

## My Annual report to the TFH community July 10, 1996

by John F. Thie, DC

As HMO's and the medical community in general are increasingly focusing on the bottom line in health costs, it's becoming ever more clear that a preventative and holistic approach is not only the best for experiencing health in our lived lives, but it's also the most cost effective. The "outcome study" is now an important tool for gathering information that is used to determine which therapies make sense to use both for patient satisfaction and bottom line cost/benefit considerations. The time is ripe for all of us to gather together the results of our work in touch therapy and make it available to the world at large.

Last year in Columbus, Ohio at the Annual Conference of the Touch for Health Association during my talk we did a assessment of the outcomes of a TFHS Intervention. We passed out forms and asked the participants to get a simple Touch for Health balancing intervention. There were to be two measurements, one objective and one subjective.

For the subjective portion we asked that the participants to set a goal for themselves for the conference. Then we asked them to rate their feelings about their ability to reach their goal before and after the intervention. The subjectivity of this type of research is valid using an analog scale. We asked participants to rate the degree of change in terms of whether they felt more able to reach a goal or less likely reach their goal.

The objective evaluation related to forward flexion . The scale was very simple --measure forward flexion before and after the balance. Was the flexion more, the same or less?

The forms were anonymous.

The total time given for this exercise was 30 minutes for each pair to balance each other and fill out the forms.

77 people completed and handed in the forms for flexion. The results were outstanding.

67 or 87% said that they had an improvement in forward flexion.

10 or 13% said that they were the same after the balance .

None listed a reduced forward flexion.

As to the subjective measurements :

68 people filled out that section of the form.

59 or 87% said that they felt better about their ability reach their goals.

4 or 6% said that they felt the same.

5 or 7% said that they felt less likely to be able to reach their goals after the balance.

Belief that you will accomplish a given goal makes the possibility of reaching the goal greater than if you do not believe reaching the goal is possible. This research shows that getting a TFHS intervention in less than 30 minutes of intervention time will allow your belief system to change. Something changes in you as a soul so that you believe differently. This building of your confidence in the outcomes of your life is a very important aspect of living.

The physical measurement of forward flexion in relationship to the internal belief in your ability to accomplish a goal went together. In both outcomes 87% of the participants showed a positive change in their belief and their physical flexibility. Does increased physical flexibility cause an internal change in self esteem? It appears that this correlation could be drawn from this study.

The ability to have a personal best performance would seem to be enhanced by having a TFHS intervention . This study is preliminary and further studies by others with more rigorous protocols are indicated.

This is the type of research you all can be doing in your own communities. Make simple

measurements before and after your interventions. Your interventions can be as simple as measuring something before you start teaching a TFH class and measuring the same thing after the class is over. Even if you do not write up these findings in journals, you will be following the scientific method of searching for and finding the truth. Does what you do make a difference? If you keep analog scales of how your "helpee" or client feels before and after their sessions with you; If you have a history, a record of your "balancing" interventions, you will have proof. If the thousands of us who are giving and receiving TFH balance interventions would do this, what an enormous impact we could have on the world of sick and suffering humanity! Keeping records of your outcomes is important to you and to the whole community.

<http://www.touch4health.com>

Wouldn't it be nice if you could somehow look up a particular symptom or type of goal and in a few moments be able to learn if anyone using the TFHS had ever had a similar problem and what the outcomes were of the TFHS interventions?

Wouldn't it be nice if there was a way to know who around the world is using TFHS interventions privately and giving various classes?

Wouldn't it be nice if we had one place where all the classes in all the different Kinesiologies could be listed and you could get this information without cost?

