

## **Touch For Health**

**July 7-11, 1999 Las Vegas Nevada**

The purpose of the Touch For Health Kinesiology Association Conference Journal is to disseminate information on research, methodology, results and teaching of self-development programs in health enhancement, both mental and physical. The Journal is published once a year in July. Individual papers may be reproduced by members for instructional use only, and may not be altered or sold.

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SCHEDULE FOR 1999 ANNUAL MEETING CONFERENCE  
JULY 7 - 11, 1999  
CROWNE PLAZA HOTEL, LAS VEGAS, NV

**Wednesday, July 7**

- 3:00 - Registration
- 4:00 - Welcome Tea & Press Conference
- 6:00 - Dinner
- 7:30 - Opening Ceremony
- 8:00 - Dr. Thie - The Interview Process - Remembering Wellness

**Thursday, July 8**

- 9:00 - Jim Suzuki
- 10:30 - Andrew Morris - Using Touch for Health with Elite Athletes
- 12:00 - Lunch
- 1:30 - Dr. Wayne Topping - Change your Personality, Change your Health
- 3:00 - JacQuaeline - How to Outperform Yourself - Taking your practice to the next level.
- 4:00 - General Session/Auction
- 6:00 - Dinner
- OPEN Evening - Network/Explore Las Vegas - Enjoy & Have Fun

**Friday, July 9**

- 9:00 - Richard Utt - The Heart Innervation Hologram
- 11:00 - Matt Thie - Metaphysical Balance
- 12:00 - Lunch
- 2:00 - Jan Cole - Reconnect Your Head To Your Body
- 3:00 - Nettie Meissner - Reflexology and Tunctures that will Support you through the Millennium
- 5:00 - Dinner
- 8:00 - Sheldon Deal

**Saturday, July 10**

- 9:00 - Grace Halloran, Ph.D - Reversing Site Loss - Integrating TFH
- 10:30 - Philip Maffetone
- 12:00 - Lunch
- 2:00 - Brad May - The Resoluton of Sexual Abuse with Emotional Complex Clearing - 3 Case Studies
- 3:00 - Carolyn Mein - Body Type - A Personal Guide
- 4:00 - General Session/Elections
- 7:00 - Banquet Awards
- 9:00 - Talent Show

**Sunday, July 11**

- 10:00 - Ray Gebauer - Five Master Keys to Vibrant Health & Longevity
- 11:30 - Closing Ceremonies

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## Remembering Wellness with Touch For Health Notes on the Interview/Goal-Setting process

BY DR. JOHN F. THIE

“Whether we are on the threshold of a Golden Age or on the brink of a global cataclysm that will extinguish our civilization is, I believe, not only un- knowable, but undecided. The decision will emerge through what we do in the years ahead, for each of us will create a piece of the common future of all mankind... The best person to forecast your future is you!”  
– Edward Cornish, President, World Future Society, December, 1993

I have found in my years of Chiropractic service, just as thousands of healers throughout the ages have learned through experience, that *it is probably more important to allow a person who is suffering to express their pain and its meaning in their life than to perform any given therapy.* If I had to choose whether to only listen to the “complaint” and perform no therapy or perform only my chiropractic therapy and listen to no complaint, I would almost always choose to listen. This is a safe bet because I know that the Soul heals itself and *I can only facilitate it..* This is why I often spend far more time interviewing a person about their goals than I do balancing their muscles.

I feel that this interview process is so important that I have added it as an appendix to the latest edition of the TFH Manual, and I have developed a 4-day workshop that focuses on interviewing and communication in the context of energy balancing. The healing power of caring interpersonal communication has always been at the core of my philosophy of Touch For Health. Back when we were first starting to teach this material and the classes were called “Health From Within”, we spent as much time studying and practicing our techniques of verbal interaction and effective communication as we did with muscle testing and touch reflexes. While the practice and experience of 40 years of touch healing

contributes to the consistently good outcomes I have with TFH/K, **there is a basic process that anyone can learn to use to greatly enhance the outcomes of energy balancing with TFH/K.**

The strength of the TFHS is that it is a safe and simple process, a “daily hygiene” approach to holistic health that can be done as easily and as efficiently as brushing our teeth and bathing on a daily basis. Just as it’s inefficient, dangerous and costly to wait until some major pain occurs in our teeth to pay any attention to them, we don’t want to wait for some major illness to remember Wellness. We focus our daily attention on the experience of wholeness that we know is our potential. Then we consider what blockages in the flow of energy are keeping us from our full potential. The muscle-testing biofeedback techniques of Touch For Health allow us to make an assessment of the balance of energy within the whole Soul as reflected in the state of the physical body. Remembering Wellness is an ongoing process of expanding our vocabulary to describe the full range of possibility of our own unique experience of life. This means learning, imagining and inventing not only many new words to express our goals, aspirations, dreams, desires, joy, happiness and ecstasy, but also a rich vocabulary to give voice, meaning, and fullness to our pain, suffering, defeat, failure and despair. Remembering

pain is part of remembering wellness where it is part of the process of allowing our life energy to flow and take us through the full range of our emotions, our thoughts, our actions and movements, our chemistry, our spiritual journey.

Who is your primary Care provider? *You are your primary care provider.* You are the one most qualified to assess your own experience of lived life and health. You are the one most qualified to appreciate the meaning of your experience as a unique Soul, created with your own individual purpose within the Telos of the universe. To care for your whole self, your whole Soul, **you need to take some time each day to assess your own experience, whether you are living your own life, the life that you were made to live and the life that will fulfill your unique Soul.** You need to remember what Wellness is for you in the context of your own unique lived life. You can then make the shifts in your energies, the changes in your postures, attitudes, choices and actions which will allow balance among the physical, chemical, emotional, intellectual and spiritual aspects of your whole Soul. You can come into harmony with your history, your context and your purpose. This may mean simply inhabiting your own space, being present in the moment of your own Soul, or it may mean embarking on a journey of self discovery which may include responsibly requesting assistance, council or therapy from others, whether your friends, your family or a professional health practitioner or other “expert”.

We all have moments when we find that we do not have the energy to do the things that we want to do, or else we cannot control our energy in an appropriate or effective way. Sometimes, if we stop for a moment to remember what we already know about our own Soul, we can recognize our own mistakes or unreasonable expectations and make a change. But so often we get out of touch with our selves, our own body/mind/spirit becomes a mystery to us. We forget our own Wellness. Perhaps we are able to benefit from the attention of a professional specialist who treats some named malady, but find that relief

of individual symptoms still leaves us wondering, “What is going on with me?” When we remember Wellness with Touch For Health, we take responsibility for our own experience and our own goals, but we also recognize that we are interdependent with other humans and benefit from contact with other people. It helps to have someone to talk to, to help clarify what we are thinking and feeling, and Remembering Wellness with TFH is a process which allows a very holistic awareness, expression, and transformation of our experience of life.

When we are helping someone to balance their energy with TFH, the Remembering Wellness approach recognizes the individual as the authority in their own life. We are there to HELP them increase their own awareness of their own physical, mental, emotional and spiritual aspects, and to sense the subtle or dramatic shifts that are taking place. We can be a catalyst in getting the healing system started, the life energy flowing and balanced for THEIR PURPOSES. Even when we use the techniques of TFH/K from the perspective of an authority figure (in the diagnostic/treatment model), we will get better outcomes, greater satisfaction, increased referrals etc. if we can take the time to find out what Wellness means for each individual.

When anyone does some “voodoo” on you, some ritual that is not fully explained or understood by you, you’ve switched models. Whether an MD pronounces some mumbo jumbo in latin and puts a diagnosis on you, or a psychic picks your status out of the air, tells you what’s what, cuts you out of the conscious, physical participatory process, that’s when you’ve switched models. That’s not to say you can’t benefit from utilizing other models where you cease to be the authority regarding your own Wellness and focus on combating disease entities. But Remembering Wellness is about maximizing your own awareness, experience and participation of your own Wellness.

When we remember Wellness, we do not make any diagnosis of a problem, but instead focus on our

positive goals. Goal Setting helps to de-emphasize our cultural preoccupation with negative symptoms. Instead, the whole soul is centered around our individual purpose and the soul's innate intelligence directs the optimal flow of energy for our desired outcome. Goal setting allows greater healing than digging out "what is wrong with you". So the first thing we do to facilitate remembering wellness is to listen to the Soul with whom we are working and establish a clear image of what the person wants to have happen. Then we want to hear what seems to be a problem interfering with Wellness at this moment in time.

Again, if this were the only part of the process I were allowed to do, I'd feel like I was doing the best thing. Since human Souls are dynamic, and their balance of energy is always shifting, and no one is more truly qualified to know what is right for themselves in any given moment than their own selves I would probably be better off doing nothing than guessing what was right, *in that particular moment, for that particular person*, without engaging the Soul in the process. We manage the infinite aspects of the whole Soul by attempting to address the Soul's need at the moment and in the context that we come into contact. Knowing that each thing we do affects all other things, if we establish a goal that is appropriate for the Soul at this moment we will most efficiently address the whole Soul.

The Goal-Setting Interview is a mental process which, in and of itself, helps to balance our energies and our postures towards a particular purpose. It is a process which helps to improve the probability of desired outcomes, defining what those outcomes are and harnessing the "placebo effect" of expectation and belief in achieving those outcomes. From an objectively measurable, "scientific" perspective, it is a process which maximizes the brain activity and the "multi-tasking", parallel processing of the brain (from which we infer a similar level of activity in the overall physical, conscious, emotional, and spiritual intelligence systems of the Soul).

My experience is that there is a different pattern of muscle/meridian imbalances for each different goal, and the more we develop a whole picture of that goal, the more fully the imbalances are reflected in the muscle tests AND the more profound the outcomes of energy balancing.

### THE GOAL-SETTING INTERVIEW AS AN "INSANITY PROBLEM"

There have been many studies related to "insanity problems" in which greater brain activity in more diverse sections of the brain are exhibited in response to more complex or difficult tasks. Mental reflection upon a problem (particularly one's goals and life purposes) create physiological change in the whole Soul (as measurable by brain activity). When the thinking process is carried to the point of "disequilibrium", the point where we are thrown off balance by the mental challenge, there is a maximized brain function. Remembering Wellness with Goal Setting involves a dialogue process which is designed to maximize the conscious consideration of multiple significant aspects of our lives to the point that it becomes an "insanity problem" which involves as much as possible of the distributed intelligence of the Soul in multiple parallel processes. Goal Setting helps clarify and create goals that are in harmony with our true purpose, calling, or Telos of the Soul and serves as a catalyst which mobilizes the whole Soul towards a new equilibrium which integrates the achievement of these Goals.

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. Remembering Wellness with Touch For Health involves asking ourselves the big questions. Is there a power outside yourself that is greater than yourself? What is the image of the "Ultimate Reality" in your belief system? If you do believe that there is something greater than yourself, do you believe that you can draw on this power to have more abundance of wholeness in life?

It's of great personal value to contemplate that mystery. Deep down, we all have beliefs about the purposefulness of all creation (Telos) and our individual purpose within it. Most often our beliefs are implicit in our perception of reality and we are not consciously aware of our own assumptions. Belief in or about God can be an ongoing process of discovery, or a lingering doubt, a nagging question, a denied or neglected dimension of our lives. Remembering our spiritual nature is a lifelong process of living in disequilibrium and harmony with our highest values, our deepest beliefs, and putting our energy into what, in the end, really matters to us.

With the Goal set and the Soul engaged in a meaning rich exploration of purpose, we can then begin whatever Kinesiology or other healing modality that we prefer for balancing our energy. Yet, we have already taken powerfully therapeutic steps. Whether you substitute your own quiet contemplation for all of the Kinesiology and acupressure of TFH, or think of some other therapeutic modality in place of those letters, I believe that the process of Remembering Wellness can have a profound meaning in your lived life

### **Remembering Wellness Goal-Setting Interview Protocol:**

When we Remember Wellness with Touch For Health, our aim is to assist ourselves, our family, friends, and clients to BE WHO WE ARE, WHO WE WERE MEANT, CREATED, SPOKEN FORTH TO BE. We use listening, questioning, discussion and energy balancing TFH techniques to be supportive in a process of becoming aware of, developing, and coming into balance with our own unique purpose(s) in life. Since I retired from my Chiropractic Practice I've been giving 6-day intensive Touch For Health seminars. Integral to the way that I am now teaching Touch For Health is an in-depth Goal Setting Interview Process. I have now developed a 4-day Communication Workshop in which we focus on the Interviewing and Communication skills that I use for Remembering Wellness with Touch For Health.

Remembering Wellness is a conceptual framework and philosophy of approaching life that grounds the TFH techniques (as well as any other therapeutic/life-enhancing programs) in an ongoing process of life assessment and balance. The Following is a brief outline of the Goal Setting Interview Protocol that I am currently using. These steps are only partly sequential. Often I skip some elements of the protocol, or do them in a different order and I am usually doing several steps simultaneously depending on the circumstances, and my insight and intuition at the moment.

