identical energy bodies (arms, legs and torso) and how they are always borrowing from each other as we move when under stress (T.F.H. Journal 1986). We have experimented more with the wrist, hands, feet and ankles since they contain the same energy as the head and neck. We have found that pressure in these areas especially at the joints give us a quick way to tap into the subconscious and conscious program to find the priority area needing to be fixed. All of the joints can be manipulated by a push or stretch except the tips of the fingers which we press. Some of the joints can be rotated in both directions stopping on all four sides and these joints have ten possible movements. Most of the muscles in the body can be found to be connected to a movement on a joint, but more specifically, they put us in touch with zones of energy in the body. When a person is weak, we can always find an area on the feet, hands, wrist or ankle that can be pressed, pushed, or stretched that will totally tighten or counteract the weakness. This tells us where to go to correct.

Each hand/wrist and each foot/ankle contain the whole torso twice.

from the body. (The table under the testee's back is not a barrier for this energy). The weak area is the place to start. If all of the areas are weak, it is a total blowout. Do a fixation correction, etc. to stop the blowout.

There is usually only one primary area. In some cases you may detect more than one Area losing energy, but these would be other blockages waiting their turn to be primary. The priority weak area will be the one that tightens when you put pressure on the subconscious program (L. fascia lata) or the conscious program (thought) while testing the Lat.

For every energy loss from an Area, the body tries to counterbalance it by drawing in energy but it can never quite do it 100%. It draws in from anything around it (people, wood, plants, air, furniture, etc.). An indication of how severe the energy loss is would be determined by how many areas of the body are drawing in energy.

Because of skin contact, the testee draws first from the tester. If more energy is needed the testee will draw in at more areas around the body in the following order:

1. Bottom of the Feet
2. Back and front of Legs
3. Sides of Legs
4. Back and front of Torso
5. Sides of Torso
6. Front and back of Head
7. Sides of Head
8. Top of Head and underneath Torso

The details regarding corrections are too lengthy for this paper but there is some general information. As each Area is corrected, the main energy loss moves to the next Area until all areas are corrected. The corrections require (-) and (+) corrections from the muscle to each side of the brain from both sides of the body. While correcting you can test to detect the energy switching back and forth from one area of the muscle to another area of the same muscle and sometimes to another area of another muscle.

Not all Areas need to be corrected on people with minor imbalances. Horrendous imbalances seem to occur when the energy strings are intertwined with a large number of other imbalanced strings. We can determine that this is occurring when the Area loss follows no definite pattern, by the type of correction that is called for and also by the physical and mental symptoms of the testee and tester. Each correction must be checked for counteracting, conscious control (T.F.H. Journal 1985) and energy drawing from the tester. When the correction is completed, no muscle movement, thought, food, or environmental factor will weaken the energy in that particular area. ■

USING INTEGRATED MATERIALS FOR THE INTEGRATION PROCESS

by Stephanie Friesen

The idea to do the educational kinesiology balances in the form of games was given to me by a nine and a half year old girl, Melissa Norman! The material is just great, but the doing and the visuals lack colour and fun. They haven't expressed what we're 'doing our best' to achieve! Since I have been using the game format in classes and when facilitating on a one to one - I have found my role to be even more of a facilitator! Children and adults respond to them equally enthusiastically. The teaching time is drastically reduced and everyone has had more enjoyment! Teachers have shown a lot of interest in using the games as teaching aids to get the whole class 'Switching-On' themselves.

GAME ONE - 'SWITCHING - ON'

This game is designed to take someone through crossing the midline for movement, eyes, ears, memory and writing. The OBJECT of the game is to you guessed it! get all the switches on for that section in order to Switch On the Light Bulb! You need 1 PLAYER, one HELPER, Highlighter Pens and a Laterality Repatterning Activity Sheet.

GAME TWO 'THE CROSS - OVER CONNECTION'

This game is designed to help explain crossing the midline - using the Corpus Callosum in the fastest, most efficient manner, for being focused and centered as well as for left and right brain processing. The OBJECT then is to finish with the most 'Connected' profile and to have coursed through the brain in the quickest, best route. You

need 1 PLAYER, 1 HELPER, Highlighter Pens.

GAME THREE 'A JOURNEY THRU INNER SPACE ' AN ADVENTURE IN SEVEN DIMENSIONS OF MY BRAIN!'

This game quickly and easily shoots you from one stage to the next as tiny rockets fire up when you have completed all the maneuvers in each stage.

The OBJECT of this game is to reach 'a never before accessed' part of your brain in order to achieve your Goal. You see this is accomplished when all your rockets are fired up! You need 1 PLAYER, 1 HELPER, Highlighter Pens.

As I said earlier, the visual aids that we have been using to help facilitate the integration process have been, for the most part, very static, point by point, with no colour and flow.

The games add the dimensions of having the 'Player' colour in his/her own progress, choose the next activity and lead their own balancing. They now not only have the muscle check as a positive feedback, they have the activity of seeing the results and charting it for themselves for more kinetic input!

The THREE GAMES, one for each level of Balancing in Educational Kinesiology, will be available in pads of 50. They will, no doubt, generate interest in the next level of class so that how to use them correctly will peak people's interest. The games are in black and white so that the Highlighter pens show up most vividly, the size is legal size, and they are printed on both sides. They do not xerox.

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Stephanie Friesen
International Journal

DENNISON LATERALITY REPATTERNING

ENERGY CHECK *ZIP UP/DWN/UP*COOKS HOOKUP
*ALTERNATE HANDS*BRAIN BUTTONS
*TUG HAIR*DRINK WATER H2O

DO	<p>CROSS CRAWL LOOK AT X SAMESIDE CRAWL LOOK AT II</p>	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><th colspan="2">CHECK ARM</th></tr> <tr><th>ON</th><th>OFF</th></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </table>	CHECK ARM		ON	OFF							PRE - TESTS													
CHECK ARM																										
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ASK	<p>STATE - 'THIS BODY IS READY TO DO A DENNISON LATERALITY REPATTERNING'</p> <p>'This body wants.....'</p> <p>CROSS CRAWL EYES UP LEFT? CROSS CRAWL EYES UP RIGHT? NUMBER OF TIMES? MORE? IS E.S.R. NEEDED?</p>	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><th colspan="2">ON</th><th colspan="2">OFF</th></tr> <tr><th>YES</th><th>NO</th><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </table>	ON		OFF		YES	NO																		
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(from The New Holistic Health Handbook-1985)

The Health Care Contract: A Model for Sharing Responsibility

Jerry A. Green, J.D.

This article summarizes the scientific assumptions of medicine and holistic practice as a basis for clarifying the professional responsibilities of health practitioners. The basic elements of contracting are then applied to the dynamics of clinical relationships, creating a mutually defined plan as framework for allocating responsibility among doctors, patients, holistic practitioners and clients. The legal aspects of health contracts are discussed and it is suggested how contract principles may be tools for sharing responsibility.

- *How does one define one's roles and responsibilities in health care?*
- *What can health professionals and individuals do to share responsibility for making their relationship work?*
- *How can health care relationships be created which satisfy both practitioners' and clients' interests and needs?*
- *How does one sort out the many different services being offered by health practitioners?*

M

RESEARCH of medical malpractice cases began in 1972 with the curiosity to explore a suspicion that the holistic perspective may have something to do with the solution to our crisis in medicine. I learned that many malpractice cases were generated by unfulfilled expectations about the role of the doctor. I postulate that by clarifying the responsibilities of both the doctor and the patient, a framework can be developed in which each party can discover the dynamics of a successful working relationship. This is the process of contracting.

The problems generated by not making clear agreements in medicine start when practitioners assume more professional responsibility than what medical science is designed to deal with. It is unnecessary for doctors and hospitals to assume more responsibility than diagnosing and treating pathology. Their failure to define their roles in a manner

limited to their scientific purpose makes the identification of patient responsibility difficult. Health professionals should assist individuals to go beyond the banner of "self-responsibility" as a simple admonition by helping them construct a plan for their action.

Contracting in health care relationships should not be approached as a legal issue. The process of developing contracts is primarily an educational tool. The terms and conditions of a contract create a framework within which practitioners and clients work together. Contracting enables us to define individual goals, purposes, preferences and expectations, and choices as well as explicitly allocate responsibility for decision making to the appropriate person.

Nobody Can Give Us Freedom of Choice

Many people involved in today's health renaissance seem to be clamoring over the issue of freedom of choice in health care. They feel that the prime strategy for creating a more responsive health care system is through legislative modifications amending current civil and criminal codes that govern the practice of medicine. Their premise is that the medical professions and the law deny the individual's freedom of choice. They fail to realize, however, that our freedom of choice is one of those inalienable rights that courts have difficulty recognizing precisely because the source of this freedom is fundamental to our social nature. Freedom of choice in the marketplace is one of these inalienable rights. The law does not prohibit people from choosing any health practice. It only defines what certain services can be provided by licensed practitioners.

However, the legislative process can encourage freer choice among health care systems by requiring full and fair disclosure by medical and health practitioners and requiring ethical standards for all kinds of practitioners. More importantly, the legislature can encourage and support broad health education programs.

The only risk to our freedom of choice in health care is our failure to exercise that right. It is through the exercise of our fundamental rights that we recognize their nature and protect them from abuse. Making an agreement is the way we recognize our rights regarding any matter and assume the obligations necessary to enjoy them. This is

how responsibility as a concept is transformed into action. Agreements are thought-out opportunities for taking responsibility.

A Process, Not a Product

The first task is to clarify needs for pathological services and distinguish them from desire for health promotion and holistic health service. Many problems are generated by classifying holistic perspectives as diagnosis or treatment of pathology. Physicians risk professional censure and civil liability for violating standards or practice when holistic services are thought of as alternative treatments.

Consider whether holistic practices are really alternative treatments. Clarifying their nature will enable individuals to make more meaningful contracts utilizing them. History provides a good place to start exploring the assumptions in which our health care relationships are rooted.

Holistic Practices are Schools of Thought, Not Just Alternative Treatments

What is commonly understood as "alternative treatments," "techniques," "practices," or "systems," I would call *schools of thought*. These schools are simply names that are given to the process of study by which people associate with certain teachers. The holistic perspective provides a *point of view* from which to evaluate all of the elements of the personal health plan and the plans made with health professionals.

Two Traditions of Scientific Inquiry

Schools of thought are fundamentally historical phenomena. In three volumes entitled *Divided Legacy*, medical historian Harris Coulter (1975) has documented the history of conflicts between the two predominant traditions of thought.

Coulter guides us in examining a fundamental vocabulary of scientific assumptions that will help clarify roles and responsibilities in health care. These assumptions have

been visible in medical thought and practice for 2000 years and are more apparent than ever today.

Coulter observed that the most significant contributions to medicine were made by the purest thinkers of either school. Practicing physicians have drawn upon both viewpoints, taking information which most suited their interests, skills, and abilities. By understanding the scope of this spectrum, the nature of skills or services can be determined that suit one's needs and desires at any particular point in time. This dipolar conceptual framework also offers a basis for clarifying the relationships between medicine and holistic practice. It will also reduce the kinds of misunderstandings which lead to malpractice litigation. Granted, some malpractice cases are clearly actual physician errors (sponges remaining inside surgical patients, or patients with ruptured appendices being treated for gas pains, for example). Other cases may arise from the failure of a physician to disclose vital information about risks to the patient and subsequently leading to the patient's suffering consequences from a treatment which had risks the patient did not expect or consent to. However, most medical malpractice cases suggest that a fundamental misunderstanding of the allocation of responsibility between doctor and patient could be clarified by making contracts which identify medical responsibility in terms of diagnosis and treatment of pathology, (Green, 1976). This framework will also encourage new professional roles to emerge in a meaningful way.

Assumptions of Empirical and Rational Traditions

Coulter (1975) notes that the Empirical tradition considered observation and experience to be the only source of knowledge, while the Rational tradition placed a premium on logical analysis. The Rationalists relied upon hypotheses to give structure to experimentation and research in order to focus on cause and effect. Empirics were not interested in causation. They sought to stimulate the growth or balance of the "life force," which they confessed inability to explain and even questioned whether its dynamics were

SCIENTIFIC ASSUMPTIONS OF THE EMPIRICAL AND RATIONAL SCHOOLS OF HEALTH AND HEALING

Empirical School		Rational School
Observation and experience are source of knowledge	Premise	Logical analysis is the source of knowledge
Studies growth or balance of "life force" or vital energy	Object	Studies disease entities
Workings of life force unknowable	Hypothesis	Established hypothesis of causation
Studies peculiar symptoms to determine uniqueness of individual	Subject	Classified common symptoms into disease entities
Subjective sources of data	Source	Objective sources of data
Individual is energetic and has a spiritual dimension	Nature	Individual is material or mechanistic, chemical
Treatment by similars sometimes creating healing crisis	Treatment (or treatment approach)	Treatment by contraries sought removal of symptoms
Health is internal and environmental balance	Context	Health is absence of disease
Holistic Methodology	Methodology	Atomistic or reductionistic methodology
Client	Authority	Doctor

knowable by man. The Rational tradition evolved the concept of the disease entity (pathological condition), which was arrived at by identifying "common symptoms" in a class of patients. The Empirics said that the "peculiar symptoms" were the most important ones because they indicated the uniqueness of the individual. These peculiar symptoms suggested the basis for selecting a remedy or therapy which acted on the whole person rather than just on the disease. Rationalists sought to eliminate the disease and its symptoms usually by treating with *contraries*, attempting to stop the symptoms. Empirics saw symptoms as manifestations of the healing process. They offered treatments *similar* to the symptoms, often generating an aggravation of symptoms perceived as a healing crisis. From the Empiric viewpoint, cure lay in the pattern of change in the symptoms, not just their palliation or amelioration.

The Rational physicians took an atomistic or reductionistic view, focusing upon progressively smaller components. They evolved a rather mechanical concern for the efficient workings of the various body parts. Empirics emphasized the relatedness of mind, body and emotions and could be described as being more concerned with energetics than mechanics. For example, homeopathy and Chinese medicine are Empirical sciences. The use of antibiotics for infections is based in Rational Science.

Examining the assumptions of the two traditions in medical philosophy leads to the following comparisons. (Figure 1).

Pathology and Holistic Practice

In the past century, medical thinking has been so dominated by the Rational tradition that its practice is legally defined in terms of the diagnosis and treatment of pathological conditions (Note 1).

Standards of practice have almost completely forced Empirical practices out of the profession by labeling them as unscientific. Rational medicine's success is marked by a current Webster's definition of Empiricism as "unscientific" and "quackery," while Coulter's work indicated that Empirical science simply proceeds on the basis of different assumptions. He suggests that a "science" is fundamentally a methodology for collecting information.

If today's holistic practices are viewed in Empirical terms as a means of nourishing the life force (which is not prohibited by §2052) a framework can be constructed for understanding the relationship between responsibilities of holistic practitioners and physicians.

Since the early 1900's when the Flexner Report determined teaching Empirical practices to be unscientific, medical education in the United States has focused on and

is dominated by the diagnosis and treatment of pathological conditions. Health is viewed in this pathology model as the absence of disease, and not (as "holistic" practitioners would say) entire in its own right and incorporating the human environment. Thus the tools at the physician's disposal are diagnosis and treatment tools, not "growth and prevention" tools. The physician, in our society, sees the sick in the professional setting, and rarely the healthy.

Today's physicians are practitioners of the Rational tradition. Their science has evolved to a degree of specialization and clarity worthy of respect and admiration, but should not be confused with attempts to stimulate and nourish the growth balance of the life force. The Rational posture of medical education makes it difficult for the best physicians to practice Empirical perspectives, as their training is dominated by the pathology model. Physicians who have approached the mastery of any holistic practice tend to go through a long and painful struggle attempting to fit new information into familiar analysis and thought forms.

Dissecting Medical Responsibility

Physicians often play the role of sympathetic ear, father figure, information source or confidant. If the client's purpose in talking to a doctor is any of the above, have them state it at the outset. However, if they want to hire a doctor for what he is trained to do, it is helpful to think about the specific skills for which they are well trained.

Why People Seek Health Professionals

Professional responsibilities in health care relationships may include:

- 1) Diagnosis of a pathological condition.
- 2) Treatment of a pathological condition.
- 3) Monitor changes in a pathological condition.
- 4) Watch for the development of a latent or potential pathological condition.
- 5) Advise regarding likely outcome or prognosis.
- 6) Nourish or balance the life force/vital energy.

Only the first five are exclusively reserved to licensed doctors.

Other responsibilities, frequently assumed by health professionals, though not always necessary to the performance of their professional responsibility, include:

- 1) Being someone to talk to.
- 2) Providing sympathy.
- 3) Being an authority figure.
- 4) Providing moral or emotional support.
- 5) Making decisions for clients.
- 6) Providing information to clients concerning health and/or pathology.

The first skill is diagnosis. Does the client manifest any set of symptoms which puts him in a recognized class of patients associated with a recognized disease? What does medicine know about this disease, its course and conse-

Note 1: The California Medical Practices Act, Section 2052 of the Business and Professions Code, states: "Any person who practices or attempts to practice, or who advertises or holds himself out as practicing, any system or mode of treating the sick or afflicted in this state, or who diagnoses, treats, operates for, or prescribes for any ailment, blemish, deformity, disease, disfigurement, disorder, injury, or other mental or physical condition of any person, without having at the time of so doing a valid, unrevoked certificate as provided in this chapter, or without being authorized to perform such act pursuant to a certificate obtained in accordance with other provision of law, is guilty of a misdemeanor."

quence? Another skill is providing information about or performing the accepted treatment for this disease. A third skill is the ability to monitor a disease during self-healing. This skill is particularly valuable in holistic health, because vital energies may be restored to a point where a regular prescription for medical treatment becomes an overdose in cases where holistic practitioners are working in conjunction with medical practitioners.

If physicians are offering holistic practices, understand that the medical training did not prepare them for this work. Learn about their training and ability to provide this service. Recognize that many "holistic doctors" apply holistic practice as alternative treatments for pathology. Competency may be sacrificed by trying to get both kinds of services from the same person.

One should consider making separate plans that address both concerns about pathology and the stimulation of the body's self-healing abilities/mechanisms. This will help demystify medicine and give some perspective on clarifying expectations with physicians. Treat the issues separately, especially when both kinds of services are sought from a "holistic physician."

A plan to satisfy *concern* about pathology may not require seeing a physician. It may be appropriate, though, to plan to see a doctor when the client's concern about pathology reaches a certain level. Diagnostic services may be retained without contracting for treatment.

How Do We Recognize Expressions of Vital Energy

The purpose of a plan to obtain holistic health services in the Empiric tradition should relate to changes of the following kind: (Not an all-inclusive list.)

Pain	Creativity
Physical balance	Self esteem
Behavior patterns	Energy level
Tension patterns	Mental clarity
Breathing patterns	Spontaneity
Patterns of emotional expression	Centeredness
Ability to become calm	Spirit

Government programs to nourish the vital energy should be developed that are distinct from current programs aimed at treatment of diseases (National Cancer Institute, Center for Disease Prevention and Control, etc.).

Defining Professional Responsibility in Holistic Practice

Methodological thinking about the roles of holistic practitioners has not yet begun in earnest. If holistic work is to be appreciated as distinct from and complementary to medical practice, discovering the differences between the two is necessary to structuring relationships with holistic practitioners more precisely. This delineation will also moderate the possessiveness over perceived professional territory. What kinds of agreements are appropriate to nourishing vital energy (Note 2.) The purpose of making

Note 2: Hereafter, "vital energy" is used to suggest the current thinking about what has been referred to historically as the "life force."

plans with holistic practitioners should relate to how these practitioners perceive and work with vital energy. Satisfaction in the relationship will depend on how well a practitioner's skill lines up with a client's interests. Suggest to the client that they examine how they experience their own vital energy when they are defining their objectives.

Each person is unique; individual interests will lead to the right practitioner for any given moment. Each individual has his or her own sequence for exploring different paths of growth. Learning to perceive and follow this inner sense of timing is an important part of understanding what healing really is about.

Remember that holistic perspectives may promote an aggravation of experiences which are seen as symptoms of pathology by the Rational medical tradition. These experiences can sometimes be expressions of healing.

Plans with holistic practitioners should include discussions about healing crises. Anticipate that working from this perspective may entail feeling worse before getting better. Also, consider that Empirical means of healing tend to work more slowly than the remedies of Rational medicine.

Examples of Means by Which We Can Nourish, Stimulate or Balance Vital Energy

Love	Homeopathic remedies
Touch	Colors
Suggestion	Fasting
Meditation	Harmonic sounds
Awareness training	Herbal cleansing
Nutritional changes	Colonic irrigation
Emotional expression	The essence of flowers
Spiritual fulfillment	Acupuncture
(Not an all-inclusive list).	

The Use of Written Instruments

Contracts with health professionals need not be in writing. They could be written down, but they must be negotiated verbally. They need not be written up as "contract." Written notes of either party are legal evidence of the agreement. Professional records and correspondence between the parties can also evidence the agreement. Written instruments should contain as much information as is deemed necessary by both practitioner and client and should acknowledge risks, if any, of procedures which are experimental. Attractive brochures given to the client may describe the practice and the practitioners' experience. Written instruments can and should outline the patient's rights and responsibilities. At the bottom line, however, the best evidence is always the conduct of the parties.

Elements of a Contract

A contract is an agreement between two people about the essential elements of a plan to do a job. The best contracts are the simplest plans. Three basic elements of a contract are: (a) purpose, (b) complementary responsibilities, and (c) term. The first element explains what the job is. The second says what each person may be expected to do. The

third defines the time frame in which the job is planned. Defining a term provides an opportunity to modify or renew the agreement.

Access to and Ownership of Medical/Health Records

Client/patient access to medical/health records is an unsettled question, legally. The client/patient has a right to the information, but the practitioner or facility owns the document. Access to records is a negotiable issue. Make an agreement about the availability of records at the outset. All parties can then rely on the agreement in the future. Making these agreements will create the right which courts are now only beginning to examine. Arbitration agreements are becoming widespread in the medical profession. Typically, they are not explained to the patients in any way, but are handed with a bundle of other papers to the patients who are told to sign them before the doctor will see them. Patients do not realize they are waiving substantial legal rights, such as the right to a jury trial.

Self-Awareness Journal

Personal journal entries are valuable not only as evidence of the agreement between the client and the practitioner, but as tools for focusing awareness, an essential element of Empirical health practices. Change in self awareness is a manifestation of the growth of the life force. Self awareness journal keeping is an aid in working with all Empirical practitioners. For example, homeopathic case-taking records impressions in the patient's exact words, relying totally on the subjective experience.

Arbitration

Written agreements may be used to substitute arbitration for litigation as the process for settling disputes. Arbitration agreements are the first expression of contract thinking in health relations. Unfortunately, they deal with only one issue; the choice of forum for resolving disputes. They do nothing to suggest how to make the relationship work. They focus attention upon both party's anticipation of failure. If arbitration is the desired choice of the parties, agreement upon this issue should be seen in the context of agreement on the responsibilities that are necessary to making the relationship succeed.

Beware of Disclaimers

Watch out for written statements purporting to be disclaimers or waivers of liability. They are usually unnecessary and may be used to argue knowledge of unlawful intent. They are likely to be disregarded by courts as being against public policy unless they appear in the larger context of a well defined relationship. When the relationship is called into question, it will be judged by what the parties do, not by what they say they are doing.

On the other hand, written answers to questions concerning elements of progress in the relationship are state-

ments about the nature of the work being done. A questionnaire about body awareness would read quite differently than a history of symptoms, though both provide a valuable clinical focus for their respective practitioners.

The Legal Authority for Contract in Health Relationships

The idea of contracting individual responsibilities in health care relationships is relatively new, historically speaking. University of Chicago Law Professor Richard Epstein (1977) has laid the foundation for legislative and judicial acceptance of medical contracts in two articles which describe the natural evolution toward contract-thinking in other fields. He shows how other fields of law have progressed to where principles of contract govern risks which have previously been decided by principles of common law negligence.

Court-made law on health contracts will not appear until courts examine controversies in which the parties have made contracts. The courts will evolve doctrines of contract as they decide these cases. The Dana Ullman Case (1977) was the first judicial recognition of health contracts. There, the district attorney and the trial court recognized "a regular practice of contracting with clients in order to clarify the role of non-medical health practitioner" as a basis for dismissing criminal charges for practicing medicine without a license. However, other courts are not bound by this settlement because the case was dismissed without trial. Consequently, there was no issue for the appellate courts and appellate courts possess the exclusive power to bind other courts.

The judicial recognition of contracts defining professional responsibility will require a test case. Eventually, there will be many cases in which the issue will be recognized because the court will not be so interested in the question of contract as in deciding which party should prevail in a dispute over the contract. However, both the test case and those that follow will be those in which the parties failed to make *clear* agreements and consequently generated a dispute. Most legal problems start this way.

Since provider-client agreements are an evolutionary step in health care relations, courts will assess the validity of such contracts on an individual basis. The principle factor in deciding to uphold such agreements will be their reasonableness, given the likely disparity in bargaining power created by professional comprehension and client need. Disclosure of information which is known or should be known to the practitioner will be a crucial element in evaluating the reasonableness of the circumstances. All contracts are vulnerable to attack on the grounds that the parties failed to achieve a meeting of the minds about issues fundamental to their agreement. If the making of agreements is undertaken as clarification of the planning process and its purpose is to further the working relationship, then it will increase the likelihood of achieving expectations. The making of agreements will minimize the risk of misunderstandings which can lead to failure in the relationship and disputes over responsibility. The thoughtfulness with which agreements are made will be the bottom

line in determining whether the agreement will withstand a challenge to its validity.

Since health care relationships are fundamentally contractual in nature (their terms are *implied* when they are not expressly defined), there is really no avoiding the issue. Either good agreements are made or some kind of trouble and dispute ensues.

Financial Responsibility

The means of payment is an essential element of agreements. Questions about payment for holistic services by MediCal and other third-party sources (Medi-care, private insurance companies) are only beginning to surface. Perhaps it is only American to focus on financial responsibility before exploring working responsibilities very thoroughly. Requesting payment for holistic services through our current MediCal (California) system requires describing the work as diagnosis or treatment for some specific pathology. If the State is told this, is the patient's view of themselves set into pathological terms as well? And what model is the doctor working in?

The incidence of disease and the cost of medical treatment form an actuarial basis for insurance companies to determine their income (your premiums), expenditures and reimbursement schedules. In the end, less money may be spent on treating disease if more is spent on promoting health. However, the functional relationships between medicine and holistic practice should be examined more fully before compensation schemes or government regulation are further developed. Meaningful policy changes will then become apparent.

Planning for Health

Before establishing a relationship with a health care practitioner, clients should decide their purpose and time frame on their own, understanding that they may change as needs change and as more is learned. In order to make this first plan, and before seeking professional advice, clients should answer the following questions:

1. How do you experience your self now?
2. What changes do you feel might be considered?
3. What might you ask a health educator or counselor to help you clarify your needs?
4. How can these changes be brought about without the assistance of a health practitioner?
5. What do you want from a physician or other health practitioner?
6. How and when might you evaluate your progress and consider redefining your purpose?
7. How much time and money do you wish to commit to this job?

Having a plan with oneself assists in shopping for services that help implement the plan. This will involve making new plans with others who are the resources for the fulfillment of the plan. Clients should be prepared for negotiation, collaboration and further clarification of their goals.

Make Any Simple Plan

When it comes to making an agreement, discuss any plan which increases the likelihood of achieving your client's purpose. Make it simple at first. The plan can always be changed. Whatever the plan, it will acquaint everyone with the process of clarifying implied expectations by making expressed agreements. Where achieving a working agreement fails, expectations will have been uncovered which would likely have led to disappointment later had they remained implicit.

Misunderstandings About Holistic Health Practices

Currently, there is widespread misunderstanding about the fundamental nature of holistic practice. Does each practice constitute a separate technique or system of healing? Is it the client's job to find out which technique will work or which practitioner knows the most techniques? These questions represent only the tip of the iceberg.

There are many reasons why one might seek the services of a physician or health practitioner. In addition, every health professional has his or her own unique skills and abilities. Individual responsibility for health includes being responsible for obtaining quality health care. Making clear agreements is necessary for getting this or any job done.

Clients Should Have a Purpose in Mind When Choosing a Health Practitioner

By interviewing health practitioners concerning a specific purpose before engaging their services, clients can learn about the practitioner's willingness and ability to satisfy that purpose. The objective in the interview should be to reach an agreement on the basic elements of a plan that will define complementary responsibilities and assist in fulfilling the client's purpose. For example, if a client's primary purpose is to recover from a back injury, their plan may include seeking the services of a doctor to diagnose any tissue damage and offer advice about available medical treatments. The client may also want to learn to reverse patterns of accumulating tension from a holistic practitioner.

The initial interview with a health professional should be approached as if an agent were to be hired to help implement a plan. The client's job in the interview is to learn what unique skills the practitioner has that can help fulfill the client's purpose, what the practitioner can be relied on for, and what is necessary to work with that person. These complementary responsibilities must be negotiated because they are interdependent. Also, making an agreement with a health professional is distinct from the process of looking for someone to work with. Shopping around, seeing at least two people, will help develop clarity on the client's basic plan.

Where is the Power to Make Change?

Until now, most of my work with contract principles has been solving legal problems generated by the failure to

make clear agreements. The greatest value of thinking contractually about health is that it helps identify responsibility. This enables the responsibilities of evolving non-medical roles to be examined and defined more clearly.

The Rational model of pathology has been the only context within which we have thought about health in the past century. We are unaccustomed to thinking about nourishing the "life force," let alone taking seriously those who attempt to address this challenge scientifically. Coulter demonstrates that while there has been little public recognition of Empirical concepts in the Western world, some doctors have explored Empirical premises for years, attesting to their value while fighting a losing battle for recognition within their profession. Understanding the distinctions between the Rational and Empirical assumptions will permit appreciation of both perspectives and their practices.

The holistic health movement is today's expression of the Empiric tradition. Its strength is among practitioners who are not medically trained. As it appears that most "holistic doctors" work in a Rational model and employ holistic practices as alternative treatments for disease, medical training may even be an obstacle to study and applying Empirical practices. Today, the Rational influence is not just the strongest tradition in the medical profession; it is the only operative model. If medical thinking governs our development about holistic health practices, we will forfeit whatever benefit there may be in having a health industry which offers us a balance of Rational and Empirical services.

Rational standards of practice in medicine have already judged Empirical perspectives to be unscientific. The influence of Rational standards within the profession has determined the direction of research (Note 3) and will control professional responsibilities in the field unless the professional community and an educated public recognize the need for a different kind of service.

Complaints that our current system of health care takes advantage of people are growing louder. Most people think that someone—the state, the American Medical Association, Uncle Sam—should do something about it. Enough, already! Every gardener has the power to determine how his garden grows. Contracts are tools. Use them to create changes that are important to you personally, and we will all work together to incorporate these needs at institutional levels.

The holistic practitioners of the 19th century were homeopaths, herbalists and osteopaths. The Empiric practitioners of the 21st century are the holistic practitioners

of today. If preservation of the integrity of both Rational and Empirical traditions of thought about health is desired, independent professional recognition of holistic practitioners is necessary. The groundwork for this is initiated by recognizing individual needs for health services in the Empiric tradition and by making agreements with all health professionals which provide for both forms of service.

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- Green, J. Responsibility for health. *Journal of Holistic Health*, 1976, 1, 76.
- The People of the State of California vs. Dana Ullman*, March 9, 1977. Municipal Court Oakland-Piedmont Judicial District. County of Alameda, No. 98158.

Suggestions for Further Reading

- "Holistic Practitioners Unite—It's time to learn to fly" Somatics, V. 3 N. 4, Spring 1982, which may be obtained, together with a membership packet describing the structure of a model practitioners association, from California Health Practitioners Association, P.O. Box 8467, La Jolla, CA 92038.
- "Patients Who Refuse Medical Treatment" Applebaum & Roth, M.D.s JAMA V. 250, No. 10, Sept. 9, 1983.
- "Adding Insult to Injury: Usurping Patient's Prerogatives" J. P. Kassirer, M.D., New England Journal of Medicine, 4/14/83.
- "Allocating Responsibility by Contract" J. Green, *Medicolegal News*, V. 8 N. 5, 10/80 Amer. Soc. of Law & Medicine.
- "Contracting Out of the Medical Malpractice Crisis" R. Epstein, *JD Perspectives in Biology and Medicine*, Winter 1977.
- "The Health Care Contract: Key to Minimizing Malpractice" Prof. Liab. Newsl., March '82 Insurance Corp. of America.
- "Contracts With Your Doctor?" J. Green, *New Realities*, V. 2, N. 1, 1978

These published and several unpublished works comprise the reading for a Professional Responsibility Training designed and conducted by the author for health practitioners, continuing education programs, and private practices. For information about the availability of these readings, and the programs, lectures, and related consulting services, write the author in care of P.O. Box 5094, Mill Valley CA 94942.

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Note 3: Most scientific research concerning stress has been conducted in the context of stress-related pathology. An example of holistic research into stress may be seen in Peter Levine's work which evaluates stress as a function of the dynamic capacity of an organism to interact with its environment. It is measured in terms of homeostatic resilience on motoric, automatic, and metabolic levels.