This is something that I personally am working to see happen. The technology is available and its called the Internet and the World Wide Web. It was started by the United States Government and was perfected by the Universities. It is now available to the general public and I have set up a Web home page for Touch for Health. I would like to have all of you on this page if you are giving classes and/or if you are seeing clients. I would like to post the outcomes that you've experienced with your families, friends, clients, colleagues and yourselves. This is an opportunity that could really change the world. Just think about how safe it is for you

to help others by sharing your experiences. We can have sections in all the major languages. People could volunteer to translate the outcomes of TFHS interventions and post to other languages. The possibilities are staggering. It could easily broaden rapidly to include persons, businesses and organizations related to Kinesiology as well as tools of the art and materials such as massage tables, books, charts, videos, etc. And yet another easy leap--soon the vast resource of the Web can be used to proliferate the knowledge of the endless benefits of the TFHS. There has never been a better way to swiftly communicate ideas and services!

Two years ago when I was in Australia I was asked if I would participate in this endeavor, and I was delighted to say that I would. Now it is a reality and I hope in the next year to be able to help create the largest directory of TFHS and other Kinesiology teachers, practitioners, and users of this information ever formulated.

The International Kinesiology College is participating in the program. The Touch for Health Association of America is participating. So far everyone I have spoken to has been eager to participate.

Our Web site address is:  
<http://www.touch4health.com>

Our E-mail address is:  
[thie@mail.barepower.net](mailto:thie@mail.barepower.net)

We need lots of help from volunteers to get this up and running and made as valuable as possible to the entire world. I would like to talk to as many people as possible about how this can be best worked out so that everyone wins.

I want to put the TFH tree into the page with each branch being a button click on for more information about that branch. The more information the better as far as I am concerned. Think about how many people that are suffering could be helped by making the best use of the Internet.

If you are reading this in the Journal and were not present at the talk, please contact me and give me your ideas and volunteer to help.

Gather all the names of people offering the TFHS in classes or privately in your community. Write up the outcomes of your interventions. Collect them from others and post them to the news of TFHS bulletin board.

### **Pain Control with Touch for Health**

Touch for Health may be effectively used for pain control and improved performances. To better understand each other let's start with the definitions for the words that I will be using in this paper.

The definitions:

Health is a state of well-being, physically, mentally, emotionally, spiritually and socially as a soul. Here I refer to the classic sense of the soul being the totality of the whole person, including the physical body, the mind, the emotions and passions, the volition and the desires--in a lived life. This allows also for the realization of goals and a sense of fulfilling one's mission with some happiness without being unduly influenced by the biostatistical parameters of so-called "normalcy" such as blood pressure, pulse rate, cholesterol level, etc. Health is not merely the absence of signs and symptoms!

Touch in the context of "Touch for Health" is a specific, caring, considerate, conscious, consenting manner of coming in contact for the purpose of improving health and maintaining wellness. It can be physical, emotional, spiritual and social and usually is a combination. Physical touch is the only one of the five senses that is usually thought to be a dual mechanism that in order to physically touch someone or thing it has to touch you. New understanding in science recognizes that we may be touched by others on multiple energy levels. The touching for health that we are using has always recognized the multiplicity of the levels of touching and being touched. In Touch for Health the touch needs to be done with mutual regard in the spirit of Martin Buber's "I" and "Thou" communing. This is the idea that we simultaneously have high regard for both the self and the other person. Of course its even more powerful when we approach others with compassion

and love and prayer, for the purpose of making their lives better.

The need for medicalization in our society is an important need and for this, specialization in medicine is important. It is impossible for any one practitioner to know everything that is known about the body's functions even within the limited parameters of biostatistical normalcy. There is just too vast an amount of scientific knowledge available that can help a person with illness not to use medical specialties to help restore our experience of health in our lived lives. The authority, however, of who decides who has health or illness must remain with the person, the soul experiencing the pain and suffering. This soul which is having interference with its health and inhibiting its reaching the goals of a life with at least some happiness and well-being has the responsibility for seeking assistance. With this restoration of authority to you the person claiming to be suffering or malfunctioning comes the responsibility to know yourself as a soul, a whole person that has a purpose that is unique in the grand telos, or great purpose of the universe. You must recognize that you are important to the world for just being you and fulfilling your telos: the reason(s) that you are here.