### **1. Establish Setting/Understanding**

- Each Soul is in charge of his or her own goal(s). The individual Soul is the authority in his or her own remembering wellness process.
  - Establish a cooperative encounter/process in which each individual decides for themselves and says start or stop, more or less, yes or no, harder or softer, now, later, or never.
  - LISTEN: Acknowledge the person first. Allow all the participants to be themselves and express their own purpose(s), pain and meaning.
  - Use Active Listening to clarify what the person feels, what they believe about their thoughts, pains, emotions, and other aspects of their experience of life.
- ### **2. Set a Goal**
- What do you want (better) in your life? What performance, activity, or (emotional, practical, physical) problem or issue do you want to address in the goal-setting, energy-balancing process?
  - Is it appropriate for YOU? Is it a goal that you can own, accept for yourself, that you can feel like you deserve. (Not forced, no shoulds). Is it at an appropriate comfort level (NOT so small as to be insignificant, and not a goal that is really just going to stress you out.)

- Engage the **WHOLE SOUL** towards a goal that you can be enthusiastic about, that you genuinely, (whole-heartedly) **WANT**.

### **3. Take a History**

- This can be an in-depth, clinical history or just a getting acquainted gloss of biographical info. and background of goal/issue.
- Establish rapport and acknowledge the person as a whole Soul within the context of their whole life and history, rather than a “patient”, sick person, or “body” (some object that you will work upon).

### **4. Extend the Goal**

- When you reach your goal, what will it mean in your **lived** life? How will your experience of life be better? What changes might it create? What are some possible outcomes, results, consequences, and alterquences?
- If the goal is to stop doing something, to reduce pain, or address a particular problem, see if the goal can be **reframed** in a positive light. What will you be able to do or have in your life when you’ve resolved the problem. How will you spend the time and energy you presently spend on a behavior that you’re ready to let go of?

### **5. Remember Wellness**

- Remember to be well. Remember how it feels to be well. Think of a time when you had that same feeling, that same experience that you want to have again. Use your imagination (**EVEN IF YOU HAVE NO ACTUAL RECOLLECTION**) to get as vivid a sense as possible of how it will be when you’ve reached your goal.
- Appreciate the Meaning of Pain and Symptoms. The full experience of our range of motions and emotions is part of living a full, whole life.
- Have faith. Act “as if” you know that your goal is already accomplished. Now it simply needs to unfold.

- Set it up. Make note of your planned outcomes in measurable steps.

### **6. Make an Assessment**

- Take a moment to notice how you feel. Stand up, get a sense of your balance (have your partner observe your posture, how you’re moving, your ranges of motion).
- How will you feel when you achieve your goal?
- Make a mental note, or jot down your observations. I get great results using analog scales measuring the subjective sense of wellness/discomfort on a scale of 1 to 10.

### **7. Test the Supraspinatus**

- Stress on the Supraspinatus indicates a “good goal”.
- If the supraspinatus does not show an imbalance, try rephrasing the goal until you’ve brought the issue (and the related energy systems) “on line”.

### **8. Do Something**

- Do at least a 14-muscle balancing, or else meditate, contemplate related metaphors, go for a walk, consult with your loved ones, go see a healer, therapist, doctor, etc. Do something that will help you to integrate your newly clarified purpose and balance your energies.

### **9. Notice Change / Re-Assess**

- Take some time to put your experience into words.
- Verbalize the **positive** changes in how you are thinking and feeling (physically, emotionally, and spiritually).
- Clarify and quantify your words with a new assessment on an analog scale.
- Be sure that you Re-test to affirm your energy balance in the whole Soul.



- Reinforce your experience of positive change by listening to your partner's observations and confirm those observations that are true for you.

#### **10. Reassess Your Goal**

- What parts of your goal have been transformed through the interview, goal setting and energy balancing process?
- Decide and make note of the next time/schedule for reassessing your goal, reassessing your Soul, and doing something to balance your energies.

#### **I RECOMMEND A ROUTINE OF QUICK DAILY BALANCINGS**

It's ideal to do balancing at the same time each day to keep in the habit. Then do in-depth goal-setting and balancing whenever an important issue or performance comes up, or whenever you're feeling "down", whether it's due to illness, depression, setbacks or just general listlessness and lethargy. You can do many balancings throughout the day when you're preparing for an important event, or recuperating from illness.

## Reconnect Your Head to Your Body

BY JAN COLE, MEd.

Old Chinese aphorism: Drugs are small medicine.  
Eating, drinking, housing and attire are great medicines.  
Mental and physical training is the greatest medicine.

Did you see the movie *Jack Frost*? Billy Crystal, as a live Snowman, loses his snowball head while skiing, if I remember right. Watching him bounce around in an attempt to put it back in place, made me think of how disconnected our heads are from our bodies much of the time.

“Have to go get my B vitamins!” a fellow practitioner recently remarked as he headed for a popcorn stand. I’d just watched him eat a plate full of junk food. “We have to do this when we’re out of town”, he said. Hmmm! I thought.

If they’d clean up their looks, they’d have more respect. “We need to look appropriate when we teach our classes”, said a Touch for Healthier who wished they could somehow lose weight, as we loaded up and pigged out at the Stratosphere buffet. FREE, mind you, with the purchase of a \$7.00 tower ticket. Who won—my common sense or my scarcity issues—as I glanced briefly at my “mile-high” plate? Free, perhaps, but not cheap. The next morning, I didn’t feel as awake nor alert, took longer than usual to understand the confusing hotel bill, burning eyes, achy shoulders and back (though I hadn’t lifted my excess luggage yet). Yep, FREE!

At a recent conference, I heard one of the speakers tell us how important what we eat is; yet they couldn’t see their own shoes while standing. (Perhaps, a possibility for another title: Your Brain, Your Liver & Your Pot Belly.) A few months ago a friend from Boulder commented that Touch for Health people were some of the unhealthiest people he

knew. Ouch! Didn’t like that one, but could he be right? I’ve watched many of us put the most atrocious “stuff” in our mouths. I confess I love potato chips, vanilla malted and carob chips. AND I KNOW what they do and don’t do for me.

WE KNOW! WE KNOW! We learned in our Touch for Health classes which foods test and improve or weaken organ energy function (Vit. E for the kidneys, Calcium for the heart, etc. ) We play with muscles and do miraculous balances to help others and ourselves. We know blueberries and carrots are great for our eyes. We know junk food is biocidal and provides little or no nourishment. And yet we continue to “dig our graves with our own teeth.”

### POOR DIET

“If I eat Twinkies, hamburgers, candy bars, soda pop; if I smoke cigarettes, drink beer, eat sausage, suck on chocolate dainties, pop aspirin, pour down bottles of Pepto Bismol, chew on cows, fish, chicken, crawdads, shrimp, french fries, artificial ice cream, doughnuts, laxatives, steroids, heart pills, punch and steamed snails; do you think that my blood, my flesh, my emotions, my mind and the energy (fuel) at my disposal in time might not deliver (burn) in a way that lets me live and move at *less* than my peak level of performance?... What if, because of your present physical condition, you have to eat to live but that *eating* is in fact what eventually *kills you*?” Don Tolman, Ph.D., president of Brain Garden.

One of the factors which creates blockages and chaos in the body is poor diet. "Do we choose to create a lifestyle, a diet a way of being in the world that improves our lives adding joy and contentment? Or do we choose to ignore the laws of nature—in essence creating more chaos and degeneration?" (Advanced Tachyon Technologies)

Poor diet, too much sugar – yearly average 120 pounds per person, salt – 8 pounds in a year, white flour products, chemicalized (over 10,000 food and chemical additives in our food supply—preservatives, flavorings, colorings, emulsifiers, humectants, anti-microbials), highly processed, denatured, irradiated, canned, frozen or cooked foods and artificial foodstuffs, unresolved stress, unhappiness and negative attitudes attract the **dis-ease** process. According to a recent study by the American Dietetic Association 80% of Americans believe nutrition, indeed, affects their health, but only four out 10 are doing the their best to maintain a healthy diet. In a national survey of adults nearly two-thirds (59%) have either lost or are losing the battle for healthy eating. Three categories that Americans generally fall into in the struggle to achieve a healthy, balanced nutritional lifestyle are: *the Battle Weary* (18 %) constantly in the fight to stay conscious of calories and what they eat; *the Surrenders* (41%) who no longer pay attention to eating healthy, eating whatever they like; and *the Balanced* (41%) who have essentially won the war, who watch with a critical eye the contents of what they eat and aim for foods higher in protein and vitamins. Which do you think you are? Most of us KNOW WHAT TO DO , BUT DON'T.

As I researched data for this paper, I learned intriguing information and a new respect for foods – that is, the ones I best be eating. For example:

### SIGNATURES OF FOOD

Three thousand years ago Incas knew a carrot helped their eyes. Today after thousands of dollars and time, biochemical analysis and experimentation

have proven that carrots are, indeed, good for the eyes. How did the Incas know this? By the carrot's *Signature*. They looked at the end of carrots and saw patterns of the eye. Each plant in it's intelligence carries its own special qualities and gifts displayed in it's form, habitat, texture, color, aroma, essence and patterns.

Consider these "plant sign languages ":



(carrots) high in Vit. A, needed by the retina to function, reduces risk for cataracts and night blindness.



(avocados) Incas ate them to maintain function of and to heal the womb and cervix; looks like the womb and cervix; university studies in California confirm this to true.



(tomatoes and red peppers) Hopi, Paiute, Mayan, Inca, Phoenician and Egyptian cultures knew from the color and shape they were good for the heart; research near Kansas City, MO, found they make strong, free-flowing heart and arterial walls.



(lettuce leaves) "wash" our insides out, leaves like washcloths; though iceberg, pale and sick looking, is the most popular, it's the least nutritious; the darker, heartier leaves of Romaine or red leaf offer far more nutrients.



(watermelon) brain food; 93% of this melon is water, 93% of our brains are water.



(apples) "delicious" ones look similar to a big tooth; they stimulate gums and promote saliva production making them nature's toothbrush.

A few others: Walnuts /pecans, (brainfood) nearly 4,000 years ago Greeks chose them to enhance the intelligence of their children; today's biochemists confirm they are brainfood. Omega3 fatty acids increase blood supply to the brain; the fleshy part of the nut acts as a pure precursor which the brain converts to neurotransmitters for cognitive enhancement. You can see convoluted, gyrific folds on the surface of the brain—on the surface of the nut, a left/right hemisphere and a membrane (like our corpus colossum) that connects the two halves of the walnut or pecan, the husk—the cranium.

Figs, symbol of male fertility, hang in twos when they grow, are full of seeds, look like the scrotum and testicles. Research has established, figs, indeed do increase male fertility and motility of a man's seed. Celery—thin veins, good for high blood pressure. Kidney beans look like \_\_\_\_\_ and are nourishing to them.

Colors of the seed, blossom, plant or fruit can also be signatures: goldenrod, turmeric, barberry, and dandelion, each yellow colored, they help yellow jaundice as does our yellow sun. Red plants for fever; red rose for hemorrhage; red herbs, fruits and vegetables tend to purify the blood (red clover, red apples, burdock, etc.) Can you think of others?

## FOODS THAT FIGHT PAIN

More intriguing wisdom about the power of food comes from Dr. Neal Barnard's "must read" book, *Foods that Fight Pain*: Did you know that rice can calm digestive disturbances, that evening primrose can ease arthritic symptoms, that sugar can make you more sensitive to pain? Some foods regularly contribute to or exacerbates pain, while others don't upset the body's balance, but rather actively soothe or prevent pain by relieving inflammation, improving blood circulation and balancing hormones. Here are a few examples from his book:

arthritis – brown rice  
backache – squash, ginger  
bladder infection – cranberry juice

joints, back pain – ginger  
inflammation – beans, legumes, green leafy  
veggies; flax, borage, black currant oil  
menstrual – grains, beans, veggies  
migraines – tomatoes, (qt. water)  
digestive tract problems – rice, oats, veggies

William Roberts, editor-in-chief for the *American Journal of Cardiology*, and director at Baylor Cardiovascular Institute writes, "If we all were more careful in our choices of food and drink, our health would improve enormously. Dr. Barnard has been advocating healthful nutrition for many years. His message is beginning to be heard."