Levine, P. Accumulated stress, reserve capacity and disease (Doctoral dissertation, University of California, 1976).
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CONSIDERATIONS FOR PLANNING A PROFESSIONAL PRACTICE

BY JERRY A. GREEN, D.C.

1. How does your work differ from medical practice?
2. How do you distinguish a referral for your work from a prescription for medical treatment?
3. How do you convey these distinctions to your clients?
4. Describe specifically the allocation of responsibility in your relationship with your client. List the decisions which belong to each of you.
5. What feedback device or mechanism tells you how much your client understands about these matters?
6. How might you provide for the periodic redefinition of your relationship with your client in accord with his changing needs, desires, and expectations?
7. What kind of record, chart, form or journal entry would assist your client in exercising his responsibility in your relationship?
8. What kind of record, chart, form, or journal entry would assist you in your work?
9. What information do you need from your client on a regular basis? How can you get it?
10. What information does your client need from you on a regular basis? How can you provide it?
11. What kind of information would you benefit from receiving from your client's physician? What kind of information could you provide him? Design a report form from him to you. From you to him. *"Unlawful Practice of Medicine"* Defined:

2052. Any person who practices or attempts to practice, or who advertises or holds himself or herself out as practicing, any system or mode of treating the sick or afflicted in this state, or who diagnoses, treats, operates for, or prescribes for any ailment, blemish, deformity, disease, disfigurement, disorder, injury, or other physical or mental condition of any person, without having at the time of doing so a valid, unrevoked, or unsuspended certificate as provided in this chapter, or without being authorized to perform such act pursuant to a certificate obtained in accordance with some other provision of law, is guilty of a misdemeanor.

CONSULTING/SEMINAR FORMAT

by Jerry A. Green, J.D.

1. How is the methodology of vitalism described in the article's history of Empirical sciences important to your unique interests and abilities as a health practitioner?
2. How do you identify vital energy of life force in your work?
 - (a) How do you measure its growth and change?
 - (b) How do you work with it?
3. State in simple terms what it is that you do. Do not use technical language or the name of any technique or modality.
4. State what is necessary or helpful that a client do in order to work with you successfully.
5. Design a simple plan for working with a client which consists of:
 - (a) a specific purpose
 - (b) complementary responsibilities
 - (c) a term or period of duration
6. Prepare instructions by which a client could design such a plan.
7. Make a plan to deal with a client's concern about pathology.
8. Make a plan concerning an aggravation of symptoms or healing crisis.
9. How would you measure and document changes in levels of accumulated stress?

Mastery of Life

The Spirit; Operator of the Bio-Computer

Material vs. Spiritual World

The material aspect of the human is dealt with first here. This aspect relates to what we can see touch, feel, hear, smell, taste; the world perceived through our senses.

2nd Corinthians 4:18

“While we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal; but the things which are not seen are eternal.”

Evolution in this world is a dynamic process. In order to stay in step, the individual must be adaptable. The material world in man is divided on three planes, the mental, emotional and physical.

The Mental Plane

This plane identifies with the intelligence, logical, thinking, reasoning, and calculating. The mental plane makes up the subconscious or the soul, together with the emotional plane.

If the mental and emotional plane are not synchronized, we get a split personality which is a threat to our further growth. It could go so far that a person becomes destructive or dangerous to himself. He is his own worst enemy. A seed does not have any personality conflicts. Its purpose is to bear fruit and multiply. We are designed in the same fashion.

The mental plane is where the individual stores and processes sensory data from which a mental conception of the world/reality is synthesized. As mentioned before, the individual's response to the environment is reflected in this conception.

Essentially, the mental plane is a data storage area where *the mental conception is the individual's program for behavior in the physical world.*

Mental Concentration/Focusing

The evolutionary process in the physical world is a mass energy concentration process. Here, the greatest energy mass is concentrated towards the center rather than towards the periphery of a spiral.

Translated to human mental terms, this means that in order to multiply and reap a harvest the individual must mentally concentrate on what he or she is doing.

Emotional Plane

This plane is connected with the feeling center in the body. This center assesses the degree of **harmony** in the human being as a whole. *It is a bio-feedback system which monitors whether the human beings behavior is for an evolutionary growth or not. In this sense it can be regarded as a guidance system to keep the individual on evolutionary course. When the individual is on course he or she experiences a state of emotional ease, harmony, and inner peace. On the other hand when the individual deviates from the evolutionary pathway he or she will register a state of emotional dis-ease, restlessness, frustration, and at worst, chaos, ruled by destructive emotions.*

By being in control of your present mental actions towards an evolutionary goal, in synchronization with the four seasons, you are also in control of your own emotions. Good mental action bringeth forth good fruits, achievement, and growth. He that is in control of his own mind and emotions owns his own power.

Your emotions are the fruit of what you sow.

The Physical Plane

This plane is related to skin, tendons, ligaments, muscles, organs, glands and the brain (which receives information and instructions from the mental and emotional, or the subconscious). It involves all body tissues.

The physical body supports the mental and emotional planes. It is an interface with the material world providing mobility. Each of these three planes of our material being is designed to be linked to the other two so that they all function as an integrated system (the Trinity Concept). One readily identifiable link between these planes is via the central and autonomic nervous systems. This is complemented by our hormonal system where its chemical messengers are transported by the circulatory and nervous system. Also, mention should be made of the phenomena of resonance and the acupuncture meridian network.

The material aspect of a human being is essentially a very sophisticated mobile bio-computer whose behavior is programmable within broad limits, perhaps even unlimited.

The Spiritual World

In order for the programmable bio-computer to function, there must be an operator/programmer associated with it. The computer is useless without an operator who has wisdom and understanding to integrate the parts constructively. Such an operator identifies with the individual spirit which animates a human being.

In the game of life, the operator, by means of the biocomputer at his disposal, potentially has access to the *master program of evolution*; the absolute reality of the infinite creator, *for whom the sky is no limit*. The extent to which the individual operator is able to achieve this attainable goal depends first and foremost on how **responsible** the individual is in respect to running the bio-computer program department.

Proverbs 25:28

*“He that hath no rule over his own spirit is like a city
that is broken down and without walls.”*

The possibility given to us by exploring our spiritual absolute reality gives us a peaceful retreat from this material relative reality which sometimes could be in tribulation, sickness, war and chaos. But be of good faith, things that are “seen” are subject to change.

By traveling in our spirit (the infinite), we can step out of our own body (the finite) and see ourselves and our problems in a proper perspective; the absolute reality. It helps us to see the forest, not just the trees. When this is fully mastered, there is nothing in the physical world that can move us. We are of spirit, and we shall go out as spirit. Man is a spirit who has a soul and lives in a body (earthly suit). We are in the world, not of the world.

As mentioned previously, the spirit is supposed to dwell in the heart. It is designed to be a superior monarch; the operator of the bio-computer. It is the connection we have with the infinite. Our mind and emotions are something that we relate to our head.

From physics we know that coldness relates to a lower activity based on the decreased molecular speed occurring simultaneously with a decrease of temperature in all matter. Heat relates to a higher activity based on the increased molecular speed occurring simultaneously with a temperature increase in all matter. Because the heart is hierarchially superior to the mind/head, there should be relatively more activity in the heart than in the mind. Man is better off with a warm heart and a cool head.

The Four Seasons

According to ancient Chinese philosophers, everything in the Universe including the human body and the processes which took place inside it could be subdivided into the Five Transformations (System of Five), as well as into Yin/- and Yang/+. The Five Transformations, are Wood, Fire, Earth, Metal, and Water, in contrast with the Greek classification of the four elements. The function of each transformation is to control or be controlled by ever changing conditions.

The Chinese philosophers spoke of the importance of living in harmony according to Tao/ God, the golden way (balance). Too little or too much, a dysfunction in any of the Five Transformations are the cause of bodily dysfunction in their associated organs, glands, and tissues, emotions and mind. This is based on the wisdom that too much or too little of anything is harmful. This is not to say that there is balance if one has a little bit of disbelief and a little bit of faith. Can you imagine someone having too much faith? How about too much unconditional love? Or, too much truth? These are exceptions to the case.

The Eastern healers used this law when taking a case history and when examining their clients through observation, palpation, smelling and asking questions. The seasonal cycles which occur in nature and man are paralleled in the flow of the seasons of the Five Transformations.

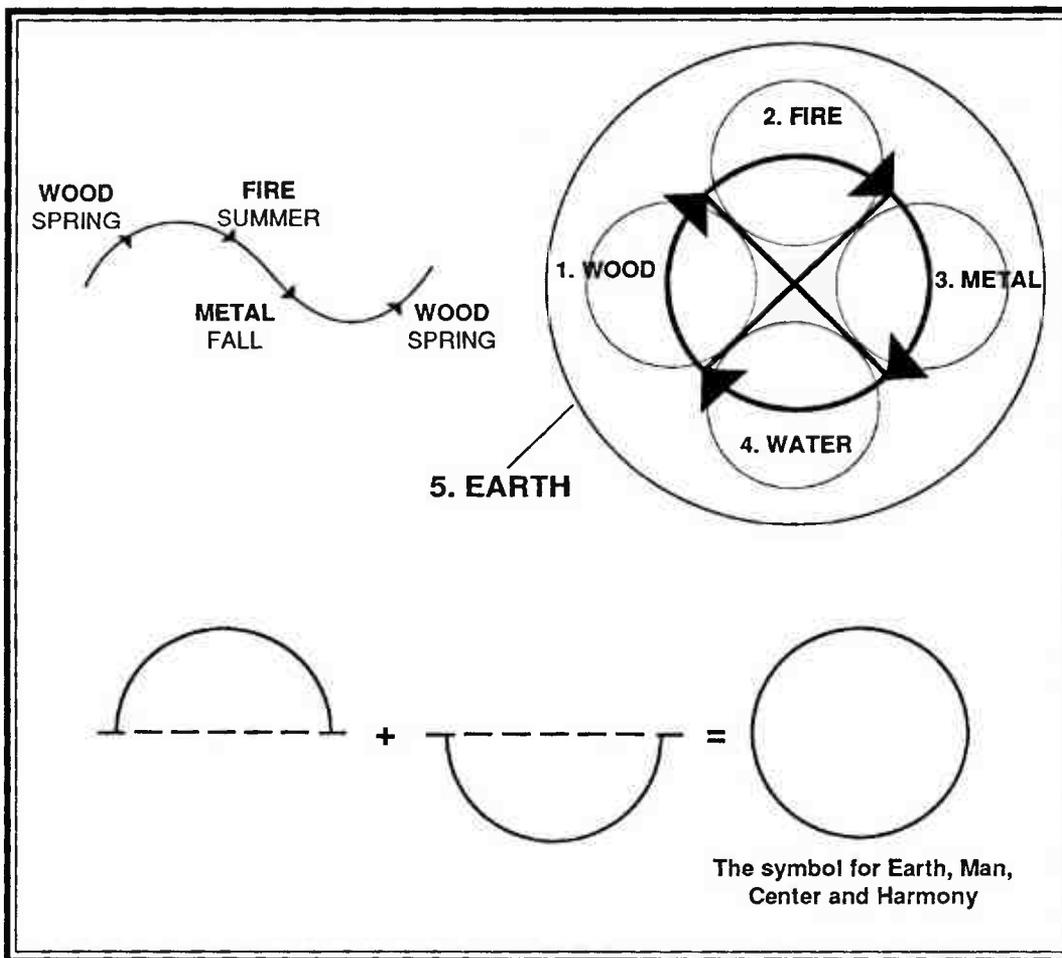
WOOD	Spring	Cleansing, Planting, Birth, Growth
FIRE	Summer	Blooming, Expanding
EARTH	All Year	Fruit Bearing, Ripening
METAL	Autumn	Harvest, Understanding, Letting go
WATER	Winter	Storage, Conservation, Death

Tao, Yin/- and Yang/+ and the Five Transformations are the beginning and end of everything including the life cycle (birth and death). He who fails to live in harmony with the laws of the Universe draws disease upon himself.

The student must first understand, comprehend, and then masterly apply the System of Five before he can understand the System of Four. He must comprehend the System of Four before he can approach the System of Three. The System of Three must be fully incorporated before the System of Two can be applied, and the System of Two must be mastered before he can comprehend the System of One, or Tao. Only when at one with God can he be considered a true master, healer, and teacher of life.

But this is not the end. Experienced for a single moment for the first time, man should perfect himself to make it a full time experience. When at one with God, people have a tendency to think that "This is too good to be true!" when in fact, it is the truth.

Man's divine goal is to search for the absolute truth (the infinite creator), to understand and follow the laws of the Universe, as does everything in Nature. Each individual must grow, bear fruit, and multiply according to their and God's infinite source. Don't be the limiting factor of an unlimited source? The only way we could change this planet to a better place to be, a harmonic society, free from strife, suffering and pollution, is by starting from the inside (ourselves) and work out.



People often have a tendency to label others and themselves. In doing so, they limit themselves. They imprison themselves with their labels, never realizing their true potential. It is not so much what you do, as it is with what attitude you are doing it.

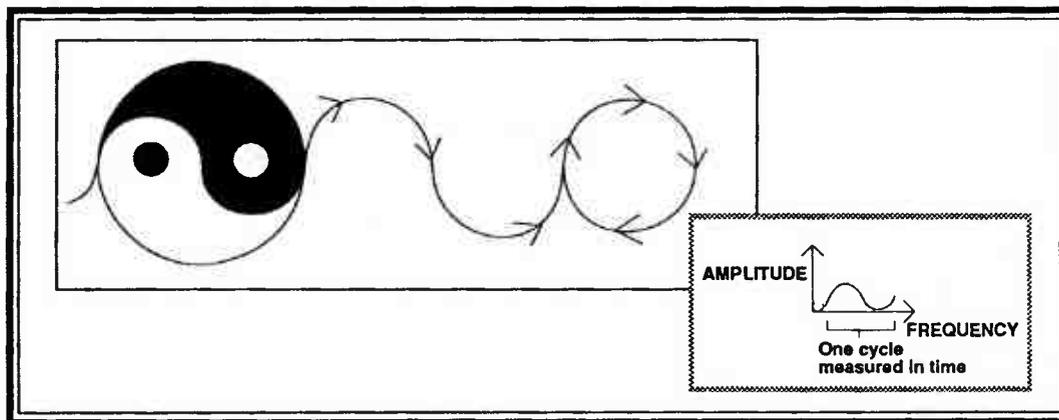
Genesis 1:28

“And God Blessed them, and God said unto them, “Be fruitful,
and multiply, and replenish the earth, and subdue it.....”

Multiplication Manual

Everything has its season. There is a season for sowing and a season for harvest. Everything is energy. Each thought in our minds and each emotion experienced are forms of sublime energy. Matter is concentrated energy. Thoughts and emotion are sublimated matter.

According to Dr. Einstein, all energy (everything) could be illustrated in the form of a sinewave. In physics, this is referred to as frequency and amplitude. This wave could also be seen as a cycle of time; a day, a week, month, a season, a year as well as smaller and bigger cycles. The symbol for the sinewave is identical to the Chinese symbol of Yin /Yang, originally designed approximately 5,000 years ago.



Everything is energy, or electromagnetic vibrations of various frequencies and amplitudes. Everything has its own cycle. If we obey and submit to the cycles of Nature/God, we are following the seed principle, which is to multiply. That which is not growing/multiplying is dying. We are supposed to multiply our love, health, and prosperity in God's will. We are the seeds of God.

This is an art of non-resistance, and the Holy books give us a manual on how to be in control over our own emotions, mind, body; how to ride the surf of the sinewave. The sinewave could be described as four trends:

1) the **Up-trend** (Spring/Morning), a time for birth, cleansing, throwing out the old and bringing in the new, planting, and growth with healthy mental actions of **Planning** and **Making Decisions**, biofeedback emotion of **Assertiveness**, a time to clean your house (body) and prepare your fields for the new crop, much in the same way the farmer plows his fields and fertilizes the soil with feces from his livestock to prevent abuse of the soil (grain has a tendency to rob the soil of essential minerals). A waste product that is stinking and toxic which seems to have no use is instrumental in the transformation of new life and opportunity. Man functions in a similar manner. Our subconscious mind/soul stores past negative experiences in the form of destructive emotions, such as hate, anger, fear, grief, etc. If we pray and meditate on forgiveness, we can use the garbage/feces stored in our subconscious mind to work to our advantage by “fertilizing” our mind/opportunities for an even greater yield at the next harvest, the act of multiplying ourselves.

After all this preparation comes the moment of commitment, when the seeds of the new crop are planted, and on the way to the next phase of growth, the 2) **Top-trend** (Summer/Mid-day), the phase of constructive mental action, of **Focusing, Concentrating, and Following Through**, with the biofeedback emotion of **Joy**. This is the time when we water and weed what we planted, feeling true joy in our hearts because we labor and obey by multiplying the seeds of our dreams according to God's will, being focused and in the here-and-now, enjoying the blossoms of life. The farmer inspects his field on a daily basis with joy, for he **anticipates a harvest**.

3) The **Down trend** (Fall/Afternoon): Harvest is the time to receive, and then let go and retire, with the healthy emotion of **Compassion/Understanding**, and the mental ability to **Receive, Comprehend and Understand**. Through prayer we can give thanks for our harvest.

1st Thessalonians 5:21

"Prove all things; hold fast that which is good."

We do things by trial and error. We learn by our mistakes. Our mistakes serve the purpose of perfecting ourselves. They increase our wisdom. We must realize that when the time comes to stop pushing, Fall indicates a drawback. We have to retire with what we have accumulated from our harvest and prepare for the upcoming Winter.

And lastly, 4) the **Bottom-trend** (Winter/midnight): Winter is the time for conservation, storage and death (the end of a life cycle). The end of one cycle means the beginning of a new cycle. Midnight (the darkest time) turns into a new day. The beginning of a new cycle and the dawn comes with increasing light.

The mental ability of Winter is conservation through **Ambition and Willpower**. This is the time for inward activities such as meditation, praying, rest and rejuvenation a time for silence. The bio-feedback emotion is **Caution**. The winter also symbolizes tough times, during which we need ambition and willpower to make it through. Tough times never last, tough people do.

A cycle like this could be represented by a single day, four weeks, a year or a whole lifetime in an individual life. Whenever an individual is out of harmony, he loses his own power and control and is no longer the ruler over his own spirit. Winter is when we maintain a great harvest (in health and/or prosperity) with caution, rest, ambition, and willpower, all in proper balance. The cycle is completed by **claiming, fulfilling, receiving, then maintaining** that which is rightfully ours.

If a person is not aggressive/assertive in the "spring/morning", he will be either **passive** or **angry** (under control of destructive emotions) and will therefore not plant any seeds, no multiplication can take place, leading to self destruction. If he plants bad seeds, these seeds will give rise to weeds, never bearing fruit. What a man sows, so he shall reap.

Proverbs 16:32

*"He that is slow to anger is better than the mighty and
he that ruleth his spirit than he that takes a city."*

If a person did not plant good seeds in his "spring/morning" he will not experience true Joy in his heart in his "summer/midday". This person will try to mask this fact by showing the destructive emotion of **overexcitement** or **hysteria**. He or she may crave coffee, other stimulants or drugs in an attempt to hype themselves up as a poor substitute. This person is always on the run. He never has time to stop and smell the "roses".

People with disturbed Summer cycles may also be ruled by the destructive emotion, **melancholy**. In the case of melancholy, the individual put a mask of "what's the big deal" or "I don't care". In some instances, a person could oscillate between hysteria and

melancholic confusion while searching for inner joy. One must be in control of his emotions and spirit. You could kill your "plants" by watering them too much or too little.

If no seeds or bad seeds were planted there will be no good (God) harvest in the "fall/afternoon". This individual is unable to experience compassion (understanding) and therefore is unable to forgive himself and others. Ruled by the destructive emotions, **grief** and **sadness**, they avoid the upcoming winter, holding on to the past. Rigid and conservative, they are unwilling to accept new concepts or ideas, and do not learn by their mistakes. **Apathy** is the destructive emotion of opposite polarity. A person ruled by apathy seems to be very cold hearted with no compassion or understanding for other people. Those individuals are very unhappy beneath the hard surface. In extreme conditions of apathy, a person will lose the desire to live. It is common to see individuals oscillate between grief/sadness and apathy.

This is the reason why many people experience sadness in the late afternoon or in autumn. Realizing that the end of a cycle is near, they resist Nature/God. Their body may be screaming for a harvest, but in their heart, they know that there is nothing to harvest because they failed to take proper action in the "spring/morning". Time slips through their hands.

If proper seeds were not planted in the "spring/morning", true joy will not be experienced in the "summer/midday" and there will be no harvest in the "fall/afternoon". This disturbed rhythm allows destructive emotions to rule the "winter/midnight". They have little or no supplies stored away and barely make it through the winter.

One of the destructive emotions of Winter is **recklessness**. The reckless individual realizes that he has not followed the cycle and runs out desperately, trying to sow and harvest simultaneously, when neither is appropriate. Instead of flowing with the natural cycle, he procrastinates until the last possible minute of the cycle to perform the work.

This act of disobedience taken by man is not in harmony with Nature/God, and therefore it will draw disease upon the body. The destructive emotion of opposite polarity is **fear** (of dark, of death, of anything). Such individuals may experience a feeling of dying.

Spiritually, this is accurate since they were not nurtured with joy and did not have a harvest. They are in fear, wondering whether or not they will survive the "winter/midnight". Their ambition and willpower is very low or non-existent.

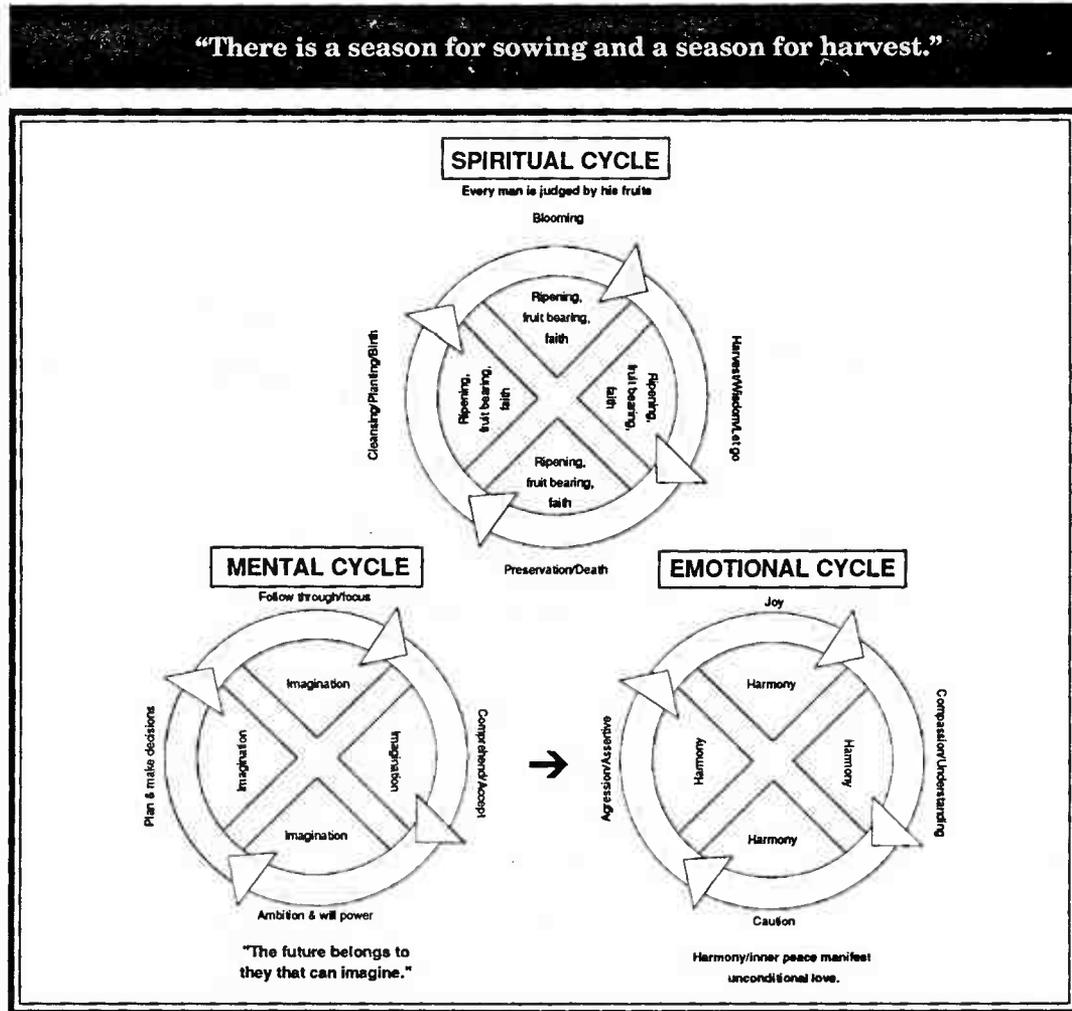
*Fear is knocking on the door. Faith opens the door.
And see, there is nobody there.*

When you have the light of understanding in your heart, then you always carry it with you. Even when it looks dark, with unseen obstacles ahead, have faith that when you arrive, it will be light, because the light is within you. Do not be fearful of tomorrow; be faithful in today, for when tomorrow comes, it will be today all over again.

2nd Timothy 1:7

*"For God hath not given is the spirit of fear,
but the power and love and of a sound mind."*

Man becomes fatigued by fear and recklessness, causing him to be passive in the upcoming "spring/morning", and instead of fertilizing and preparing the fields (not throwing out the old to make room for the new) he either sows his seeds too late, too early, or not at all, leading him into a vicious cycle, making harvest in the next cycle unlikely, since the soil is depleted. This behavior leads to "death", first spiritually, then eventually physically since no growth/multiplication takes place.

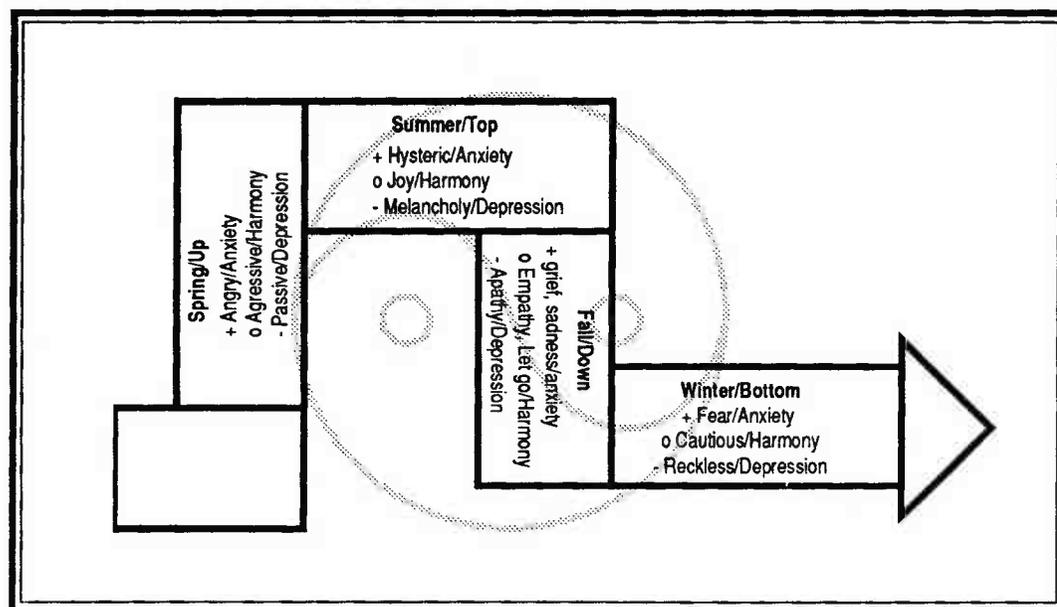


From the above illustration, it can be seen that when man is on the right path, he is always assertive (aggressive). He has no reason to become angry because he tells people what he accepts and he doesn't let anybody override his free will. He is never passive because he is always assertive. His heart is filled with joy, and he is never hysterical, nor does he experience melancholy, because he sees the birds, the sun, and the flowers, and knows that his path is the righteous one. He is filled with understanding and compassion, never experiencing grief because he knows that when he has done all that is within his power, there is nothing more he can do. And he understands that cycles have a beginning and an end, and the times for life and friendships always come to an end. He never experiences apathy because he has reaped an abundance of compassion. He is never fearful or reckless because he is cautious, obeying the laws of Nature and the Creator. He is fruitful, imaginative, and filled with faith and harmony.

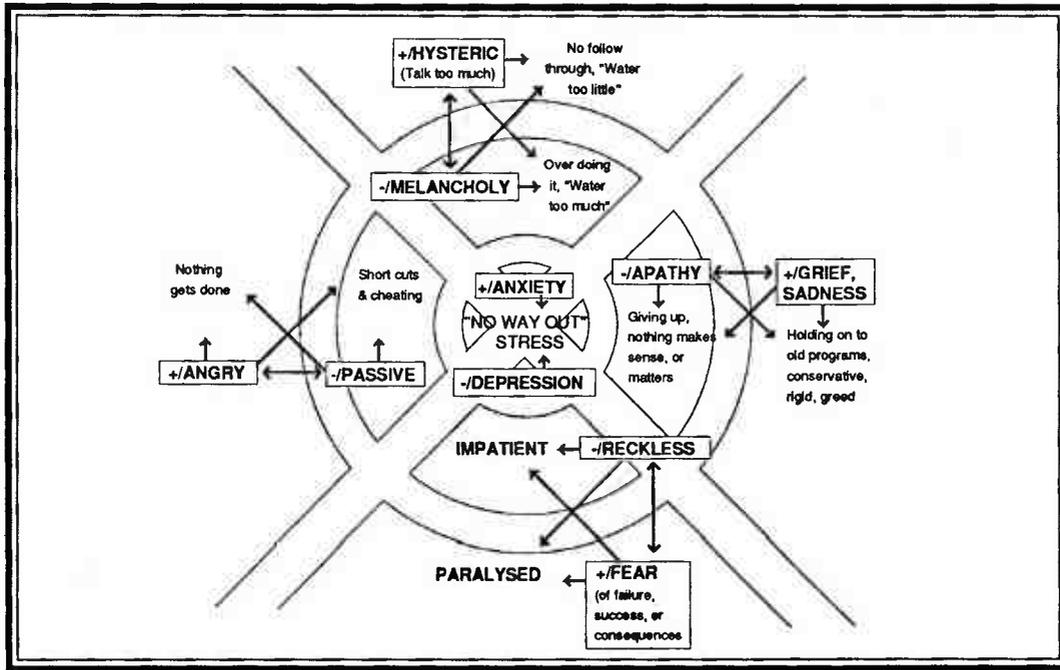
When man is on the right path he will be **fruitful, imaginative**, and experience inner peace and **harmony**. When man is not on the right path, he will be ruled by destructive emotions. When out of harmony, he will be ruled by either **depression** or **anxiety**.

DESTRUCTIVE EMOTIONS		
	OF DEFICIENT NATURE; -DEPRESSION-	OF EXCESSIVE NATURE; -ANXIETY-
SPRING:	PASSIVE	ANGRY
SUMMER:	MELANCHOLY	OVEREXCITED/HYSTERIC
FALL:	APATHY	GRIEF/WORRYING/HOLDING ON
WINTER:	RECKLESS	FEAR

Depression is a destructive emotion of deficient nature which rules simultaneously with the destructive emotion of deficient nature who's season is present. **Anxiety** is a destructive emotion of excessive nature which rules together with the destructive emotion of excessive nature who's season is present.



From this, it can be derived that depression and anxiety are the two most common destructive emotions, since one is always present all season long throughout the entire cycle **when out of harmony**.



The Daily Cycle of Bio-feedback

The daily cycle is best implemented as a maintenance program or when destructive programming has not overwhelmed the subconscious. The daily cycle bio-feedback helps you to discipline yourself. You are encouraged to make any of the cycles a part of your life.

Spring/Morning

Start your day by making plans and decisions by writing down only those activities which you believe you can fulfill. Number them according to priority. Check each item off as you "plant" or make your commitments. **Assertiveness** is the sign that you have made a decision towards completion.

Summer/Noon

Continue by following through with the day's plans, staying focused on the here and now, checking off each item as you labor towards manifestation. **Joy** is the sign that you are laboring towards completion with persistence, expecting miracles.

Fall/Afternoon

Worthy of your harvest, you are well able to receive your reward as well as to understand the secrets of life on a daily basis. Place that which was committed but not harvested on the next day's list. If this procedure is repeated daily, all things shall be accomplished sooner or later.

Instead of pushing yourself beyond, retire in faith that the next day will be even more productive than today. **Understanding** is the sign that you mastered the day. Mastering days is the first step towards mastering life.

Winter/Evening

Complete the day by treating yourself to recuperation, through silence and rest. **Caution** is the sign that you know your limitations and will not exceed them. Like the juggler, with practice, your faith and confidence will increase and you will be able to accomplish more difficult goals.

Successful Time Management

By maintaining the proper attitude and priorities from day to day, all of our tomorrows will be successful. That which is remembered is what is done today. That which is done today is what we become tomorrow. Today is the only "now" that exists. If what you remember is not good, then you have to do something today to change what you will remember tomorrow. Most people live today based on yesterday (experiences). If yesterday was bad, then today will be bad, making tomorrow just awful. If you keep doing today what you did yesterday, then you snowball yourself into misery. So, if you change today, you also change tomorrow and your yesterdays yet to come.