Relief of pain and suffering or illness in the experienced life even without health, as we define it, can be viewed in the hypermedicalized society as a end in itself. In full health one does not feel a sense of loss and pain from threat of loss to one's history, identity, the narrative account of one life, a loss of wholeness, loss of certainty, loss of control, loss of freedom, or a sense of isolation from familiar worlds. **In health one feels an opening to a lived life that is not a compromise with the fulfilling of the soul's underlying mission.** It is only when these things are not present that we realize that health is not present. Pain, suffering and blocking of life energy is noticed and once noticed can be corrected. The noticing of the loss of the ability to have happiness is pain, the more we deny or ignore our lack of wholeness, the greater the amount of pain that needs to be present for us to consciously recognize it. It sometimes feels that we live in two or more universes. Some people seem to believe that

pain needs to be constant and is appropriate in our lives and getting relief is only important if you cannot stand it, cannot keep a "stiff upper lip" so not to let anyone know of your pain. You assume in these universes that this is normalcy and you view your world from this erroneous assumption. Yet in our deepest understanding we know that we are born with a right to health and that heaven is within us if we just can look and find it.

**Health then is this promise with which everyone is born -- a birth right of having meaning in the lived life of a whole person, a soul. Health is an experience and a concept which is lived as well as idealized.**

The words which are used in the medicalized world to describe illness and make it legitimate in our society are not just signs, but convey meaning to the individual so labeled. It is important to understand the meanings given to a label by the individual so labeled. You are a diabetic! What meaning does that have to you? What meaning do you attribute to others that you believe think of you as a label rather than seeing you as a whole person? Talking to those others and discovering whether your assumptions are correct may be important for your healing in the context of your lived environments. Getting balanced for the release of the postures and attitudes that you have assumed and later found to be mistaken assumptions will allow greater healing and wholeness.

### **What are some of our Basic Assumptions?**

In modern times we have problems with our language oppressing us. Our languages express our dominant culture as truth. This makes it difficult to discuss the new or whole truth when it differs from the heuristic truths of the culture. **Western cultures that have dominated for the last several hundred years divide the person, the soul into parts which seem in our culture to be distinct and replaceable.** These apparent advances in health care dominate the belief systems as "the" truth. Any approach that has assumptions that differ with this dominant system of understanding will have difficulty with words to describe the whole truth. This

whole truth relates to the complete person, mind, emotions, spirit, body, volition, intentions and desires created uniquely to have a specific responsibility for making the world a better place both now and for future generations.

Our first premise is that any event that occurs impacts our whole being--physical, emotional, cognitive, spiritual. Any event changes physical structure as well as emotions, energies and thoughts. I want to go back to the use of a word that can help us understand what we are doing when we do a Touch for Health Synthesis Intervention (TFHSI) or any other intervention. The word is soul, when it is taken to mean the whole person mind, body, spirit, passions, intentions, volition, everything about you. Modern somatic psychology uses the word self, but I do not think that conveys the spiritual parts of us as well as the word soul. **So when I use the word soul I mean all of you, not just the part that lives on after death. You are always a soul and have eternal life, when you are the physical body, you are also a mind which is not located only in the physical body.** You reach beyond the physical body which is inside the skin. You touch people and they touch you in other ways with the mind and energies which are just as real as the physical touch. You as a soul have more dimensions than just the physical. Any event effects the soul, the whole person, the self.

The second premise is that humans that is souls are unique energy systems. These energy systems are cyclical, they ebb and flow much like the ocean and its waves or like sine waves. Our energy comes and goes, our emotions swell and ebb, our physical responses come in and go out, flexing and extending. Our language is so limiting it is difficult to use words that do not seem to divide us into parts. We recognize that the division of the soul for the purposes of study has been helpful in learning about how we have been designed and how we can work more cooperatively with the design to fulfill our purposes. But the idea that we are literally made of separate parts comes from dualistic heresies. Some philosophies hold that the body is evil and in need of punishment.