## UNHEALTHY, UNHAPPY LIVERS

While visiting Sydney and the Melbourne area last November, I listened to Sandra Cabot, M.D. on a health related television program. Quote from her book, *The Liver Cleansing Diet, Love Your Liver and Live Longer*, "I must admit it took me more than twenty years of medical practice before the solution dawned on me! The liver, the supreme organ of metabolism had to be the missing key. It seemed so simple and yet so incredible; why hadn't someone thought of this before?" She began working with patients who had struggled for years with excessive weight, putting them on her prescribed liver cleansing diet. Since the liver is the major fat-burning organ in the body, eating the wrong foods will actually cause your liver to make more fat. It's more important what you eat rather than how much you eat. Not only did her patients began to loss weight, but many other symptoms improved including high blood pressure, irritable bowel syndrome, general digestive problems, headaches, migraines, chronic fatigue, hives, arthritis, asthma, allergies, energy levels, depression and moodiness, diabetes, severe autoimmune disease to name a few.

### Natural therapies for the liver:

psyllium	taurine	dandelion
St. Mary's thistle	beets	carrots
globe artichoke	chlorophyll	lecithin
slippery elm bark	alfalfa and barley leaf	

Good news is “the liver can regenerate”. Consider doing a liver cleansing diet if you recognize any of the following symptoms of liver dysfunction:

Poor digestion	abdominal bloating
nausea	constipation
hives	skin rashes
candida	asthma
hay fever	chronic fatigue syndrome
bad breath	coated tongue
flatulence	irritable bowel syndrome
weight gain around the abdomen	
extreme swelling of abdomen	
headaches	migraines
dizziness	clumsiness
mental confusion	moodiness
depression	foggy brain
memory/concentration problems	
aggression	muscle/tendon stiffness
arthritis	ulcerative colitis
allergies	auto-immune diseases
high blood pressure	hypertension
fluid retention	hypoglycemia
unstable blood sugar	sugar addiction
poor nails	dry, red itchy eyes
jaundice	intolerance to alcohol

### MUSCLE CHECKING AND FOODS

One of the most exciting aspects of Touch for Health and muscle testing is the testing of foods for sensitivity. The results are personal and individualized, based on the reactions of our own bodies rather than on one of the plethora of food theories. We’ve learned we can check for separate foods, foods in combination, or foods effect at different times of the day. (Example: a friend sensitive to rice at lunch time would feel sleepy shortly after eating it, but not at dinner time. Muscle testing showed the same results—weakened him at lunch time, little or no effect in the evening.)

We know from our Touch for Health training that any strong muscle may be used for food sensitivities, however it’s best to use those listed in the TFH book:

latissimus dorsi	anterior deltoid
popliteus	quadriceps
pectoralis major clavicular	abdominals
pectoralis major sternal	psoas

The PMC and LD are the easiest to use for these tests or any of several methods of self-checking. If we test, do we “listen”? Do our clients “listen” to their muscle’s answers?

I taught the children in my classroom to use their bodies to test, as we learned from Dr. Bruce Dewe at our annual meeting in Canada: Pose the question in your mind about anything, making sure your K27’s, etc. are switched on (see step 1-2 in the Procedure section of this paper). If the body leans forward interpret this as a “yes”; backward a “no”; sideways a “maybe”. Often the students would ask, “Is this good for me, Ms. Cole?” I’d tell them to check with their body. If the food they were checking tested “no” (body back) some honored the response; others would pop it in their mouth anyway—the same as many of us do. Or we don’t ask because we don’t want to know or might feel guilty if we “eat it anyway”. My shining star model is my little 4 year old nephew, Elliott, who DOES honor his body’s response nearly every time. One day he was at the neighbor’s house when Lois offered him something to drink. He wasn’t sure he should have it so he asked to call his mom, my sister. Peggy told him to ask his body. There was only silence on the phone. When Lois picked up the phone, Peggy asked her what happened. “I don’t know. He put the drink on the table and walked off,” she said. I’m impressed. He also checks with his body every morning for his vitamins.

As Irene Yaychuk-Arabei writes “We are all energy beings. Infections are also energy vibrations. As we lower our cellular vibration through POOR DIET, poor attitude (affected by poor diet), stress and drugs, we match the vibration of infections and become one with them. Our job is to raise and keep our cellular

vibration high. Infections (and disease) cannot survive in this higher frequency and the immune system strengthens and allergies decrease. We can start with our attitude and clear our sabotage programs...” Perhaps we can clear those sabotage programs concerning our eating habits. Once again, I’m presenting the simple, quick repatterning procedure I primarily use for clearing those sabotage programs, this time with an added step. Following this process begins the integration of the right/left brain hemispheres to “be in agreement”, to “get out of your own way”. Always an important question to ask before you start any balancing or repatterning is:

**HOW/WHEN WILL I (YOU) KNOW “ITS” (A CHANGE) DIFFERENT IF WE REPATTERN THIS ISSUE?**

**Procedure:**

1. Test for strong right and left PMC (or other) muscles.
2. Complete the bio-computer warm-up (correct for switching) in any way that works for you. I use the following:
  - a. Five fingers pointed in at the navel. Test.
  - b. Proceed to step c if muscle is strong. If either or both are weak, hunt for circuitry shut-off points. (K-27’s, below the lip (Central meridian) or top of lip (Governing meridian).
  - c. Make corrections by massaging appropriate meridian end points while touching the navel.
  - d. Test for water shortage by gently tugging on the hair while testing. If weak, drink water. Important for both you the tester and the client.
  - e. Retest any “shut-off” to make sure muscles now check strong.

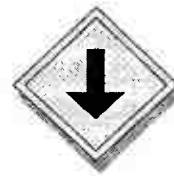
3. Make your positive declaration statement as if true in present time.

Example: *I, Jan, Janet Mae, Mom Cole* (you are encouraged to use all your names as they can have an effect on particular issues), *control myself and no longer allow eating potato chips to turn into a feeding frenzy.* (Yes, it helped!. I walked right by them the other day.)

4. After saying the statement, test right and left arms for opposite brain access. If both arms remain strong, the declaration you chose may not be an issue, may not be a priority at this time or your bio-computer may have “jammed” (shut off to block clear answers) If one or both of the PMC’s are weak, stroke ONCE upward on the midline of the forehead for data input. Go directly to the correction.

**5. Correction:**

- a. Ask “What will clear this issue for you (me)?”
- b. Muscle check for each of the following BRAIN FILES. They *usually* all test strong or yes in response to this question. Stroke TWICE on the midline of the forehead AFTER checking the entire list for a STRONG (yes) response. In the past we stroked twice after each word that tested strong. This is unnecessary. You can stroke the correction in at the end of the list.



**Say Each Word and Test:**

SPIRITUAL	GROUNDING
SELF-CONCEPT	PRIOR DECISIONS
EMOTIONAL	FEARS
PHYSICAL/STRUCTURAL	MOTIVATION
CHEMICAL	INTUITION
SEXUAL	WISDOM
GROUNDING	HEALING

6. Repeat the statement and muscle check both arms for a strong response. If strong, congruency should begin working within you.

7. This is the “added” extra step. Have your client say, “I want to be completely over this problem.” and test. If weak, tap rhythmically on the outside edge of the hand about 5 times while the client is thinking of the issue and does eye rotations closed and open (keep head still and roll eyes slowly all around clockwise; repeat with a counterclockwise eye rotation). Retest the above statement.

This is a very quick short form version of the repatterning technique; a longer more in depth form is given in the *Repattern Your Sabotaging Ways* and *In Making Money Your Friend* books. Remember stroke ONCE on the midline for data input and TWICE for the correction.

**Declaration statements you might repattern or balance:**

I, (all your names), value and respect myself by eating only those foods that nourish, sustain and energize me.

I, (all your names), am in charge of my diet (cravings) and no longer crave \_\_\_\_\_. (be specific)

I, (all your names), distinguish my cravings from hunger, feed my hunger and no longer succumb to my cravings.

I, (all your names), know the difference between stomach hunger and mouth hunger.

I, (all your names), have pride in my ability to control myself and no longer allow my craving for \_\_\_\_\_ to turn into feeding frenzy.

I, (all your names), am able to say no to eating \_\_\_\_\_ (specify food).

I, (all your names), see myself attaining and maintaining excellent health.

I, (all your names), am in charge of how much I eat, what and when I eat.

I, (all your names), eat to live and eat food that contributes to my health and well-being.

I, (all your name), eat only what I should and control my eating habits.

I, (all your names), deserve and am worthy of eating the best foods available to nourish me.

I, (all your names), really enjoy eating less, smaller portions, smaller bites, and a slower, healthier, more relaxed way of eating

I, (all your names), accept my responsibility to eat in a way that contributes to my health and controls the weight appropriate for me.

I, (all your names), am healthy, energetic and enthusiastic in the habits I form to support my health.

I, (all your names), easily control my weight and appetite.

I, (all your names), am achieving my weight goal for my own personal reasons, for myself, my life, my health, my future and my own personal well being.

Energy balancing, rubbing neurolymphatics, holding neuovasculars, running meridians, thinking positive statements, exercising, waving your hand over your food in any symbolic/energetic fashion all wonderful and helpful, but not enough. Food matters! We're in denial if we think otherwise. So many theories and so little time. We have the quickest access for this information with TFH. The real test as to the effectiveness of your repatterning efforts

might be watching your behavior at a buffet – how is eating there different, if at all? An old saying, but a thought provoking one:

WHERE WILL YOU LIVE  
IF YOU WEAR OUT YOUR BODY

**A REMINDER: We know that as Touch for Health practitioners , it is illegal to identify or treat any disease or condition without the specific license required to do so in your area.**

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## ***The Five Master Keys to Vibrant Health and Longevity: How to Cure and Prevent Any Disease***

BY RAY GEBAUER

Is it really possible to cure or prevent all diseases? Based on the evidence in the lives of thousands of people as well as my personal observation, it is!

Three thousand years ago, the prophet Hosea said, “*My people perish for lack of knowledge.*” It’s still true today! Having a clear understanding of the seriousness of problem is the only way to have an ongoing motivation to do something. So really, just how bad is the problem?

Here are the facts—judge for yourself! Over 50% of Americans will die from heart or vascular disease; 33% will die from cancer; 12% will die from diabetes. What do these top three causes of death add up to? 95%! And a century ago, probably less than 5% died from these causes!

The incontrovertible truth always has been and always will be, that **if you do what most people do, you’ll get what most people get!**

*So what are you doing right now to make sure you are not part of the 95% category?*

So if you want something different, you’ve got to be willing to do something different! *If you want vibrant health and longevity, you’ve got to do something different from what the 95% of the people are doing.*

This paper is going to give you the five master keys to vibrant health and longevity, so *you* will know what to do differently, so you don’t have to be in that grim 95%!

### **HEALTH CHECKING ACCOUNT**

One useful way to understand how your health works is use the analogy of your checking account. As you know from experience, your deposits *increase* your balance and the checks you write *decrease* your balance. When the amount of the checks exceed the sum of your deposits, you know what happens: you get bounced checks!

The same thing occurs in your body. Everything you do that contributes to your health is a deposit. Any kind of stress (physical, mental, emotional, chemical, electromagnetic) is a “check” written against your account. So when the amount of “stress-checks” exceed the sum of your “deposits”, you know what happens: you get “bounced checks” which show up as pain or as a health disorder, and eventually disease!

So you want to deliberately make your deposits as frequently as possible to build up your health reserves. Then be conscious and careful how you write checks that deplete your health balance.

The “deposits” are the five keys to vibrant health and longevity, and the “checks” are any form of stress.

A twenty year study by the University of London School of Medicine determined that un-managed mental and emotional reactions to stress are a *more dangerous risk factor for cancer and heart disease than cigarette smoking or eating high cholesterol foods.*

### HEALTH ILLUSIONS

One of the most dangerous perceptions is the common *illusion* that a person is healthy as long as they feel good. Millions of people are faked out by *appearance* of health.

Because your body was designed with numerous redundant (backup) systems, it has a remarkable ability to compensate for deficiencies and problems for years. It will always “borrow from Peter to pay Paul” so to speak, that is until Peter is broke too. Then “bankruptcy” (of your health) is suddenly unavoidable and you have bounced checks all over the place!

Here are some examples to illustrate this truth. Cancer takes five to thirty years to develop to the point that it is detectable. But during that time, you feel fine, because your body has been compensating and utilizing your back up reserves. Then you get the shock of your life, when your doctor discovers you have cancer. You can't believe it! Yesterday you were “healthy” and today you have terminal cancer! No, you only *thought* you were healthy because you mistakenly equated feeling good with health.

Michael Landon is a tragic and vivid public example of this. He was on the Johnny Carson show showing off his “healthy” body that had been diagnosed with cancer of the pancreas. He told the nation that he'd never felt better in his life, and that he was going to beat this! With less than 10% body fat, and he was the “picture” of fitness. But three months later, he was dead.

Don't confuse fitness with health! Strong muscles don't mean you have a strong immune system. Most of us are still faked out by the “picture” of health, the superficial outward appearance. 2000 years ago, Jesus warned us, “Do not judge according to appearance....” But we still tend to do just that, don't we?