Today is now -the first day of the rest of your life. And when tomorrow comes, it is today once again. Success is accomplished by using your time properly. Joy in life comes from a process of working towards achievement and fulfillment, towards a goal. Time may be used constructively or destructively. According to Webster's dictionary, the word "time" means **duration; the idea of measure of successive existence**. In Greek, the word means **seasonal**, which leads to the conclusion that if time is used properly, there will be a harvest in it for us. **This is not something you try once. It is a life style.**

DAILY BIO-FEEDBACK MANAGEMENT DIARY		Date _____		
THINGS TO DO	TODAY	SPRING MORNING <small>(Planting & Commitment)</small>	SUMMER AFTERNOON <small>(Persistence)</small>	FALL EVENING <small>(Harvest or Manifestation)</small>
# _____	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
# _____	2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
# _____	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
# _____	4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
# _____	5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
# _____	6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
# _____	7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
# _____	8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
# _____	9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
# _____	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
# _____	11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
# _____	12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WINTER/NIGHT		Quiet, Rest, Reflection of the day <input type="checkbox"/>		
NOTES:				

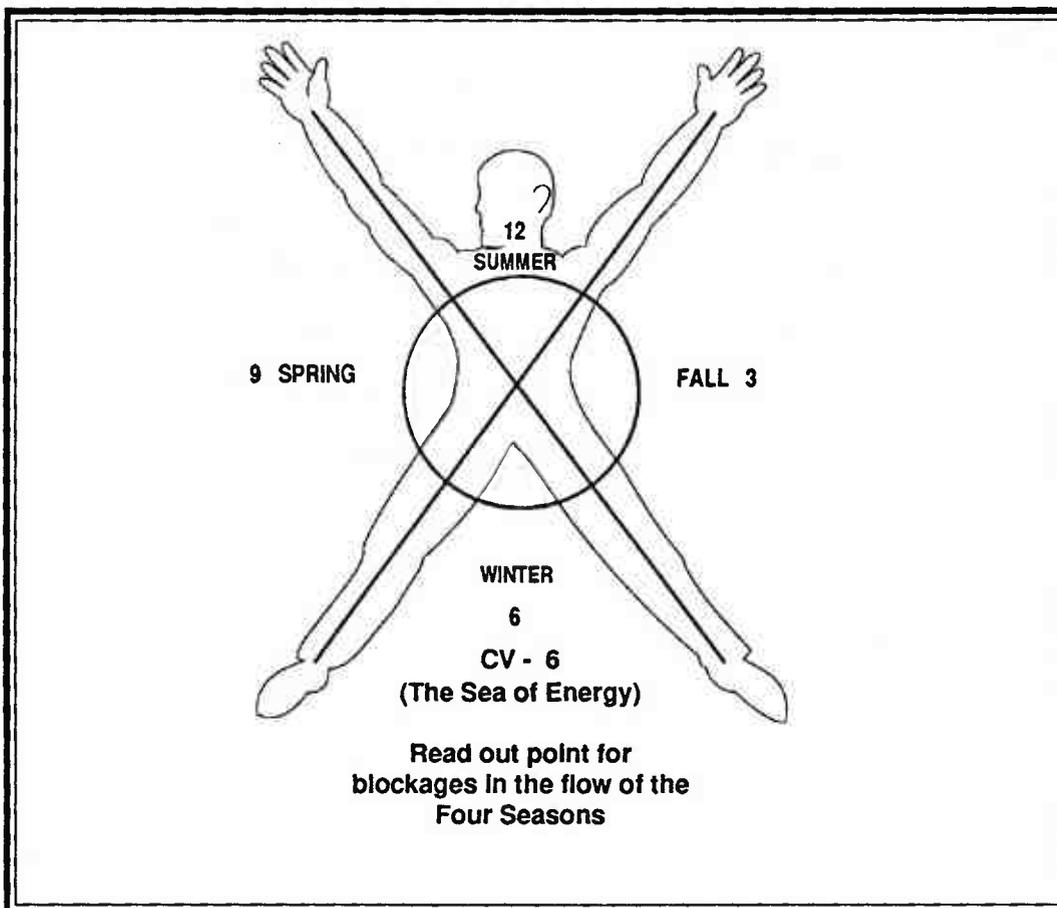
Testing For Disturbances In The Flow Of The Four Seasons

The presence of an erroneous program in the mental plane could be established and pinpointed by using manual muscle testing or kinesiology as a tool. Take one of your friends, test an indicator muscle to establish that it is able to maintain a contracted position while you apply pressure towards extension of this specific muscle (manual muscle testing).

Now that you have found a "strong" indicator muscle, have your friend think about one of his dreams/goals while you test the muscle again. If your friend is now unable to sustain contraction while you apply the same pressure as last time, it means that there is a blockage in any of the Four Seasons on the mental plane.

The muscle tests "weak" because the dream is not in line with previous experiences causing the system to get overloaded. A circuit breaker pops and the muscle tests "weak". This is a sign of a lack of faith in the creative spirit. If the muscle stays strong while thinking of the dream/goal this means that this person has faith that he shall accomplish this dream.

It is possible to find out in which phase/season the "short-circuit" is located by performing a more specific muscle test. To do this, have your friend stand with his legs apart while contacting the acupuncture point CV6 (the sea of energy), located approximately 2-3 inches below the navel (considered to be an energy center in eastern philosophies) with your thumb and re-test the indicator muscle.



If a man or woman stands up with his or hers legs spread apart and with the arms above the head spread apart, so the body resembles the letter "X". Where the two perpendicular lines meet, just below the navel (the center of the "X") is the precise location of CV6.

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Have your friend think of the dream/goal while you tug your thumb in four different directions using CV6 as a reference point, performing a muscle test in for each direction. When you find the direction/season in which there is a disturbance, the muscle will now test strong. The direction(s) found is the season in which there is a conflict between the dream/goal and the mental program.

Supportive Corrections

There are several steps which may be performed to resolve conflicts in disturbed seasons. These steps are part of a process which "re-programs" the subconscious to submit to the super-conscious, restoring hierarchy to the system.

Step I

While your friend is thinking of the dream/goal, put one of his hands in the navel.

- A) Gently rub the inner lower border of the clavicle bones (acupuncture point K27),
- B) then, gently rub the tip of the coccyx, or tailbone (GV1),
- C) then, gently rub the coccyx and the top of the head (GV1 & GV20),
- D) then, gently rub the mid-line of the upper and lower lip (CV24 & GV26).

This is done to diffuse the neurological confusion called switching with is present with every form of energy blockage.

Step II

Hold your hands on the frontal eminence of your friends forehead while you ask him or her to imagine themselves manifesting their specific dream/goal. Continue to contact the frontal eminences until this image is anchored in the mind, at which time you will feel a pulsation or a sensation of heat. Then, have your friend think of his dream while you re-test the indicator muscle again. If the corrections were successful, it will test strong. (Steps I and II can be performed on yourself while thinking about any dream/goal you may have difficulty manifesting, without first performing any muscles tests)

SEASON	SPIRITUAL METAPHYSICAL ASPECT	MENTAL	EMOTIONAL BIO-FEEDBACK
SPRING	CLEANSING PLANTING BIRTH	LET GO OF OLD CON- CEPTS, TRY NEW IDEAS. PLAN & MAKE DECISIONS.	AGGRESSIVE or ASSERTIVE
+ SUMMER	+ BLOOMING	+ FOLLOW THROUGH, FO- CUS AND CONCENTRATE	+ JOY
+ FALL	+ HARVEST	+ RECEIVE/ACCEPT NEW IDEAS/DATA (UNDERSTANDING = GROWTH)	+ COMPASSION & UNDERSTANDING
+ WINTER	+ PRESERVATION OF DEATH	+ PRESERVATION BY WILLPOWER AND AMBI- TION	+ CAUTION
All seasons in Harmony	Fruit bearing, ripening, faith	The ability to imagine	Harmony + Inner Peace

Step III

- a) Have your friend take his left hand and tap in a circular motion around the left ear (clockwise from your perspective as a tester), starting in the front and going towards the back. This is performed while the constructive mental act (see figure 43e) for the disturbed season* is repeatedly thought for approximately 20-30 seconds,
- b) then, have your friend tap in the same fashion with his right hand around around his right ear, starting in the front and going towards the back (counter-clockwise from your perspective as a tester). This is done while the healthy emotion (see figure 43e) for the season* that was disturbed is repeatedly thought for 20-30 seconds,
- c) then have your friend think about the dream/goal again while you re-test the indicator muscle. If the corrections were successful, the muscle will test strong.

These simple techniques are very powerful tools for self-help. Since each individual is responsible for his or her evolution, it is preferable that they perform the corrective procedures on themselves.

**This is not something you try on a
one-time basis. It is a lifestyle.**

*If more than one season was disturbed, correct them all in their seasonal order.

Torbjorn M. Hanson
One Source Potentials, ©1987

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Illustrations: Regina Avelar

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TOUCH FOR HEALTH IN THE 80'S

By Norma Easter Harnack, R. N.

The word health comes from Old English meaning whole. To heal, is to restore to health. Touch For Health is dedicated to restoring wholeness and health. If ever you've thought Touch For Health was a different approach to health, maybe it was just ahead of its time. According to Madison Avenue we've just arrived. Soon everybody will know we aren't just different, we're better!

Health in the eighties has taken on a new look. In case you've not noticed, it is "in" to be healthy. Madison Avenue has given health a new look. It's sweaty and muscular, wears Reeboks, smokes Salem lights, and is high tech. Extraordinary how advertising can make even cigarette smoking a healthful event. Can you imagine working out at the gym and taking a smoke break? No matter how you "see" it, smoke or smokeless, fat or thin, health in the eighties is "in!"

Along with the trend to be healthy, is how you choose to pursue that goal. There's diet (and lots of them), exercise, high impact (boxing?) or low impact (sex?) and life-style. Type A life-style with lots of stress, type B with moderate stress and type C with no stress at all (this state is next to death which is not "in" in the eighties.)

Madison Avenue, do I have something for you! An approach to health that's as ancient as the word and affects your diet, exercise and life-style. Guess what I call it? Touch For Health! It's affordable, safe, and guarantees you'll get from it exactly what you want! All of this in one little green book. Also it follows the most current disciplines and technologies. A course in Touch For Health would cost you less and last you longer than a year's membership at Vic Tanney's!

In my earliest experiences with Touch For Health, I met a woman who wore magnets. I asked her the purpose of the magnets. She said she was attempting to change the polarity of her body to improve her health. At the time, I thought her practice was bizarre. Now there is MRI-Magnetic Resonance Imaging, magnets doing one of the things they do best, using their polarity to produce images. Elizabeth, forgive me.

"Light on the pineal" is a recommendation for energizing through light. A laser is light energy. While focusing a laser beam on the pineal is not recommended, the use of laser for surgical procedures is one of the most effective and least traumatic uses of light energy.

A sonogram is not a singing telegram, nor is ultrasound the latest in rock music. Both terms refer to the use of sound for the purpose of diagnosing and healing. Sound plays an important role in our environment. Last year a physician, at the Touch For Health annual meeting, demonstrated the use of a tuning fork for diagnosis.

This past year, the Touch For Health system itself went through some technology updates, but its purpose remains the same, to share with the public a practical guide to improved health through touch. Now more than ever is the message being heard that your health is your responsibility. This is the method of Touch For Health, how you can be totally responsible for your health.

Don't worry, sooner or later, Madison Avenue will catch on to us. Just like high technology in medicine making use of light, sound and magnets, Touch can't be too far behind. As old integrates with new, feel encouraged to pursue your chosen path to a healthier, more integrated way of life through the use of Touch For Health. ■

Touch For Health July, 1987

AIKI IN TOUCH FOR HEALTH

by Richard L. Harnack, M.REL.

In 1979, I addressed this meeting on the use of KI in touching. In that presentation, the emphasis was on learning how to use a lighter touch on the points. Today, I am now ready to present formally some more principles of AIKI. These particular principles have to do with being centered within ourselves.

AIKI-DO is literally the way of harmonizing with the universal energy. As a martial art, one of the earliest practices we experience is how to move and turn from our center. Outwardly this movement is simple in appearance — a simple gliding step forward and pivot. Yet many find this movement difficult to master, not because it is difficult in and of itself, but because they move from all other parts of their body/being, except their center. What then is our center? Where is it located? How can I “use” it?

Our center, as we teach in AIKIDO, is an infinitely small point located about two inches (2") below the navel. When we are at our center, we move in an unitary manner. Our posture becomes relaxed and more in alignment. You may also begin to experience a mental shift as you focus on your center. This shift can be perceived as expressing an inner confidence. This last is important to all we do in AIKIDO, for without this inner sense of confidence, many of the arts become little more than techniques. Anyone can learn techniques with sufficient practice. To have the confidence to use them is another thing altogether.

To perform with confidence means we move from within our center. As you begin to practice this, you may feel uncertain what it is you are doing. The two practices below are designed to help you experience this.

1. Put all of your attention into your head and shoulders. Now have someone gently push down and back on your shoulder. Do you feel “off balance”?
2. Now allow your attention to be focused at your center just below your navel. Again, have your partner push gently down and back on your shoulder. Do you feel more stable this time?
3. For additional solo practice, repeat the tensing of your shoulders and begin to walk around. Note how this feels. Now re-focus on your center and walk some more. Do you notice a difference between the two walks?

This simple practice can lead you to some very profound changes in how you perceive yourself. As you learn to relax more at your center, you begin to exude a quiet confidence which others will respect. Your movements become more certain and fluid.

Another principle of AIKI is to extend our awareness. When we extend our awareness we become more integrated into our environment. As we become more aware of our place in our larger environment, we receive information at all levels. This information is connected to the flow of life which surrounds us. Being able to extend our awareness into this flow allows us to adapt to situations seemingly before they even happen.

This becomes important in doing muscle testing because sometimes the muscle response is not all that clear. It is at these times being able to extend our awareness is helpful. As we test and are tested we are able to establish a flow to the testing. Anytime we feel a break in this flow, we can be certain there is an imbalance in the muscle being tested.

Experience this for yourself using the following practices:

1. Focus only on the "correct" positioning and "proper" pressure for the subscapularis muscle test. Now test/be tested with this focus. Note how you felt as both the tester and the testee.
2. Extend your awareness from your center by "touching before touching". Allow the arm to be in the subscapularis test position and test/be tested. How did you experience the same test this time?
3. A daily life practice of extending your awareness can be to feel you are shaking hands with someone before you even clasp their hand.

The benefit of extending awareness is multifold. The primary and most immediate benefit is your awareness of your environment is heightened. A side benefit of this is the increased awareness others will experience of you. The daily practice of this is crucial to the development of it as an "unconscious skill". Start small and simple, reminding yourself throughout the day to extend.

These two simple and basic practices from AIKIDO are helpful to building and moving with confidence through your daily life. They are especially helpful in TOUCH FOR HEALTH. I trust you will empower yourself by using them.

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Touch For Health July, 1987

TRANSFORMATION, WHOLENESS, AND HOLINESS

By Richard L. Hamack, M. Rel.

The theme of this conference is Transformation. Transformation is a unique and peculiar process. Transformation is being wholly other than we are now. After we have been transformed, it is easy to look back and point to the probable "causes," but the reality is that the transformation is only implied, not promised. How then do I transform?

Transformation can occur in an incremental manner or a radical one. Incremental transformation is akin to the growth of a pearl. It starts out as a grain of sand, and, over a long process of building layer upon layer, it becomes something beautiful to behold. Many people are like the pearl. Starting out rough and throughout their life they build up layers of personality and good until they become someone wholly other than they were.

Radical transformation occurs primarily in human beings. These people change literally in a split second before your eyes. There is no inkling that such a change is in the offing. Most observations of the prelude to this type of change occur after the change. The closest example in nature, to this type of transformation, occurs in the desert. In the early spring, the desert suddenly blossoms forth with a multitude of flowers. These flowers appear out of the barren ground overnight, changing the "waste land" into a variegation of colors. Then one day the flowers disappear, not to be seen until the next spring.

Touch For Health is an approach to bringing about human transformation. Something as simple as a 14 Fix-As-You-Go balance can radically transform a person's life. Early in my Touch For Health career, a woman attended a basic class I was teaching. In her opening statement to the class, she said she had been suffering from the same migraine headache for four years!

She was the volunteer for the 14 Fix-As-You-Go balancing the first night of the class. After the balance, she got up, looked around, and stated her headache was gone. She called me three months later to tell me the headache had not come back once. Her life was transformed in an instant by one simple act.

For many of us, the transformation we experience with Touch For Health is incremental. The change is not as evident to us as it is to others who have not seen us in a long time. Balancing, E.S.R., food testing, reactive muscles, etc., these are tools which allow us to refine our body and energy system for the long haul. It is still transformation.

Wholeness is the experience of being integrated and unitary. Wholeness does not mean complete. Completion implies an end, wholeness does not. Nature is whole, but never complete. We are open ended systems, which are, paradoxically, whole. We contain within ourselves all we ever need. Now sometimes we may feel terribly incomplete and unloved, yet we still have the ability to experience wholeness.

Kaleel Jamison, in the book *The Nibble Theory*, begins from this premise of wholeness. Each person is a circle which has the ability to grow larger. The problem is some circles feel they can only grow by "nibbling" at other circles. While some larger circles, wanting to be "loved," allow themselves to be nibbled upon. What is a nibble? Here are some examples:

"You ask too many questions."

"You always give your ideas first."

"You're too direct."

"You're too nice."

"You're too emotional."

"You're too sensitive."

"You're too serious."

The problem with nibbles is they interfere with growth and wholeness.

How do we grow? Kaleel Jamison again, "Decide you're going to. Decide that it's the right thing for you to do. Decide that your growth won't limit the growth of others. Decide that you want to be the biggest circle you can be."

I believe those who affirm the good in themselves and others promote growth and are loved. In teaching and sharing Touch For Health, you have the power to discover wholeness, to promulgate love. Think on those persons who have inspired you. What was it that made them different from all others? I suggest they affirmed your good and your strength.

Holiness is the quality of the divine. Holiness is intrinsic to all life. Holiness partakes in and expresses the joy of life—it inspires. Each one of us is holy. Our use of our life determines how this is expressed. Touch For Health can be a tool to express holiness.

Health and healing have long had associations with the divine. The earliest healers were revered as being in touch with the basic force of life. Think of the times in your life you had a positive effect on someone, wholly out of proportion to the effect you expended. How many times has someone had a similar effect on you? This is the effect of the divine in health promotion.

I'd like to return to Kaleel Jamison once more to raise some questions designed to help you empower yourself to grow.

"What makes you unique?"

"1. List your strengths...(these) are things you're born with, not things you have

learned.

"2. Now look at your list. Take out any skill that may have got in there. Leave out qualifiers.

"3. Look at your list of strengths. Ask yourself:

"Why is that important to me?"

"What's underneath that reason?"

"Answer: I want to do something.

"Ask yourself: What makes me want to do that?"

"Why?"

"How are your strengths tied to each other?"

"What is at your center?"

"What do you have that you take with you everywhere?"

"If you get stuck and want to try another direction:

"What are you here on earth for?"

"What did you come to do?"

"Think of things you do in life that

"are important to you

"make you feel a sense of joy.

"Now take those things, and ask the questions you've just asked again.

"Why is this important to you?"

"How is it tied to your strength?"

"What is your kernel?"

I want you to add one more question to these.

"How does Touch For Health allow me to express my strengths?"

Transformation is the process of becoming wholly other. Wholeness is our experience of ourselves as being self-determining. Holiness is the presence of the divine in us. We live our lives to the best of our abilities, knowing we are incomplete and continually growing. Touch For Health enables and empowers us to transform, be whole and express our holiness.

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Touch For Health July, 1987

ACU-TOUCH FOR HEALTH PHYSICAL KINESIOLOGY FITNESS FORMULAS

by Ed Long

SUMMARY: From my three fields of primary interest Health, Dance & Martial Arts, I have many formulas I use to simplify, combine and remember to use the things I find to be of the greatest value to many people. It seems that all we can do naturally is - A. Walk B. Sniff the flowers C. Feel. Everything else has to be learned, practiced and worked at. Since many people do not do too well at A, B & C, I will present - Bones to Breath - Keep Your Canaries Flying - Fill the Pitcher - 20 Connected Breaths - Take 3 Deep Breaths - Sensitivity Cup - Tank Check - Wing Chun Three - Aikido Four - NRG Booster.

It is important to understand that the chances of someone attacking you are slim, but on many occasions quick, appropriate reactions can make a significant difference in how much injury results in a slip, fall or collision. The first three formulas improve response from both hemispheres, quicken finger/hand response, foster movement awareness and enhance body energy flow.

Wing Chun Three

1. Shoulder flicks and Sparking
2. Wrist flips
3. Hand grabs

Aikido Four

1. Keep your ONE POINT
2. Extend Ki -mind
3. Weight under -body
4. Relax completely

NRG Booster

Bend down. Stretch and vibrate the skin on the calves and back of thighs with your fingers. Then, hold the parietal knobs. Next, stretch arms overhead with fingers interlocked. Bend forward bringing the arms toward the floor (with hand pressed firmly together be aware of the energy moving DOWN your back to your heels). Slowly straighten to starting position (with hands pulling outward be aware of energy moving UP the front of the body)

PEANUTS

By Schulz



Hide Your Sensitivity Cup

We are born with an innate ability to adapt to and overcome elements in our environment which threaten our survival. We normally become more capable at this as we mature and experience life. However, the way we deal with the less critical disturbances is another matter. Whether it is in our genes,

acquired in the womb, at birth or during childhood, we wind up with a tolerance factor (a sensitivity) that remains at its own particular level throughout our lives.

Levels vary. A very sensitive person's level may be thimble size; a very "thick skinned" individual's level may be bucket size. For the majority of us it could be considered to be paper cup size. Every trauma (unkind words, disappointments, rebuffs, failures, etc.) go into our cup as GARBAGE. Some unfortunate ones have a cup half-filled at birth. The more lucky ones may get well into childhood the cup fills. Only a few reach the teen years without it filling several times.

Every time our cup fills to the top and overflows, a crisis occurs (arguments, sleepless nights, dependency, sickness, violence, despair, etc.). It tips over and spills out some of the contents. Invariably, the primary cause is usually the person we know best or are the closest to. They are the most likely to know where our cup is, how much it can hold and which garbage fills it the fastest. With maturity, some of us learn how to deal with such things, and we put a lid on the cup. But, it is still FULL OF GARBAGE of past years. This becomes quite obvious when a serious or unpleasant thing happens to upset us, and the contents spill out.

What to do about it?

1. Dump out all the contents (and rinse it thoroughly)
2. Put a tight lid on it (Make it a pointed lid)
3. Avoid the garbage dumpers (let them know you know who they are)
4. Don't be a garbage dumper

1. Inhale		Filling	2. Exhale	Head	Emptying
1	Pelvis tilts back Abdominals widens	"	1	Throat	"
2	Solar Plexus expands	"	2	Chest	"
3	Throat stretches Head levels	"	3	Solar plexus	"
			4	Abdominals	"
			5	Pelvis tucks under	"
			6		"
			7		"
			8		"
			9		"

5. Hide your sensitivity cup

Take Three Deep Breaths (G-Jo Ki energy breathing)

(Start with left palm below, right palm above navel. Inhale to exhale ratio 1-3)

Inhale – visualize breath rising from tail bone, over head, into nose to lungs.

Exhale – out to the shoulders, down front of arms to the fingertips.

Inhale – up the back of the hands & arms to the sides of the neck.

Exhale – down each side of the spine and rear of legs to balls of feet.

Inhale – from the toenails up the front of the legs to the left palm and distribute the accelerated energy of this breath to Every cell in the body.

Exhale – All the excess energy with a LLLLLOOOOOoooooonnnng breath and final gasp.

Bones To Breath

- Bones – support the body
- Muscles – are for movement nothing
- Joints – fold and unfold levitation
- Head – balances
- Neck – does
- Breath – provides

Fill The Pitcher

We basically breathe in and out just as we would fill and empty a pitcher; filling from the bottom up and emptying, more slowly from the top down. Correct breathing encourages beneficial pelvic, spinal, diaphragm and inhale-exhale ratio involvement.

Twenty Connected Breaths (combined with Cooks Hook-up & ionization)

Hold the Figure 8 ankle hook-up for 30 seconds. Then bring the fingertips together. (with one nostril closed with thumbs of your "tented" hands)

1. Inhale with tongue to rugae.
2. Reverse held nostril, lower tongue & Exhale.
3. Reverse nostril and repeat 1,2.

On each 5th breath double the duration of Inhale & Exhale.

Do 4 times for a total of 20 connected breaths.

Pick Up The Cat

1. Rotate the head noting any neck stiffness or soreness.
2. Grasp the back of your neck, the way you might pick up a cat or rabbit by the nape of the neck.
 - a. Nod head yes, yes, yes
 - b. Turn head no, no, no
 - c. Draw a 50 cent piece with your nose clockwise
 - d. Draw it counterclockwise with your nose.

(Do a, b,c,d a dozen or so times each)

3. Rotate the head again noting how the neck feels NOW.

Pleasure Practice

"The principle of pleasure is keeping our body aligned with our center" (Tai Chi).

A balanced Center (where your urge to stretch some from) is attained by aligning the body and staying in touch with it. Stress in any movement that results in a wonderful feeling is Pleasure. Changes in the age and shape of your body can be brought about by feeling where stresses are and deciding if you want them there.

Stress & Gravity are not evil. Gravity and levitation operate equally in the body (maintain an awareness of Levitation from the waist up and

Gravitation from the waist down). Effortlessness comes when the total body is balanced in a state of weightlessness. Staying in your body with this awareness when moving about is practicing pleasure.

Play Tank Check

We use love in three ways:

1. Falling in Love (physical) - "Love is a feeling you feel when you feel a feeling you have never felt before".
2. Love is an attitude (spiritual) - "I choose to look out for your interests".
3. Love is an emotional need (love language).

When 1 and 2 run out of steam, 3 comes to the forefront. Each of us have a primary Love Language; one that means the most to each of us. By nature we speak "our" language, and we give the other mostly what WE want. Unfortunately, almost never do friends and husbands and wives have the same love language. We then hear, "He doesn't love me anymore", "We just don't get along", "You don't appreciate anything I do for you". Learn the other's language by the way they treat you.

The 5 Languages of Love

1. Words - that edify and build up.
2. Gifts - mean the other thinks of us when we are apart.
3. Acts of Service - deeds, doing things they would like to have done.
4. Quality time - undivided attention.
5. Physical touch - a way of feeling emotional warmth (hug, kiss, etc.)

Picture how things turn out when

a wife is #1 and the husband is #3.

when a wife is #2 and the husband is #1.

when a wife is #3 and the husband is #5.

when a wife is #4 and the husband is #3.

when a wife is #5 and the husband is #2.

Or any other incompatible combination can trigger dispute and misunderstanding.

What to do about it?

1. Choose to look out for and ascertain the other person's Love Language.
2. Play Tank Check.

How do you play Tank Check?

1. Picture a tank label Empty, 1/4, 1/2, 3/4, FULL.
2. Ask, "How is your tank level today?"
3. If less than FULL; ask, "What can I do to fill it?"
4. FILL IT.

There are NO LOSERS in this game.

Keep Your Canaries Flying

Picture a panel truck on a one-way log road that is bridging a half-mile swampy section. The

driver of a 2nd car following closely behind is becoming increasingly perturbed when every 100 yards the driver ahead stops, gets out, bangs on the sides of his truck then gets back in and drives on. After 4 or 5 such stops, the exasperated follower shouted, "Hey, why the stops to bank your truck?" The reply "I'm carrying a load of canaries weighing over 500 pounds. The load limit on this section is about 300 pounds less than me and the truck weigh. I have to keep half of the canaries flying."

Down in the Dumps? Feel Heavy Laden" Want to go lighter and faster?

Keep your canaries flying!!!

DISEASE VS. ILLNESS

by Peggy Maddox

DISEASE VS ILLNESS.....What is the difference? Take a few moments to think over your definition of disease and your definition of illness

In February and March of 1987, I participated in a nursing study tour of Kenya, Africa. In addition to studying cross-cultural definitions of health and illness and how they influence nurse-patient interaction, we discussed the distinction between "disease" and "illness" as conceptual framework for care. As Touch For Health Instructors we have an opportunity to play an important role in helping others deal with illness.

First let us define disease and illness. DISEASE is the diagnosis of sickness via a bio-medical model. ILLNESS is sickness from the patient's point of view. Many hours can be spent in discussion of which comes first - each person's case is unique and must be handled as such. A patient, often, does not become ill until he is given a "disease" diagnosis. For example, a person may feel in good health and after a routine visit to the doctor learn he has a tumor and immediately he becomes ill and many other symptoms appear. Another person may constantly complain of illness they feel they are suffering and have a medical examination and be disease free.

We, as Touch For Health Instructors, have muscle testing techniques to use to ask the body questions. Our bodies are fantastic computers - they give us the answers we need - often it takes getting the six inches between our ears (the ego) out of the way. The techniques in Touch For Health can assist us in re-balancing the bodies energies.

Many books and articles have been written on the importance of our thought influences on our

health. Norman Cousins in his book Anatomy of an Illness illustrates the power of positive thoughts and their effects on the immune system. Mr. Cousins says, "Laughter is internal jogging to keep us fit." Discover magazine, February 1987 has an excellent article on how science is investigating the power of our thinking on the immune system and the benefits from positive thinking. In Sheldon Deal's book, New Life Through Nutrition, he states:

"In order of sequence, the five things that affect your health more than anything else are:

Number One: The thoughts that you think, be they expressed or unexpressed.

Number Two: The air that you breathe.

Number Three: The water that you drink.

Number Four: The exercise that you get.

Number Five: The food that you eat, or whatever you stick into your mouth, whether you call it food or not.

Why are we interested in these five points at all? Why are we interested in physical health at all?

Most of us, I think it's safe to say, believe in some type of superior intelligence, and that there is some type of life after death, something that survives the body, be it spirit or soul, whatever you call it; that, if this be the case, we as spiritual entities are walking around in this body, for x number of years, and this body serves us as a vehicle, a mode of transportation, here on this plane of existence.

The condition of this vehicle that we use greatly determines our pleasure or our sorrow while we are using it. In other words, the ideal condition would be to have this body of ours in such condition that were we unaware of its presence.

We wouldn't have to waste any time fixing it, patching it, doctoring it, nursing it, or coaching it along, hoping that it would get up one more morning for us.

Some people will tell you, "Well, I have more important things to do. This material world doesn't mean anything to me. I've got places to go, things to do, and people to see." But they're going to have to carry this body with them anywhere they go.

Some people say, "I'd rather meditate than mess around the kitchen trying to fix up a protein drink or something." Well, if you've ever tried to meditate with your back or your stomach hurting, it's a little hard to do. Regardless of your beliefs, regardless of your pursuits, regardless of what you want to do in life, I'll guarantee you you can do it better if you are using a body that does not bother you, a trouble-free machine."]

As holistic health practitioners and/or coming from the medical field we have several questions we ask someone coming to us for help. Most of these questions are routine on a pre-typed form: where is the pain? when did it happen? etc. During the study trip we received a set of eight questions to ask someone suffering from an illness. I feel the answers would give us insight and give the client insight to the total problem and give them a feeling of participating in the recovery process. I believe we have all the answers within ... here are some tools that will be helpful at getting to the core of the problem:

QUESTIONS TO ASK A CLIENT ON FIRST INTERVIEW

1. What do you think has caused your problem?
2. Why do you think it started when it did?
3. What do you think your sickness does for you?
How does it work?
4. How severe is your sickness?
5. What kind of treatment do you think you should receive?

6. What are the most important results you want to receive from the treatment?
7. What are the chief problems that your sickness has caused for you? Medically? On the job? Socially?
8. What do you fear most about your sickness?

After listening to the above answers - you may gain insight to belief systems that are unique and very important to your client possibly due to cultural, religious, etc. upbringings. It will also help you to evaluate the proximate (nearest) and ultimate (furthest) causality of the illness.

Part Two will be a slide presentation of some of the Health Care Facilities in Nairobi: District Hospitals, The Flying Doctors Facility, and Home for Disabled Children with informative facts about the culture and health care system.

While in Nairobi I presented an hour presentation on Hi Tech Hi Touch - to a nursing and business group. My emphasis was on modern technology and the value of touching and demonstrating Touch For Health - I left several Touch For Health Tee Shirts at various hospitals and road stops throughout Kenya. During my travels I found a beautiful race of people - very fluent in English with Swahili as conversational language between each other. I found Kenya to be as beautiful as the movie "Out of Africa" and very primitive when we were on photographic safaris.