Others react to this, saying that the body was not evil but then fall into the trap of partaking of all the body's pleasures without regard to cause and effect. This is the kind of thinking that leads you to get all you can get for yourself and worship the concept of competition as the primal spark plug of humanity. Fortunately, in our time we are coming to understand more fully that it is cooperation that both motivates, sustains and maintains all of the blessings of humanity and our world. And then there has been the all time favorite falsehood--that the body is not you. It's just something that your live in while you are on planet earth. The idea is that it doesn't matter if you don't care for your (falsely divided) body, for it is only temporary anyway. However, as long as you are alive, your physical body is indistinguishable from the rest of your soul. If you neglect your body, this affects your whole soul. You cannot harm the caterpillar without affecting the butterfly into which it will later be transformed.

A third premise is that homeostasis or balance in the energy systems is essential to health. The cycles that are represented in nature and represented in souls are real and continuous. The circadian rhythms are well established scientific examples of the cycles of life. The looking at the soul and all its aspects allows us to understand that by any intervention which has the intention to give increased health may improve balance or homeostasis. May is the important word. Not every intervention will aid in adaptation and improved balance, that is improve health, in every case. Any intervention can, but not necessarily does. It is impossible to do any intervention and not have an effect on all aspects of the soul, the self, the whole person. The grand intelligent design is one of adaptation to others and the environment to fulfill the unique purpose of each soul. Coming into balance and being out of balance and returning to balance is how life is lived. It is when aspects of the unbalanced soul get stuck in a style that dis-ease and dis-functions occur.

Another basic premise is that the physical aspect of the soul is a mirror for the soul. It is the template, or blue print for all experience. It is the soul, the whole person, that is effected

by others, by food, chemicals, our history(personal and collective), our futures, our cognition, intentions, volition our spirit (that is our relationship with God, which is an aspect of soul). We show what the soul is by our physical appearance and how we use this physical aspect in action.

In the TFHS we look at our development from different viewpoints or worldviews because each of us has our own unique worldview that is formed by our experience of reality. **We are all so individually unique that no two people have exactly the same understanding and beliefs of what is really real.**

One way we view souls is to look at how they deal with the issue of space. Space has to do with how area much we take up, how much room is there for us in the world, and how do we orient ourselves within it. When doing a TFHS interventions, observing the movements of the person and how they utilize the space may be a key to helping the person. Does the soul have all the space it can utilize at the moment? Does the soul have restrictions? The physical aspect reflects our attitudes, our postures, our beliefs. What heuristic truths or false beliefs are we continuing to utilize as the only truth? We may need to learn some things that later we need to let go of so we can learn deeper meanings. Sometimes we accept things as a game. It may be that we accept certain rules for living the game of life, but these are rules may only apply to a give moment or situation and fail to encompass the greater truth. Learning the rules may allow you to play the game more effectively, but when the rules themselves hinder our fulfillment of our telos, our purpose for living, imbalances and reduced ability of full cycling in homeostasis, harmony and rhythm will manifest.

Another way of contemplating the soul is related to our development of time orientation. Do our cycles work in the order that they were designed? Our cycles get out of balance when they need to work cooperatively with each other. When we see time as only linear then we might think that we don't have enough time to reach our goals and so competition instead of cooperation starts to reflect in our physical aspect of soul. Balance involves synchronizing the speed and pace needed for

cooperation with all of the functions we as souls perform. Our physical aspects of soul stores these tensions related to timing issues. How quick are we to anger, grief, sympathy, fear, joy? Our timing of these reactions to these emotions and stressors can give us greater or lesser homeostasis. Do we have control of our timing sufficient to take appropriate actions related to our emotions?

The concept of energy is a developmental issue that TFHSI needs to deal with. Energy has to do with power, which is the ability to do work or get things done to be able to come back into balance. When you do not have the energy to do the things that you want to do or you cannot control the energy in an appropriate way, is that OK? Is it something that can be recognized and then changed? Knowing where you are as energy systems is necessary before you can bring in the adaptations that will be unique for you as a soul, a whole person, with all your aspects. A TFHSI is an excellent way to assess and address where you are and how you are doing.