Heart disease is another classic example of this. Heart disease takes 30-40 years to develop. Did you

know that the autopsies revealed that over 90% of the young fit men (teenagers) who died in the Viet Nam war had advanced hardening of the arteries? Probably over 90% of grade school children have the beginning of heart disease, that won't manifest for 30-40 years! Is that health?

UNLESS you do something *different* from the 95% that are doomed to die from just the top three causes, you will too.

So just how do you achieve vibrant and health and longevity? The **ONLY** way to have vibrant health and longevity is by having a strong immune system in concert with sufficient endocrine (hormonal) and antioxidant activity. But if take care of the immune system on a holistic basis, the other critical systems will be healthy and balanced as well, including proper neurotransmitter function and regulation, and tissue repair and regeneration.

When you have a strong immune system, you have vibrant health, and can usually recover from any disease.

So how do you get a strong healthy immune system? That's where the five keys come in.

### THE HEART AND PASSION

Your first key to having vibrant and health and longevity has to do with the *heart*, which is in the “Fire element.” Three thousand years ago, Solomon wrote, “Watch over your heart with all diligence, for from it flow the springs of life.” (Proverbs 4:23).

The heart has to do with passion and purpose. When you have a clear purpose in life about which you feel passionate, and when you see yourself on a mission, you are living from your heart. When from your heart you love and appreciate life and people, your Natural Killer cell function, which is the first line of defense of your immune system, is greatly enhanced.

If you are not living from your heart, and you're not passionate about anything, you will eventually deteriorate into a state of indifference, hopelessness and despair.

The devastating effect of this is that your immune system will be suppressed. As such, you are more susceptible to virtually every health problem.

Find some project or business through which you can make a contribution. When we are helping others by contributing to their lives in a meaningful way, not only is our own value and worth affirmed, but we are happier. As a result of that, our immune system is stronger and we are healthier.

My passion in life is to make a difference for millions of people by supporting them in achieving better health and greater fulfillment in helping others. So this is what I do as a business; and more importantly, I do it as my *mission*. It is my passion and a major source of fulfillment. And I love showing others how they can do it too.

#### FULFILLMENT AND SATISFACTION

My personal belief is that every human being is driven by the desire to feel valuable, significant and important. This is the basic universal drive that runs us. Everyone wants to be "somebody."

Of the countless ways we try to affirm our value, many of which do not work well, *contribution* and *connectiveness* are the most effective and fulfilling. It's when we are making a *contribution* to the lives of others that we are the most happy and fulfilled, because this affirms our value and significance. And when we feel *connected* to others, which includes a sense of belonging and being loved, we are happy and fulfilled, because this too affirms our value and significance. When both *contribution* and *connectiveness* encompasses the spiritual realm, we are the most happy and fulfilled!

To get the most value from the other four keys, engage your heart when you are utilizing each of

them by doing them with a conscious focus on your physical heart. Whatever you do, do it with and through your heart from a sense of appreciation. For more information on how to harness the power of the heart, go to [www.heartmath.com](http://www.heartmath.com). I very strongly recommend this simple yet powerful technology which has been proven to raise immune function levels as measured by the IgA (immunoglobulin A) by an average of 34% and increase the amount of the hormone DHEA (considered to be an "anti-aging" hormone) available to the cells by up to 100% while decreasing the cortisol (the "stress hormone") by 23%.

A final aspect of living from your heart is to laugh. I know I tend to be too serious. Look for humor in situations. Tell jokes; be funny. For more information on how to customize laughter to maximize health benefits, visit <http://www.touchstarpro.com/wellness.html>.

#### FINDING CONNECTIVENESS

Associated with the Earth Element is the second key to strengthening the immune system function, which has to do with having a sense of *connectedness* with others.

Your immune system is stronger when you feel connected to others in relationships where you feel valued and loved. One way this can be achieved is through a community of people that share a common vision, such as a church or a cause oriented business. It is my belief, that the most important person to be connected to is God.

The consequence of not being connected with people is once again a compromised immune system, which will most likely keep you in that 95% category. Find a way to be "on fire" with passion about a cause or significant purpose (mission) and "grounded" (to the "Earth") through being connected to others in a community of believers. According to a nine year study in the Journal of Epidemiology, people with the lowest amount of social ties were *two to three times more likely to die of*

*all causes than those with the most social connectiveness!*

### DAINGEROUS TOXINS

The third key is in the Metal Element. Because metal is a foreign substance to your body, it's a good way to remember this important key.

This key is about awareness and avoidance of *all* toxic and foreign substances, which includes heavy metals and chemicals in the environment, in our food, and all chemically *altered* foods that are also toxic to body.

In ancient times, poison was put in food if someone hated you and wanted you dead. In our modern era, the motivation is economic.

Between 500-600 foreign chemicals are now found in the tissues of every American. Examples of toxins include additives, pesticides, preservatives, coloring agents, hydrogenated oil and artificial sweeteners such as Aspartame also known as NutraSweet (for a wealth of references and shocking information on the dangers of Aspartame, visit [www.dorway.com](http://www.dorway.com) and <http://web2.airmail.net/marystod>. Ingesting Aspartame is like beating your liver with a chemical baseball bat. Is it worth it to chemically abuse yourself?

Toxins in our environment and food are believed by many doctors and researchers to be a PRIMARY cause in the decline of our immune system function.

In fact, according to measurements done by various research doctors over the years, your Natural Killer cells (the first line of defense against bacteria, viruses

or cancer), declined by an average of 1% a year between 1981 and 1991; but from 1991 to 1997, the average drop tripled to 3% a year! **This is a 29% drop in just 16 years, and this decline appears to be accelerating.**

So what can you do? Before you can *avoid* the toxins that are avoidable, you need to be *aware* of them. Start by investing the time in reading the labels on everything you buy. Why pay money to poison yourself? Just because the effect is not immediate does not mean it is not robbing you of your health and eventually your life!

One of the common substances that many people assume are OK is partially hydrogenated oil. Did you know that according to Dr. Sheldon Deal, it takes the body 55 days to get rid of the hydrogenated oil from just ONE potato chip? Don't you think your body has better ways to expend it's energy?

The next step is to AVOID like the plague everything you know or suspect to be unnatural or toxic. DON'T let your taste buds run (and shorten) your life! After all, look at what's at stake here: your life!

The third step is to reduce toxins that you are storing in your tissues. One way is taking supplements to support your liver's detoxification, such as a phytochemical (plant nutrients) complex that has been proven scientifically to raise glutathione levels, which is the most powerful and important antioxidant.

Investing some daily time on a mini-trampoline can really help your lymph system work more efficiently to remove toxins from your body.

To support detoxification, you can stimulate LG-4 and stimulate your immune system itself. You can also use this point to reduce or eliminate pain, including headaches and backaches.

### MOVEMENT

The fourth key to vibrant health is in the Water Element which represents "movement." Movement supports your immune system function. Movement is characteristic of fresh water, whereas motionless water is stagnant and becomes a source of trouble. In fact, when something stops moving, we conclude

that it is dead, since movement is a basic sign of life! So how do we insure adequate movement to maintain and enhance our life and health?

Water is the first essential component necessary for internal movement and chemical processes, including the daily cleansing processes through the kidneys. According to Dr. Batmanghelidj, M.D. chronic dehydration is the root cause of most degenerative diseases.

Dr. Batmanghelidj wrote a shocking milestone book, “Your Body’s Many Cries for Water—You are not sick, You are Thirsty,” which is based some astounding original research and supported by hundreds of medical articles. In this remarkable book, he presents a very convincing scientifically based case that chronic dehydration is the primary causative factor in asthma, allergies, depression, diabetes, rheumatoid arthritis, high blood pressure, high cholesterol, anginal pain, cancer, ulcers, colitis, headaches and backaches!

Here are some practical tips you can use immediately to improve your health. Do not assume that thirst is a reliable indicator of your need for water. The *absolute minimum* you need is six to eight 8-ounce glasses of water a day.

Do not assume that other beverages such as coffee, tea, juices, alcohol and soft drinks count as water even though they are 99% water. The body processes these as food. In fact, soft drinks and caffeine-containing beverages have a *dehydrating* effect. As a result, to counteract for this dehydrating effect, two glasses of water must be consumed for every bottle or can of soft drink or cup of coffee consumed to offset this dehydrating effect.

The best time to drink water is as follows: one or two glasses of water immediately upon rising in the morning; one glass one half hour *before* eating a meal, and a glass of water two and a half hours after each meal; and one or two glasses of water just before retiring. This is the MINIMUM amount you

need. This is what I do personally. When you are under stress, you need more.

Another very important type of movement is your bowels. If your bowels are not moving two or three times a day, you are constipated, and are reabsorbing toxins back into your bloodstream. You don’t want to be literally “full of it!” You have heard “death begins in the colon.” Although constipation can have many causes, the most common is too little fiber and insufficient water.

### MOVING YOUR BODY

The most obvious kind of movement is physical. Unfortunately, most people don’t really believe that physical movement and activity is that important, or else they would be doing more of it. Just as movement is a sign of life, a lack of movement is a sign that you have less life.

What is the price you pay to include more physical activity in your life? It does cost something! The short term perceived cost is that you will have less time to do other things. But the experience of many people invalidates that misperception, because when you have adequate physical activity, you have more energy and are able to get more done more efficiently. But, you will actually end up having *more* time since you are more likely to live years or decades longer!

The price that you may want to pay close attention to is what it will cost you to *not* invest some regular time into physical movement: death. As many as 12% of all deaths — 250,000 per year (that’s 685 deaths a day; one every two minutes!) — in the U.S. may be attributed indirectly to a lack of regular physical activity according to the Wellness Letter published in association with the School of Public Health, University of California, Berkeley.

A Yale University study of more than 9000 white male veterans, aged 50-60, showed that those who reported inactive life styles were nearly *seven times more likely to suffer a stroke* than men who were

moderately or very active. A daily walk of just one mile was found to be the minimum activity for reducing stroke risk.

So how can you incorporate more physical movement into your life? First, just decide that you will move more. Get a cordless phone and walk as you talk—that's what I do. Walk up and down stairs whenever you have an opportunity.

In addition to walking, I do two other activities that I strongly recommend to you. Based on my research, I believe the very best physical movement is using a mini-trampoline (rebounder). The extremely significant advantage of the rebounder is that you are exercising *every cell* of your body, including your organs, and not just certain muscle groups.

Here's what Dr. Henry Savage, M.D. said about the rebounder: *"Never in my 35 years as a practicing physician have I found any exercise method, for any price, that will do more for the physical body than rebound exercise."*

I use my rebounder for about 15 minutes a day, keeping my heart rate between 130 and 150 beats per minute. In order to keep a high heart rate, I have found that I need to move my arms in wide circles and lift either my knees or my ankles (bending at the knees) as I go up. To get the most of my time, I either listen to a cassette tape I want to hear anyway or to energetic music and pray while I'm jumping. This way I never get bored, but I do get very energized and feel like I'm getting younger at the same time.

Another excellent way of movement that seems to have an incredible benefit are the "Fountain of Youth" Movements, based on the book, "Ancient Secrets of The Fountain of Youth." I've been using these myself almost daily for nearly two years. They take 7-8 minutes to do. They are also taught by Lucy Beale for twelve years in her "How to be Naturally Thin" classes.

### FANATIC OR PASSIONATE?

Now you may be thinking, "Yeah but, you can't get fanatic about all this health stuff!"

I say, why not? Aren't you "fanatic" about protecting your life as you do what ever it takes to stay on your side of the traffic line when there is oncoming traffic?

Aren't you "fanatic" about protecting the lives of your family members from danger?

It's good to be "fanatic" about something—just make sure it's worth while. Why not be "fanatic" (a better word would be "passionate") about your health? Which is worse? To risk the possibility of being thought of as "fanatic" in regards to your health, or to die as part of the 95% group?

### THE ESSENTIAL NUTRIENTS

The fifth and final master key to your health and longevity is in the Wood element. Wood is a symbol of growth and nourishment. Living in the Northwest, I picture a tall majestic Douglas Fir evergreen tree. With the proper conditions, these trees can grow for centuries. For us, wood is going to represent nourishment and nutrition, the source of which is food, and food alone.

There are five critical elements regarding food that are vital to your vibrant health and longevity. They are quality, quantity, ratios of the three basic groups, variety, and the essential nutrients. Just as all five of

the master keys are important to having vibrant health, all five of these elements are extremely important to your health as well. You can't afford to leave even one out if you are committed to a long and healthy life.

Ever heard the phrase, "garbage in—garbage out"? Your body is no exception. What would happen to your car if you only put cheap gas in? The same thing happens when we feed ourselves poor quality food. You deserve quality!

Fragmented foods such as refined sugar, refined flour and white rice are low quality and can create serious imbalances in our bodies.