Peggy has been a Touch For Health Instructor for 10 years. Teaching classes in Southern California at Loyola Marymount University, Harbor College, Torrance Adult Schools, Jewish Community Centers and lectures at UCLA, El Camino College. Since Touch for Health is approved for nursing credit she has taught hundreds of nurses and participated in many nursing studying tours and given Touch For Health Lectures in China, The Soviet Union and this year to Kenya, East Africa. ■

SUBTLE SWITCHING — SUGAR SWITCHING REVERSE ADRENAL SWITCHING

by Angela Burr-Madsen

To understand this theory of sugar switching, it is necessary for the reader to have a knowledge of some basic A.K. muscle tests, Applied Physiology's clear circuit muscle tests, and Nancy Dougherty's conscious control clearance. Briefly stated they are

A. Reverse Adrenal Stress according to A.K.
In general, refined sugar when placed on the tongue or on the body will make a clear circuit muscle test unlock. Reverse Adrenal Stress is a syndrome that occurs when sugar is placed on the tongue, and a clear circuit muscle test does not unlock, or an unlocked muscle in the clear strengthens. The client is in Adrenal Overwhelm. The accepted correction was to give nutrition.

B. A.P.'s Clear Circuit Muscle Test

Take an indicator muscle and place in contraction, muscle test both in contraction and extension on both sides. Pinch the belly of the muscles (both) and the muscle should unlock both in contraction and extension. If that does not happen, then you have a frozen circuit; until the circuit is unfrozen, this is not a good indicator muscle. To unfreeze the muscle, simply apply pressure on a contracted muscle to push into further contraction while the client applies opposing pressure. Do the same thing in extension, apply pressure to push the muscle into further extension, apply pressure to push the muscle into further extension, while the client applies opposing pressure.

C. Nancy Dougherty's Conscious Control

This test I find to be very beneficial and necessary. It is a test to make sure neither the Testor nor the Testee is at some level controlling the muscle test. Simply by taking your indicator

muscle and after clearing the circuits, you Statement Test, "This muscle is weak". If a muscle test weakens on command, one of you is controlling the test at a subliminal level. To clear, you simply "pause lock" the statement, "This muscle is weak", and search for the correction that will tighten the muscle. Nancy also has what she calls "Double Reversal", but I do not need to go into that at this time.

I was working on a client with very severe problems and in much discomfort. After we had cleared circuits I checked for switching as always, which we found and "fixed". The next thing I checked was reverse adrenal syndrome. Her muscle responded with an unlocked response which meant that that was not one of her problems. I proceeded to test further and found some imbalances which we balanced in priority. After we had balanced just a couple of things, suddenly everything was locked, yet the woman was in pain and still out of alignment, so I knew something was wrong; however, we could not find an imbalance. I checked frozen muscles, conscious control and switching, yet they all responded the way they should. What was happening? I decided to start again from the beginning as I just didn't know what else to do.

Again, I checked my circuits. I checked for switching, I checked for reversal adrenal stress There it was, the muscle response was tight! Yet earlier we had checked and it had been OK. What did this mean? How could an imbalance in reverse adrenal syndrome cause all indicators to appear in balance? I asked the client to say "Yes" and she was tight, to say "No" and again she was tight. The muscle had lost the ability to say "No", yet it would turn off. If was not frozen for when you pinched the belly of the muscle the muscle

would unlock. Now what? How do I get the muscle to be able to say "No". The first thing that came to mind was the switching points. So I just rubbed all the switching points, and then asked the muscle for a "Yes" and it was tight, for "No" and it unlocked! Next I checked reverse adrenal stress and it unlocked. What had we discovered? We proceeded to balance and the next thing you know, everything was tight again. I checked sugar; it was locked. I checked "No", it also was locked. I unswitched, and again was able to proceed with balancing. At this time I did not realize how often one would find this process going on in a client. We ran out of sugar packages quite often, so my solution for that was to have the client say "Sugar" and the muscle would unlock. When it does not, I ask the person to say "No" and it is always tight. I then unswitch.

One of the most valuable things I learned when I was in family counseling was this statement made by the therapist: "If you can't say NO, your YES has no value." I mention this here because in this case, if the muscle can't say "No", the "Yes" is invalid. The next thing we discovered was when and why does this happen! It seems to happen when a person becomes stressed out over something that was mentioned, such as "Money

.. Husband .. Wife .. Child .. Parent .. Boss .. Work, etc." or when a chemical or food is a stressor for that individual. To verify what I am saying, clear the circuits, conscious control and reverse adrenal stress (sugar statement), then ask the person to say "Money" or a known stressor, and then check by asking them to say "sugar". See if they lock, then check "No" and see if they remain locked. If they do, I would unswitch them; however, I would then proceed to defuse the stressor. Do the same thing, of course, if it is a chemical or food. There are much deeper implications when you find this problem with chemicals or foods. It implies that when we have found a locked muscle on a particular chemical or food, it does not necessarily mean that the chemical or food does not bother us. It could mean that it was such a stressor on the body, that the body had to immediately compensate by switching circuits. Why this is happening could be due to many reasons. The reason that seems to make sense to me is to go back to the original description "Adrenal Overwhelm". The adrenal glands become overwhelmed by the emotional or chemical connection; they simply check out under the stressor.

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Touch For Health July, 1987

BALANCING THE 14 BASIC MUSCLES WITH A HYPERTON-X ASSIST

by Frank Mahony

Objective: To refine muscle balancing by correcting the hypertonic and hypotonic state of the muscle via TFH and Hyperton-X balancing.

Hypothesis: A hypertonic muscle is a muscle in a state of proprioception confusion and in a hyper self-protection mode. This may be due to several reasons, such as: injury, fatigue, repetitious activity, physical or emotional stress or trauma, nutritional disturbance, structural imbalance, reactive state, or overload-compensation-mode. The hypertonic muscle protects itself in one, or all, of three ways:

1. pain
2. weakness
3. restricted range of motion (reduced flexibility) This is an "always" state of hypertonicity.

Therefore, a muscle that tests weak in a TFH/AK test position may be weak because it is hypertonic. In TFH/AK we assume that the muscle is therefore hypotonic which, in fact, may not be the case. It is the purpose of this paper to demonstrate the value of dealing with both the hypertonic and hypotonic state of the muscle to enhance the correction procedure, as the hypertonic state has been largely ignored. It is the contention of this writer that the hypertonic states is the priority state and should be dealt with first, thus removing confusing neuromotor signals generated by the hypertonic state, making other corrections more meaningful and more permanent.

Note: HT&C means Hyperton-X Test and correct. This employs the use of an indicator muscle in the following manner:

Test: Place the muscle in maximum extension without pain or discomfort and test the indicator muscle (IM). If the IM tests weak, the muscle is hypertonic.

Correction: Maintain the extended position and isometrically contact for count of eight with firm pressure only. Retest IM, which should be strong. If not, repeat correction. Testee should expel breath during contraction.

Demonstration

Perform the standard TFH 14 Basic Muscle Test and note weaknesses.

Correction:

Correction may be done in one of several ways using: Correct-As-You-Go, The TFH Wheel, Five Elements, or Alarm Point Priority.

Correct-As-You-Go.

After testing the 14 Basic Muscles, test each weak muscle for hypertonus and correct (HT&C). Then retest for weakness ala TFH/AK. If the muscle still tests weak, then it was truly hypotonic. Correct via TFH/AK. In many cases the previously weak muscle will now test strong and with an increased range of motion. Retest all weak muscles to evaluate effect of correcting the hypertonic muscle on other muscles.

TFH Wheel.

Chart the weak muscles on the TFH Wheel to determine priority muscle. Repeat the above HT&C on the priority muscle. If strong, retest all muscles that were previously weak and compare results. Quite often other muscles will correct as in TFH procedure.

Five Element Chart.

Chart weak muscles on Five Element Chart according to TFH procedure. Test Alarm Points for Over-Energy-State to determine priority muscle. HT&C priority muscle and retest (TFH). If muscle strong, retest previously weak muscles and compare results. In most cases, most weak muscles will now be strong. Repeat HT&C on remaining weak muscles.

Alarm Point Priority.

The testee therapy localizes the alarm points while the testor tests the IM. In most cases only one alarm point will test strong indicating the priority meridian. Test the IM while the alarm point that tested strong is being held and state name of muscles on the meridian. The IM will

test strong on the priority muscle. HT&C priority muscle. Retest for weakness. If strong, retest other weak muscles and compare results. Correct all muscles first using HT&C procedure followed by TFH procedure. If more than one meridian tests strong, retest strong alarm points as one will be stronger than others. Also, on rare occasions only one alarm point will test weak. Go with the difference, in this case, the weak alarm point.

SUMMARY

A muscle may test weak in contraction (ala TFH/AK) either because it is hypertonic (in stress), or hypotonic (weak). The weak state is most often caused by the muscle being hypertonic and in a self-protection mode. In this state, a chain reac-

tion takes place and other muscles trigger into compensation patterns in order to enable the body to perform the task required to the best of its ability, and to compensate for the deficient muscle(s). Thus, other muscles are then recruited that are not suited for the task and may be put into an "overload" condition, and in turn trigger into pain, weakness, and restricted range of motion (self-protection mode), and the cycle is repeated possibly several times over.

Muscle and energy balancing results, in this writer's experience, are more permanent and consistent when both the hypertonic and hypotonic state of the muscle are dealt with, and the hypertonic state should be dealt with first. ■

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FREEDOM FROM ALLERGIES THROUGH K.C.A.

A holistic approach to diagnosis and treatment for allergies offers permanent relief using a combination of techniques readily available to specialists in the fields of kinesiology, chiropractic medicine, and acupuncture/acupressure.

By Dr. Devi S. Nambrudipad, R.N., D.C., M.S., Ph.D.

“BETTER LIVING”?

It is estimated that 90 percent of the population suffers from allergies. In some instances the reactions are predictable. But for others the reactions are not predictable. They vary radically and appear unexpectedly making diagnosis elusive and pre-treatment nearly impossible.

For those whose lives are merely disrupted by the discomfort of the reaction, simple anti-histamines or topical remedies bring temporary relief until the season passes. But for those whose lives are threatened, long term immunotherapy or complete avoidance is the only hope the medical field can offer. The solution, as we all know, is expensive and time consuming.

Most people finally resort to a lifetime of depriving themselves of many of the things in life that bring them joy and fulfillment. The common complaints are, “my allergies have taken control of my life”, and, “the very things that I want to make me happy are the very things that I react to the most”.

Even with nearly total isolation from the potential allergens, there is no guarantee that the allergy sufferer will be able to stay away from all the situations that will keep them reaction free. New products are being developed every day that are potential allergens.

A good example of “better living through chemistry” turned sour are the sulfites used to preserve fruits and vegetables in restaurant salad bars. The use of sulfites was not publicized until a few highly allergic asthmatics died. Only then was it banned as a food preservative in most states.

Wouldn't it be wonderful if a simple test could be developed for allergy sufferers that could detect and pre-determine the potential harmful reaction before offensive substances like sulfites are ingested?

Even so, until now, relief was temporary, unsure, and expensive. The very hope of a cure that would bring a life free from the control of allergies, was a very faint hope.

K.C.A. - A NEW APPROACH

For the purpose of an introduction to this new method of treatment for people suffering from allergies, a thorough treatise on biochemistry is not appropriate. Instead, the discussion will concentrate on the basic premises around which it is constructed and give some insight into the lives of some of the people who it has helped.

First, this is not new technology. It is actually a combination of techniques using much of what is already known from Kinesiology, Chiropractic Medicine, and Acupressure and Acupuncture. It is from these disciplines that the term “K.C.A. Treatment” gets its name.

ALLERGENS AND THE CENTRAL NERVOUS SYSTEM

It is important to recognize that allergies do not exist in a vacuum by themselves. Rather, they are a part of a complex inter-relation between the allergen and the central nervous system that controls the proper functions of the various organs, and the digestive, skeletal, vascular, and lymphatic systems. Each of these complex systems, under the direction and whim of the central nervous system, is capable of ignoring or react-

ing to a given stimulus either in concert with all other systems, producing a massive shutdown of the human machine or of acting independently, producing weaknesses and malfunctions of any of the parts of the total system.

The reason why the central nervous system chooses to ignore a given stimulus on one occasion is not known exactly. But it is dramatically observed that severe asthmatics do not experience attacks when they are frightened. In these situations, body prepares body for fight or flight. In this "hyper-chemical state", the allergen is totally ignored. An adjustment has been made as sure as if a switch had been thrown. Therefore, the idea that an allergenic substance will always produce the same kind of result in every individual is an error. Compare for different reactions to a common allergen - chocolate, for example.

In each case, standard scratch testing and blood serum analysis did not identify chocolate as an allergen for that patient.

- Case 1. Patient exhibited hyper-activity and insomnia upon eating chocolate.
- Case 2. Chocolate resulted in vascular headaches approaching magnitude of migraine.
- Case 3. Patient symptoms were acute asthmatic distress.
- Case 4. Patient experienced pain in the joints of the extremities similar to that of arthritis.

Most of these patients, in spite of the medical testing to the contrary, knew by instinct and experience, that they should not eat chocolate. How the body reacted to contact with the allergen was not consistent with every patient. Rather each patient's body reacted at the perverse whim of the central nervous system. The expression of the allergic reaction, seemed to be centered in one or more of the organs alerted to the presence of the substance in or near the body.

This observation is consistent with tradition of oriental medicine which holds that treatment for

most diseases would begin with making adjustments to the central nervous system which is the center of the balance between all other body functions. Offending elements introduced into the system trigger imbalances and adversely affects the essence of the body, or Qi, and further manifests the problem in pathology of the various tissues and organs, or the Zang Fu.

The pathology then can be clearly demonstrated first as a kinetic weakness observable through standard muscle response testing techniques from Applied Kinesiology. In fact, each of the chocolate allergy sufferers mentioned above exhibited weaknesses when given a Muscle Response Test.

This fact then, becomes the pivotal premise in foundation of the K.C.A. therapy model. Kinetic or muscle weakness makes diagnosis possible.

PREMISE I:

MUSCLE WEAKNESS IS THE BODY'S WAY OF SIGNALING THE PATIENT AND THE DOCTOR ABOUT THE POTENTIAL NEGATIVE REACTIONS TO ALLERGENS.

Since a simple and effective diagnostic tool is now available it becomes a matter of good detective work to identify all the substances that may be responsible for symptoms. A complete history of both the patient and the patient's family will be of great benefit.

CAN THE K.C.A. METHOD OF TREATMENT OFFER A SOLUTION?

When oriental medical techniques were introduced to the western world two decades ago, western medical minds were amazed that many of the so called psychosomatic illnesses responded nicely to acupuncture and acupressure treatment. They were even more amazed when they began to unlock the secrets of the central nervous system and the complex inter-relationship between the hormones and enzymes that are blocking endorphins and thus, unlocking the brain's power to heal the body. The ancient

Chinese were not surprised. They had learned long ago that the central nervous system controlled the body functions including all organs. They also knew that by stimulating the central nerve trunk, or meridians that form the complex link between the brain and the various body parts, one could effect temporary relief from pain. They did not have to understand why to treat a patient in this manner, as is our western way, but developed their science to the benefit of their patients. From their experience, and now with concurrence from the western scientific world, a second important premise is possible.

PREMISE II:

ACUPUNCTURE/ACUPRESSURE STIMULATES THE CENTRAL NERVOUS SYSTEM AND PROVIDES TEMPORARY RELIEF FROM PAIN AND PROMOTES HEALING

In the past year, there have been many articles written about allergies in publications from holistic and traditional medical writers. In every case, there is a message of hope along with a treatment methodology that includes a strict diet and/or other careful regimen of behavior. Some of these methods even include one or more of the holistic techniques described above. In every case there are warnings to the patient about the potential of relapse if the maintenance doses are not taken or if certain foods are not completely eliminated from the diet. In no instance of treatment is there hope of total and irreversible cure.

They are right to be cautious. Because, in order to achieve permanent relief from allergic reactions the central nervous system must be reprogrammed to see allergens differently than it presently sees them. The question is - is this possible.

The answer to that question was discovered quite by accident when the author, as a patient herself, was treated by acupuncture for the relief of an allergic reaction. During the treatment she fell asleep allergen in her hand (in this case, carrots). Upon waking, she experienced an amazing discovery. Subsequent tests for carrots by Muscle

Response Testing confirmed that something phenomenal had indeed happened. Repeated testing and finally eating carrots confirmed the results. The central nervous system had learned a different response to the stimulus and she was no longer reactive to the stimulus.

In some mysterious way, the treatment had reprogrammed the brain.

What followed was a series of experiments treating the author's known allergies and those of her family. The method was finally extended to her practice. In every case, the allergies were "cleared out", never to return. She also discovered that acupressure using an Acuscope was just as effective. After treating over 400 patients for a wide variety of allergies the procedure is no longer of questionable value. It is a proven treatment method and the final premise in the K.C.A. methodology.

PREMISE III:

PHYSICAL CONTACT WITH THE ALLERGEN DURING AND FOR A TIME AFTER A TREATMENT CONSISTING OF STIMULATING THE MERIDIANS OF THE CENTRAL NERVOUS SYSTEM PRODUCES A TOTALLY NEW, PERMANENT AND IRREVERSIBLE RESPONSE TO THE ALLERGEN.

It is possible through stimulation of the central nervous system, to reprogram the brain's response to the presence of toxic allergens.

THE PROGNOSIS IS BRIGHT

The success of the K.C.A. treatment procedure confirms that a major portion of the illnesses we observe is the result of allergies - from the 65 year old man complaining of a hacking cough during the day but not when he went to bed at night (allergic to cough drops he used during the day); to the baby with arrhythmia, a rapid and irregular heartbeat after feeding (allergic to his mother's milk).

For people like the 11 year old little league baseball player from the midwest this spring who

accidentally ate a cookie made from peanuts and died within minutes from allergy produced shock, this breakthrough in treatment technology is too late.

But the prognosis is bright, because the treatment procedure has already been used to help another 11 year old little league ball player who reacted much the same way to a single Rice Crispy. Testing assures his parents that this boy will never have to worry about an accidental encounter with a deadly Rice Crispy filled snack after a ball game. And what would the prognosis be for the little girl who was the victim of a similar accidental allergic poisoning from peanuts that resulted in stroke, coma, and paralysis, if she had not been given a long series of treatments for the specific type of peanut butter that had been used in the cookie she ate at her pediatrician's office? Would she be walking around today a bright, happy, and hope filled young lady?

Undoubtedly not.

Yes. The prognosis is bright. And a convincing argument can be made that a significant number of the patients with symptoms we normally referred to a traditional medical practitioner for temporary treatment suffering from latent, undiagnosed allergies are going to experience a cure from the holistic health practitioner. Freedom from allergies is, after all, a fact for patients presenting a wide range of conditions from chemical dependency and stroke, to exzema and asthma.

In conclusion, the results of three years of intense work and the good will of over 400 patients make possible these important observations:

1. Traditional medicines, such as cortisone, mask allergic symptoms making diagnoses difficult.
2. The human body is capable of self-healing even the most severe allergic condition.
3. People are reactive to far more elements contacted in the course of a normal day than ever imagined.
4. Future for the allergic person is filled with an abundance of new allergens.
5. The body often reacts to nutritional foods and harmless environmental elements as though they were poisons to the system.
6. The K.C.A. technique can effect permanent cure for the allergy sufferer.
7. Properly treated, a patient can be made immune without restrictive diets and immunotherapy and further treatments.
8. A person properly trained in K.C.A. techniques with a firm understanding of body chemistry and the function of the nervous system can achieve the same kinds of results as those seen in over 400 allergic patients in the last three years.

A professionals we must recognize the need for more theoretical work and clinical confirmation. The results of patient case histories need to be collected, tabulated and computerized for statistical comparisons. The results of the studies have to be written out and published in language of the health care professional and the patient in charge of his or her own health care.

There needs to be more people who are willing to make the diagnosis and care of allergic patients their area of specialization. People who are willing to be trained to recognize the symptoms produced by allergens and to relate them to the complex inter-relationship between the central nervous system and the biochemical substances and processes that occur in and affect us all.

Until this disorder is fully understood and treatment is made fully available, professionals are encouraged to begin to see their patients in terms of environmental illnesses; and to recognize the potential for cure that the holistic techniques of Kinesiology Chiropractic Medicine and Acupuncture/ Acupressure offer. ■

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Touch For Health July, 1987

5 ELEMENT BALANCING

WITH

EDUCATIONAL KINESIOLOGY CORRECTION

by Paula Oleska

Perhaps there are moments when you, dear reader, wished that Touch For Health sometimes could go deeper, or maybe you weren't getting the results you wanted and wondered whether there were something else you could do within the (wonderful) TFH framework. Well, I had those wishes myself and at one point I went a different way and the results were very satisfying. I would like to share this detour with you step by step.

- 1) Go through the beginning of a regular TFH 5 Element Balancing: test 14 muscles to determine where the over-energy is. In the case I worked with (called "A" henceforth) the over-energy was on Kidney Meridian and except for two, all the muscles were switched off.
- 2) Educate. Explain what the imbalance means within the 5 Element framework and ask how that relates to the person's experience. (e.g. imbalance on Water element in very general terms means lack of fluidity, which may result in stiff joints, inflexible attitudes, or lack of flow in thinking and ideas. Does any of that ring a bell? How does it relate to how you feel?)
- 3) Determine where to start the correction. In the "A" case, it was the liver meridian — a conventional "first yin under after over" approach. I confirmed that by asking "The best correction is...?" since there are exceptions.
- 4) Educate again what the Element to correct with means to the person (e.g. "Element of Wood emotionally has to do with anger. What connection could there be between that and your situation?" As it happens, "A" has just been complaining how frustrated he gets at his job).
- 5) Test the associated muscle (in "A's" case, P.M.S.) and determine which of the TFH corrections are necessary. Then, through the digital indicators, determine which realm to correct with (in "A's" case, it turned out Emotional).
- 6) Follow the correction in order of priorities, and the realm according to the Advanced Educational Kinesiology Manual (for "A," it was Emotional Realm Ritual, with age regression to birth and affirmation for Reflexion/Worry — "I have to worry to live." Lying down in Cook's, he experienced a chaotic environment, with people he didn't trust. After working with it for a few minutes he was able to change over to the positive aspect of that meridian: "I relax, do my best, and the world is beautiful").
- 7) When the correction is complete, re-check the muscle, the over-energy point and the rest of the muscles. They should all test clear now. When "A" completed his balance, his face and posture were considerably more relaxed and he smiled for the first time since I met him. When I asked him how he felt, he giggled. It was a delight to see him so changed.

I found that in TFH, as in Educational Kinesiology, the more you educate, the faster the correction happens and it gives your partner or client the sense of full participation and an opportunity to make discoveries on his or her own.

I use this technique whenever it come up as a priority. What I gained from it is a better understanding of the Laws of 5 Elements and a deeper perspective on how Touch For Health and Educational Kinesiology interrelate with meridians and how all three can now be used to achieve a deeper, more comprehensive balance.

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SELF-BALANCING

by Paula Oleska

Would you like a piece of my mind? Probably not, but it's not what you think. You see, my mind has a way of coming up with these brilliant ideas if I just leave it alone for a while. So, as it happened, one morning I was trying to figure out how the hell I was going to get balanced since it was too early to call anybody to come over (I mean, it was 2 am, and my friends are very tolerant, but that would be stretching it, really). So there I was wanting to get balanced, and my mind whispered sneakily: "How about that finger testing that you had learned from L.D.?" (I am using the initials here to prevent any controversy, as some people may say: "Her? I don't want to learn anything from her!" [And it is not Lady Di, I must add]). Anyway, that's what my mind said, and I very intelligently answered, "So?" "Oh, c'mon," said my mind impatiently (sometimes we get into those little arguments, you know). "You know. You test the muscles and the fingers at the same time." "That sounds impossible," I said. I can't think very clearly at 2am, but that was such an obvious blunder. "Oh, I don't mean at the same time, I mean right afterwards." "But you know I can't test my muscle myself!" "Of course not, you dummy," (my mind sometimes gets very ill-mannered). "You go through the range of motion and then test the fingers." "Oh, I get it. Let's see if it works."

I tried it and what'd'ya say — it worked! When

the muscle was switched off, the fingers tested switched off too, and when the muscle was switched on so were the fingers. Hooray! (In case you haven't tried it, you take the Opponens Pollicis on your writing hand and you test it with your other hand. You do it in the clear and then you say "Yes yes yes yes yes yes" and "No no no no no" and see what the response is. You may need to practice it for a while to get it right, but it works.)

Not only did the fingers indicate to me which muscles were switched off, but they also told me the same way which NLs and NVs needed to be worked on. So, I could finally balance myself, and I had a handy tool for all those lonely New Yorkers who kept bugging me about how they can't practice Touch For Health because they can't find a partner. No more excuses! Incidentally, I'll have you know that since TFH introduced the Educational Model, the New York's East Side singles bars have a new line: "Hey, baby, you wanna help me get balanced?" My discovery is going to put a stop to this: now a woman can proudly answer: "Go balance yourself!"

On that happy note ended my brainstorming session with my mind, and everything would be fine, except now I developed a habit of staying up till 2am just to balance myself. There's always something! ■

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MERIDIAN ENERGY BRAIN INTEGRATION

by Marjorie Ragon

The ideas for the processes I call Meridian Energy Brain Integration and "Marjorobics" came to me after Steve Rochlitz presented heart brain integration last year. I wondered about testing other organs with an X; and when I tested mine, I found that many of them were weak. This method of testing soon evolved into a simple quick procedure of testing each alarm point using a finger mode of X (middle finger over index finger). Many times alarm points that test strong with deep touch for under energy and light touch for over energy will test weak with the X test. The correction is a cross crawl patterning with the indicator muscle of the meridian involved.

Cross crawling indicator muscles is simple to do. Most everyone has done a supraspinatus cross crawl when marching in place and touching right hand to left knee and then left hand to right knee. Opposite arms and legs are used when cross crawling indicator muscles. Supraspinatus, teres major, subscapularis, teres minor, anterior deltoid, pectoralis major clavicular, pectoralis major sternal and latissimus dorsi can all be cross crawled by marching in place as the arms go through the range of motion of the indicator muscle. For example, when cross crawling teres minor:

1. Place both arms into contraction (which is the Touch for Health position)
2. Move the right arm across the chest (to extension position) as the left knee is uplifted
3. Move the right arm back to contraction as the left knee is lowered
4. Repeat the procedure using left arm and right leg

I have found my arms and legs seem to go in similar movements automatically so that when doing latissimus dorsi, for instance, instead of

marching, my opposite leg goes out to the side just as the latissimus arm movement goes out to the side. And when my right anterior serratus arm moves downward from contraction to extension, my left leg automatically kicks forward and up with knee straight (matching the straight arm movement).

When cross crawling leg indicator muscles, the arm automatically mimics the leg movements. For example, when my right foot is pointed toes up and out in a peroneus test position ready to move to "down and in", my left hand automatically starts in a position of fingers pointing up and out; and the hand moves in as the foot turns inward.

Since this cross crawling seemed to correct so many imbalances, my next thought was "Why not short cut, eliminate the testing, and just cross crawl all the indicator muscles?" This I started doing every morning as a self help general balance. When I presented this idea to a group last October, it was suggested that this series of cross crawl exercises be called Marjorobics.

This testing procedure has fulfilled a desire to find a method of quick easy testing with simple corrections for people who feel they cannot or will not take the time to learn all of our Touch for Health techniques. For those who live alone the 'Marjorobics' provide an effective general self balance.

This new technique was and is exciting to me because of the success achieved with it. I have been experimenting on family, friends and neighbors for a year, and the results have been most gratifying. Most people feel better after a general balance of all the weak X meridians. However, I have observed more dramatic results when, after doing the general balance, I address specific

problems. Quite often specific problems seem to follow the same pattern of weaknesses found in the general balance. The following are samples of "wins" dealing with specific problems.

1. For several months my friend had had chronic low back pain. I touched the painful area, pause locked the weak muscle response, balanced the weak X meridians, and the pain was gone.
2. Another friend was suffering from sever shoulder pain. Testing revealed hypo and hyper frozen muscles in the entire shoulder girdle. This time I experimented by just having her think of the pain, pause locked and balanced. All of the muscles unlocked which, of course, relieved pain and tension.
3. A neighbor had a respiratory problem with a chronic cough which lasted several months. He had had all the antibiotics the doctor could allow, had gone through a number of respiratory tests, but no cause or treatment was found for the condition. In this case I had him think about the cough while I touched the chest and throat area, pause locked and balanced. Within two weeks and three balances the cough had completely disappeared.

From the work done this last year I have found that integrating the meridian energy in left and right brains by cross crawl patterning of various muscles associated with the meridians accomplishes the following:

1. Balances left and right brains
2. Relieves emotional stress
3. Restores thymus energy
4. Relieves pain
5. Unlocks hypo and hyper frozen muscles
6. Balances acupuncture points
7. Corrects polarity reversals
8. Balances meridians
9. Balances muscles
10. Relieves allergies

Some of the advantages of using this technique are:

1. The only thing that needs to be tested is the X on the alarm point. I tested frozen muscles, polarities, thymus energy, meridian and muscles energy, etc. merely as an experiment to verify the effectiveness of the Meridian Energy Brain Integration.
2. In order to do this balancing it is only necessary to know meridians, associated muscles and alarm points.
3. It is less strenuous for testor and testee.
4. It can be done without a massage table.
5. The testor can do the cross crawl as a surrogate for the testee. This is advantageous when working with invalids, infants, severely injured people, or anyone who is unable to do the cross crawl for any reason.
6. It is quick and simple.

Demonstration: Marjorobics.

Demonstration: Meridian Energy Brain Integration Balance

Basic Procedure for a General Balance

1. Get a good indicator muscle.
2. Using an X finger mode (middle finger over index finger—symbolic of left and right brain integration) test each alarm point with a light touch.
3. Balance each weak alarm point by cross crawling the indicator muscle for that meridian.
4. Retest with the X finger mode.

In summary it seems that cross crawling muscles associated with each meridian achieves a master polarity balance as well as a brain hemisphere integration. It seems that when meridian energy itself is integrated, other imbalances that are associated with the meridian are corrected. I invite and encourage you to try this simple quick technique for yourself and to incorporate your own unique creative ideas into this method of balancing. ■

COMBATING CHEMICAL TOXICITY

by Linda Reece, B.K.P., N.C

Purpose

- I. To educate people to be aware that many health problems can be caused by or magnified by environmental chemicals, toxins, pesticides, herbicides, cleaning products, drugs, medicines, perfumes, beauty products, chemicals in the work place...
- II To determine when chemical toxins are the underlying cause of many common or severe health problems or complaints, such as: fatigue, midback pain in the middle trapezius superior muscle, pain or spasms in the neck, shoulders, and arms, depression, irritability, burning skin, swollen ankles, allergies, yeast or mold overgrowth, aggravation of existing health problems, kidney-bladder problems, digestive imbalances, the growth of imbalanced tissue, and/or cancer...
- III. To show quick, effective and thus inexpensive ways of clearing chemical toxins out of the body and antidoting them, that I have learned through my professional experience.

Chemical toxins in the environment and marketplace? Could they be the underlying cause of many common or severe health problems today? How can we test to be sure? Are there natural, safe ways to antidote them and clear them out of the body? Are these methods effective, inexpensive and quick? Would you like to be able to help yourself and others antidote many of these toxins?

How many times have you come upon a health problem or a symptom that remained basically the same, with little or no improvement, in spite of the number of times you tried to balance it? You have given Touch For Health balancings, used techniques you learned from other wholistic health classes, changed their diet, added sup-

plements, tested for allergies, aligned the spine, strengthened their muscles, all to little avail. Or perhaps there would be improvements, but they were short-lived and would have required repeated treatment. You may have exhausted your repertoire of techniques, and not knowing what else to do you may have sent them on to someone else for help.

Many times the health problem and resulting symptoms may have been aggravated, magnified, or created by chemical or environmental toxins. The health problems may not be relieved until the underlying toxins are antidoted or cleared out of the body, and the imbalances restored. Hopefully the source of toxins will also be identified and eliminated.

MY EXPERIENCE

Let me relate the story of how I became aware, through my own personal suffering, of the harmful effects of toxins in the environment. This exasperating and frustrating experience was overcome by perseverance and determination, and many hours of testing and research. It began in 1984, becoming more serious and traumatic in 1985. My family and I had the unfortunate experience of being subjected to poisonous sprays in our home by neighbors who had hired a pest control company to spray their home and yard for insects, termites, and weeds. The wind blew these sprays into our bedrooms where they filled our home and bodies with their toxins. These toxins remained for five months until we had to replace all the carpeting, and some drapes. This problem was aggravated by the fact that other neighbors repeatedly used chemicals on or in their own yards. I was aware of them entering my house more than thirty times during a ten week period that spring and summer, until I

distributed an educational warning notice to every house within a two block radius.

I might not have been aware of when the succeeding sprays occurred as many times there was no odor involved, except that my skin would burn, and the air would test toxic, and then everything on my children's bodies as well as my own would muscle test weak. My awareness of toxins and viruses in the environment has been magnified by keeping the body balanced. I compare this to a window covered with fingerprints and dirt. If you put more prints on it, it would go unnoticed. If the window were clean and clear and prints were put on it, that would be very noticeable; however, it would not dirty this window any more than the soiled one was. The same is true when our bodies are clear; it is easier to tell when something is negatively affecting it. Substances that weaken can be easily detected with testing even before there are many symptoms. The body can be balanced to stay stronger in their presence. These substances once identified can then more readily be eliminated or avoided.