Another assumption is that being out of balance, failing to have homeostasis, failing in adaptation, having pathology, illness, disease is seen as blocked energy or a failing of the energies to be going through their optimal cycles. What is the best intervention will depend on the imbalance and its manifestation, there are many different interventions that have improved health of individuals. TFHS is one form of the many interventions that are valuable and may be the most appropriate one depending on the condition of the soul, the whole person. It may be that it would be best as a supplemental intervention or a complementary intervention for the soul at a particular time and circumstance along with another type or types of interventions.

Since we do not live in an ideal world, where cooperation is seen as the best or only way to function we find ourselves needing to be defensive for our survival. Defense mechanism effect the soul, the entire person, and can be seen as a reflection in the physical. The shapes, attitudes, postures we assume for defense are necessary at specific moments, but when we remain in these when they are no

longer useful or assume them when they are not appropriate, our health suffers. Should we then habitually stay "stuck" in such behaviors we will inhibit our ability to adapt to new situations with balance through the cycles of life.

Energy cycle imbalances are written in the physical as well as other aspects of souls, in our expressive movements, in our attitudes, postures and beliefs.

We have been finding that abuse, abandonment, disapproval, our reality being violated, and other non physical injuries are major causes of pain. These are often physicalized. We can see them in our posture and attitudes. We are able to use our muscles to reflect the condition of the soul in relation to ourselves and others.

We believe that the soul can reflect its condition in the physical (the muscles) before it is consciously aware of it in the intellect, emotions, and spirit. These aspects of the soul sometimes lose their voice and cannot express the situation. They can be repressed, ignored, and denied entry to our consciousness. But the physical aspect does show it in imbalances of the energy systems, which are reflected in muscle imbalances as indicators of the functions of the soul as a whole person.

Each unique soul can be thought of as a set of metaphorical thermostats with the upper and lower limits set by our experiences and design. When we have been injured in any of the aspects of our soul in order to adapt we can set our thermostats to narrower limits and reduced sine waves of functioning. The using of muscle test to determine imbalances is an effective way of changing the metaphorical thermostat setting to allow for a greater range of functioning of all the functions of the lived life for a greater adaptability and more "peak performances" and "personal bests."

Our assumption that goal setting allows greater healing than digging out "what is wrong" is proving to be a very effective addition to the healing process of souls. We want people to really wonder and make choices about what they really want. We want them to wonder about the meaning of life and what would give their lives meaning. One

question is "What would you be doing with your energy if you were not using it on this conflict in sorting out your confusion?" In other words, we are here presenting a freeing consideration for those who may be stuck. We are suggesting that the time taken in ruminating about a decision may well be spent in taking one of the considered routes even if one has to back track as it were, and do a re-route or re-consider other solutions. We seem to find that the flow of harmony and balance return more quickly to the soul when one is encouraged to be curious about what might be their personal purpose and meaning in life. The process of making choices that are truthful for the soul becomes clearer when we get the soul moving through its natural cycles.

One more assumption is that our interventions activate the healing system by using the muscle tests as indicators of the balance of the functions of the soul. In doing this we honor the mystery of this healing system that is designed into the soul. We acknowledge that we will not fully know, nor do we need to know how the healing really takes place. We trust the soul's capacity as self-regulating life, and that it adapts its behavior to the available information. We believe that our clients/patients/ students are assisted best in their healing process by helping them have the authority and responsibility to be mindful to their own inner world. They may use us as assistants to help them to understand their present experience. We attempt to allow the various aspects of the soul to be felt and have a consciousness of these inner and outer experiences. We hold that a soul will spontaneously reorganize its cycles in the direction of health when enough of the right kind of information becomes available, and healing occurs.

