

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. ■