I discovered that the toxins could come from a two or more block radius, and make the air and plants outside test toxic for about three days. At that point it would be safe to open the windows and doors and go outside. That time could be shortened by washing down the trees, plants, house and windows, but that would not insure that somebody else might not spray again that day, and I did not want to go outside in the toxins. After hours of knocking on doors I found out the initial poisoning occurred from a house behind me on the other side of that street. Those initial toxins filled our house for about ten days before we could feel safe to open the windows and doors and try to blow it out. We had to hang some of the clothes in the garage for many months before the smells left, and others I had to wash over four times. Over this period of time I spent about \$1500 on homeopathics, herbs and vitamins to antidote the toxic effects in our bodies, and spent many hours testing to determine what we needed after each spray, when I could even get a muscle test.

SOME SYMPTOMS OF CHEMICAL TOXICITY

During the spring and summer months the main system that usually shows imbalanced in my clients is one I call chemical toxicity. (Viruses which the weakened body more easily receives, also commonly show up.) Chemical toxicity creates symptoms such as:

burning skin initially, sore throat, dizziness, headaches, fatigue, nausea, flu-like symptoms, midback pain in the middle trapezius superior muscle, pain or spasms in the neck, shoulders and arm, depression, irritability, tearfulness, confusion, aggravation of allergies and existing health problems, swollen ankles, kidney or bladder problems, yeast or mold overgrowths, digestive disturbances, the growth of imbalanced tissue, and/or cancer, etc...

TESTING FOR CHEMICAL TOXICITY

Chemical toxicity can be suspected when you find everything muscle tests weak. This can be determined by the following test:

1. Start with a strong indicator muscle.
 2. Therapy localize (TL) the brain and limbs by placing the palm of your hand over them and testing each one in several locations.
 3. If they all test weak, place your hand on the kidney "organ response location," on the side above the left hip at the waist, and test again.
 4. If weak, you can determine whether this "Y" substance is influencing the whole body by temporarily strengthening it by holding it and saying "love—love—love" several times, and retesting.
 5. Retest the brain and limbs. You can suspect "Y" causing chemical toxicity if they now test strong.
- * This can be verified by the use of a homeopathic I found that antidotes most chemicals and toxins called Sycamore Alba, usually indicated in the CM, 200C, or in severe cases the 10MM potency.

6. If available, place "Y" remedy on the body; if the brain, limbs, and left kidney now show strong, your client has a form of chemical toxicity.
- * Last year I had seven different remedies I would test to antidote the various toxins. This year, however, I find Sycamore Alba will antidote most of them.
7. You can test to see the seriousness of the toxicity by dosage testing to find out how many days the remedy is indicated; it could be from 1-60 days or even longer.

NEW RESEARCH

This year I have been researching specifically how to antidote the various toxins and viruses in the community without having to give any homeopathics. This has led to the need to find out how to strengthen the immune system so it will not weaken again in their presence, since these viruses and toxins are so universal. I have noticed people can have five or more viruses, toxins, or overgrowths residing in their body at one time. I find that now I can clear out the need for 100 or more days of homeopathics in one half to two hours of treatment time, and few if any remedies are needed. I have found that the more I research, the simpler the techniques seem to become to balance the body. The Lord said He uses "the simple things to confound the wise."

The three deepest healing methods work at the energy cellular level. These methods are prayer, acupressure-meridian work, and homeopathy. Emotions are also very important. I currently am concentrating more on the first two, in conjunction with balancing the underlying emotion. To my great delight and peace of mind I have found I can pray out most viruses and toxins in "the Name of Jesus Christ," Matthew 28:18, Philippians 2:9-11. However, in my quest to clear these toxins and viruses out of the body, and to make the body immune to them, and not wanting to offend some of my clients, I usually use acupressure and meridian work.

SOURCES OF TOXICITY

Some common sources of toxicity in our modern commercial chemical age are:

pesticides, herbicides, cleaning products, furniture waxes, commercial products, drugs, medicine, health (?) products, products with odors, perfumes, female products containing deodorants, beauty aids, creams, lotions, cleansers, automobile products, exhaust fumes, marking pens, etc..

I have found that these products mainly affect the left kidney and, with prolonged exposure, the liver. Working with these organs seems to be the best way to eliminate toxins from the body, according to priority testing.

ANTIDOTING CHEMICAL TOXICITY

I want to share with you some of the simple techniques, most of which you are already familiar with in Touch For Health, that are effective in antidoting chemical toxicity.

1. Begin by giving a Touch For Health balancing. This should make most of the brain and limbs test strong, but usually not the kidney organ response location.
2. TL the left kidney where it is weak, and put it in the Pause Lock position with the legs.
3. Now test which of the following techniques will strengthen this point until it tests to be 100% balanced:

Recommended Techniques for Combating Chemical Toxicity

- A) Test the outer energy off of the left kidney; it could test weak 15 or more feet away. Stand as far out from the person as the kidney tests weak, or as far as the room you are in allows you to go, and rotate counter-clockwise circles with your hand, slowly going in toward the body until it tests strong. This may take several minutes.
- B) Run the kidney meridian on the body; it may need as many as 15 to 50 times.

- C) Hold the kidney NV points on the head until they test strong.
 - D) Rub the kidney NL points on the body.
 - E) Hold the ends of the kidney meridian.
 - F) Rub K27.
 - G) Hold the kidney LANS behind the ears.
 - H) Assume the "Wayne Cook" posture.
 - I) Cross crawl with eye positions.
 - J) Homolateral crawl with eye positions.
 - K) Repeat the above techniques for the liver meridian.
 - L) Using eye positions and emotions with the above techniques speeds the process, makes it work deeper and more effectively.
 - M) Ask Jesus to remove the toxins from the body and restore any resulting imbalances.
 - N) Test which herbs and supplements will help antidote it and heal the resulting imbalances.
4. After the above indicated procedures have been done, TL the left kidney; it should now test strong.
 5. Say, "This is balanced 100%," and retest.
 6. If the kidney tests weak, do more techniques until the muscle stays strong on this statement.

A NATURAL PEST CONTROL AND GERMICIDE

I feel a responsibility to help more people become aware of the dangers relating to chemicals in the environment and marketplace; how they affect us physically and mentally; and the realization that they could create life-threatening imbalances in our health. I hope they will then be more cautious in using these products and reduce exposing themselves and others to their toxic materials. Hopefully, this will also create more interest in natural, nontoxic, nonpolluting methods of insect and weed control as well as cleaning and health products.

I have found a product that seems to be very effective as a pesticide and even as a germicide.

It is Boric Acid. It can be found inexpensively in 20 Mule Team Borox. It can be sprinkled along the borders of carpets, under appliances such as refrigerators, dishwashers, washers, dryers, water heaters, and in cupboards, etc., to kill roaches and insects. You can even place it in window tracks, in imitation flower arrangements, in central furnace air intake areas, and by the crawl space and vent areas under the house. This helps to kill viruses and bacteria and prevent their spreading, according to hospital reports. This will help keep our environment free of pesticides, toxins, and viruses which continually stress the body and immune system, and can cause continuous re-infection.

CONCLUSION

In testing the eight major systems that I have found in my research that encompass the body, clearing out toxins, viruses and overgrowths is usually the main priority for correction. However, still other systems in the body will test disturbed as a result of the damage created by the toxins. The most serious effect being tissue growing wildly, or becoming "unbalanced" in various parts of the body, and this can become life-threatening. To correct this, further energy work, emotional healing, and supplementation is indicated.

By becoming aware that underlying toxins can be in the body, we realize that they can also be aggravating or creating many other health problems and imbalances. By clearing them out, these imbalances can more readily be corrected and their symptoms eliminated. This is accomplished by dealing with the underlying causes of the health problems, along with strengthening the main organ involved; rather than just ameliorating or treating the symptoms only. With the techniques I have shared with you, you may be able to antidote effectively many toxins in yourselves and others that even complicated expensive measures may not correct, and find relief for some chronic or otherwise persistent health problems.

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CORRECT THE CAUSE, HEAL THE CONSEQUENCES

Touch For Health July, 1987

IS TOUCH FOR HEALTH SCIENTIFIC? IS WESTERN MEDICINE SCIENTIFIC. A PHYSICIST'S VIEW

©1987, Steven Rochlitz, M.A., Ph.D. Cand.

Abstract: Western Medical orthodoxy purports to use arguments of scientific logic to support their practices and to refute holistic methods which would include TFH. An actual examination of these arguments and of true scientific philosophy reveals that TFH is scientific while many of the standard practices of Western Medicine are not.

First, we will list three arguments used by Orthodox Western Physicians under the false guise of Science. A knowledge of actual scientific logic will demonstrate that these arguments are specious (false). The theory and results of Touch For Health balancing and Medical chemotherapy (drug prescribing) can then reveal which is scientific.

MEDICAL ORTHODOXY'S ARGUMENTS AGAINST TFH AND HOLISTIC HEALTH

1. To be a scientific technique, one must know why TFH balancing works. Otherwise it is "anecdotal" and unscientific.
2. To be scientific it is necessary to understand a phenomenon - like TFH balancing - at the microscopic level. A macroscopic understanding is insufficient.
3. Double-blind, statistical studies are both necessary and sufficient to prove scientific validity.

The first argument above demonstrates how poorly Western Medicine comprehends what Science is. Any physicist would refute this argument (as follows) as void of any understanding of scientific logic.

Let us look at perhaps the oldest observed scientific phenomenon - gravity. 300 years ago, Isaac Newton supposedly was hit on the head by a falling apple. He deduced that the same force pulls all objects at the earth's surface to its core and also holds the solar system together. He went on to describe a simple mathematical relationship for the gravitational force between massive objects which also made use of the distance between them. But did Newton know why masses attract with the force they exhibit? Do physicists now know why? The answer both times is categorically NO!

Only recently with remarkably complex theories - first, one called supersymmetry and more recently one called superstrings or the "Theory of Everything" - are physicists beginning to make inroads into the why of gravity. But have physicists dismissed all accounts of gravitational phenomena as anecdotal? Of course not. Men landed on the Moon thanks to Newton's Law of Gravity and baseballs are made to travel the distances they do using the same law. It is a completely fallacious argument, not an argument of science, that one must know the "why's" of a health technique, such as TFH for it to be scientific.

Likewise for argument #2. The author's doctoral advisor in Physics, Professor Max Dresden wrote a paper called "Reflections on Fundamentality and Complexity". He cited several phenomena which could adequately be described at both microscopic or macroscopic levels. For example, temperature may be calculated from large scale hydrodynamic variables such as density and pressure. Alternatively, the molecular level

with its laws of particle interactions would yield the same calculation. While one scale may appear to be (and may actually be) more fundamental than the other, there is a logical relationship between the two scales. And either scale can suffice alone, if need be, to describe appropriate phenomena.

So we don't need to know precisely how TFH works at the microscopic level for it to be demonstrated as "scientific". Of course researchers delving into this matter are heartily welcomed. Undoubtedly new TFH techniques would result. Certainly the future will reveal how TFH works at the microscopic level. The point is, however, we needn't wait for that day. The observable, macroscopic scale we work with is muscle weakness and relevant corrections. This is sufficient.

Lastly, argument #3 states that double-blind, statistical studies are both necessary and sufficient to demonstrate scientific validity. This argument can be rejected immediately. For something to be labeled scientific, all that is necessary is for it to be a consistently repeatable phenomenon, i.e., we set up condition A and we get condition B invariably. This is all that a "law" of nature is.

Let us examine the use of double-blind studies in the literature. Whenever the author has perused the medical, "scientific" literature, e.g., the Journal of the American Medical Association - JAMA he has been shocked and disgusted (as a bona fide scientist) to see the following. About half of these articles purport that double-blind "scientific" studies "prove" a new "wonder" drug to be both safe and effective. Yet the other half of these articles are warnings that last year's or the last decade's wonder drug (which was

"proven" to be safe and effective by "double-blind scientific" studies) has turned out to be **NEITHER!** So how scientific could double-blind studies be? (Of course questions of politics and economics arise regarding chemotherapy.) This type of study is neither necessary nor sufficient to demonstrate scientific validity. Such statistical studies are a cover-up to attempt to support the masking of symptoms with toxic, foreign substances when usually there is a much better, natural methodology available. Of course, there are many modern medical techniques, such as microsurgical reattachment of limbs, that are true triumphs of science and technology. But for most chronic, degenerative, physical, emotional and immunological disease; the impotence of Western Medicine belies its lack of scientific validity.

Thus we conclude that the arguments used by the Western Medical Establishment against holistic health, including TFH are specious and not related to actual science. TFHers may now realize that as TFH works consistently, it is also scientific! Its naturalness, without side-effects makes it even more valuable and scientific. Detecting and correcting energy imbalance is coming closer to cause and effect (which may not be necessary) than is placing foreign substances into a fragile, complex medium - ourselves!

To facilitate use of these arguments by TFHers and holistic practitioners, photocopying of this paper (only) is freely permitted.

Reference

1. Dresden, M. "Reflections on Fundamentality and Complexity", Institute of Theoretical Physics, S.U.N.. Y. at Stony Brook, New York, 1974.

TOWARDS A COMPLETE THEORY OF INTEGRATION AND BEYOND META — INTEGRATION

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Abstract: This work will attempt to lay the foundation for understanding the underlying nature of left-right integration. An expansion of the author's previous research papers on the integration of brain and heart hemispheres, bilateral organs and meridians and even unilateral organs and meridians is detailed. The new breakthrough of Meta-Integration is revealed and applied to brain, heart and meridian/muscle/organ integration. Finally, a new HEBS Heart Integration Exercise is described.

While there is much symmetry in nature, apparently even at the level of elementary particle physics, there are differences between left and right elements. Dr. C. N. Yang and T. D. Lee won the Nobel Prize in Physics in 1957 for demonstrating that one of the four forces in nature - the Weak Nuclear Force - shows left-right asymmetry contrary to the total symmetry suppositions of the day.

There is also much left-right asymmetry or laterality in living systems. Recently, e.g., many mammals have demonstrated similar brain hemispheric patterning and functioning to that found in humans. Almost certainly, biological forces would be the dominating factors determining left-right asymmetry or laterality in living systems. Even at the evolutionary level of the bird, a given brain hemisphere controls the opposite side of the body, as occurs in man. While no definite reason can ever be given for this evolutionary development, the author can suggest a plausibility argument as follows:

Imagine a bird's left brain hemisphere being attacked by another creature. If the bird's left wing were controlled by its left brain, it would have no chance to stop the attack after some

damage to its left hemisphere. However, if the right brain hemisphere controlled the left wing, the bird could still ward off its attacker and prevent further damage. So clearly, both physical and biological forces are at play in the evolution of left-right differences in higher organisms.

For our purposes, we can list a set of categories of differing amounts of laterality in man. If the order were correct this list would be a qualitative hierarchy of left-right asymmetry beginning with the greatest left-right differences.

1. An organ with differing (anatomically or functionally) halves, e.g., brain or heart. This could be further broken down into subsets of centrally located organs like the brain, and off-center organs like the heart.
2. Bilateral organs like the kidneys, supposedly identical, but on both sides of the body. Here, there is no direct tissue linking the left and right as occurs in the brain via the corpus callosum.
3. Muscles and meridians which occur on both sides of the body. The meridians, of course, include the twelve regular meridians of TFH but may exclude the Central and Governing meridians as these are centrally located. We should make note of one possibility, though. A centrally located meridian could be described mathematically as a degenerate case where both left and right meridians are somehow combined into one. So even here a left-right basis may still occur. We note here that the TFH technique of neurovascular holding points is utilized until left and right pulses are synchronized [1] (even if there appears to be one central meridian).

4. An organ only (or primarily) on one side of the body (unilateral), e.g., the liver on the right or the pancreas on the left. Integration can still be a factor (as is demonstrated by the HEBS Integration exercises) here. Even though the organ is on one side, bilateral meridians still feed it. Perhaps the left half of the pancreas is preferentially fed by the right (or left) spleen meridian according to this hypothesis. We may suggest several experiments in this light. Say we weaken the spleen meridian on the right side. Placing a small strengthening magnet on either half of the pancreas and muscle testing would reveal if the right meridian preferentially weakened (and fed) the left or right “halves” of the pancreas. Indeed our hypothetical meridian laterality patterning could have been an evolutionary guide to organ hemispheric patterning.
5. Organs in the center of the body with seemingly symmetrical halves like the bladder or spine.
6. Homolateral muscles discovered by Paul Dennison, Ph.D., demonstrates that even an integrated brain may still have subsidiary lateral asymmetries with muscle/meridian systems. The present author has described muscles/meridians homolateral to the heart. Likewise these could exist homolateral to any other organ or meridian and would presumably be most important in the order of the present hierarchy. This network of homolateral asymmetry is a second-order phenomenon. Any homolaterality to any organ/meridian would apparently be corrected in the usual, corresponding fashion.

We summarize now, the author’s previous works on integration and repatterning. To understand how integration occurs, we must know what is switched off in the first place. For the brain, the Rochlitz Alderhyde Dyslexia Hypothesis [2,3] ((RADH) states that the corpus callosum and the “gestalt” brain hemisphere and perhaps especially the connection of the two are switched-off

in dyslexia. As the liver detoxifies the chemicals suspected of being the major culprits in dyslexia - we refer to formaldehyde and acetaldehyde - it may also be “switched off” and in need of simultaneous innervation. (Recall the two aldehydes are suspected of interfering with acetylcholine, supposedly the major neurotransmitter in the corpus callosum.) Thus for integration to occur, the corpus callosum, gestalt hemisphere and possibly a liver element need to be simultaneously activated. The Dennison Laterality Repatterning (DLR) accomplishes this because the touching of opposite arm to opposite knee utilizes the supraspinatus (brain) and rhomboids (liver) muscles. This is the original HEBS interpretation. HEBS uses a hum instead of looking to the left or right as the hum intrinsically activates the gestalt hemisphere obviating the need to test this.

Likewise the Rochlitz Heart (and Brain) Integration [4] utilizes the subscapularis (heart) muscle in a cross-crawl fashion with a hum. (Note in some cases, counting may be necessary if the other hemisphere is switched off. Alternatively, perhaps a simultaneous counting-hum could always be used.) This then leads to overcoming what HEBS has called “dyslexic heart” condition with all its accompanying benefits. Similarly the author has stated that “any muscle/meridian/organ can be integrated in this fashion.”, e.g., a psoas cross-crawl, with opposite arm (like the pec sternal) and a hum will integrate the psoas/kidney and correct weak muscles and possibly other imbalanced muscle conditions. Furthermore, these self-correcting integration exercise - perhaps the best known - can even be utilized for pain relief. Pain often involves over-contraction in one muscle and flaccidity in its lateral counterpart. These HEBS integration exercises would utilize the TFH test for this muscle in cross-crawl fashion with the hum (count). This last step is always looking around a circle clockwise and counter-clockwise.

Let us now take an in-depth look at brain integration that will lead us into the novel concept of META-INTEGRATION. The author perceives the following hierarchy of brain hemispheric integration, listed in order of increasing "brain fitness."

HEBS Hierarchy of Brain Fitness

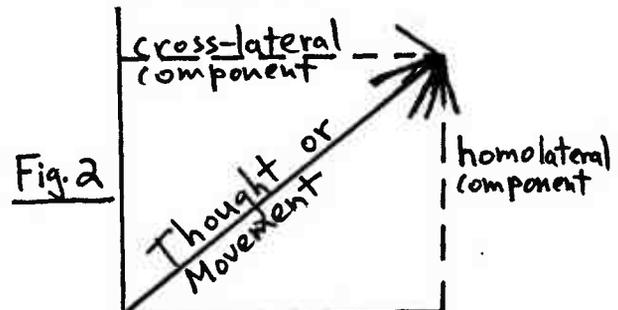
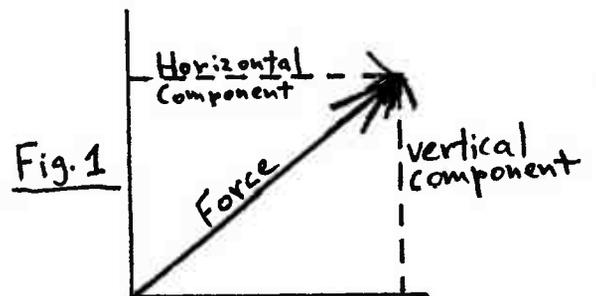
1. Strong on Neither "X" or "II".
2. Strong on "II", weak on "X".
3. Strong on "X", weak on "II".
4. Strong on "X" and "II" separately.
5. Strong on both "X" and "II" simultaneously. This is Meta-Integration. Strong on "H".

In more detail, the author routinely sees ecologically devastated individuals, so ill they test weak to looking at parallel lines. Neither hemisphere is really switched on. Then there are the many classic "dyslexics" corresponding to #2, above. Next we come to those corrected by the DLR, the second half of the DLR deliberately weakens the homolateralness of brain hemispheric functioning. The author believes this is in error and that those testing according to #3 above may be in a state not heretofore found in nature - an artifact of the second half of the DLR. Incorrectly a "god" has been made of integration and likewise a "devil" of homolaterality. The "unnaturalness" of the second half of the DLR can be further demonstrated. An infant may "switch itself on" by cross-crawling and humming or looking to the left. But it is improbable that it would then do a homolateral crawl, looking the opposite way, immediately afterwards! This in no way negates the singular achievement of the DLR in making the "X" strong and all that that entails.

Let's go on to #4 above. The author and Frank Mahony have separately written on this state. Mahony has written that "other than walking or running, everything is homolateral". This statement is still somewhat off-the-mark. Simply put, **everything we do is both simultaneously cross-lateral and homolateral**. This will be termed META-LATERAL or META-INTE-

GRATION, if it exists at the time.

Meta-Integration can be understood analogously to the concept of the vector in physics, e.g., a force has both magnitude and direction. And the reader does understand this from experience. If you want to push open a window, you must exert a force in the vertical direction. If you push extremely hard from the horizontal, you will never budge the window. If you push along a diagonal, it is only the vertical component that will have effect. See Figure 1.



Analogously all thought and movements have both a homolateral and a cross-lateral component. See Figure 2. (e.g., even when one is doing a homolateral crawl, a given brain hemisphere still controls the opposite side of the body and is still innervating it!) So meta-laterality occurs even when performing a homolateral crawl. Indeed if one tests weak to a homolateral crawl, it may really mean that meta-integration does not exist. Some thoughts and movements may be primarily homolateral or cross-lateral but there will always be components of both in the brain at any one time. Furthermore, this work may uncover what is really tested when we look at an "X" or "II". We may be testing only the majority component (greater than 50% of a thought or movement).

Meta-Integration (M-I) is the state whereby one can be strong on either “X” or “II” alone if need be - this is only an approximation as noted above - and on both simultaneously as is really occurring all the time. We will test for this state by looking at an “H” where the horizontal line is long enough to challenge the midline equivalent of an “X”. (The alternative, of course, would be an overwhelming “IXP”.) The question now arises: how do we meta-integrate someone? There are two ways.

HEBS H-BALANCE OR META-INTEGRATION

1. Look at an “H”, circuit-lock it in and balance the body according to its individual priorities (a la Beardall).
2. We devise a reprogramming exercise. It turns out that doing jumping jacks and humming can accomplish this H- or meta-reprogramming.

Now jumping jacks have been dismissed by some as homolateral. The author has realized this isn't a complete view of this exercise. In detail, a jumping jack can clearly be seen as utilizing both pairs of opposite arm and leg! So, which is it? Clearly it is both! This is just what we need. Do jumping jacks with a hum and then clockwise and counterclockwise visual “tracking”. Again it appears that the corpus callosum's link to the gestalt hemisphere is switched off to meta-integration and thus needs to be switched on. In fact, being switched-off to integration was just a piece of lack of meta-integration! In this light, a dyslexic can be taken all the way to meta-integration with this correction, while the usual integration will predominantly not lead to meta-integration. Also, we see that after DLR, jumping jacks tested weak, perhaps not because of homolaterality but because of a lack of meta-integration - the fittest state of all!

Furthermore, the heart can be meta-integrated as follows. Instead of performing Rochlitz Heart (and Brain) Integration with the cross-crawl, do a jumping jack with subscapularis exercise. This

may be visualized more easily if the reader skips ahead to the end of this paper and reads the HEBS MAESTRO Heart Integration Exercise. Just perform this with the legs jumping in and out a jumping jacks. Add the hum and circular tracking. This exercise may provide further cardiovascular benefit over the previous HEBS Heart Integration Exercises just as Meta-Integration may optimize brain functioning. Likewise all muscle/meridian/organ systems can be optimized with a HEBS H- or META-REPROGRAMMING Exercises.

Let's examine some examples of this new concept now. After meta-integration, “try” becomes strong. The author has observed word champion athletes saying “try” without any apparent visual or other stress. The old adage states that unlike sticks and stones, “words cannot hurt you”. But you must first be meta-integrated. Note, in contrast to many who proclaim “permanent cures”, the author believes that the higher the level of brain fitness, the more fragile this energy system will be. Accordingly strict ecological (and other) vigilance is needed to maintain M-I and frequent H-Balances or H-Reprogramming may be needed. (It is fascinating to note that most natural fibers like cotton, when observed under a microscope are combinations of “H's” whereas synthetics zig-zag every which way.)

The homolateral aspect of M-I will now be detailed. While doing mathematics, a person is definitely not conscious of all the intermediary calculations in the language-linear brain hemisphere. If in fact these thoughts flooded across to the gestalt hemisphere, doing mathematics would become untenable. Again, our mathematician's brain hemispheres are controlling the opposite sides of the body. Thus meta-laterality is actually occurring here. A strong response to parallel lines is also demonstrated by the following two examples.

A significant percentage of schizophrenics have been found to have overdeveloped nerve fibers in the corpus callosum. [5] Therefore, part of their

troubling symptomatology may pertain to the inability to remain homolateral for certain thoughts or actions! Analogously, each of us may occasionally have strange thoughts that would be detrimental to society if carried out. Perhaps the criminal and the insane can't keep these thoughts homolateral at the time.

We can test the need to remain homolateral on some thoughts as follows. Take a Meta-Integrated person and have him visualize some horrible act such as stabbing you in the heart. He should test strong on looking at "II" and weak at looking at an "X" at this moment! Thus the thought is restricted (hopefully) to the gestalt hemisphere (presumably) and the whole brain is not activated. (And you won't be stabbed).

NEW HEART INTEGRATION EXERCISE - HEBS MAESTRO

It has been noted that many music conductors live into their nineties. Some have speculated that "arm-jogging" is the key. The author has deciphered that heart integration is actually occurring!. This is the basis for the following new heart integration exercise - HEBS MAESTRO.

As a conductor would, bring your elbows high

and hands vertically upward. With the elbows remaining high, your hands will trace two semi-circles, back to back; or two C's facing away from each other. At the nearest point, the hands come close together, then down and away, then back up and away. This powerful exercise utilizes the subscapularis from contraction to extension and vice-versa. All the while with a hum looking around in a circle. The conductor looks around at his orchestra while listening to good music!! This exercise precisely fits in with the theory behind HEBS dyslexic heart corrections and obviously continues to strengthen the heart even after initial integration. Let's all live to be 95 like the great conductors!

This paper has been excerpted from the author's book, *Allergies and Candida: With the 21st Century Solution*. Copyright 1987 by Human Ecology Balancing Sciences, Inc. The book will be available in the summer of 1987. **Contact the author at:**

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2. Special thanks to TFH Instructor Irene Yaychuk, Ph.D. for testing these innovations on her clients and for giving the author "a taste of his own medicine".

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CURE YOUR OWN ALLERGIES IN MINUTES

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This material is extracted from my book, *Cure Your Own Allergies in Minutes*, which will be published later this year (English, French, and German editions). Obviously, I cannot explain everything in only a short presentation, but I will demonstrate these Key Concepts:

1. Meridian Energy Balancing
2. Allergy Testing and Correction
3. Tolerance Testing and Increase

The original definition of allergy is "altered reaction." My definition of allergy is "when meridian energy is altered by exposure to a substance" (thereby weakening an indicator muscle). However, only those muscles connected to the specific affected meridians will weaken, necessitating the laborious testing of muscles on all meridians or the use of special reflexes (the best of which, that I have found, is described below).

In 1981, as an extra benefit of the Psychological work I was developing for Health Kinesiology, I discovered a procedure which could correct 100% of allergies in a matter of 2 to 20 minutes. I call this procedure **Symbiotic Energy Transformation™ (SET)**. Not only could every allergy be corrected, but, by using proper extracts, all could be simultaneously corrected. ('Corrected' means, of course, that the meridian energy alteration could be completely balanced even while the person is still exposed to the substance.)

The sometimes dramatic results of such a procedure limits it to 'professional' users, so I have developed a somewhat less powerful method (90% effective) which is extremely rapid (only a minute or two), which can be used by anyone. The procedure described below is only the core of the new method, leaving the many "What if ...'s" unaddressed. As with all Health Kinesiology

procedures, the effect is very robust, requiring no re-applications of the process, strengthening procedures, or homework exercises. As far as can be determined now, the results are permanent. Persons balanced with SET have been retested after more than 4 years with no loss of effect. Although people can experience reactions from over-loading (exceeding their tolerance) with a substance, no one yet had become re-allergic.

As you will see below, reliable allergy testing and effective correction can be very simple and easy. After you have done it only a time or two, you will have it, and need not remember elaborate procedures or have to use instruction sheets. I find that the most powerful techniques generally are simple and easy to remember. Additionally, once you learn the fundamental Health Kinesiology methodology, you are always able to recreate any procedure you might have forgotten.

MERIDIAN ENERGY BALANCING

Before any Kinesiology testing is done, you must be certain that the indicator muscles are properly indicating. One of the most effective ways to do this is through meridian energy balancing. This balancing may be done with many different methods, including TFH. However, there are some very fast methods which are very effective (thought not always as effective as a full balancing procedure). In my Health Kinesiology workshops one of the methods I teach is the following, which is more than 99% effective (e.g. more than 99% of the time this method will completely meridian energy balance the person).

The collarbones meet the sternum (breastbone) to form a 'v' shape at the base of the neck. About 2 inches below this 'v' there is usually a small

bump on the bone where the second ribs join the sternum (directly over the thymus area). Imagine a 3-inch diameter circle centered around this area. Going in a counter-clockwise direction (as the tester sees the subject), tap around the circle several times for about 30 seconds (perhaps 100 taps, using one or two fingers). Tap firmly but gently and be careful with the fingernails. Pretend you are tapping an eggshell without breaking it. You may tap either yourself or the other person.

Find a strong indicator muscle. Place a hand (either yours or the subject's) over the navel area and test the indicator muscle. If the indicator remains strong, the subject is adequately balanced for allergy/tolerance testing. If the muscle is weak, further balancing is needed (beyond the scope here, although the full procedure includes three more fast procedures which virtually never fail). The navel test works because of the presence of reflexes to all the major meridians.

ALLERGY TESTING

As with any allergy test, the person must be exposed to the substance while simultaneously being muscle tested. Only a small amount of test substance is needed. This can be any food, a chemical, pollens, samples of fungus or mold, dust animal hair, or anything else in the environment (including *Candida albicans* extracts.) Keep it as simple as possible to be sure what is weakening the person.

Place the test substance over CV6, just below the navel. Simultaneously touch TW-21, in front of the ear just above the level of the ear canal (either you or the subject can touch this point) and test the indicator muscle.

A strong muscle means that this person is not allergic to this substance.

A weak muscle means that this person is allergic to this substance.

This procedure allows the use of any indicator muscle to show a reaction in any meridian. The test is extremely sensitive, allowing even the use

of homeopathic extracts - which most tests cannot utilize. Please note that if *Candida albicans* weakens the indicator muscle that this does not diagnose a *Candida* infection, but only that the person is allergic to *Candida*. To be sure, many times the person may have an infection, or overgrowth, of *Candida*, but this test alone is not sufficient to determine that, any more than if the person is allergic to penicillin means that he has an infection of the mold which produces it. On the other hand, if the person does have a *Candida* infection and the correction is made and that person's immune system is given proper metabolic support, then the person's body should be able to overcome the infection.

...AND CORRECTION

There is a test to determine whether this Quick Allergy Correction will work in any given case (about 90% of the time it will), but that is beyond the scope here. However, since the correction takes so little time it is easy enough to do the procedure and then retest the allergy to see if it worked. If it has not, then the SET procedure can be used.

To make energy corrections, again place the allergenic substance on CV6. While exposed to the test substance tap the following points (left and right sides): B1, K27, St1, Sp21. Sometimes it may be necessary to also tap B67, K1, St45, Sp1. Tapping is done in the manner described above, and can be done in any order, using any finger(s).

Retest the substance, and you will (usually) see that the person no longer tests allergic to it.

TOLERANCE TESTING ...

Because a person is not allergic to a substance does not mean that he will not react to it. The concept of tolerance is very important. In my Energy and Allergy book I have described 14 different ways people can be intolerant to a substance without being allergic to it. Indeed, for most people their tolerance to substances is far more important than any allergy they might have.

Place a specific amount of a substance over CV6. Touch the **atlas-axis** junction at the top of the neck/base of the skull (either right or left side will do). Test the indicator muscle.