Our assumption is that

- (1) the soul has its inner physical sensations which monitor the functions of the physical organ functions and give feedback which can be monitored by the condition of the muscle responses
- (2) the soul has the 5 sense perceptions, smell, taste, sight, touch, and hearing, which not only give information of the outer world but the meanings that occur when these senses are internalized, giving information to the soul

- (3) the soul has movement, the actual movement of the physical as well as the movement of the organs as micromovement as well as the movement of the subtle energies, including the gross and subtle postural and attitudinal changes, in expression, gesture, locomotion and trembling

- (4) the soul has affective states which include emotions such as fear, anger, joy, grief and sympathy along with the more subtle mood changes and a sense of peace or slight irritation

- (5) the soul has cognition, which is the functioning of the mind, including, intentions, volition, thoughts, interpretations, beliefs about what is really real about the world and ourselves.

These 5 aspects of soul are in constant communication with each other and any event changes all of these, the entire soul is changed any time anything is changed.

In order not to feel pain and survive, any of the aspects of the soul can be denied. When this has occurred a balancing of the energies will change the posture so that the adaptation will be more effective and old unhealed wounds can be healed instantaneously, or the wound may be healed in slow steps.

### Using 5 Element Metaphors

As I have been teaching TFH in my 6 day programs I have found using the metaphors from the Law of the 5 element chart as a good way to activate different brain pathways. All the pathways in the brain have direct or indirect postural muscle connections. Recognizing the changes that can take place in the soul when different thought processes are activated allows for a greater integration of the distributive intelligence networks. Using these various metaphors from a whole person standpoint requires the two people involved in the balancing intervention to be able to be creative, intuitive, and compassionate. These are just possibilities and not static dogma. They may or may not be relevant. If the person getting the balance says it doesn't make any sense for their present situation, always let it go. Say it is only a possibility. It needs to make sense to the person getting the balance!

Take the line that begins with birth then mature, decrease, balance, emphasize. These are the life cycles that all the cells of the person go through and you will always be having at least some of the cells in each one of the cycle areas. If a particular area is out of balance you can begin to ask questions relating to that area. For example, the muscle related to the metal element may be showing inhibition. Fascia Lata and Hamstring are the indicators. The questions for yourself or for the person you are assisting would be, "In what areas of your life are you out of balance in relation to hardness right now?" or "If you had to describe a part of your life as having a pungent taste, a biting taste, what would it be? What is sharply penetrating into your life now? What is particularly poignant that is happening for you right now or that was present in the past that still effects you now when you think of it?" Ask these questions and if nothing comes, its OK as these are just clues as to what might be going on in that unique person's life at this time.

Another example of using odors would be: If you found a bladder or kidney muscle inhibited you could again initiate understanding by use of the metaphor. You might say, "Does anything in your life have putrid odor? What has the smell of being stinking, decaying flesh in your life? Do you know of anything in you that you might be considering as decaying or corrupt? What is contaminated or polluted, or feculant in your life? There may not be anything but see if anything comes up as you consider these possibilities since this muscle weakness is sometimes associated with this type of odor. Are you aware of this type of situation or have you blocked this out of your consciousness and you need to become aware of it to be able to have health."

### Using the 5 element law's metaphors for your lived life:

The meridians relate to the various functions of the live person. Many of them are like the Western view of the person with different organs having different functions. The different functions of the organs as understood by Western medicine are very helpful. It is beneficial to study and understand the functions of the organ and how these functions would communicate metaphorically in your life as well as literally. These functions take place in the whole person and may or may not relate literally to the physical organ. At the same time these functions take place on a cellular level. Each cell in the human has all the functions of the 5 elements. The metaphors of the elements can help us look at the ways we as humans are miscommunicating with ourselves and others.

When you think and look inside yourself you can see if any of the metaphors fit your life now, in the past or as you are seeing the direction you are being pulled into by the many things that attempt to direct your life. Pain is a signal that you are out of balance-your homeostasis is not being maintained at the optimal level, your ability to adapt is reduced. When you are in pain and suffering you may need to let yourself experience the pain for the moment but realize that it is only a cycle that will come and go as part of your lived life. Looking inside and considering these metaphors which have been used for thousands of year with millions of people can help you get work through your pain.

