

A T.F.H. Balance: Wot Duzit Do? & How Long Duzit Last?

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Touch for Health is a unique concept in health care. It is a way to help those who feel well to feel better! T.F.H. does not address disease. It does not attempt to solve the health problems that properly belong in the domain of the highly trained professionals.

T.F.H. - A life-saver!

It is an amateur program to help people to be creative with their health. It is a force for those who want to create and maintain health for their family and friends.

Those who lose sight of the powerful preventive force of a fourteen muscle test and balance plus gait and eight, miss out in a big way. It is a pity not to continue to enjoy the fruits of what we first discovered when we took our basic TFH class.

Some, more advanced in the knowledge of kinesiological techniques, have even called the basic TFH balance "primitive". Maybe it does not have all the answers, if one is attempting to solve some involved and complex health problem, but that is not what Touch for Health is all about.

The genius of the TFH concept is in its power to keep a person balanced, physically, dietarily, energywise, and emotional stresswise. Regularly locating the otherwise imperceptible harmful distortions and compensations with muscle testing, and correcting them before they give rise to discomfort yields amazing power to stay well.

Professionals treat - *We prevent!*

The opportunity to utilize techniques normally used by professionals to "treat" aches and pains for prevention when someone feels fine can appear to be a pointless waste of time. On the contrary!!! A TFH balance does much

more than most people realize, or ever begin to imagine.

Touch for Health can be used preventively to locate potential sources of trouble long before symptoms or distress become evident. Our bodies run on an amazingly complex form of electromagnetic energy. Each function in the body is controlled by a specific and highly individual energy form, which ensures correct function the part of the body it feeds.

Energy fields - Our "life-blood"

If an energy circuit weakened by everyday stressors is not corrected, this throws additional strain on other parts of the body. The energy fields controlling the whole body will be adversely affected. An excess of energy in any area of the body can produce pain; a lack may sooner or later give rise to disease.

A Touch for Health balance retunes the electrical circuits individually. The notion of resetting circuit breakers is one way we help restore balance. Another analogy is to compare balancing a circuit with fine-tuning a television picture to give the finest reception possible.

Most people walk around with rather fuzzy pictures! Balancing specifically addresses each of the body's "channels", and fine tunes them for clearer, cleaner, optimum function. Muscle testing "talks" to the body and communicates with it on profound levels it understands and responds to.

We can be stressed in five aspects of our lives, and each affects the other. Physical stresses affect our mental, chemical, and energy balance. Chemicals can poison us, causing physical and mental disturbances. Mental problems do cause real sickness and pains which are not just all in the

mind. Energy stress is the fourth, and thermal stress the fifth, not often considered.

The Effect of Energy Imbalances

The energy imbalances in the tone of muscles revealed by Kinesiological tests, can have far reaching results upon our health. If not rectified, over a long period, they can have undesirable effects upon the related bones to which muscles are attached. They can also reflect a problem into other parts of the structure, affecting posture.

Perhaps the function of organs can be impaired. The blood supply can be restricted or energy flow to vital nerve pathways can be impaired. The vital "feed and clean" processes of lymphatic flow and drainage can become sluggish and choked. The mental balance may also be disturbed due to pain, lack of energy or generally feeling unwell.

One thing leads to another.

We do not feel any unpleasant effects when imbalances first occur, but a weak muscle on one side will cause the one on the other side to tighten. This can lead to muscle spasm, which can then pull the bones that are associated with it out of alignment.

This can involve further muscles being affected, and the compensations mount up. It now becomes clearer, how sudden unexpected pain in the back or neck may be the result of a long standing problem in musculature, and not "just because I bent over to pick up a pencil".

This encourages us to look again with renewed appreciation at the amazing power and value of regular balancing. Muscle testing discovers and "balancing" solves the potential problems before they can cause real damage.

The Effect of Mental Stress.

Many medical authorities are coming to the conclusion that perhaps 80-99% of all disease has a large psycho-somatic component. This does not mean that the illness is not real or is due to imagination.

It is simply a fact that our minds can cause adverse changes in the way our bodies function. Distortions in the controlling energy patterns produce ulcers, migraine, rheumatism, and a host of other very real problems.

In our daily lives, emotional upsets, mental anguish, business and family worry can and do divert the normal distribution of body energies. Often this energy displacement remains static, fixed, frozen in the memory banks of the body tissues, sometimes for years, even after the original cause is long forgotten.

Untreated, these energy distortions can exacerbate the type of nervous ailments that to an apparent need for pep pills, tranquilizers, and other kinds of drugs which affect the central nervous system.

Balancing Restores Well-Being.

This type of stress can be prevented by regular balancing. The newly discovered techniques of balancing for a goal, or balancing the person whilst they are "in the mode" often will dissolve away and reset the circuits which have "blown".

It is found in practice, that although considerable increase in well-being may be gained from just one balance, the effect may or may not last very long. It depends on the degree to which the everyday lifestyle still persists in switching off the circuits.

Experience shows that the body slips back into symptom producing energy patterns unless properly spaced balances are given. It is essential that people are urged to consider and practice the preventive care aspects of Touch for Health.

So How Long It Will Last?

Many factors determine how long a balance will last may be summarized as:

1. How long we have been out of balance.
2. Lifestyle and its destructive habits.
3. Removal of stressors.
4. Spacing of balances.
5. Positive Mental Approach.

6. Avoiding new stressors.

What Can I Do?

The text book offers many suggestions which might have a great bearing on preventing many types of problem. Prevention saves pain, inconvenience, lost work hours, financial loss and all that makes matters worse. Take care of your health!

Avoid undue sudden structural strains of jerking, lifting and twisting the torso and the spine and limbs. Use your body with care. Look after it with regular daily exercise, walking and swimming are excellent.

In the realm of foods, take some real thought about what you eat. Ensure that your diet provides you with balanced meals of healthful, unprocessed, natural, and nourishing foods.

Eat slowly, chew thoroughly, and give yourself time to relax after a meal. Why carefully put top grade fuel in your car and low grade junk food in your stomach?

In the mental sphere, do all you can to avoid the stress of harmful emotions. Anger, worry, disappointment and interpersonal conflicts all diminish the power of the body to maintain good health.

A Personal Responsibility.

Since we know about the power of Touch for Health we have a responsibility to dedicate ourselves to prevention. We have a responsibility also to share this wonderful idea with others, since we will never conquer disease until we focus on prevention.

Therapists can teach the techniques and will be able to help patients a great deal more effectively if they encourage each person they treat to make a commitment to helping themselves.

Decide to take out a maintenance contract on yourself; offer to give and be willing to receive regular energy balancing sessions. Certainly there is a cost in time and trouble, if not in

expense, but it pays handsome dividends. Your health is your most precious possession. Take care of it while you have it.