If **strong**, this person **can** tolerate this amount of the test substance. Increase the amount until the indicator tests weak. The amount just below this is the person's tolerance level

If **weak**, this person **cannot** tolerate this amount of the test substance. Decrease the amount and repeat until the just tolerated amount is determined. This is the person's tolerance level.

... AND INCREASE

With the 'long' SET method, tolerance increase can be obtained only about 20% of the time (and the Quick Method nearly as much). The major reason is that tolerance is primarily a function of metabolic and biochemical balance. The most effective way to increase tolerance, therefore, is to improve the body's general level of functioning. However, the method described below sometimes can improve a person's tolerance enough so that they can function in an environment which otherwise they could not. Again, there is a test for whether this tolerance increase will work in the given instance, but that is beyond the scope here.

Place some amount of the substance on the usual substance placement area, CV6. While exposed to the test substance tap the

following points (left and right sides): B1 and K27 while the subject holds one hand over the navel area (the neurolymphatic areas for both B and K Meridians). Sometimes it may also be necessary to tap B67 and K1. Then have the person hold his hand (the right hand is easier) over the left rib cage (covering both the stomach and spleen neuro-lymphatics for those meridians) while St1 and Sp21 are tapped. Sometimes it may also be necessary to tap St45 and Sp1. Tapping is done in the manner described above, and can be done in any order, using any finger(s).

When tolerance can be increased by this method it usually is by a factor of 2 to 6 times. The amount of increase can be determined by repeating the tolerance level check described above.

This tolerance testing may be the most important concept of all. By making regular use of the test on yourself you can determine how much food to eat at every meal, how much make-up not to exceed, whether you are overexposed to substances in the workplace, and so on. If you never expose your body, internally or externally, to more than it wants to tolerate, your stress levels will drop, your body will function better, and you will become healthier. By learning how to test one of the several muscles you can use for self-testing, you need never overexpose your body to anything. It will repay you many times over. ■

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DO YOU HAVE ELFITIS?

By Hollaye B. Shayne

The following article is directed toward those people who are familiar with the effects that Electro Pollution is having on the human system, to indicate the possible connection of society's ailing health and ELFS - Extra Low Frequency Vibrations, from 35-100 hertz-and to offer one possible solution to this growing problem.

I am not a scientist, but a conventional office worker who for 20 years has experienced the typical office environment - that of V.D.T.'s (often called word processors), fluorescent lighting and other electronic gadgetry. In 1985 I became so ill that I was given leave and have spent the last 2 years in searching for better health and answers to the puzzling condition which plagued me, particularly in the Office.

To coin a new term, I have called this condition ELFITIS, as my symptoms do not really "fit" into any known disease category. Headaches, tension, loss of vision, exhaustion, loss of weight are all part of this condition. It improves and deteriorates without seemingly any reason. My search led me to Kinesiology and indirectly to the problem of ELFS, which I know now to be the major cause of this condition. I am now practising Biokinesiology.

"We are all living in an environment of electro magnetic pollution. All types of frequencies are striking our bodies from all different angles, the results of which are a wide range of psychological and physical disorders." The human species has changed its electro magnetic background more than any other aspect of the environment. The greatest changes have come in the one generation since W.W. II. The war produced many electric devices and long distance communication techniques. Since then nearly every human

action has involved an electrical appliance and today we are all "awash in a sea of energies life has never before experienced."

The most important aspects of the natural electro magnetic field for the biological timing systems are the lunar circadian rhythm and the micro-pulsations of 0.1 to 35 hertz. It seems logical that cells will perceive frequencies close to normal more readily than those further removed from the norm. Therefore, we can postulate that ELF band from 35-100 hertz would be the most damaging, while higher frequencies might go more or less unnoticed until the energy injected into the cells became intense and prolonged enough to be significant.

Of special importance then in this report are those waves that are referred to as ELFS. The following is a list, covering a vast range of frequencies, which only skims the surface of our electro magnetic pollution:

1. Everything that runs on a battery - digital watches, cameras, flashlights, portable radios...
2. Strong magnetic fields as used in refining ore, purifying sewage...
3. Anti-theft systems...
4. CB radios, as well as short wave bands, police and taxi radios, YHF televisions and FM radio also inhabit this region - now over 10,000 commercial radio and T.V. stations in the U.S. and 7 million other radio transmitters, not counting the millions operated by the military, spy satellites
5. Stopping and starting of an electric train turns the power rail into a giant antennae that radiates waves for over 100 miles...

6. Over 500,000 miles of high voltage power lines in the U.S. alone...
7. Low frequency radio waves for air and sea navigation, emergency signals, and military communications...
8. More than 10 million microwave ovens, automatic garage door openers, highway emergency call boxes, weather satellites, some kinds of radar, diathermy machines, all compete for low microwave frequencies
9. Higher microwave bands crowded with more military talk, channels and radar, navigational signals, commercial communications, walkie talkies and Americas 250,000 microwave and T.V. relay towers.

The enormity of our electromagnetic pollution cannot be over emphasized. ELFS and electro magnetic pollution is presenting humans and perhaps all animals with a double challenge: weaker immune systems and stronger diseases.

The following diseases are 'new' since the 1950's.

- a) Ryes Syndrome,
- b) Lyme Disease,
- c) Aids,
- d) Polythemia.

Herpes Genitalis is not a new disease but its prevalence and severity have increased tremendously in the past decade - as have birth defects, depression, infertility, reproductive problems - and teenage suicides. With regard to cancer, in the 1960's roughly one quarter of the U.S. population could be expected to develop it; by the mid 1970's that figure had risen to one third and it is now even higher. Cancer is on the increase 6 - 10% every year in Ontario, Canada. New animal diseases include Parvo and Feline Leukemia. The depressing news continues ...

Modern technology, on the other hand, is a fantastic thing. In a report entitled "In the Chips" compiled by the Labour Canada Task Force in Micro Electronics and Employment, it has been stated that:

"First, technology, in itself an inanimate tool, is neither good nor bad and the benefit or harm it brings is dependent on how people employ it. Technological advance does not have to result in the stultifying work environment. Depending on the values that people bring to the work place and the structures set up to deal with the work issues, technology, including micro-electronics, can be diminishing or life-enhancing for workers. The second conclusion is that micro-electronics promises to bring enormous gains in efficiency and productivity. Thirdly, in order that micro-chip technology may be used to its fullest extent, technocrats and decision-makers must be receptive to social and human considerations - the introduction to micro-electronic technology in the work place promises to bring enormous gains in efficiency and productivity".

Obviously our society cannot function without our modern technology, with all of its electromagnetic pollutants, with all its positive and negative attributes.

Is there an answer? Up until now there has been little action on the part of authorities to openly recognize this problem - certain unions have won the right to wear lead lined aprons in front of V.D.T.'s (Ontario, Canada) and other unions have won the right to have pregnant women transferred to other jobs. F.I.E.T., an international coalition of trade unions, has already published tough guide lines limiting V.L.F. and E.L.F. electric field exposure. However, progress is slow and the subject a difficult one. Obviously, we can all become aware of the E.L.F. factor and try to avoid, as much as possible, any exposure to E.L.F.s. Because of their interaction with the ionosphere, even weak signals in this frequency range (from 0.1 - 100 cycles per second) travel all the way around the world without dying out.

There are other possibilities. Certain items worn on the thymus point of the body, approximately 1" under the jugular notch, seem to protect the

body from the distressing effects of E.L.F. and help combat the symptoms of what I call Elfitis.

Why the Thymus point? The last quarter of the century has provided us with a wealth of knowledge on the role of the Thymus gland in the body's immune response. Even as early as 1906, Sir William Osler in his textbook of Medicine made a prophetic remark in regard to the Thymus Gland. "It has been thought that its internal secretion has an influence in combatting effective agents".

The immune system is made up of the thymus gland, the spleen, lymph nodes and ducts, white blood cells, bone marrow (where white cells are made) antibodies and interferon. The Thymus gland located behind the breast bone instructs certain white blood cells that make antibodies.

When the Thymus gland no longer directs efficiently, harmful substances such as bacteria, viruses and cancer cells are not attacked but are left free to invade the body. Further research shows that the Thymus gland is responsive in changes in thinking and imaging.

In the 1960's it was discovered that if the thymus were removed from a new born animal, it would not develop immunologic competence and would soon die. It would fail to reject grafts of foreign tissues, and its ability to develop antibodies against invading organisms would be impaired, the Thymus has come to be regarded as one of the most important organs of the body, serving as the basic organ responsible for the development of the body's defense mechanisms.



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TFH, FITNESS, AND ATHLETES

by Margaret J. Sheehan

Fitness is fast becoming a way of life in our world. Almost everyone has at least attempted some type of sport or activity to improve their well-being. Unfortunately many abandon exercise programs because of pain or fatigue that results from muscle imbalances. Touch for Health can be an invaluable tool in overcoming those obstacles and make getting in shape an exciting process of self discovery. Even for those who are fit and competing in strenuous events, TFH can give a physical and psychological edge in preparing for competition, preventing debilitating injuries and reducing recovery time. As TFH instructors, I think it's extremely important for us to look at the possibilities of TFH becoming an active partner with the fitness movement to attain our goal of helping people to improve their physical and mental well-being.

Moving from a therapeutic model to educating and empowering people can be quite a challenge, but is essential in making TFH techniques a part of daily life. I first discovered the practical applications while teaching exercise. When students couldn't do a particular movement I showed them what points to work to improve muscle response. The results were impressive.

I then began teaching my massage clients what techniques they could use; the results were mixed. Some "forgot" what I had taught; others used the techniques daily. Those who responded best were those who used the techniques in athletic activity. One in particular, a professional triathlete, used TFH and Edu-K to help him to 6th place at the Iron-Man in Hawaii.

The most important dynamic in working with each individual is to listen to their concerns. To pay close attention to what feels tired, what feels

tight and tell them what they can do about it. What nutritional considerations may be involved, what points they can work to improve function, in short Educate! Emphasize that the muscle tests indicate quality of response, not strength or weakness. This encourages those who aren't very fit, and reassures those who are. For instance you'll lose credibility by telling a body-builder he has a weak pectoralis muscle, and you'll discourage the beginning walker by telling them they have weak quadriceps. Use language like "this muscle doesn't seem to be 100%; what do you think?" "That seemed a bit shaky to me, do you want to tune that up?"

It may seem trivial, but our language is extremely powerful in conveying our message, and working from an educational model can expand the possibilities of our reaching a large audience of well motivated people.

People beginning a fitness program or athletes in training have the luxury of learning new skills and incorporating them. This is the best time to re-educate the body with reactive muscle work, to take a look at what nutritional adjustments may be indicated, and to teach which neurolymphatic points correspond to which muscles. I suggest introducing new information a little at a time, so that it is a natural progression not an overwhelming burden. Cross-crawls for warm ups and cool downs, checking gaits, eyes and ears are all valuable in addition to the basic balancing techniques.

For competitive athletes pre-event work should be brief and reassuring. Many athletes find it very helpful to hold their frontal eminences while visualizing doing their best. Using the corrections for visual and auricular inhibition also seem

helpful for the centering and focusing effects. This is not always a good time to begin work with someone new. Unless you come highly recommended, most athletes will not risk doing something entirely new immediately before an event. Post-event balancing is very rewarding. It is a real pleasure to see someone who is exhausted and cramping relax and brighten with balancing. When working with athletes immediately after an event I am very patient and calming. I slowly go through the range of motion before testing. If there is any difficulty I correct until the muscle can be comfortably tested. Many of the athletes I've worked with for the first time after an event comment that they feel better than they had before the race!

These are general guidelines of what I've found helpful in my work, and I'm constantly changing the specifics of what I do to suit the situation. The majority of my work has been with triathletes, but the same basic ideas have worked well for swim-

mers, cyclers, runners and walkers. I've had wonderful results for myself in my studies of martial arts. I'm currently exploring the possibilities of doing research with teams.

The marketing potential for TFH with athletics is endless. I found it very productive to do demonstrations at local spas and gyms. Massage teams offering support at events have been very successful at developing positive public attitude towards massage. Why not do the same with TFH? I organized TFH basic students and teachers in my area to balance participants before and after a local triathlon and we had a good response. We not only got the attention of the participants, but their families and friends as well.

I would like to support anyone interested in developing these ideas further. If you've had experiences in this area I welcome your input. If you have any questions I'd be glad to answer them. ■

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RECOGNIZE STUDENT/CLIENT NEEDS AT A GLANCE

by Valerie Stansfield

Personology is an empirical study of human behavior developed by laymen. It can be considered as an aspect of sociobiology, the study of how our biology affects our social behavior.

There have been many schools or styles of face-reading; most of these are very judgemental and dependent on specific worldviews or ethical codes. The Personology system was developed by a judge, from observing the courtroom styles of lawyers. It was then staticized by Robert Whiteside, who devoted his life to the subject and currently heads the College of Personology. His son Daniel Whiteside further refined the subject and added a dimension of depth, through integrating patterns of traits. When Gordon Stokes entered the picture, muscle testing was added, which enables one to isolate priorities of traits out of the overall patterns—this application they call Structural Neurology.

The basic concept of Personology and Structural Neurology I believe to be that the structure of the brain is mirrored on the structure of the brain-casing. The cellular proportions that one can observe and feel reflect the proportion of brain cells devoted to the represented function. How one's cells are distributed affects how one perceives and relates to the environment. It is possible through this study to be able to understand and empathize with thought patterns one would not otherwise even suspect were present. The value in human relations is incalculable.

Some of these traits one can learn to spot at a glance. This can help you meet the learning needs of students and clients in Touch For Health. I will describe and teach you three of these.

Structural Neurology categorizes the traits in three types. Type A has the minimum number of cells in the area, type C the most, and type B is in-

between. When you are first learning it is useful to learn these generalized types. As you progress in your use, proportionate differences will appear more pronounced.

Thinking Style is reflected in the slant of the forehead. Type A is a forehead that slants far back, almost to a 45% angle. There are fewer cells, less body mass, in the area. Information received newly goes more directly to the back-brain where it mixes with information already stored. Type C has a straight up-and-down forehead. Information comes in piece by piece, forming coherence before it is transferred to backbrain. Type B is between these two. Type B people can go either way, depending on the difficulty of the new data and a degree of free choice. One may think it is always better to be a Type B—this is not so. While having the advantage of more built-in choice, there is also the disadvantage of potential confusion as to which way to go.

I should address here for a moment the issue of choice. True choice lies in understanding one's natural propensity and making the decision whether to supersede it in the moment or allow it free flow. Each trait is both a limitation and an opportunity in self-expression. When you understand your own trait, you can take more advantage of it. Also, when you find yourself in a situation where your trait is a disadvantage, you can consciously make the choice to bypass it for the present conditions.

Apparently this system works because the literal shape of the head (and presumably the brain) has a figurative correspondent. Why this occurs is a matter of research in sociobiology. That it does work, you can find out for yourself.

When you understand the trait in another as well

as yourself, you can adjust your communication to ensure it will be received clearly and as you meant it.

When you see a slanted-back forehead, know that the person operates best when they are given the main idea first. They will want to grasp the essence of your communication and see what they can do with it. If they find the idea isn't working, they will come back for more data. This type of person has a tendency to jump to conclusions. On the other hand, they think quickly, and their fast conclusions are often correct.

The Type C, straight forehead, likes to think sequentially. They can become disturbed or switched if given the main ideas right away—they want to see how premises lead to conclusions. They process information from beginning to end. There is some tendency for this trait to be sex-based: straight foreheads are found more often in women. Often a Type C will get a reputation as a slow or even stupid thinker. It is simply that they are more subjective in compiling data. They require patience on the part of a Type A.

Selectivity is a trait that shows in the height of the eyebrows. With women you need to take into account that many pluck the underside of the brow, which makes it appear higher. You need to be close enough to perceive the natural line—nevertheless, with most people this trait is fairly obvious.

Type A is a "lowbrow;" his character is affable. He easily makes friends on a superficial level. He can get close quickly if not deeply and warms up fast. However, he may be guarded about close feelings. He makes his selection after he has spent some time with the person. There is little class-consciousness and discrimination is unnatural to him.

The Type C is a highbrow. Don't come too close to him too soon. Give this person plenty of space; he will be more comfortable. When you have a selective client, let him know what you are going to do before you touch his body—he has to make

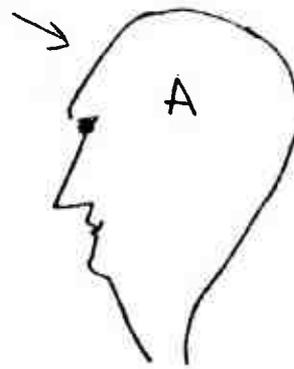
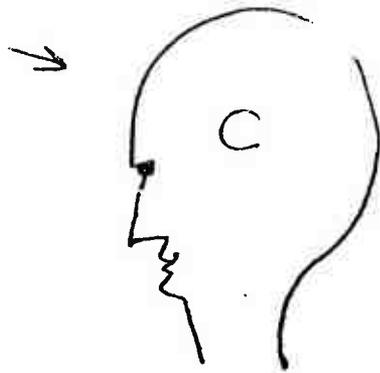
a choice to allow you. Once he has let you into his space or his circle, he is as warm and friendly as the Type A—it is just that initial acceptance takes longer. However, once you are accepted you are likely to stay that way, since the decision has been felt through. This is an emotional trait.

Credulity is an automatic instinctive trait. It is shown in the slant of the nose-tip. People with button noses that slant upwards are Type A. They have a tendency to take things in as they are received, to accept things at face value. They have the child's innocent need to love and trust. They can be an easy mark and have often been betrayed and taken advantage of. The downturned nose, Type C, is skeptical instinctively. They have to make the decision to trust. They'll sniff out the situation before accepting it. They are less easily tricked, and have to be convinced. When you have a skeptic in your class, take the time to make muscle testing very real to him. Turn a muscle on and off over and over until they are sure it is their own strength and not yours that is changing.

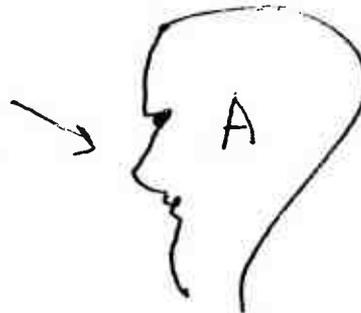
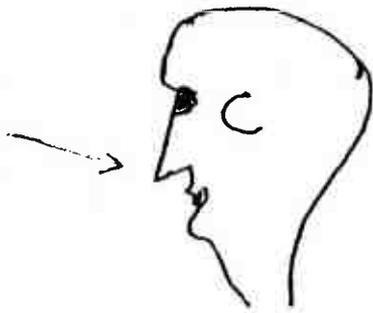
When you start a class, scan the group for these traits. If you do initial introductions in a circle, you will have time to observe this. Note how many of each type you have. Adjust your presentation to include them all. When you see you are presenting in a way that is comfortable for one type but not another, take a minute to explain to the other so that he moves into choice and will be comfortable too.

The traits are often related to body problems, and if you have a client, in individual session, who is either an extreme A or C, taking the time to ask them about it can be very releasing, and often improves their body balance.

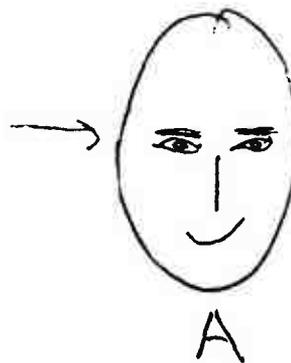
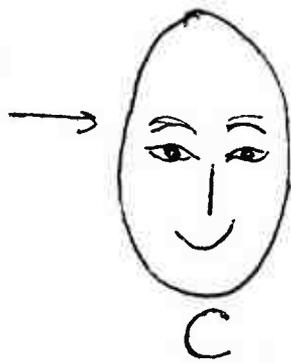
A full profile of over 70 traits is available. This takes a few hours and can be very enlightening. Doing couples together can explain discrepancies in viewpoint that are difficult to resolve, and goes far in preserving relationships. This study is also useful in career management.



- Thinking



- Trusting



- Selecting

TWO FURTHER MUSCLE TESTS FOR THE HEART MERIDIAN

by Wayne W. Topping, Ph.D., L.M.T.

Two further muscle tests for the heart meridian are presented, Serratus Anterior #8 and Latissimus Dorsi, and quick methods to confirm their relationship to the heart meridian are described.

In Touch for Health we have used a single muscle test for the heart meridian — subscapularis. However, there are at least 54 tissues (muscles, tendons, and ligaments) known by biokinesiologists to be related primarily to the heart meridian. They do not all lend themselves well to muscle testing. The two described here do, however, and can be easily added to your repertoire of muscle tests.

The first of these, Serratus Anterior #8, is the eighth portion (counted from the top downwards) of the Serratus Anterior muscle group. The Anterior Serratus muscle test as used in Touch for Health is correlated with Serratus Anterior #3 of biokinesiology usage. It is related to the lung meridian and has also been used by many biokinesiologists as a quick and reasonable sensitive test for air quality.

To better isolate the lower portions of the Serratus Anterior muscle group we take the arm progressively further out to the side. By the time the arm is located about 65 degrees from the forward position, we are, in effect, testing primarily the eighth portion, i.e., Serratus Anterior #8.

The second muscle test described here for the heart meridian is the Latissimus Dorsi muscle. Most of the time when the Latissimus Dorsi muscle test fails it is actually the tendon that is out of balance. The tendon is associated with pancreas blood sugar function and does respond positively to the correction techniques we associate with the Latissimus Dorsi muscle test of Touch for Health. However, if these correction

techniques don't respond then there is a strong possibility that the muscle is out of balance rather than the spleen meridian.

Our experience with clients clearly shows a relationship between the Serratus Anterior #8 and Latissimus Dorsi muscle tests and heart-related imbalances. However, when the Latissimus Dorsi muscle (not tendon) fails to lock the client's major symptoms will usually relate to indigestion. This is caused by forcing open of the pyloric valve of the stomach, permitting uncontrolled digestion, fermentation, and acid build-up in the small intestine.

Information concerning these two muscle tests and various correction techniques is at the end of this paper. During this presentation I shall be demonstrating the correction procedures. If you are only reading this account I would suggest that you read the earlier sections in my book, "Balancing the Body's Energies" for an explanation of how to test for the correct nutrition, how to apply the biokinetic exercise, how to work with the emotions, etc.

Quick Ways To Confirm That These Muscles Are Out Of Balance.

A.

1. Test the relevant muscle — Serratus Anterior #8, or Latissimus Dorsi.
2. If it fails to lock, the tester points the fingertips of one or both hands directly into the top of the head (on the midline above the ears) and says slowly and clearly to the testee "You feel forgiveness".
3. If the muscle now locks you have confirmed that the muscle imbalance is related to the heart meridian (the Latissimus Dorsi Tendon would remain unlocked on forgiveness and would lock on "accepted").

B.

Alternatively, point your fingertips perpendicularly into the possible imbalanced muscle. State "You feel forgiveness". Retest the muscle. If it locks, you have confirmed its relationship to the heart meridian.

Serratus Anterior #8 / Heart

Muscle Test: Arm horizontal, thumb up, 65 degrees lateral of the forward position. Press forearm down gently while stabilizing the shoulder.

Therapy Localize: Under armpit, just above the 7th rib.

Massage Direction: Across side of torso, along 7th rib toward scapula.

Biokinetic Exercise:

1. Reach under your left armpit and grasp your shoulder blade with your right hand.
2. Pull the shoulder blade forwards and down. Rest for at least 30 seconds.
3. Repeat for the right side of the body.

Action: Assists the other five low segments of the Serratus Anterior muscle group in upward rotation of the scapular.

Antagonist: Under research.

Symptoms: Pain in shoulder, especially under the shoulder blade radiating forward near the breast. Difficulty and pain with breathing. Throat plexus (chakra) imbalance.

Nutrition: Calcium, Manganese, Passion Flower, Solaray (or PHI) #10

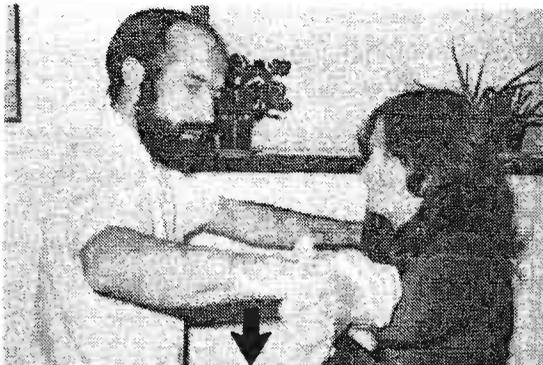
Emotions: Forgiveness, Bitter

Heart Meridian: Trace down only, from the armpit, down the inside of the arm to the end of the little finger.

Origin: Outer surface and upper border of the 7th rib.

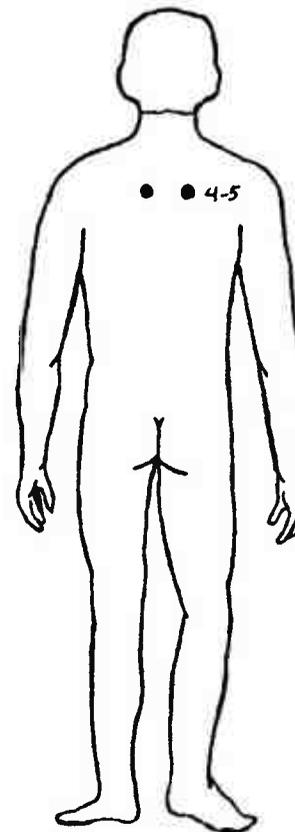
Insertion: Ventral surface on inferior angle of scapula.

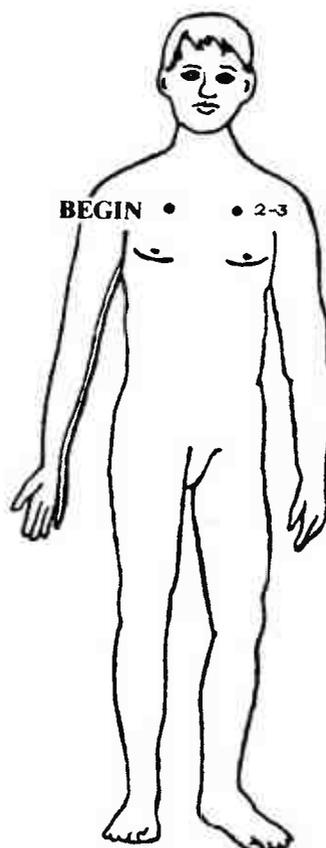
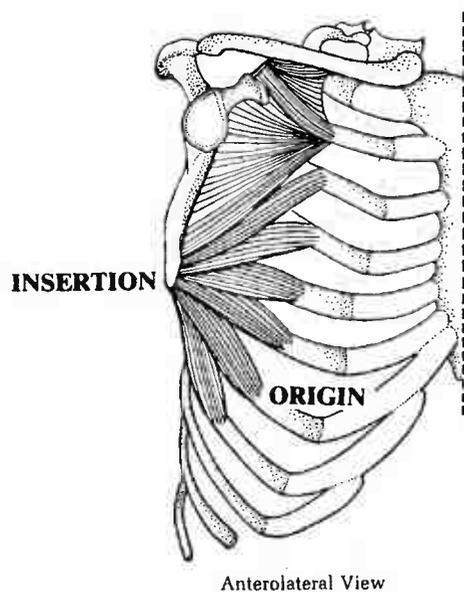
Front Neuro-Lymphatic Points: Between ribs 2-3, about 3 inches from midline.



Back Neuro-Lymphatic Points: Between T 4-5, one inch to each side of midline.

Neuro-Vascular Holding Points: Bilateral points half an inch superior to and half an inch lateral to the posterior fontanel (baby's soft spot on the back of the head).





Latissimus Dorsi Heart

Method of Testing:

Muscle Test: As in Touch For Health: Test with arm straight down at the side, wrist turned so that palm is facing away from the body. Be sure elbow is straight and torso has not changed position. Stabilize the shoulder. Pressure is at the forearm to pull the arm straight out to the side, away from the body.

Therapy Localize: Grasp the muscle just under the rib cage.

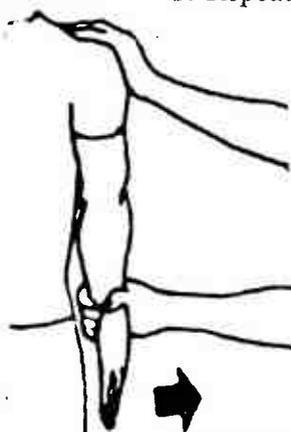
Massage Direction: Up and outward from the low back toward the shoulder.

Biokinetic Exercise:

1. Kneel upright, bring your right foot up behind you and grasp it with your left hand on the

outside of the right foot.

2. Arch back, turning far to the left, pull your shoulder down and back with your right foot. Rest for at least 30 seconds.
3. Repeat for the right side of the body.



Action: Adducts, extends, and hyperextends the shoulder joint. Holds the shoulder down and helps keep the back straight. In rope climbing, the latissimus dorsi acts to draw the trunk up towards the humerus. It is powerfully involved in rowing and swimming.

Antagonist: Longus Coli Vertical C6

Symptoms: Shoulder and low back pains. High shoulder on weak side. Gas pains in abdomen shortly after eating. Swelling and gas in the upper abdomen area (stomach) just

under the breast bone. Pyloric valve malfunction. Sensitivity ("allergy") to PABA. Temporal headache (just above ears). Malaise.

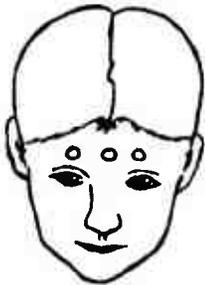
Nutrition: B-3, Lecithin, Pancreatin Complex (5 gr. whole, raw desiccated pancreas tissue, 1 gr. desiccated duodenal tissue), Chickory Root, Nitric Acid, Plumb. Met., Silicea.

Emotions: Forgiveness, Bitter.

Heart Meridian: Trace down only, from the armpit, down the inside of the arm to the end of the little finger.

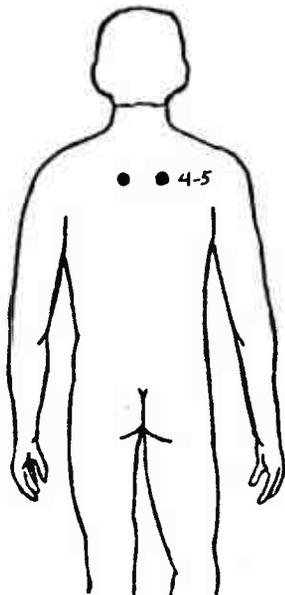
Origin: The spinous processes of the six lower thoracic and all the lumbar vertebrae, the back of the sacrum, the crest of the ilium, and the lower three ribs.

Insertion: Inside surface of the humerus just below the shoulder.



Front Neuro-Lymphatic Points: Between 4-5 ribs, 3-4 inches from midline of sternum, 1 inch inside of the nipples.*

Back Neuro-Lymphatic Points: Between T 4-5, one inch to each side of the



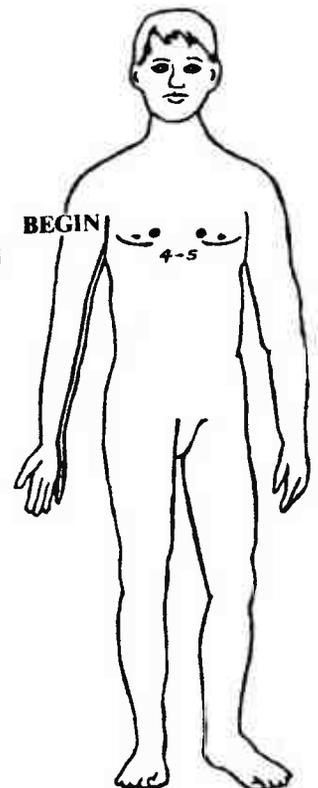
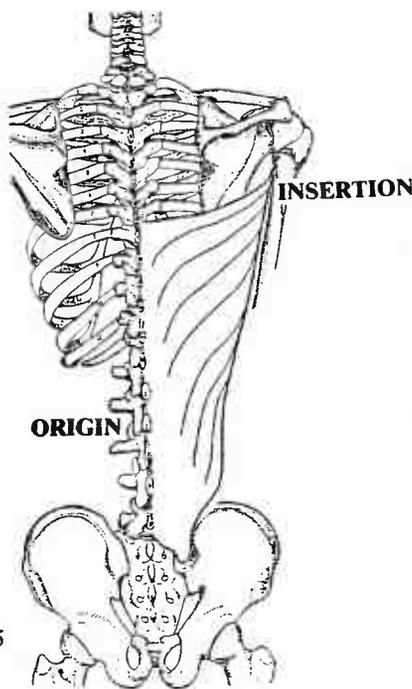
spine.

Neuro-Vascular Holding Points: Just below the frontal eminences and on the midline of the forehead at this same height.

*If it is not appropriate to massage this reflex, you could use a method that I discovered in 1980 that is very effective for stimulating points that, for some reason, should not be massaged. Point the fingers or either hand directly into the reflex (neuro-lymphatic point) while holding the palm of the other hand over the occiput. 30 seconds is usually sufficient time.