An example of an altered food is milk, which is inherently a great wholesome food, until it is altered. These are my three major concerns. Pasteurization alters 42% of the proteins which prevents them from being assimilated. If a farmer feeds a calf with pasteurized milk, it dies. The famous Price-Pottinger study cat study tracked the effects of pasteurized milk and cooked meat over four generations. By the second generation, the bones and organs deteriorated and they lost their hair. The third generation started showing homosexual tendencies. The fourth generation were sterile. Right now we're about three generations into using pasteurization.

Homogenization has been linked to heart disease. It prevents your liver from breaking down an enzyme that damages the walls of your arteries.

Growth hormones and antibiotics given to the cows to increase milk production pass through to the milk; this has been shown to have a negative impact on your health. Plus, as much as 90% of Americans are allergic to milk anyway.

If you are open-minded, I dare you to visit [www.antidairycoalition.com](http://www.antidairycoalition.com) or [www.notmilk.com](http://www.notmilk.com) to see the documentation on the serious problems and misinformation on dairy products.

The second critical element that is vital to your vibrant health and longevity is the *quantity* of food you eat. Study after study has shown that restricting the food intake in animals increases longevity by 50% or more, and drastically reduces disease.

If you want to be a healthy centenarian, and I challenge you to commit to that goal, moderation is a critical element. Overeating is a slow but sure way to premature disease and death, but at least you get some taste bud pleasure along the way to somewhat compensate for the suffering to come and your

shorter life!

One of the ways to overcome the common compulsion to over eat is to use a simple technique taught by Lucy Beale in her excellent tape album, "How to be a Naturally Thin Person." All you need to do is eat only when you are hungry, and then only eat until you reach a five on a scale from zero to ten. Ten is uncomfortably stuffed—I'm sure you know the feeling! Zero is discomfort in your stomach. Five is when you've eaten enough to remove the discomfort. There are many other excellent tips to normalizing your weight in this album.

The third critical element in the nutrition arena that is vital to your vibrant health and longevity is eating the proper *ratios* of protein, carbohydrates and fats. This is based on the fact that "one shoe does not fit all." Many people, because of their genetics, *need* higher ratios of protein and fat in their diet, and will become sick if they consume too high a percentage of carbohydrates. This is especially typical of people of European descent, but not always.

On the other hand, some people need higher ratios of carbohydrates in their diet, and will become sick if they consume too high a percentage of protein and fat. These people do well as vegetarians.

This is referred to as metabolic profiling, which is a reflection of your metabolism rate and whether you are a fast or slow oxidizer. You will fit into one of three basic profiles, which will tell you which of three ratios is best for you to give you the most energy and vibrant health. "Your Body Knows Best" is an excellent book by Louise Gittleman on this subject. The book includes a free profiling test that will show you in 15 minutes, which metabolic profile type you are. It is also available for free at [www.mannatech-inc.com](http://www.mannatech-inc.com). Knowing your metabolic profile can make an immediate and profound difference in your energy levels and health.

The fourth critical element in the nutrition arena that is vital to your vibrant health and longevity is

eating a larger *variety* of foods. Most people seem to get stuck in a rut of only eating a very few different kinds of foods. Broaden your horizons. Try new vegetables and different fruits. Use millet, barley, oats, kamut, spelt, etc. Eat some raw seeds and nuts every day, including sunflower, almonds, cashews, pumpkin seeds.

The fifth critical element in the nutrition arena that is vital to your vibrant health and longevity is making sure you are getting all the *essential* nutrients you need. What would your cake be like if you left out one of the critical ingredients? Doing it 90% right is not going to cut it!

So what nutrients are *essential*? We absolutely need Protein, Fat and Carbohydrates.

What we really need from protein are the eight *essential* amino acids. Without all eight, we become ill and will not survive long, because they are *essential*.

We also need fat. Fat is not bad itself (unless it is altered or heated). In fact without fat you will become sick and die. There are three *essential* fatty acids. Many people lack one of the essential fatty acids called omega 3. The best source of this is flax seed oil.

### SUPER CARBOHYDRATES

Carbohydrate technology is the arena in which there have been the most recent exciting breakthroughs. In fact, this next section may be the most important part for you.

Until about 10 years ago, research scientists and thus doctors believed that the only function of carbohydrates was to provide energy. So the fact that there were over 200 simple carbohydrates (monosaccharides) in nature appeared irrelevant. But now it has been confirmed that carbohydrates do far more than provide energy—they are essential components in cell to cell communication, which in turn is ESSENTIAL for the immune system function and all other systems in your body.

There are *eight essential carbohydrates* (EEC) that are absolutely necessary for cell to cell communication which means healthy bodies. These EEC are listed in Harper's Biochemistry (Murray et al., 1996) textbook as galactose, glucose, mannose, *N*-acetylneuraminic acid, fucose (*not* fructose), *N*-acetylgalactosamine acid, *N*-acetylglucosamine and Xylose.

Here's the bad news and the good news. We are only getting two of the essential eight carbohydrates in our food, which evidently is one of the major contributing factors to our declining immune system function and corresponding dramatic increase in disease. To over simplify, if your eight cylinder car had only two cylinders running, how far would it go and how well would it work?

The good news is that since August of 1996, there is a way to get all eight, and for thousands of people, getting all eight essential carbohydrates has looked like getting a miracle. Even though our bodies were designed to be able to synthesize the missing six, it doesn't do this well if we are overloaded with toxins and stress. But with severely depleted soil, over processed food, and an inescapable heavily toxic environment, our bodies just can not do this well.

A growing number of scientists and doctors, such as Dr. Steve Nugent, are referring to the development of a carbohydrate supplement (a glyconutrient complex) that contains all eight essential carbohydrates as the medical breakthrough of the century. Scientists have always known that if the immune system could be enhanced and restored to normal, there would be almost nothing the body could not correct on it's own. This is exactly what a glyconutrient complex does. As an immune system *modulator*, it does not stimulate the immune system or do anything *to* your body as a drug would. Instead, it gives your body what's been *missing* so that your body can do whatever is most appropriate—either boost the immune system function (up to 400%) or modulate it down if it is over active. Understand that there is no magic. The healing is



not from a powder or capsule, but from the body being able to heal itself when it has all it needs.

#### DR. SEE'S BREAKTHROUGH STUDY

The most significant and comprehensive *In Vitro* Screening study to date was just published this year in the Journal of the American Nutraceutical Association on 196 Natural Products for toxicity and efficacy (does it really do something). It was done at the University of California in Irvine, by Dr. Darryl See, one of the top immunologists in the world. This was a six year study funded partially by the National Institutes of Health.

What he discovered was both shocking and amazing. Of the 196 natural products tested (450 ingredients and from 57 different companies), 49.9% showed liver or blood toxicity and potential drug interactions. These are all natural products that are touted to be the best.

Here's the amazing part. All 196 products were also tested in three areas of efficacy: antiviral effects, enhancement of Natural Killer cells, and antioxidant activity as measured by raising glutathione levels. *Only five of the 196 were significantly effective in all three efficacy parameters with no toxicity in the other three parameters tested.*

Wondering what the top five were? Fourth and fifth place were garlic and Aloe. The top three were glyconutrients complexes, based on the new cutting edge carbohydrate technology.

Based on the results of this study combined with seeing dramatic results for people with severe health conditions, Dr. Robert Ortman with the National Institutes of Health has said that he expects that glyconutrients will be used by most of the population within a few years.

Because I continue to see incredible results for both myself and others, I will be taking glyconutrients the rest of my life, and would strongly recommend that you do as well if you are committed to having

vibrant health and longevity. This is "health insurance you can eat." Understand though, no supplement will ever cure any disease—they simply play an essential role in supporting the immune system to do the healing.

Here's how you can get more mileage from your supplements. You can double or triple the potency of all of your supplements, according to Dr. Sheldon Deal, by shining a neon-helium laser on the supplements while you hold them in your hand. This puts the energy vibrational rate of the supplements in phase with your body's vibrational rate. Doing this could reduce the amounts you need to take for the same reason.

#### MAXIMIZING YOUR RESULTS

To get the full long term value of any of these five master keys, you need to incorporate all five of them into your life as much as possible. You may see good results with one or two, but you will see *phenomenal* results when you have the synergistic effect of all five working in concert, just as the five players on a basketball team have the most success when playing together as a unified team.

There are two very powerful ways to accelerate your velocity on your freeway to vibrant health and longevity. One is to practice each of the five master keys with the specific purpose of achieving your specific health goal as opposed to doing it just because it is good for you.

For example, if one of your goals is to have normal and stable blood sugar (you currently have diabetes), then when you are drinking water, eating good food, doing your movements (exercise), or taking essential nutrients, do it with the specific purpose and intention to achieve your specific goal of normal blood sugar.

Your second powerful tool is *appreciation*. Use this in two ways. Feel from your heart a deep sense of appreciation when you do something to enhance your health, especially as you eat your supplements.

Appreciate yourself and your body; appreciate whatever you are doing at the moment to attain vibrant health. Be grateful to God who designed your body with the capacity to recover and be healthy!

Also, have an appreciation for the health problem that you currently have. Do this by seeing it as your body's best attempt to compensate for and manage all the stress and issues it has to handle, including toxins and insufficient nourishment.

If you have a very serious life-threatening problem, you need to do three things. First be sure you are connected well with people who care about you.

Second, it is important that you access the perspective of a professional knowledgeable health care provider that you can trust.

Third, do EVERYTHING you can, not just a few things. Use all five of the master keys to vibrant health. You will need more than the maintenance dosage of supplements, in some cases ten to twenty times as much. If you need specific professional advice on what supplements to take and how much, contact the Pharmacist Health Network at [www.callpne.com](http://www.callpne.com) to schedule an appointment or just call 900-CALLPNE.

Most of all the books and resources mentioned, including reprints of the Journal of American Nutraceutical Association (Volume 2, No. 1) with Dr. See's study are available from (888) 666-8942.

Ray Gebauer can be reached at [rgebauer@premier1.net](mailto:rgebauer@premier1.net) or (425) 957-1851.

## *Reversing Sight Loss Integrating TFH Therapy*

BY GRACE HALLORAN, PH.D.

There is an epidemic of sight loss on a world wide scale that is astonishing. Degenerative disorders, such as Macular Degeneration, Optic Nerve Atrophy, Glaucoma and Retinitis Pigmentosa and diabetic retinopathy associated with diabetes, account for the majority of sight loss conditions. For most, there is no hope offered by the conventional medical community. Drugs, Surgery nor glasses are of help.

For more than twenty years, I have been incorporating TFH in an aggressive therapy discipline to health the progression of my own impending blindness from serious eye disorders. Diagnosed with Retinitis Pigmentosa, a genetic disorder, and macular degeneration in my early twenties, I turned to the alternative health community for help and answers.

In 1976 I became introduced to Dr. John Thie and the remarkable discipline of Touch For Health. It was immediately clear to me that when TFH was included in my daily routine of eye health exercises, color therapy and nutritional supplementation, my eyesight improved dramatically.

Ever since that time, TFH has been the mainstay of a self-help therapy regime helping many others facing sight loss.

TFH provides the individual wishing to fight their predicted sight loss with a tool that truly impacts overall health and allows the eyes to recover.

As a practitioner and educator, TFH allows me to understand chronic weaknesses that may be contributing to the decline of eye health and visual function.

Oriental medicine has long understood the relationship between the Liver Meridian and eyesight. For the most part, and within a highly myopic community, that may be true. However, in my personal experience, there are several other issues that need to be addressed.

### **CHRONIC STOMACH MERIDIAN WEAKNESS & MACULAR DEGENERATION**

One of the conditions, age-related macular degeneration (AMD), a degenerative disorder that affect over 15 million Americans presently by robbing them of their ability to see clearly in their central sight has a more direct relationship to the Stomach Meridian. In one of the first cases I worked with in the early 1980s, an elderly gentleman in his 80s had been diagnosed for over ten years with AMD., the 'dry' type. His vision was less than 20/200 in each eye. He was unable to read, drive or play golf. When we first began working together, I noticed a gray area on the top of his cheekbone, under each eye, right on top of the Stomach 1 point. As we worked, balancing all the 14 major meridians in the classical TFH balancing method outlined in the TFH book, the gray discoloration under each eye began to change into a more 'normal' skin tone. Not surprisingly, his vision began to clear up at the end of two weeks of the Integrated Visual Healing Program.

**KIDNEY MERIDIAN &  
RETINITIS PIGMENTOSA AND GLAUCOMA**

Retinitis Pigmentosa robs the very young of their sight. Tunnel vision, and severe night blindness can affect children, often leading to complete blindness before the age of 40.

I have had the privilege of working with perhaps as many as 800 individuals over the past 20 years that were diagnosed with RP. Every one of those individuals tested weak on the Kidney Meridian, and were chronically fatigued as well. Strengthening the Kidney Meridian by the use of the neural-lymphatic points above and to the side of the belly button proved effective over the long term in expanding fields of vision.