### Five Element Concepts

Wood	Fire	Earth	Metal	Water
anger	joy	sympathy	grief	fear
shouting	laughing	singing	weeping	groaning
sour	bitter	sweet	pungent	salty
birth	mature	decrease	balance	emphasize
ligaments	arteries	muscles	skin & hair	bones
wind	heat	humidity	dryness	cold
Spring	Summer	late Summer	Autumn	Winter
rancid	scorched	fragrant	rotten	putrid

**Great changes in the way that people  
are cared for are happening  
throughout the world.**

In closing I will mention 3 major ones, which by the way are found in my Volume 5 #3 TFH Education Newsletter.

**NATIONAL MEDICAL LIBRARY  
REVISES DEFINITION OF ALTERNATIVE  
MEDICINE TO REFLECT REALITY.**

The United States National Library of Medicine (NLM) in Bethesda Md. has accepted a number of new indexing terms for the field of complementary and alternative medicine (CAM). These additions to the MeSH (Medical Subject Headings) show the great changes being made in the recognition of alternatives to orthodoxy. Prior to 1996, Alternative Medicine was defined as "non-orthodox therapeutic systems which usually have *no satisfactory explanation for their effectiveness.*" (emphasis mine) Now it reads "An unrelated group of non-orthodox therapeutic practices, *often with explanatory systems that do not follow conventional biomedical explanations.*" (again my emphasis). Also, they now include a definition of Acupressure as a type of massage. The prefix "acu" refers to the same acupuncture points used in acupuncture therapy, not to the use of needles in acupuncture.

These changes are really going to help the public get better care through understanding of the available alternatives to orthodox drug therapies or surgeries for their pains and suffering. It gives me more enthusiasm to share the principles of TFH and encourage others to be bold in their endorsements and use of the TFH system.

**U.S. NATIONAL INSTITUTES OF  
HEALTH, OFFICE OF ALTERNATIVE  
MEDICINE, GIVES NEW DEFINITION**

Along these same lines in *The Complementary and Alternative Medicine at the National Institutes of Health Newsletter* (Vol. 3 number 1, April 1996). Dr. Wayne Jonas, the director, restated the Definitions Group's

findings on what is Complementary and Alternative medicine. It "is defined through a social process as those practices that do not form part of the dominant system for managing health and disease."

**NEW FEDERAL LEGISLATION  
PROPOSED -- WILL GUARANTEE  
PUBLIC ACCESS TO ALTERNATIVE  
AND COMPLEMENTARY METHODS  
IF PASSED**

There is federal legislation before the United States Congress which when passed will open the field of complementary and alternative medicine (CAM) to all of the public in the United States. The bill will grant a citizen the right "to be treated by a health care practitioner with any medical treatment that such individual desires." In addition it would provide a legal structure for CAM practitioners who have been certified or licensed by recognized medical or state board. The bill would provide legal protection for both consumers and CAM practitioners. Hearings on the bill are being held this Spring in Washington. It is amazing to me the acceptance and definitions of CAM that are occurring in the United States. Why is this happening now? The changes are so rapid its hard to keep up. These changes seem to be driven by a greater openness of the younger graduates of the orthodox schools, the greater ability for communication by computers so that the information from smaller studies are widely available, more outcome studies showing the benefits of CAM methods, and the greater satisfaction of patients with less invasive and less dangerous procedures offered by CAM practitioners. The economic benefits that studies on the use of CAM procedures show are now seeming to be more important than the theoretical understandings of why the person benefits. The patients, insurance companies, and businesses paying for health care all seem to be in agreement. Its to all our benefit that more and more people will be exposed to energy balancing methods as a result of these changes. It couldn't be a better time to be a TFH Instructor. The demand for the information in TFH is now growing and will continue to grow in the foreseeable future.

**Positioned for Success !**

We in the Touch for Health Synthesis/ Kinesiology movement couldn't be better positioned for success. We are on the cutting edge and doing the things that the scientists are now only finding are possible from a scientific point of view because they are expanding their world views. Let us continue to not only expand but deepen. Deepen our commitment to the truth and to continue to care about the delivery of the Touch for Health Synthesis to all the people, everywhere. Let us continue to touch for health!