References

1. Biokinesiology Institute. Muscle Testing Your Way to Health. U.S.A., 1982
2. Biokinesiology Institute. The Atlas. East Longmeadow, Massachusetts: Celecom, 1981
3. Thie, John F., and Marks, Mary. Touch for Health. Marina del Rey, California: De Vorss, 1973
4. Topping, Wayne W. Balancing the Body's Energies. Bellingham, Washington, 1983



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OSHER BALANCING FOR SELF HARMONY

by Michaela and Ofir Touval

Is a new way of balancing and harmonizing the body's function and energy. This process happens in two levels: Physically and Mentally.

The method is based on the five Element principle. It happens and is taught in two parts:

FIRST (Basic)

Balancing the body's energy and harmonizing them using colours. Integrating the colours in the body using special movements.

SECOND (Advanced)

Use of the "Osher Energy" balances and harmonizes the whole body's energy and functions, (including the AURA field).

In our work we have noticed that 1) in a Harmonized Element, all shades of the basic colour will show strong while we muscle test the related meridian, 2) in an Unharmonized Element, the shades of the basic colour vary from meridian to meridian.

Example:

If Earth Element is harmonized, Spleen and Stomach meridians will show strong on all shades of the yellow colour. If the Earth Element is Unharmonized, each meridian will show strong on a variant of the yellow colour.

We balance and harmonize energies and function using colours and "Osher

Brain/Body Integration Movements."

THE TECHNIQUE - a shortcut

Educational Kinesiology - Clear for switching off, over-energy and dehydration.

In an unharmonized element

- a. A person is put in mode for the specific meridian.
- b. A person is shown shades of the basic colour and by muscle testing, the shade that will balance the meridian is found.
- c. Each meridian is balanced for 1 week with its shade; during this week, the body "learns" that this shade balances the meridian. After this week the body balances itself at once while looking at the shade.
- d. The body is asked (by muscle testing) to choose one of the two shades that will harmonize the whole element.
- e. This shade is integrated into the body by using "Osher Brain/Body Integration Movements" specific for each meridian, for 1 week long. Now the element becomes harmonized and integrated.

In a Harmonized Element

We begin with a and b, in c, it is a possibility that the related meridians will be found strong on the same shade, d, e.

The excellent result is that A PERSON CAN BALANCE HIMSELF IMMEDI-

ATELY BY LOOKING OR REMEMBERING ONLY (his) FIVE COLOURS.

The word "Osher" means in Hebrew a deep happiness that comes from our deepest feeling.

"Osher Energy" is a high power mental energy that balances and harmonizes the whole body's energy (Aura field) and function. This protects and shields us from internal and external negative influences.

The effect of "Osher Balancing" can be tested by using any kind of muscle testing, (usually we use the 14 TFH muscle test).

THE CLOCKTIME THEORY OF THE FIVE ELEMENTS II

According to the Clocktime theory of the five elements, I would like to present three other points of view about this theory. The TFH Book on page 110 shows a representation of the Wheel of Meridians energy flow and Subsidiaries. The Wheel details are represented here in three other positions based on the Clocktime theory of the five elements.

First

We see the wonderful connection between the elements and subsidiary also at the Clocktime theory.

Second

We notice that every meridian has 2 hours of most active time, 4 hours of rest, 4 hours of subsidiary, 6 hours rest, and again 4 hours of subsidiary and 4 hours of rest. The final result is that each meridian has 12 hours activity and 14 hours rest.

Third

Every element subsidizes six meridians. Three of them belong to pathway "A" Digestion and three belong to pathway "B" Liquids (page 2 Clocktime theory I).

The active time of the subsidiary between pathway "A" and "B" Fire - Earth, Fire - Wood, Water - Metal, is also 12 hours difference (page 3 Clocktime theory I).

On the Water element - liquids and Metal element - Digestion are the exit points of the body (page 4 Clocktime theory) and it is very interesting to discover that Water element subsidized four meridians belonging to Digestion and only two belonging to Liquids; while the Metal element is the opposite (subsidizing four meridians belonging to Liquids and only two on Digestion).

OSHER — BALANCING for self harmony

F I R S T

THE CONNECTION BETWEEN THE ELEMENTS AND
 SUBSIDIARY, ACCORDING TO THE CLOCKTIME THEORY

THE ELEMENT	MOST ACTIVE	THE MERIDIAN	SUBSIDIARY MERIDIANS	PATHWAY
FIRE	11°° 13°°	H	LI K CX L	B
	13°° 15°°	SI	S LI CX TW	
WATER	15°° 17°°	B	TW GB	B
	17°° 19°°	K	S SP GB LV SP H	
FIRE	19°° 21°°	CX	LV L	B
	21°° 23°°	TW	H SI L LI SI B	
WOOD	23°° 01°°	GB	LI S	A
	01°° 03°°	LV	B SI K CX S SP	
METAL	03°° 05°°	L	SP H	A
	05°° 07°°	LI	CX TW H SI TW GB	
EARTH	07°° 09°°	S	SI B	A
	09°° 11°°	SP	GB LV B K LV L	
FIRE AGAIN	11°° 13°°	H	K CX L LI	B

OSHER BALANCING FOR SELF HARMONY
International Journal

S E C O N D
THE ACTIVE AND REST TIME OF THE MERIDIANS
ACCORDING TO THE CLOCKTIME THEORY

THE MERIDIAN	MOST ACTIVE	R E S T T I M E	SUBSIDIARY	ELEMENT PATHWAY
H	11° 13° = 2	13° 17° = 4 21° 03° = 6 07° 11° = 4	K - CX = 4 hr. L - LI = 4 hr.	FIRE/B
SI.	13° 15° = 2	15° 19° = 4 23° 05° = 6 09° 13° = 4	CX- TW = 4 hr. LI- S = 4 "	FIRE/B
B	15° 17° = 2	17° 21° = 4 01° 07° = 6 11° 15° = 4	TW- GB = 4 " S - SP = 4 "	FIRE/B
K	17° 19° = 2	19° 23° = 4 03° 09° = 6 13° 17° = 4	GB- LV = 4 " SP- H = 4 "	FIRE/B
CX	19° 21° = 2	21° 01° = 4 05° 11° = 6 15° 19° = 4	LV- L = 4 " H - SI = 4 "	FIRE/B
TW	21° 23° = 2	23° 03° = 4 07° 13° = 6 17° 21° = 4	L - LI = 4 " SI- B = 4 "	FIRE/B
GB	23° 01° = 2	01° 05° = 4 09° 15° = 6 19° 23° = 4	LI- S = 4 " B - K = 4 "	WOOD/A
LV	01° 03° = 2	03° 07° = 4 11° 17° = 6 21° 23° = 4	S - SP = 4 " K - CX = 4 "	WOOD/A
L	03° 05° = 2	05° 09° = 4 13° 19° = 6 23° 03° = 4	SP- H = 4 " CX- TW = 4 "	METAL/A
LI	05° 07° = 2	07° 04° = 4 15° 21° = 6 01° 05° = 4	H - SI = 4 " TW- GB = 4 "	METAL/A
S	07° 09° = 2	09° 13° = 4 17° 23° = 6 03° 07° = 4	SI- B = 4 " GB- LV = 4 "	EARTH/A
SP	09° 11° = 2	11° 15° = 4 19° 01° = 6 05° 09° = 4	B - K = 4 " LV- L = 4 "	EARTH/A

Michaela and Ofir Touval
 Touch For Health July, 1987

T H I R D

THE SUBSIDIARY MERIDIANS AND THE PARTITION
 ACCORDING TO THE CLOCKTIME THEORY

THE ELEMENT	THE MERIDIAN	SUBSIDIARIES	T I M E	PATHWAY
FIRE	H	K CX TW	17°° 23°°	B
	SI	L LI S	03°° 09°°	A
WATER	B	S SP GB LV	07°° 11°° 23°° 03°°	A
	K	H TW	11°° 13°° 21°° 23°°	B
FIRE	CX	LV L LI	01°° 07°°	A
	TW	H SI B	11°° 15°°	B
METAL	L	H SI CX TW	11°° 15°° 19°° 23°°	B
	LI	SP GB	09°° 11°° 23°° 01°°	A
WOOD	GB	LI S SP	05°° 11°°	A
	LV	B K CX	15°° 21°°	B
EARTH	S	GB LV L	23°° 05°°	A
	SP	SI B K	13°° 19°°	B

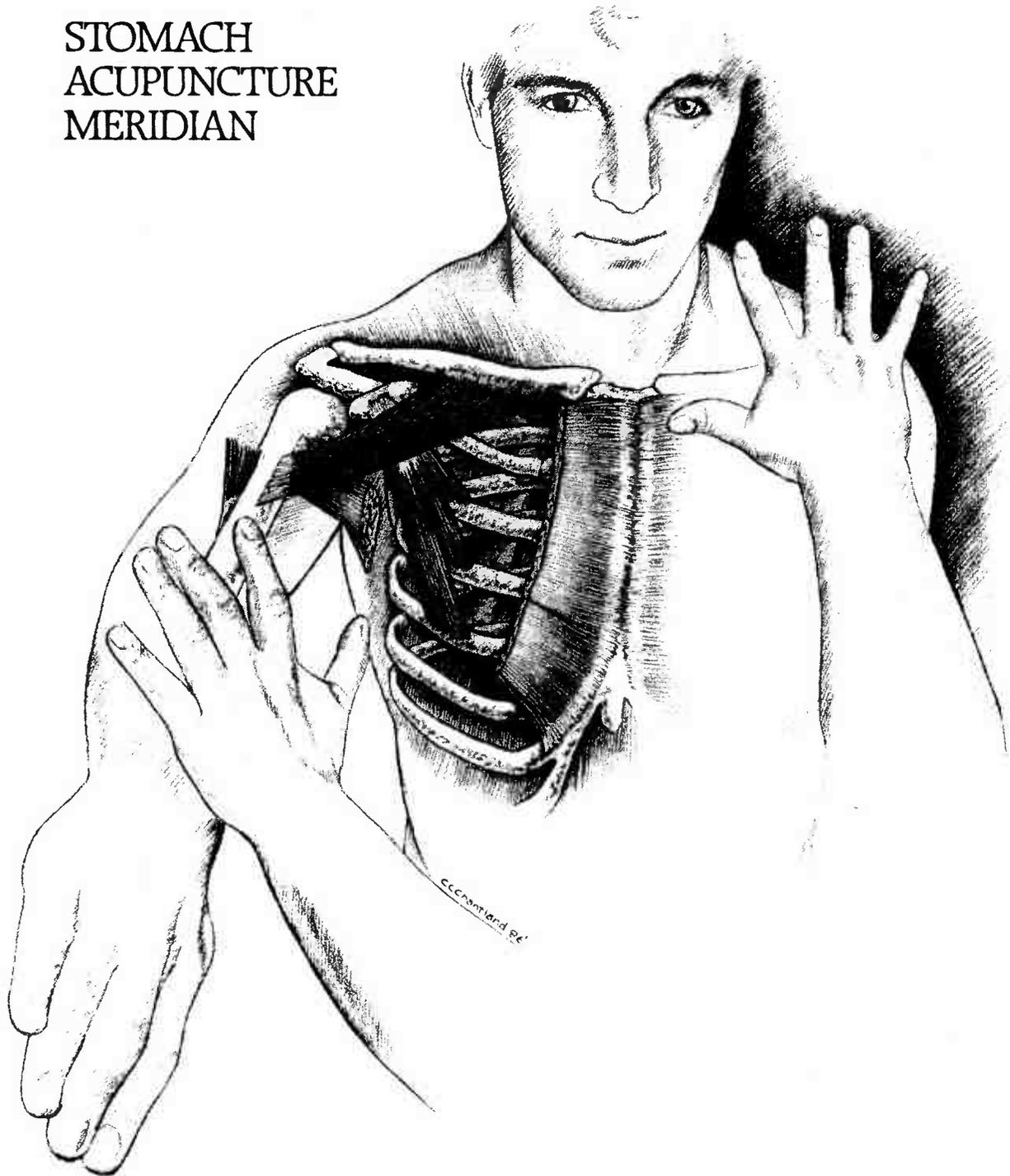
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PECTORALIS MAJOR CLAVICULAR

STOMACH
ACUPUNCTURE
MERIDIAN



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Barbe DeKeyser, stomach

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DEDICATION:

A special thank you to all the people supporting the Applied Physiology Publishing goals for their support and pledges. This first muscle chapter is given with love to all that care.

Love,

A handwritten signature in cursive script, appearing to read "Richard D. Utt". The signature is written in dark ink and is positioned below the word "Love,".

PECTORALIS MAJOR CLAVICULAR

The pectoralis major muscle is located on the frontal chest wall. It provides structural protection to the upper chest along the sternum, up to and including, the medial half of the clavicle. This muscle is divided into two sections, the clavicular segment and the sternal segment. The clavicular portion is innervated by efferent nerve fibers originating from the 5th, 6th and 7th spinal segments, through the brachial plexus and on into the lateral pectoral nerve bundle to the muscle.

The pectoralis major clavicular (PMC) originates from the anterior half of the sternal end of the clavicle. It extends laterally across the lower borders of the acromian process where its spindle cells predominate, tucking under the anterior deltoid and inserting to the lower half of the lateral bicipital groove of the humerus.

The insertion of the PMC is crossed under and upward on the humerus to the greater tubercal by the pectoralis major sternal (PMS). This insertion is just lateral on the humerus to the insertion of the latissimus dorsi which is just lateral to the teres major. The insertion of the subscapularis is superior and medial, while the insertion of the deltoid is inferior and parallel to the PMC.

PRIMARY RANGE OF ISOLATED MOTION

The PMC's primary range of isolated motion is quite interestingly taken for granted. Most often the PMC is ignored for its much larger counterpart the PMS. For many years, the majority of researchers combined the pectoralis major as one muscle. In today's society, body builders use muscle burning techniques to expand extrafusal muscle fibers of the PMS to be admired by the glimpse of an eye rather than toning fibers for endurance purposes. It should be noted that toning this muscle group, and in particular the PMC, will add a greater degree of coordinated muscle movement.

The PMC, though not noted for its bulk, plays a major role in shoulder stabilization. At its origin, this muscle braces the sterno-clavicular joint, along with the sterno-clavicular ligament and directly below that the costo-clavicular ligament.

Due to its location, the PMC acts to coordinate shoulder movement. An example of this coordination is clearly evident in the swinging of a baseball bat. When a right-handed batter assumes the batting stance, the following would be observed. The left PMC is fully contracted, while the right PMC is partially extended. At the moment the decision is made to swing, the right PMC and PMS would facilitate concentric contraction as well as the right antagonistic group on the scapula inhibiting or letting go into this motion, while the left PMC and PMS would inhibit into extension. Simultaneously, the left PMC and PMS antagonists attaching to the scapula would be facilitating contraction. When the controlling muscle, the PMC, is in homeostasis, it allows the rest of the shoulder to bring the bat around on a level plane. In this example, the right PMS would generate the force of the swing, while the ipsilateral PMC would act to facilitate accurate control of the bat. It should be understood at this point that other muscles are facilitating and inhibiting during this process. It is our aim to focus upon the pectoralis group.

Many professional and collegiate baseball players often assume that a batting slump exists because a series of events has superstitious

overtones. In my clinical observations of these ball players, this is not true. When in fact their batting slump is a direct result of any combination of four different stress conditions. Two of the four stress situations, hypo and/or hyper, bilaterally and/or ipsilaterally, will appear when the following conditions are observed. An attitudinal imbalance is noticed when the batter will swing up into the ball or down onto the ball continuously creating pop-ups and ground balls rather than line-drives. A sloppy movement occurs and batters will tend to overswing and lose balance, such as what Reggie Jackson is notoriously famous for. A reactive muscle condition will often occur at the muscles in the wrist, in particular around the capitate bone (the center of gravity to the wrist), facilitating dropping of the bat. One more observation is that these hitters often pull the ball to left field, but more often than not, hit the ball foul left of third base.

The other two stress states, hypo and/or hyper frozen, will present themselves in the following situations. The batter will find it difficult to follow through and will often display a choppy, hesitant swing. Most often in this situation, they will hit line-drives, but usually to the opposite fields. It is also observed that these hitters are late in getting around on pitched fast balls and strike out frequently.

The results of the frozen condition for prolonged periods of time will eventually show up in a difficult to correct posture deviation known as hunchback or hunched shoulder. The shoulders will appear to draw forward and upward as the scapula abducts or pulls away from the spine.

The tiny pectoralis minor is assisted by the many fibers of the anterior serratus in abducting the scapula upward and away from the vertebrae. The entire pectoralis group, major and minor, will be hypo and/or hyper frozen developing this postural deviation.

ARCHITECTURE OF THE SHOULDER

SYNERGISTS

The shoulder is primarily made up of three bones, with the clavicle in the front, the scapulae in the back and the humerus extending from the main frame. The shoulder movement is quite extensive and requires a tremendous amount of neurological integrity and integration. The discussion of the PMC, its synergists and antagonists, for purposes of this chapter are limited to the test range of motions described in this text.

The original design is quite impressive. The muscle involvement is synchronized via nerve routes to the brain so that the arm can have great dexterity and range of motion. The PMC and PMS attach to the clavicle and sternum supporting the clavicle on the medial end. Together they adduct the humerus forward by working synchronously with the teres major and latissimus dorsi. These are the major synergistic muscles used with the PMC in shoulder adduction and rotation. The subscapularis, often times considered a prime synergist, rides so high on the humerus medial to the pectoralis major muscle, that it provides but just a little assistance in medial rotation. Its primary function is to hold the humerus in the glenoid cavity. The pectoralis minor reaches up under the pectoralis major from the rib cage on the front to the middle of the coracoid process. When the PMC activates, the pectoralis minor pulls the top of the scapula forward and away from the spine. The scapula is abducting at the same time the humerus is adducting. The subclavian muscle adds integrity and stability to the PMC providing it with more control by limiting its upward movement.

SYNERGISTS TO PMC

Medial Rotation

Teres Major
Subscapularis
Latissimus Dorsi
PMS
Anterior Deltoid
Etc.

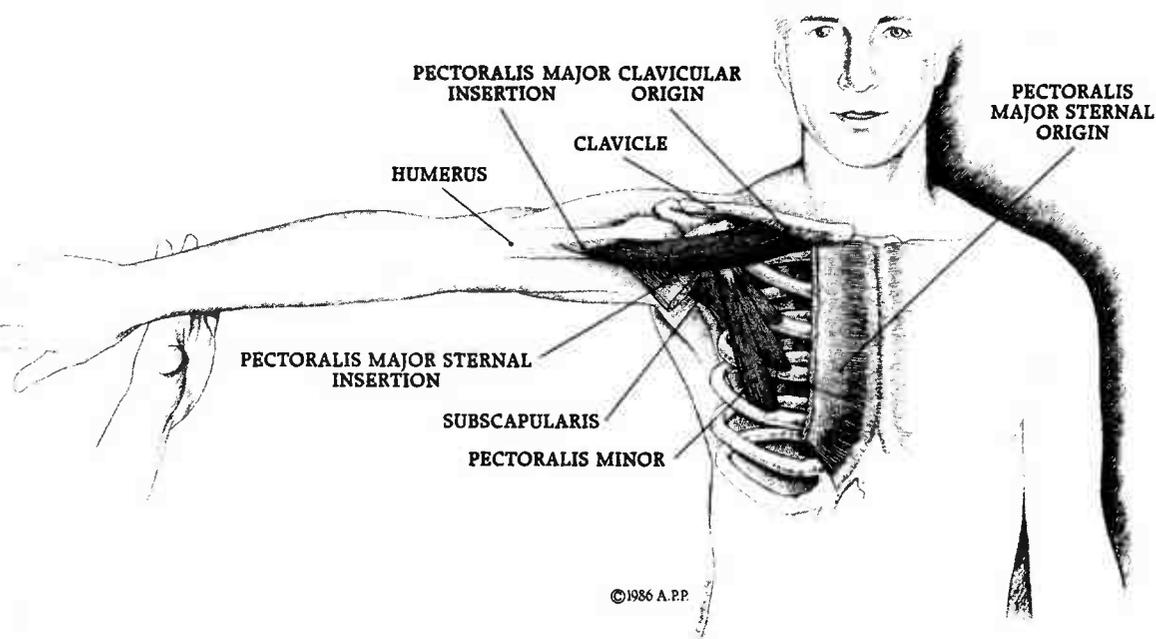
Adduction

Pectoralis Minor
Coracobrachialis
PMS
Triceps Longhead
Anterior Serratus
Latissimus Dorsi
Etc.

Origin: Anterior surface of the medial half of the clavicle.

Insertion: Lateral lip of the bicipital groove of the humerus.

Action: Pulls the humerus toward the midline of the body. Assists in medial rotation.



ANTAGONISTS

The antagonistic action of the PMC is lateral rotation and lateral abduction. The teres minor, supraspinatus, posterior deltoid, and infraspinatus reach out from various locations on the scapula to accomplish this action. Synchronously the rhomboids, mid, upper and lower trapezii and levator scapulae draw the scapula inward and upward toward the spine and the skull.

These secondary antagonists by comparison to the direct antagonists assist in shoulder abduction by pulling the scapula toward the spine giving strength to the muscles attaching from the humerus to the scapula.

In lateral rotation, the posterior deltoid, teres minor, supraspinatus, and infraspinatus bring the humerus to full lateral rotation.

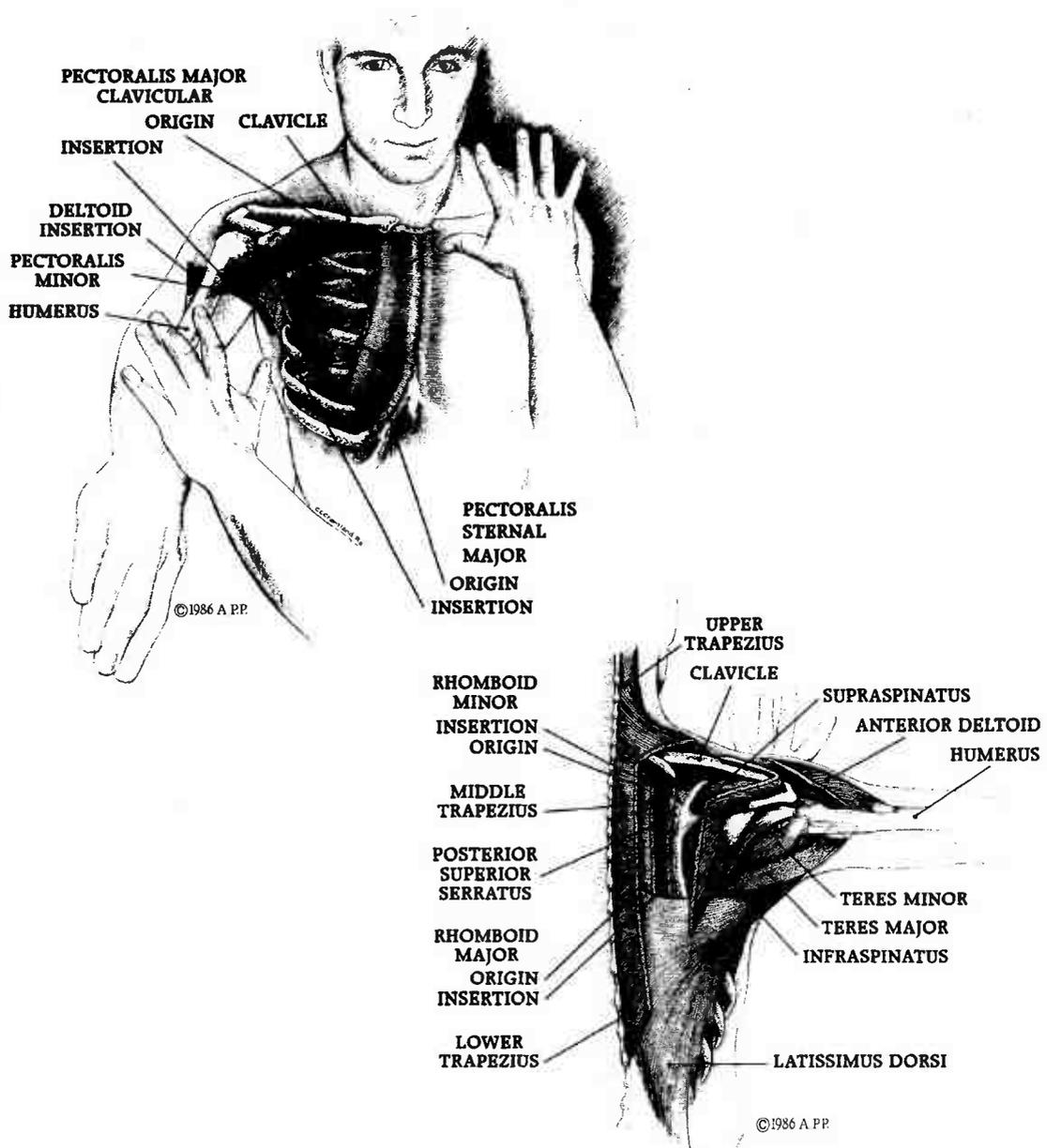
ANTAGONISTS TO PMC

Lateral Rotation

Posterior Deltoid
Teres Minor
Supraspinatus
Infraspinatus
Etc.

Abduction

Posterior Deltoid	Levator Scapulae
Teres Minor	Infraspinatus
Upper Traps	Supraspinatus
Mid Traps	Rhomboid Maj/Min
Lower Traps	Etc.



HYPO TEST: ADDUCTION

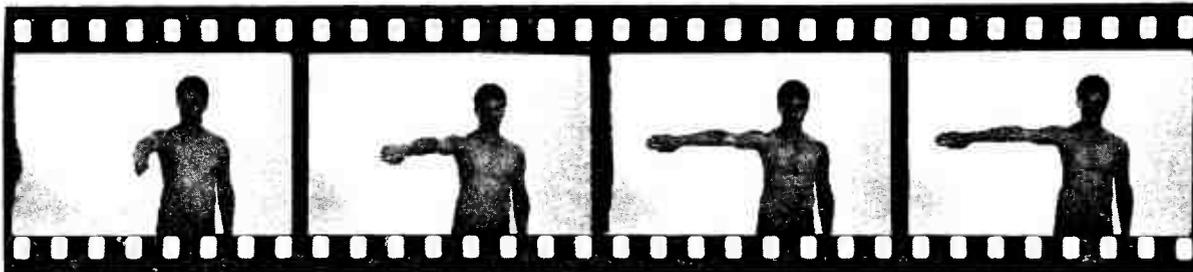
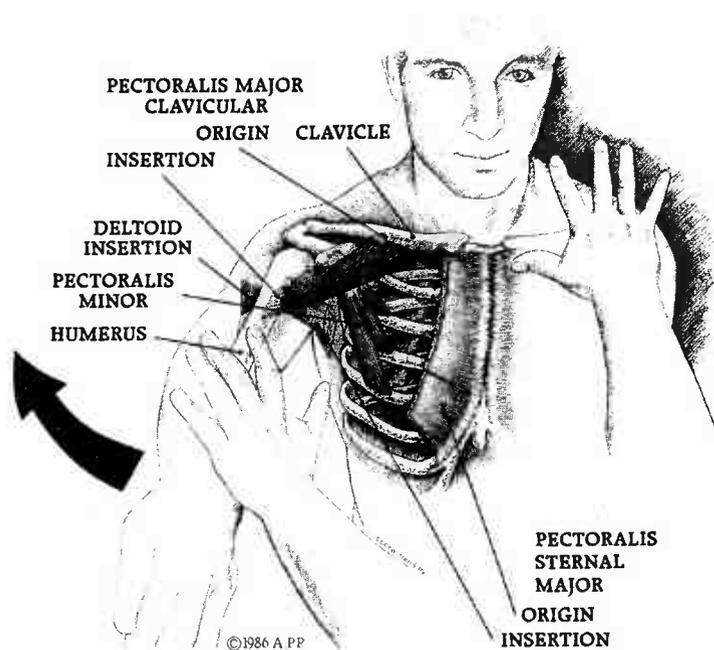
Position:

With the back stabilized preferably supine, the arm is fully extended anterior from the body at 90°. The thumb is pointing toward the feet as the elbow is extended and locked. The palm of the hand is facing lateral, while the dorsum of the hand is facing medially.

Test:

The tester should stabilize the opposite shoulder as well as the entire back by bracing against a solid object and hold the extended arm at the wrist medially. Apply three to five lbs. of pres-

sure for adequate testing. The direction of pressure will vary. If the testee has a clavicle that is level across his shoulder from the sternum to the acromion, the pressure should be applied directly lateral at 90° from the body. If the clavicle of the testee is at an angle downward from the sternum to the acromion process, the pressure should be directed down and out (toward abduction at a 60° angle). These tests were clinically shown over a period of time to be more accurate than the original 90° PMC adduction test by Kendall et al.



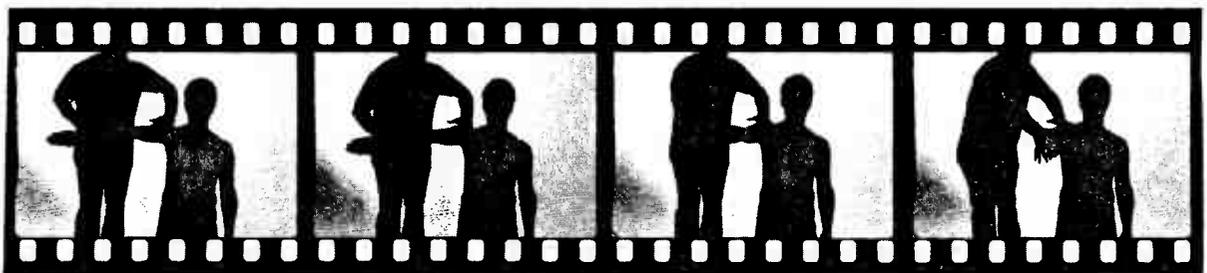
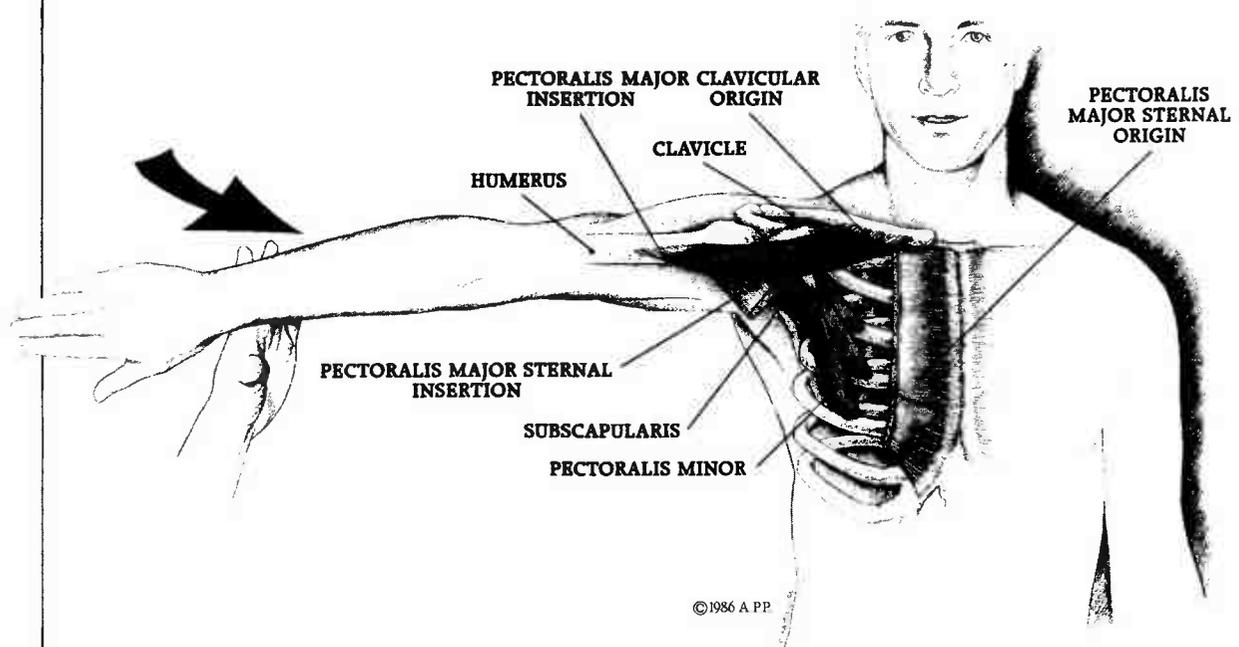
HYPER TEST: ABDUCTION

Position:

Stabilize the back so that movement of the torso is neutralized while testing. The arm should be laterally extended to the side at 90°, if the clavicle of the testee is level from the sternum to the acromion process. Should the testee have a clavicle that descends from the sternum to the acromion process, the starting position would be to extend the arm inferiorly at 60° lateral from the midline of the body. The thumb should be turned downward with the dorsum of the hand facing anteriorly.

Test:

Brace the ipsilateral shoulder while positioning the testing hand on the palm side of the wrist. If the arm being tested is from 90° because of the location of clavicle, add 3 to 5 lbs. of pressure medially, applying force anteriorly (toward adduction). Should the vertical clavicle be observed the arm should be tested from 60° by applying 3 to 5 lbs. of pressure medial and upward toward adduction.