In cases of Glaucoma, where the optic nerve had been damaged, field loss was typical. Participants learned to incorporate self-stimulation of these points on a regular basis, and through objective field analysis, showed a marked improvement. Again, improvement in cases that are typically considered to be untreatable and unrecoverable.

Without the individual knowledge gained from the TFH balancing, I don't think I would have been able to impact his or anyone else's visual system so immediately and so dramatically.

There are many more cases that have benefited from this type of integrated therapeutic approach. TFH has been a critical and vital component for on-going vision improvement in cases where no hope is given. I believe that there is a great demand for TFH from the individual suffering visual loss, and for the health care practitioner wishing to assist those in need.

It is my goal to bring the success of this approach to as many in the health field so that more people can be helped. Sight is a precious gift, and when it is gone it is missed every moment of the day.

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## ***How to Outperform Yourself: Taking Your Practice to the Next Level***

BY JACQUAELINE

Now you're a healing practitioner. You continue to invest your time and money for workshops, books and conferences that offer continued education to be the best that you can be. Let's say you are really good at what you do, and, you're dedicated to getting better all the time. The questions remains, how do you make more money without compromising your ethics and changing your style of giving caring service.

You heart's in the right place to be successful on all levels. Here is a brief overview of some of my work that may help you and your business grow. The first segment gives you areas that are critical to success. Then the second segment here gives you my marketing "Baker's Dozen" in which I've shared with you some secrets to success that work. These are simple, practical things you can do to take your practice; your business to the next level of success. When you go to that next level, you in fact will be serving more people and reaping the rewards. You deserve it.

### **FIRST – SEVEN STEPS TO OUTPERFORM YOURSELF**

#### **1) Clarify Your Vision, Mission, Purpose**

What would the world look like when that vision happens?

eg. –A world with self-empowered people living in harmony with creative expression.  
(You fill in your answer.)

#### **2) Prioritize Short/ Medium/ Long Term Goals**

A definition of a goal: Something achievable, believable, and measurable (how much by when?)

eg. – Everyone Has Enough Time Energy & Money to do anything that is a priority.....

Goals... more than enough.

Goals support your Vision.

Daily, Weekly, Monthly, Semi Annual, Yearly.

#### **3) The Inner Game**

Set your day in motion from the in side out – do this for your goals too.

Meditation/ Visualization/ Concentration/  
Prayer

#### **4) Commitment**

Consistency

Golden Rule - Do What You Say

(Success Formula) ordinary/ extraordinary.

Be Consistent.....little by little - the little engine who could....etc.

One apple a day.....

(Instructors, set dates for classes at least 1 year in advance – you can always change the date. Let people know you're there for the long run.)

#### **5) Breakthrough Fear**

First Identify what those fears are? Think through the energetic opposite or solution. Focus on that.

## **6) Support Team Work**

Identify who is on your team (not always your friends and family).

Identify and distinguish -

A) Who do you need to increase or create more time with?

Who inspires you.....read their books, tapes, schedule this time in your calendar.

B) Universe Rewards Action – keep stretching and growing

## **7) Keep Stretching**

How much time do you WANT to put in to growing?

Role Models – people you want to

imitate, emulate, match and surpass.

Books – make a list and keep adding to it.

Tapes – use your drive time as productive learning time.

## **Book Suggestions:**

Think & Grow Rich by N. Hill

Future Diary by Mark Victor Hansen

E-Myth by M. Gerber

## **EXPANDING YOUR HEALTH CARE BUSINESS - JQ's "BAKERS DOZEN"©**

Health care practitioners today spend a lot of time and money in 'being the best you can be'. You go to seminars, keep up with new techniques, trends, nutrition, research and you give, give, give.

A few practitioners 'luck' into a groove where clients just come. Referrals happen, and business explodes and supports that person nicely.

If you are finding that you could use a few more clients, a few more students each month, a few more referrals and return clients....and you feel your work is good...then please read on. If you would like to boost your income by \$300, \$1,000, \$3,000 per month, (or more) read on and make a plan to implement the "Bakers Dozen". It's a recipe for success.

People need your services. You probably think that too. So, how do you share that fact with others and get paid to do the work you love?

Other than finding an 'angle' marketer, or promoter, you need to become *proactive in marketing*. Here are a few 'pain-free' quick tips that can help you earn more money - when you put them into practice.

**1) Business Cards** - list products and services, add your photo to your card for that 'personal' touch - people will remember who you are when they look at the card!

**2) Use Voice Mail** as a marketing tool - leave a brief service message. Example: "Thank you for calling Jane Doe's office, the place where you walk out feeling better than you came in. Jane's not available for the phone now but please leave a message....." Example: "You've reached JacQuaeline and Dynamic Systems Int'l., producers of "Visionaries In Business" radio talk-show where we show you how to make your dreams come true... leave your name & number....."

**3) Start a Focus/Support Group** on "how to" improve or market your business. Perhaps a breakfast meeting twice a month? All successful people participate in Master Mind groups. This can be done on the phone with other practitioners or colleagues as well.

**4) Client Follow-up.** Do it. Create a follow-up note to send out to your new client within two days of their first visit. Create a phone schedule to call and check up to see how they are doing. Show you care. Ask if they want to see you again. Tell them you appreciate their referrals. You may give a 'special thank you' referral gift - a discount or frequent visit tune-up offer.

**5) Accumulate at least one Testimonial** letter per month - distribute them appropriately. There are several clever ways to get them.

6) **Write a Short Article** - could be human interest - "what I found", or topic related - "stress releases", etc. These could be sent to local publications, associations, trade magazines and etc. (A series of articles could end up being chapters in your new book!)

7) **Create a Client Newsletter** - one page works! It's more cost effective to keep the clients you have than to constantly find new clients. Offer a 'health tip' that is easy to do. Example: cross crawls, ear rolls, Judy Levin's "Touch For Health" video. Follow-up is well worth the time and money.

8) **Networking.** Be consistent. Become a member of a Chamber of Commerce or a networking leads generating business organization in your local area. Go and participate on a regular basis, minimum once a month. Come up with a catchy 30 second introduction. Make sure it's not, "I'm JacQuaeline and I do Kinesiology and Touch for Health." Think of the benefits. Example: "I'm JacQuaeline, a certified holistic health practitioner. One of my last clients referred to me was using \$280 of medication per month and still in pain after 3 years of medical care. I worked with her twice a week for 6 weeks - she became pain free and now her doctor reduced her medications to only one prescription costing her \$35.00 per month." Practice your introduction and be consistent. If you need help with this one call me. First impression lasts a long time. Have your business cards and brochures ready to hand out.

9) **Be the Expert.** Offer a talk on your work, even if you are not an instructor. Offer this on a regular basis - once a month, once every 2 months. Where? Service clubs with breakfast or lunch meetings in town offer you great exposure. Sometimes you may even get paid to do this!

10) **Offer educational products.** Business is how you choose to give service to your community. Have products in your office to sell. I have Judy Levin's

"Touch For Health" Video Tape for sale and for rent. I also offer "Chicken Soup for the Soul", "Future Diary" and others. I usually buy 6 or 12 at a time to get a good discount. I want my clients/students to read these anyway so I make them available NOW...and I make the small profit by providing the convenience to them ...immediate gratification. And when they can't walk out the door with it, they often don't get it for themselves.

11) **Exposure and Networking.** Be consistent. Make a commitment to a Chamber of Commerce or a networking leads generating business organization in your local area. Go and participate on a regular basis, minimum once a month. Come up with a catchy 30 second to one minute introduction. Make sure it's not, "I'm JacQuaeline, and I do Kinesiology and Touch For Health." Think of the benefits and paint a picture. Example: "I'm JacQuaeline, a certified holistic health practitioner and I help you release daily stress. One of my last clients that was referred to me was using \$280 of medication per month and was still in pain after 3 years of medical care. I worked with her twice a week for 6 weeks- she became pain free and now her doctor reduced her medications to only one prescription costing her only \$35 per month." Practice your introduction and be consistent. If you need help with this, call JacQuaeline for help. A first impression lasts a long time. Have your business cards and brochures ready to hand out.

12) **Cyberspace** - market on the net, or at least, have an e-mail address. You'll appear to be up with the latest and greatest technology! One of my web sites cost me a whopping \$20 one time fee, no monthly or annual upgrade fees...and that included production costs! You can get a free web page on American On Line. Other ISP's (internet service providers) give you deals, so be on the lookout for them. It does not have to cost \$100 per month. Put your web site address on your business cards and remember to check your e-mail for responses.

13) Have you been on radio, television, cable? If you've ever heard or seen a show and thought, "I'd like to say this or that", pay attention. That small little internal voice may be telling you something. Get your press kit together and go for it!

Keep referring back to this list every month. Create a plan to do a little bit, step by step. Write down the plan and put it on your scheduling calendar. Do one new income producing thing every day or at least for one hour per week. Start in the morning to set your day in an expanding mode. You'll find that within six months, your client flow, cash flow and student enrollments will dramatically change. If not, call me. This stuff works when you work it. If you read this and think, YEAH, good ideas....and one month goes by with no action....you may need help, call me. I have an affordable coaching, mentor program where I guarantee results. Every successful athlete has a coach or a partner in their corner. Don't wait. A coach can make all the difference in the world. I love helping people get 'out there' and live their dreams with abundance. Let me hear from you about JQ's **"Bakers Dozen"**© . Now, start cookin'! I welcome and appreciate your comments and your calls.

JacQuaeline, 1994 Executive Director of Touch for Health Association; also a Health Care Practitioner, Business & Marketing Consultant & Coach. She has 20 years experience as a popular Psychic/Intuitive Consultant and Coach while hosting her own radio talk show which was focusing on business, relationships and spirituality. JacQuaeline is also a Professional Speaker and Workshop leader for various corporations. She may be reached by voice mail: 1-800-555-9205, ext. 989; e-mail: JQ3@aol.com



## *The Resolution of Sexual Abuse with Emotional Complex Clearing: Three Case Studies*

BY BRAD MAY, PH.D.

**Emotional Complex Clearing (E.C.C.)** is a system that allows people to experience freedom from the past. The entire procedure is composed of twelve steps. The first eight steps use muscle-testing to gather information about an unresolved issue. The ninth step involves a clearing technique which encompasses five separate elements-- holding the forehead, lightly stroking the spine, breathing, imagining light, and an Inner Child process. Steps ten through twelve check the degree of resolution and determine whether anything else needs to be done.

### **CASE #1: MODERATE DEPRESSION**

I was teaching a class in counseling and offered to demonstrate how to cure a phobia using N.L.P. (Neuro-Linguistic Programming). Four students volunteered. I muscle tested myself to determine the best subject, and Veronica was selected. I asked what she was afraid of. She said, "Men in dark raincoats."

I asked, "Why?"

"Because I was molested by one when I was a little girl," she answered.

Suddenly she was in tears, and out poured her whole story. The abuse she had mentioned was a onetime occurrence, perpetrated by a stranger when she was about nine. She added, however, that she'd been repeatedly sexually abused by a neighbor from ages five to seven and then molested by her stepfather from ages eleven to thirteen. To the class, it must have looked like I definitely got more than I bargained for.

I could have referred her to another therapist, an approach which the school would doubtless have endorsed, but I was feeling bold that night.

I asked that everything be kept confidential, and then offered, if the class would be supportive, to demonstrate a procedure that I had used which had been very beneficial in similar cases in the past. Both the class and Veronica agreed. We had a very tightly bonded group which was quite helpful.

Her system indicated (when I muscle tested) that she was ready, willing, and able to resolve this successfully now, and that the entire pattern of sexual abuse could be cleared all at once.

She then elaborated on her emotions about the abuse-- feeling very unsafe, and decisions she had made-- believing that she was dirty and unclean as a result and that men were out to use and abuse her. (Her husband, she added, was the only exception.) When I looked around at this point, I noticed that many of the students also had tears in their eyes as she described the way her childhood and adolescence had been ruined by her perpetrators.

Her system indicated that she was free from self-sabotage and secondary gains on this issue, but there was still a barrier to a thorough release -- some missing piece to the puzzle.

She quickly recalled that she'd been afraid to tell anyone about any of this until she got married. She

had hinted about it to her mother, but either mother didn't believe her or Veronica felt discounted and invalidated as a result. Her system confirmed that was the missing piece, and we could now expect a complete resolution.

I administered the clearing procedure. There was a point where she started to hold her breath and I feared her collapsing back into the pain. But I reminded her to breathe, and she eventually opened her eyes with a smile on her face. "Wow! That's much better!" she said. "The little girl inside me really needed that."

No support activity was indicated. I insisted that she call me if the good feelings started to slip away. Our class ended about a week later. At a five-month follow-up by phone, she said she was still grateful and that the changes had lasted.

Several classmates who continued in school with her reported that she seemed more "mature" in the months that followed and that in fact her voice had deepened! This, we speculated, might have been the result of freeing up the little girl energy that was stuck in her throat.

### CASE # 2: HYPOACTIVE SEXUAL DESIRE

Alice couldn't enjoy sexual intimacy with her husband of eight years. Time after time she would freeze or tense up when they started to make love. In her mind she would "go away" and think about other things. In her drinking days this was never a problem. But now she was newly in recovery and wanted to stay sober. "This is a huge issue," she said. "It's come up many times in our years of therapy. There's a huge difference between us, and neither one of us knows how to come together."

Muscle testing for the source of the issue took us quickly to age ten. She said that she had been sexually molested then by a cousin while his friends looked on. Out of shame, she never told anyone. Relating this to the group (which I was leading) made her tearful. Her system indicated that it would clear on all levels, and that she was free from self-sabotage and secondary gains.

The clearing went smoothly. She opened her eyes, again filled with tears, and expressed her amazement to the group. "That was wonderful," she gushed. The whole E.C.C. procedure took about fifteen minutes. She left that night quite hopeful.

Two weeks later I saw her and asked how she was doing. "It really worked," she said. "I feel much more comfortable being intimate with him and much safer. That wall just doesn't come up anymore. He knows there's a difference. I just want to be closer to him. The miracle is happening for us! The change that you helped us start is great!"

In a phone interview her husband confirmed the shift. "In our relationship there was a wall, and that's come down. We're much closer now. What you did really helped."

Alice revealed in group that night that she had been praying for a resolution to that issue for some time. Interestingly enough, that evening I was a substitute facilitator. I had no plans to do either muscle testing or E.C.C., and in that group I had never demonstrated either.

Then someone asked me to show them "the arm thing." So I tested Alice, who was the first to volunteer on a number of recovery issues. All were o.k. It was only on her way back to her seat that she asked if I could help with her sexual barrier-- as an afterthought.

"Too many coincidences," one group member muttered. "It must be a God thing."

At a six-month follow-up Alice said, "My whole life has completely changed. That healing took away my anger and my fear. We have a really active sex life now, and he's a happy camper. Our relationship is better than it's ever been in nine years -- it's ten times better!"

### CASE # 3: PANIC ATTACKS

When I first saw Betty in the hospital, she was shaking and sobbing hysterically. Her counselor told me that she was having another panic attack and asked if I

could help. It was Saturday morning, and her regular therapist had the day off. So I said I would do what I could.

Alice explained that she had been depressed for the past year and thought that she was dying. A former therapist herself, she had sought help from traditional therapists who she said were excellent, but she had only gotten worse. She was experiencing rage and terror, and she had no idea why. As a result, she was losing both her business and her friends.

I demonstrated muscle testing and explained how we could use it to help. It unsettled her to realize that she could find out in a very short time what she had been wondering about for so long. She cut the session short, stating that she had to think before going any further.

The next day she decided to proceed. Her system indicated that the original experience (related to the depression and panic) contained the emotions of fear, anger, pain, and shame, and had occurred at age five. She tested negative for physical or emotional abuse, but positive for sexual abuse.

She told me to ask about her father, and her system confirmed her dim suspicions that he was the perpetrator. She was stunned, but not incredulous. We talked for a while and then proceeded with the clearing.

In her own words:

The results were almost unbelievable! I remember very distinctly knowing that the bad feelings had stopped. The pain and terror and rage were really gone and the ordeal was over. It was more than emotional-- the back pain of twenty years was gone, and my skin condition cleared up also.

I had often felt a deep black hole inside of me. Now I felt that I had been to the bottom of that hole and cleaned it out and it was filled with light.

Within a few days I was back home and feeling better than I had all my life. I find I have a deepening sense of peace and well-being that I would not have thought

possible. I am still in awe of the fact that my recovery could be an event instead of a long and painful process.

A three-year follow-up confirmed that she was maintaining these results.

## CONCLUSION

In each case the apparent "coincidental" nature of the encounter between therapist and client is quite interesting.

Recent surveys estimate that about one in four females in our society will be sexually molested at some time in their lives. These and other case studies indicate that Emotional Complex Clearing may be a useful remedy in the resolution of sexual abuse.

(For more information about E.C.C. seminars or the video course, contact Serenity Systems at 800-787-7627 or [www.serenitysystems.com](http://www.serenitysystems.com))





## The 25 Body Type System

BY CAROLYN L. MEIN, D.C., DIBAK

### Abstract

Diet plays an important role in health, but specific dietary guidelines are contradictory. There is a way to solve the dietary confusion of specifically which foods patients should eat to ideally support their systems and when to eat them. Muscle testing was used to determine a person's ideal diet and body type. It was found that a person's dominant gland, organ or system determined their body type and ideal diet, as well as personality profile, exercise requirements, health and disease tendencies.

### INTRODUCTION

Some patients have such severe digestive weaknesses that eating a typical diet places excessive stress on their already debilitated systems. Inability to maintain ideal body weight, with either gain or loss, is often the first indication that the body is having difficulty handling the stress it's under. Low energy, fatigue, increased irritability, lack of mental clarity and weight are common complaints of most patients.

It is well accepted that proper diet is important to health but diet books are contradictory. For example, *Fit for Life* advocates a light breakfast of fruit, while Dr. Atkins recommends protein and fat, restricting fruit. There is even disagreement regarding the ideal food ratios. Dr. Sears in the Zone diet recommends a 40%-30%-30% ratio of carbohydrates to protein to fat, which is contrary to the recommended USDA diet of 70%-15%-15%. Obviously, not all people are the same and what is ideal for one is stressful for another.

The first diet book I saw that put the differences between people and their respective diets into perspective was *Dr. Abravanel's Body Type Diet and Lifetime Nutritional Plan*. His premise was based on Dr. Bieler's work who was able to distinguish

between individuals with a dominant thyroid and a dominant adrenal gland on the basis of fairly obvious physical characteristics. I found Abravanel's basic concept accurate and quite useful. However, the diets were incomplete and required modification for sensitive individuals. As I began working with Abravanel's 3 types for men and 4 types for women, I discovered people who didn't fit the profiles and seemed to fall between types. This led me to discover additional types based on the dominance of other glands, as well as organs and systems.

### METHODS

Testing was done through muscle testing using the gastrointestinal-related muscles, generally the pectoralis major, clavicular division (PMC) by G-1, with food chewed and held in mouth. Food combinations were tested by having the patient chew a bite of a food combination such as peanut butter on white bread or a bite of pizza. Patients took a small quantity of food from each meal, placed the different foods in the separate compartments in an ice cube tray or egg carton, froze them and brought the samples in with them to be tested on subsequent visits. To test the body's compatibility with foods eaten at different times, the patient was asked to think of that particular time of day to access their biological clock.

**DISCOVERY OF ADDITIONAL BODY TYPES**

**Case #1:** A twelve-year-old girl whose weight gain pattern was like the Gonadal type, in the buttocks and thighs. When I muscle tested her body's response to the "Frequently" and "Rarely" foods of the Gonadal, the answers didn't match. I then tested her response to the Key Indicator Foods for each of the other known types, but nothing fit. Her general body structure and muscle mass were stronger and more dense than the Thyroid – more like the Adrenal, but not quite.

I had someone who had the general weight gain pattern of the Gonadal, with physical characteristics similar to the Adrenal. If I followed the rules of other systems, I had a person who fell between two types, or was a blend of the two. This was not an acceptable answer for me, since dietarily, a blended type is only slightly more useful than having no type because the complete diet still needed to be determined. In testing different foods, I found she tested strong for pizza, and for peanut butter on white bread. She also tested weak for fresh cherries, but strong for cherry pie. In wondering what organ would be able to handle what I felt was a poor diet, I came up with kidney. It also fit with her medical history as being her strongest organ.

Her physical characteristics included a distinct waist, with no weight gain across her lower back in the kidney region. She had a medium bone structure, dense solid musculature and a strong constitution. Given the foods that best supported her body, her physical characteristics, medical history, weight gain pattern, and location of her dominant energy focus, I concluded and verified that her kidneys were her dominant organ and consequently, her body type.

I tested the food profile I had compiled for her on other people and found the ones with similar physical characteristics responded well to the same foods. I continued to expand this list with others, including the time of day foods were best eaten and the best combinations, then I checked her response

to the new information. This way I was able to determine what was true to type and what was unique to the individual.

This is the procedure I used to discover and develop the rest of the body types. Essentially, when I was presented with someone who didn't fit into any of my known types, I started checking their body's response to foods. This eventually led me to the identification of a new type. During the discovery stage, the longest time span between new types was six months. The last of the 25 types was discovered eight years ago in 1991.

**RESULTS**

**Case #2:** A thirty-seven year old female who had battled a weight problem since her teens. She tried every diet that came along. When she was younger, vigorous exercise would help control her weight, but now it had little, if any, effect. When I saw her she weighed 173 pounds and carried it on a 5 foot 2 inch, medium frame. She complained of being tired and overweight. Her body type was Pancreas. After six months, she had lost 38 pounds. As soon as she began to follow the diet that was right for her body type, she lost weight easily and consistently. She immediately noticed better health, vitality and increased energy, which has remained consistent. It's been six years, and she has been able to easily keep the weight off.

**Case #3:** A fifty-two year old female who had spent years searching for the secrets to "perfect health". She tried programs that included diet, exercise, meditation, fasting, juicing, and colonics. With the Ayurvedic system, she learned that she needed dense protein in her diet. Following the program was difficult for her, as it left too many questions unanswered. Unable to find the missing factors, she felt dissatisfied because she had once again failed in her quest to achieve good health. She was a Nervous System body type, meaning her dominant gland or system was her nervous system. In going over her diet, we discovered she had not been eating enough of the kinds of protein that her body required. She

had been leaning toward vegetarianism and was not getting enough dense protein. After following her new body type diet for several weeks, she reported she was feeling better than ever. She has been following her diet for six years and has enjoyed consistent health and well-being.

**Case #4:** A forty-six year-old male who felt he was reasonably healthy. His dominant gland was Medulla, which while a physically strong body type is also sensitive, as evidenced by their reactivity to drugs, chemicals and environmental pollutants. Unique to the Medulla body type is a need to eat vegetables or drink vegetable juice prior to eating anything else for breakfast. As soon as he began eating a vegetable for his first bite of breakfast, his energy level increased, he didn't get hungry again until lunch, and his mental clarity improved. He has maintained and followed his diet for seven years. He'll test it periodically, going off, only to come back to the Medulla body type diet that truly supports his body.

**Case #5:** A four-year-old girl with intestinal gas and bloating, frequent stomachaches, irritability, and allergies. In checking her diet I discovered she tested weak to pinto beans. Her mother routinely fixed Mexican food for dinner. The girl's body type was Heart, a type that has difficulty digesting pinto beans. Once she started following the Heart diet, of which the most significant change was the elimination of the pinto beans, her digestion cleared. She has maintained her diet for eight years and kept her weight at her ideal level; she was showing overweight tendencies at age four.

Detailed descriptions of all 25 body types including 3-view photos of 8 people for each type at overweight, underweight and ideal weight, and a complete profile and diet for each type are found in the book, *Different Bodies, Different Diets* Men's or Women's Version. The "Profile and Diet" for each type is available in a booklet form and may be personalized.

The easiest way to accurately determine body type is by muscle testing for the body's response to "Frequently" and "Rarely Foods" as illustrated on the following Key Indicator Foods by Type chart. "Frequently Foods" are ones that will test strong for that type, while "Rarely Foods" will test weak. A food that is enclosed in () may test moderate or spongy when a person's digestive system is weak.

Most types are stressed by eating fruit at certain meals. There are a few where this is also true of protein, dairy, grains, and even vegetables. These food groups are listed under the "Rarely Foods". A quick way to determine possible types is to check for when fruit can be handled. Simply, test a person for fruit for breakfast, lunch and dinner, making note of which meals tested weak. Refer to the "Fruit As A Rarely Food" and "Quick Reference Correlation" to select the types that test weak at these times. Having narrowed down your choices, test the "Frequently and Rarely Foods" for those types, selecting the type where the person tests strong for the "Frequently Foods" and weak for the "Rarely Foods". Now that you have identified their body type, you are ready to proceed with the individual "Profile & Diet".

## DISCUSSION

Following the diet that is appropriate for one's system or body type allows for the alleviation of diet related health problems allowing for greater health and vitality, increased energy and mental clarity, and normalization of weight. Patient compliance is good because the diet is easy to follow, it validates what they intuitively know, and fills in the missing gaps. Once patients know what it feels like to feel good, they have a reference point that motivates them to get back on their diet once they have strayed. Because the diet supports their well-being and teaches them proper dietary habits, they are able to maintain their weight loss.