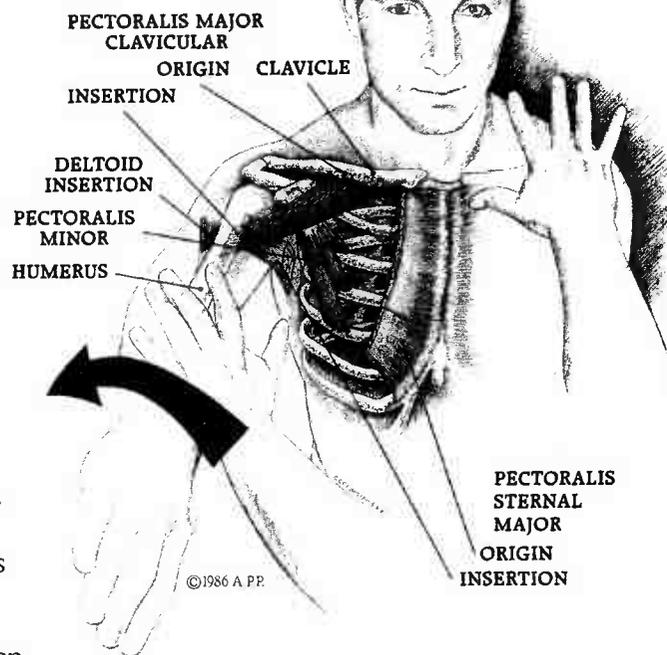
HYPO TEST: ROTATION

Position:

With the arm rotated medially, position the subject's shoulder in a 90° forward extension, bending the elbow 90° medially. The arm should be forward and across the body, with the palm of the hand facing anteriorly and the thumb pointing down.

Test:

Brace the elbow superiorly while putting the testing hand inferiorly at the wrist. The test is to apply 3 to 5 lbs. of pressure upward and lateral. Do not allow the shoulder to lose its 90° forward position. The humerus will now be rotating laterally. The PMC and PMS will be extending in rotation.



Note:

The rotation test is given the PMC nomenclature because the Stomach Sedation and Tonification Points effectuate unlocking from contraction to extension and extension to contraction.



HYPER TEST: ROTATION

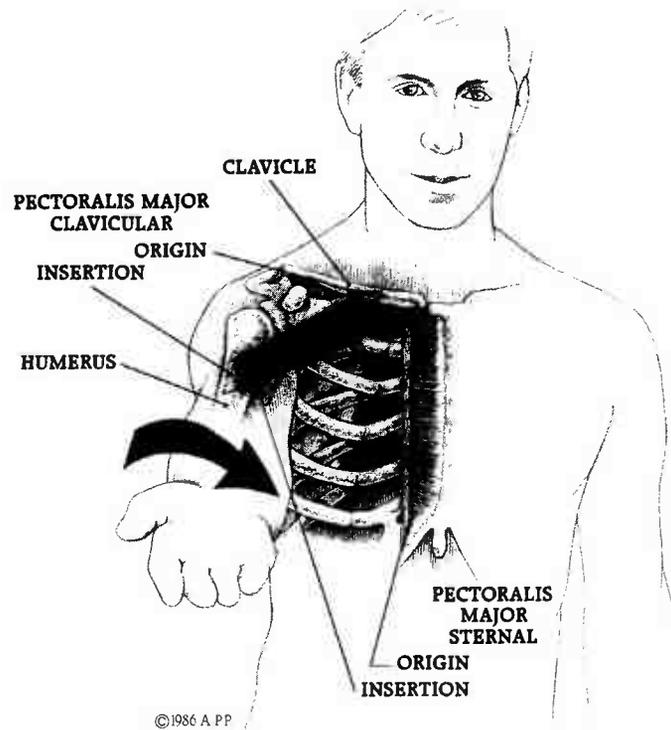
Position:

Extend the arm forward at 90° with the palm facing upward and the thumb lateral. Bend the elbow upward and pronate the wrist so the palm of the hand is facing anteriorly with the thumb medial. These test positions were devised to give maximum leverage in testing, thus preventing the test to be done with the arm in full extension by twisting the wrist. It has been proven that rotating the wrist medially for this test is not

advantageous due to the fact that it requires too much pressure at the wrist and often creates a carpal tunnel condition.

Test:

Put bracing palm of hand medial and inferior to the elbow then apply three to five lbs. of pressure on the lateral side of the wrist in a direction medial and inferior.



STOMACH

The functions of the stomach are threefold: 1) storage of large quantities of food immediately after eating; 2) mixing of the food with gastric secretions; and 3) emptying of the food from the stomach into the small intestine.

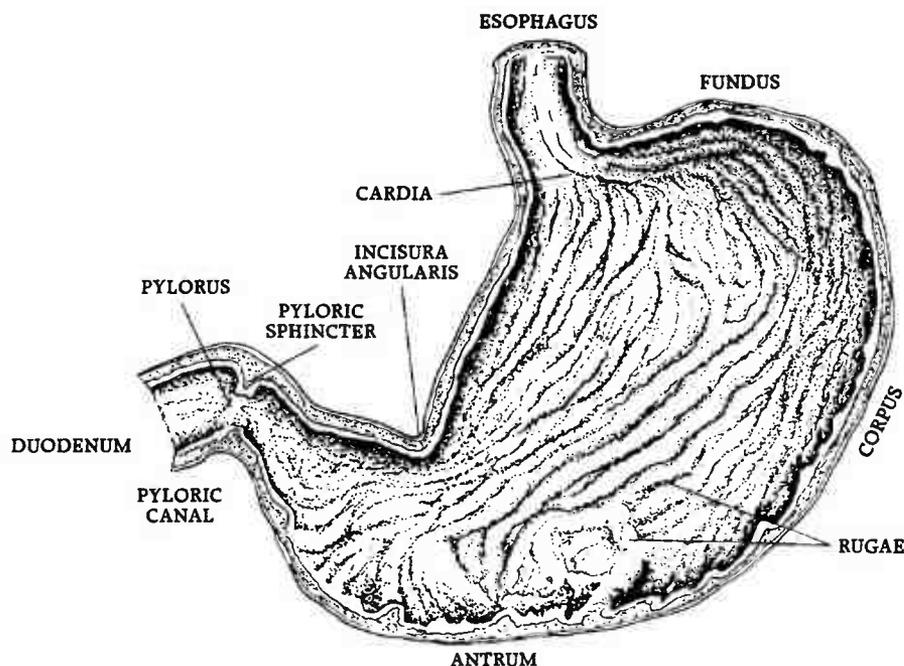
The food that comes from the esophagus first enters into the corpus of the stomach, an area of the stomach which has a high density of gastric glands covering the mucosa. By peristaltic action, the food is mixed approximately every 20 seconds, slowly moving the food towards the antrum of the stomach as chyme. As the chyme reaches the antrum of the stomach, it neurologically triggers signals that food has arrived. The peristaltic pressure now increases at the pyloric sphincter and the chyme is propelled to the duodenum.

The movement of chyme is proportional to its fluidity as well as the amount present in the duodenum. The enterogastric reflex spreads backward from the duodenum to the stomach to inhibit peristalsis when the duodenum is full. This prevents overfilling of the duodenum.

This same enterogastric reflex protects the duodenum from over acidity. When the acid levels are too high, peristaltic action will decrease until the pancreatic enzymes enter the duodenum neutralizing the acid condition. Normal peristalsis will now resume.

Fats in the small intestine will also inhibit stomach action. A hormone called enterogastrone is released into the bloodstream and carried to the stomach to slow the stomach's peristalsis. This allows adequate time for fat metabolism.

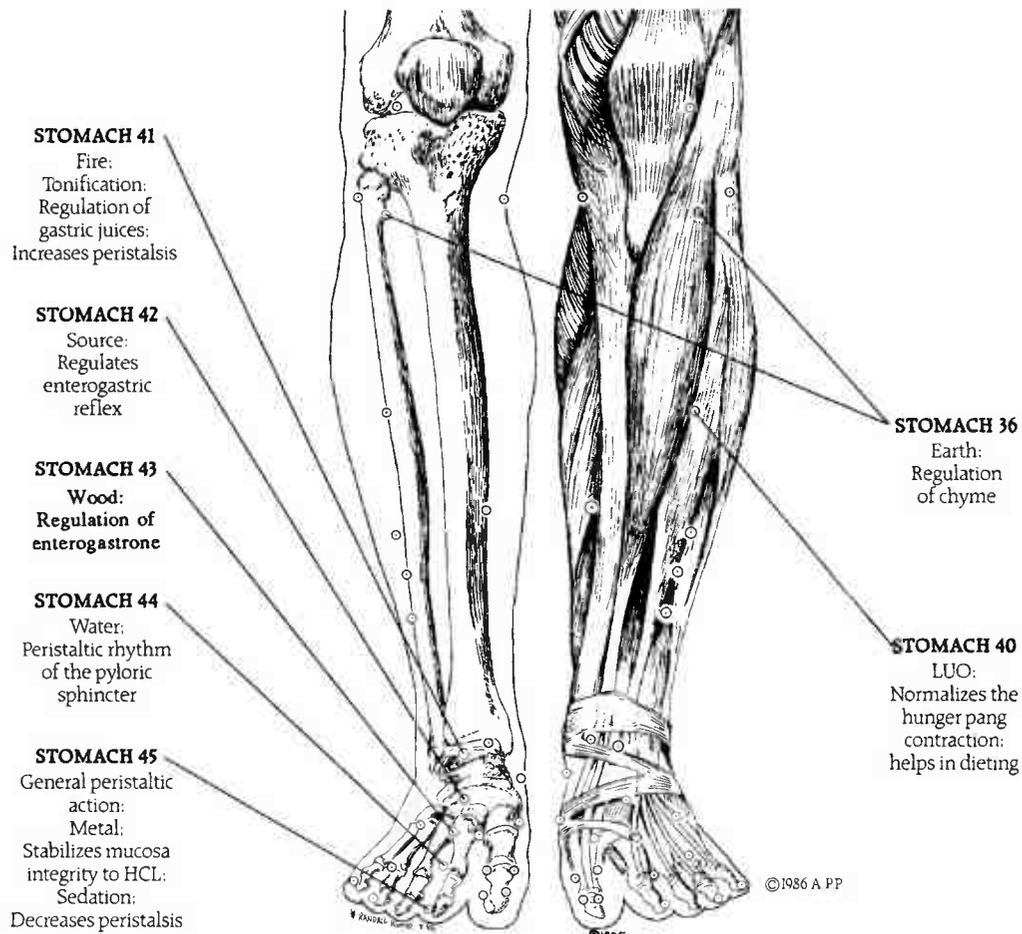
Another type of contraction takes place in the stomach when the stomach has been empty for 6 to 24 hours. These are the powerful contractions that are known as hunger pangs. They last from 2 to 10 minutes causing a tight sensation in the pit of the stomach. This is a natural occurrence. After several days of being empty from fasting these hunger pangs subside.

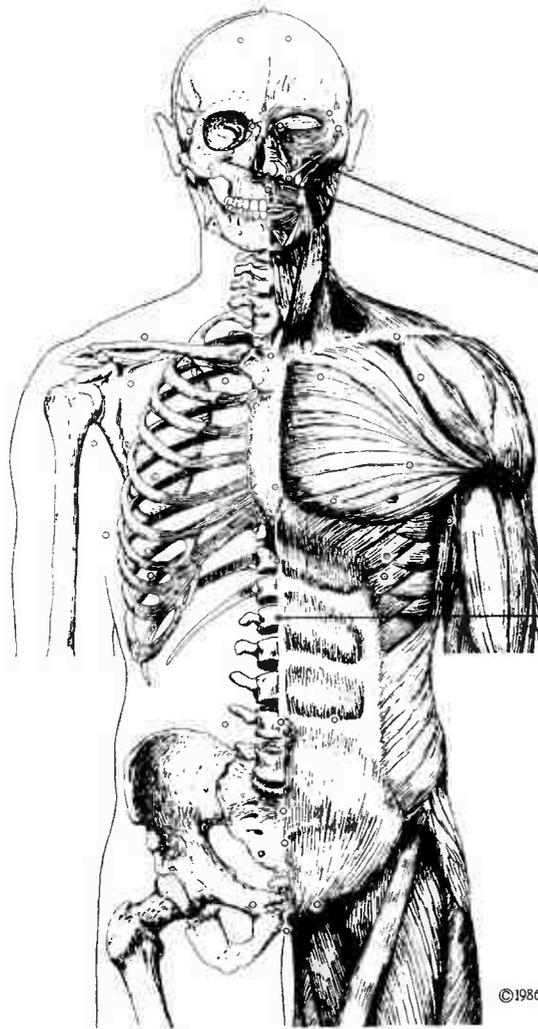


STOMACH ACUPUNCTURE MERIDIAN

The stomach acupuncture meridian consists of 45 points. These points represent the yang portion of the earth element. Yellow is the color that is represented for this element. Like all meridians, the stomach has a point on the bladder meridian that can store its excess energy. That point is Bladder 21. The stomach meridian's alarm point is Central Vessel 12. Through imperial testing and several years of research, the following acupuncture points have been listed with their corresponding functions. In balancing the physiology of the stomach, it is important that the stress conditions of these acupuncture points be harmonized. The value of balancing these points is no less important than the value of balancing the PMC or any other muscle relating to the stomach's acupuncture meridian. It is important to analyze each of these points for its homeostatic condition.

Stomach 1 & 45		General Peristaltic Action
Bladder 21	Association Point	Overflow Capacitor for Excess Energy from the Stomach Acupuncture Meridian
Central Vessel 12	Alarm Point	Indicates Imbalance Somewhere in the Stomach Meridian System
Stomach 36	Earth	Regulation of Chyme
Stomach 40	LUO	Normalizes the Hunger Pang Contraction—Helps in Dieting
Stomach 41	Fire	Regulation of Gastric Juices
Stomach 41	Tonification	Increases Peristalsis
Stomach 42	Source	Regulates Enterogastric Reflex
Stomach 43	Wood	Regulation of Enterogastrone
Stomach 44	Water	Peristaltic Rhythm of the Pyloric Sphincter
Stomach 45	Metal	Stabilizes Mucosa Integrity to HCL
Stomach 45	Sedation	Decreases Peristalsis

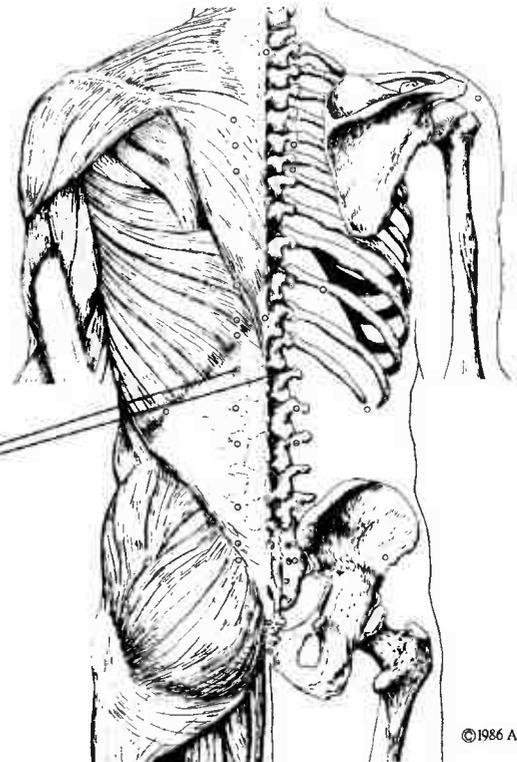




STOMACH 1
General
peristaltic
action

CENTRAL VESSEL 12
Alarm Point:
Indicates imbalance
somewhere in the
stomach meridian
system

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BLADDER 21
Association Point:
Overflow capacitor
for excess energy
from the stomach
acupuncture meridian

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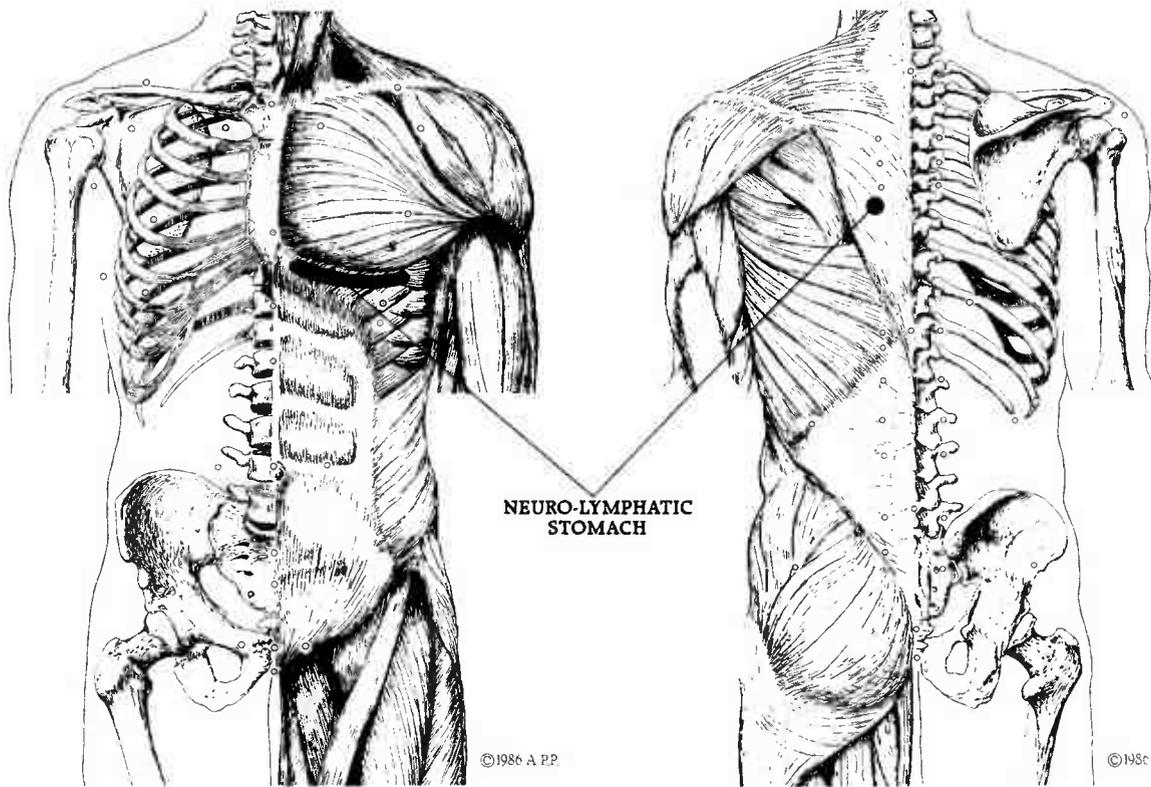
NEURO-LYMPHATIC REFLEXES

Location: Anterior: 6th intercostal space from mamillary line to sternum on the left.

Posterior: Between T6-7 near laminae on left.

This Chapman reflex (renamed the neuro-lymphatic reflex by Goodheart) gives us the stress readout pattern of the nervous system from the stomach related muscles being tested at its nuclear bag with the afferent Primary (anulo-spiral endings) fibers to the spinal segment. It is imperative while righting the motor function at the muscle level, that the lymph flow around the neural tissue be functional.

This neuro-lymphatic circuit demonstrates two-fold physiology. First, the neurological impulse flow from the muscle to the spinal segment (Schmidt et al.); and second, the facilitation properties of the sympathetic nervous system. The sympathetic nervous system increases motility and tone while stimulating secretions in the stomach. As described in previous chapters, it is important to check these neuro-lymphatics for sympathetic response as well as motor response.

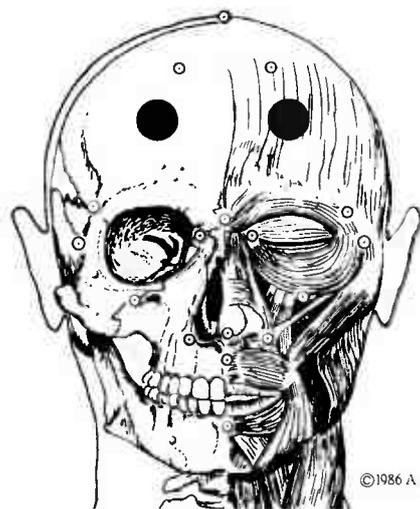


NEUROVASCULAR

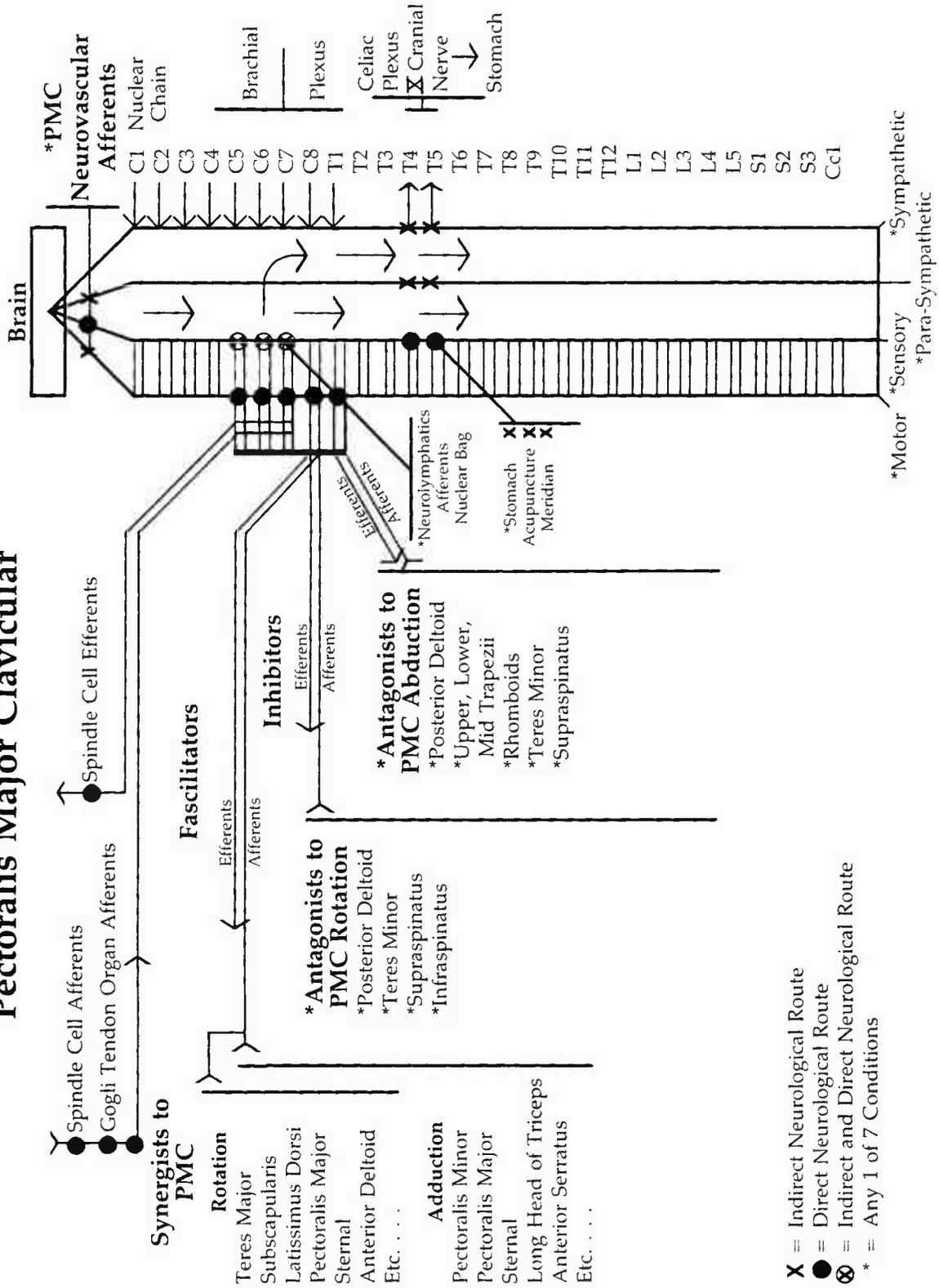
Location: Bi-lateral frontal bone eminences

Located bi-laterally at the frontal bone eminences of the cranium these Bennett reflex points (renamed by Goodheart as the Neuro-Vasculars), reflect the pathway from the nuclear chain via the Secondary (Flower Spray Endings) to the cerebrum of the brain (Schmidt et al.). The capillary flow of blood is regulated by these points to all of the muscles relating to the stomach and the stomach itself. The frontal eminences are major entry points into the nervous system. The neurovasculars give us a readout of the motor response from the spinal segment to the cerebrum. The neurovasculars also represent the parasympathetic action (inhibition) of the 10th cranial nerve to the stomach by decreasing motility, tone, and slowing secretions. This parasympathetic response is not a direct nerve connection from the neurovascular, but rather works on the principle of transmission, such as a garage door opener triggering the motor to react via a frequency prearranged for it to accept.

These neurovasculars are also noted to be "emotional stress release points." It is my feeling that the balance of these points inhibits all of the organs affected by the 10th cranial nerve through the parasympathetic nervous system.



NEURO-ELECTRO FLOW CHART Pectoralis Major Clavicular



- X = Indirect Neurological Route
- = Direct Neurological Route
- ⊗ = Indirect and Direct Neurological Route
- * = Any 1 of 7 Conditions

ACKNOWLEDGMENTS:

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For further information regarding, **STRESS: THE NATURE OF THE BEAST, The Art and Science of Monitoring Muscle Tension**, contact:

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Touch For Health July, 1987

THE CHICKEN SOUP APPROACH

by Idelle Weissenberg

Chicken Soup has made the headlines as a cure for colds, sore throats and flu. Authoritative medical sources have recommended home-made chicken soup when over the counter drugs have failed. The simple ingredients of chicken, celery, carrots, onions and seasoning aren't what do the trick; the tender loving care and good intent must be the secret ingredients.

I began to realize that I was using the Chicken Soup Approach on a one to one basis for relieving a stressful neck, head or body ache for a long time. Everyone of you are capable of performing this simple method to help a friend in need. There isn't a day that goes by that someone doesn't complain to me — My neck is killing me! Can you get rid of my headache? — My back hurts around my shoulders. Now you can't run and get your Touch for Health book or chart, your massage table or start balancing 14 muscles for a friend that is sitting at an office desk or your manicurist who bends forward tensing her back for hours on end when they cry for help. But we do have at our fingertips the knowledge we have learned, our hands, our need to give TLC and our loving intent.

I have found that in the past twelve years that I have involved myself with TFH and the Holistic Approach, I have gotten more pleasure and satisfaction from helping someone in a few minutes rid themselves of simple related pains than giving a 14 or 42 muscle balance or teach a large class. What I want to remind you of at this point is, don't forget to ask if it's OK for you to touch them and be sure that you allow the broken bones and torn ligaments to be left for the medical professionals to treat. I usually find that after a short conversation the thing most people suffer from is blocked energy, weak muscles or muscles in spasm. I

mentally refer to the basic premise: "The 5 ways that cause blockage and imbalance are the food we eat, the water we drink, the exercise we get or don't get, the air we breathe and emotional stress." In the years of helping people with chronic complaints, the major culprit is blocked energy.

Three examples that have worked for me with acquaintances I met on my recent trip to Florida will follow:

Case #1

Mark, our tour guide, spent a week before the bus tour training and running in the Boston Marathon. He started his job with excruciating pain in his right gluteus and had tension in his back. I could see that he was in excellent physical condition but had over-extended his muscles. He was a perfect subject for my CSA. I waited until I rotated to the front seat of the bus and asked the usual, "I think I can help you. Is it all right if I touch you?" With his affirmation and my knowledge that the gluteus ran through his bladder meridian, I used the simple method of acupressure for pain; holding a finger from one hand and pressing the index finger from my other hand up along the meridian until I found another tender area, then changing fingers when the initial pain became less painful than the second area. I covered the meridian upward until I reached the eye. I massaged his upper neuro-lymphatics and several lower ones concentrating on and finding opposing back neuro-lymphatics while explaining the swinging door concept to him. His pubic points needed massage and it would have been embarrassing for both of us, since the other tourists were already laughing and joking about our close contact. I gave him homework and told

him how to massage the points himself. My usual CSA includes massaging the shoulder blade area and the muscles on the top outside of both arms; these points along with giving deep breathing instructions are great body relaxers.

Results:

The next day, Mark's discomfort was almost completely gone.

Case #2

The tennis and golf instructor in a luxurious resort halfway down the Florida Keys was a healthy, young girl who mentioned to me that she had a terrible headache and had one almost every day. I asked her if she smoked and she immediately responded with, how did you know?" My answer was that you look healthy, you work in this beautiful smog free environment, the first thing that came to my mind was cigarettes. I must interject at this point to tell you to trust your inner judgment; they are more accurate than we let ourselves believe. I did a quick muscle test and let her smell her own unlit cigarette and showed her how the muscle weakened. I gave her the CSA and explained to her about blocked energy and opposing muscles. I asked her to groan while deep breathing, rotate her neck and shoulder and then I massaged all the upper neuro-lymphatic points, her shoulder blades, upper arms and did some neck stretches and neck isometric press. With headaches I usually lightly tap the top of the head with my fingertips starting from the middle front of the forehead to the back working down to the sides and around the ears ending down the neck. I asked her whether she ever used permanent marking pencils and she immediately ran to the porch by the golf check-in chart and returned with several of them. We did another muscle test, with her smelling the pen and the muscle blew. She was amazed at the result and told me sheepishly that her 3 year old son colored with

them every day after nursery school while he was waiting for her to get off from work. Her son was running around at the time as hyper as a child could be and I already had a suspicion that some of her stress came from all three, cigarettes, pens and her hyper son. She promised to get water-color pencils. The process took me 5-10 minutes.

Results:

Headache disappeared. The single muscle tests convinced her that I keyed in on to her problem. She asked me why I didn't come back and give a workshop. (It might not be a bad idea!) I hope she gives up smoking.

Case #3

My last victim of the CSA was another stranger who migrated into my clutches as she sat down at my table in the coffee shop at the Orlando Airport. We started to converse and she told me she was a Graphologist from the Redondo Beach area near L.A. and was the keynote speaker at a 3 day nurses seminar and didn't get a chance to see anything other than the hotel. TFH got into the conversation (I can't understand how that happened). Her plane was leaving in 10 minutes and she asked me if I could help her get rid of her neck and back tension. She was familiar with TFH and even knew my good friend, Peggy Maddox. It's a small world, isn't it? I am sure I was meant to be there for her. I used my CSA basics and in 5 minutes she felt fine. I couldn't believe it myself. She thanked me, hugged me, we exchanged cards and even discussed doing a workshop together in San Diego. My key in helping her so quickly was the statement she made. "I've spent 3 days here and hadn't had a chance to see or go anywhere." Her neck and back tension came from 3 days of work and no fun.

Results:

No back tension and a smiling lady running off to catch her plane.

Basic Chicken Soup Approach

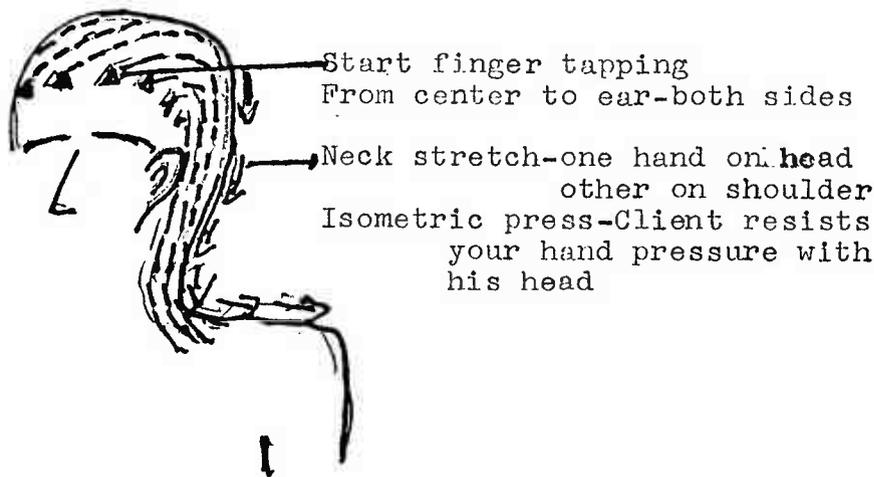
THE CHICKEN SOUP APPROACH

by Idelle Weissenberg

- * Knead shoulder and upper arm tenderly to relax body.
- * Deep breathing with shoulder and neck rotations.
- * Supraspinatus and reflex massage
- * Find tenderness that blocks energy, then work front and back points gently together
- * Continue massaging all back and front neuro lymphatics from waist up.
- * Neck massage.

Optional Techniques

- * Run Meridians by threes
- * Crosscrawl
- * Acupressure for pain
- * ESR
- * Headache problems : gentle finger tapping from forehead to neck base
 - *palming
 - *eye- nose points
 - *nose points
 - *gentle massage
 - *neck stretch - isometric press



Intent and TLC are the two ingredients that allow you to use any method that you choose. We each have our individual styles, talents and unique-

nesses. Accept them, use some or all of my techniques or use both of ours and you will be on your way to your own Chicken Soup Approach.

Love and Peace,

Idelle Weissenberg