There are 25 distinct body types. Each one has a unique diet that includes the frequency of which

*continues on page 46*



# Key Indicator Foods by Type

## FRUIT AS A RARELY FOOD

<b>Breakfast</b>	(Brain), Medulla, Stomach, Thymus
<b>Lunch</b>	(Balanced), Blood, (Brain), Gallbladder, (Gonadal), (Heart), Hypothalamus, Intestinal, Kidney, Lymph, (Pancreas), (Pineal), Thalamus, Thymus
<b>Dinner</b>	(Balanced), Blood, Gonadal, Heart, Hypothalamus, Intestinal, (Kidney), (Liver), Lung, Lymph, Medulla, Nervous System, Pancreas, Pineal, Skin, Thalamus

## QUICK REFERENCE CORRELATION

<b>Breakfast and Lunch</b>	(Brain), Thymus
<b>Breakfast and Dinner</b>	Medulla, (Pancreas)
<b>Lunch Only</b>	(Balanced, Brain), Gallbladder, Kidney
<b>Lunch and Dinner</b>	(Balanced), Blood, (Gonadal), (Heart), Hypothalamus, (Intestinal), (Kidney), (Liver), Lymph, (Pancreas), (Pineal), (Stomach), Thalamus
<b>Lunch or Dinner</b>	Balanced, Gonadal, Pineal
<b>Dinner Only</b>	(Balanced), (Gonadal), Heart, (Intestinal), (Liver), Lung, Nervous System, (Pancreas), (Pineal), Skin
<b>No Fruit Anytime</b>	(Intestinal), (Pancreas), (Stomach)
<b>Fruit Good Anytime</b>	Adrenal, (Brain), Eye, (Liver) Pituitary, Spleen, Thyroid

## FREQUENTLY FOODS RARELY FOODS

### Adrenal

Strawberries, Calamari, Romaine Lettuce, Celery, Avocado, Bananas, Cherries, Dates, Pinto Beans (Whole Wheat Bread, Plain Yogurt)	Beef, Salt, Shrimp, Cashews, Pistachios, Cucumber (Eggs)
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### Balanced

Tuna, Oats, Coconut, Sweet Potatoes, Yams, Dates, Pineapples, Cherries, Cantaloupe, Sunflower Seeds (Whole Wheat, Raisins)	Grapefruit, Strawberries, Peanut Butter, Lamb, Trout, Cashews-Roasted, Oranges (Whole Wheat Bread, Colby Cheese, Strawberry Yogurt, Orange Juice, Rye, Walnuts) Fruit-L(D) or (L)D
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## FREQUENTLY FOODS

Chicken, Celery, Eggplant, Cantaloupe, Raisins, Watermelon (Red Apples, Green Apples, Rye, Black Olives, Oats) \* Beef and Eggs

Bananas, Carrots, Pinto Beans, Tofu, Popcorn, Lentils, Hummus, Zucchini (Red Beans, Red Radish, Fish)

Lobster, Shrimp, Scallops Carrots, Kelp, Spinach, Sweet Potatoes, Yams (Seaweed-Nori, Honey, Refined Wheat)

Veal, Crab, Buttermilk, Pinto Beans, Cucumber, Apples, Grapefruit, Raisins, Dates

Cottage Cheese, Turkey, Bananas, Raisins, Walnuts, Cucumber, Cantaloupe, Pineapples, Dates, Sunflower Seeds (Plain Yogurt, Strawberry Yogurt, Pinto Beans)

Eggs, Cashews, Pistachios Rye, Oats, Pineapple, Papaya, Dates (Almonds, Peanut Butter)

Macadamias, Carrots, Pumpkin Seeds-Raw or Roasted (Colby Cheese, Raw Cheese, Pinto Beans, Raisins, Asparagus, Cauliflower, Red Apples)

Walnuts, Pinto Beans, Sweet Potatoes, Apple Juice (Rye, Dried Pineapple, Pumpkin)

## RARELY FOODS

### Blood

Strawberries, Cheddar Cheese, Beef, Olive Oil, Casaba, Crenshaw and Honeydew Melons (Colby Cheese, Eggs, Sweet Potato) Fruit-L/D

### Brain

Cherries, Buttermilk, Frozen Yogurt, Honey, Chocolate (Beef, Lamb, Sweet Potatoes, Frozen Yogurt with Nuts) Fruit-(B/L), (L), Protein-(B)

### Eye

Black Walnuts, Roasted Garlic, Char-Broiled Foods/Fish, Broiled Shrimp, Charred Toast (Buttermilk, Fish Sauce)

### Gallbladder

Whole Wheat Bread, Pork, Kidney and Red Beans, Kelp, Mayonnaise (Walnuts) Fruit-L

### Gonadal

Peanut Butter, Russet Potatoes, Casaba and Honeydew Melons, Orange Juice, Frozen Yogurt, Whole Wheat Bread (Honey) Fruit-(L)/D

### Heart

Whole Wheat Bread, Honey, Frozen Yogurt, Asparagus (Eggplant, Watermelon, Yogurt, Pinto Beans) Fruit-(L)/D

### Hypothalamus

Buttermilk, Cantaloupe, Rye Bread, Pasteurized Goat Milk, Butter Lettuce (Beef, Whole Wheat Bread, Chocolate) Fruit-L/D

### Intestinal

Tuna, Raw Pumpkin Seeds, Tomato Pasta, Iceberg Lettuce, Apricots, Orange Juice (Chocolate, Lamb, Coconut) Fruit-(B)L/D

**FREQUENTLY FOODS RARELY FOODS**

**Kidney**

Tomatoes, Peanut Butter, Trout, Salmon, Avocados, Walnuts, Cucumbers (Almonds, Cashews, Yams, Pinto Beans, Pistachios, Bananas, Cantaloupe, Cranberries, Sunflower Seeds) Light Dinner

Plain Yogurt, Lentils, Whole Wheat Bread (Strawberry Yogurt, Mung Bean Sprouts, Chocolate, Eggs, Beets, Oats, Orange Juice, Honey, Cauliflower) Fruit-L/(D), Protein-(B)/D

**Liver**

Chicken Breast, Trout, Coconut, Asparagus, Eggplant, Cherries (Beef, Tuna, Celery)

Salt, Pork, High Fat Yogurt, Milk, (Whole Wheat Bread), Chocolate, Fruit-(L)/(D)

**Lung**

7-Grain Sprouted Bread, Carrots, Unsalted V-8 Juice (Cashews, Bananas, Bell Peppers, Pine Nuts) Light Dinner

Flavored Yogurt, Milk, Whole Wheat Bread, English Muffin, (Honeydew Melon, Cantaloupe) Fruit-D

**Lymph**

Peas, Carrots, Chemical-Free Chicken, Turkey or Beef (Coconut, Oranges, Bananas, Asparagus, Iceberg Lettuce, Sunflower Seeds, Game Hen, Pheasant)

Chemical-Fed Beef or Chicken, Pumpkin Seeds (Shrimp, Walnuts, Chocolate, Cashews) Fruit-L/D, Veg.-L

**Medulla**

Chemical-Free Chicken & Turkey, Fresh Coconut, Coconut Milk (Almonds, Cashews, Sunflower Seeds, Rye, Pinto Beans, Bananas, Raisins, Lemons, Pineapple, Colby Cheese, Cauliflower) Vegetables-B

Sweet Potatoes, Boysenberries, Chocolate (Papaya, Grapefruit, Strawberry Yogurt, Tofu) Fruit-B/D, Protein-B/D Fruit & Protein OK for B after Veg.

**Nervous System**

Carrots, Eggplant, Spinach, Nori Seaweed (Asparagus, Cauliflower, Cucumber, Beef, Lamb, Pinto Beans, Orange Juice)

Grapefruit, Pork, Smoked Cheese, Buttermilk, Dark Chocolate Fruit-D

**Pancreas**

Pinto Beans, Pineapple, Dates, Raisins, Cantaloupe, Watermelon, Tuna (Olive Oil, Lentils, Flavored Yogurt, Colby Cheese, Honeydew Melon)

Pork, Whole Wheat Bread, 7-Grain Bread, Casaba & Crenshaw Melon, Nonfat Frozen Yogurt Protein-B/(D) Fruit - (B)/L/D

**Pineal**

Oats, Sesame Seeds, Adzuki Beans, Squash (Cantaloupe, Garbanzo Beans, Lemons, Cashews, Asparagus, Sprouts, Beef Rye) Light Dinner

Almonds, Pine Nuts, Peanut Butter, Navy Beans, Pork, Green Grapes, Dried Fruit, 7-Grain Bread, Whole Wheat Bread (Cherries) Protein-D, Fruit (L)/D

**FREQUENTLY FOODS RARELY FOODS**

**Pituitary**

Turkey, Chicken, Lean Beef, Sweet Potatoes, Carrots, Cherries, Bananas (Cantaloupe, Oats, Cucumber) Light to Mod. Dinner of Veg. & Fruit, Protein-B

Low Fat Cottage Cheese, Buttermilk, Plain Yogurt, Whole Wheat Bread, 7-Grain Bread, Pineapples, Casaba, Crenshaw, Honeydew and Watermelon, Vegetable Juice Protein-D, Grain-D

**Skin**

Almonds, Cashews, Sunflower Seeds, Oats, Asparagus, Pumpkin Seeds (Pinto Beans, Lamb) Light Dinner

Grapefruit, Milk, Buttermilk, Honey, Cane, Raw and Refined Sugar, Frozen Yogurt (Tofu, Iceberg Lettuce, Coffee) Protein-(B), Fruit-D, Dairy-D

**Spleen**

Honey, Plain Yogurt, Walnuts, Peanut Butter, Oats, Cauliflower, Dates, Raisins, Orange Juice Light Dinner

Grapefruit, Frozen Yogurt, Pork, Sausage (Fruit and Vegetable Juices, i.e., Apple, Carrot Juice)

**Stomach**

Eggs, Beef, Lamb, Chicken, Turkey, Tuna, Pork, Avocado, Banana (Pinto Beans, Whole Wheat Bread, Zucchini, Red Apples, Pineapple)

Coconut, Parsley, Cherries, Kelp, Buttermilk (Casaba, Crenshaw and Honeydew Melons, Garlic, Mint, Cinnamon) Fruit-B/(L)/(D)

**Thalamus**

Strawberry Yogurt, Oats, Cashews, Beef, Chicken, Turkey, Bananas, Oranges, Sunflower Seeds, Pumpkin Seeds, Olive Oil

Almonds, Almond Butter, Pasteurized Milk, Oysters, Lentils (Whole Wheat) Fruit-L/D

**Thymus**

Lamb, Eggs, Dk. Chicken, Cauliflower, Oats, Rye, Pine Nuts (Bananas, Red Apples, Sweet Potatoes) B-4 Eggs 6 x/wk, Light Dinner

Frozen Yogurt, Broccoli, (Red Wine, Beer, Coffee) Fruit-B/L or B/D

**Thyroid**

Eggs, Almonds, Oats, Chicken, Turkey, Cherries, Apricots (Tuna, Asparagus)

Sweet Potatoes, Pork, Whole Wheat Bread, 7-Grain Bread, Buttermilk, Tofu, Sprouts, Zucchini, Casaba Melon (Sunflower Seeds, Walnuts, Cauliflower, Dates, Raisins, Bananas, Cantaloupe, Pineapple, Orange Juice, Beef) Dairy (B) L/D

( ) Can also test as Moderate

\*Strong when tested together.

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foods should be eaten, and when to eat the specific food groups of fruit, protein, grains, dairy, legumes, nuts, seeds and vegetables. Obviously you don't have the time, nor do most of your patients have the resources or patience to go through every food they eat, when they eat them and in what combination. There is a quick, simple way to determine the proper diet for each person. It can easily be done by simply determining their body type.

Body type is determined by a person's dominant gland, organ or system. It is present at birth and remains constant throughout one's entire life. The dominant gland determines physical characteristics, weight gain patterns, and which foods are required in greater quantities to supply the required nutrients. Type determination can easily be done by just muscle testing for specific differentiating foods unique to each type.

Once a person's body type has been determined, they can be given a "Profile and Diet" for their body type. Each profile includes specific food lists that are divided into two lists, one "Healthy" to be used when a person is at their ideal healthy state and "Sensitive" when they are at the opposite extreme with severe digestive distress, depleted reserves, or are extremely sensitive to food. There are simple, practical menu suggestions with each combination tested for digestibility and taste preference for each type. Also included are health and disease tendencies, exercise requirements, and a personality profile containing characteristic traits, motivation, and what each type is like "At Worst" and "At Best".

### Conclusion

Finally, there is a simple way to determine a person's ideal diet and lifetime eating plan. It consists of identifying their dominant gland. Once their body type is known, specific individual recommendations can be made.

Identifying a person's body type pinpoints their area of stress since it's the dominant gland that is the first to become exhausted. Each type also has its particular set of disease tendencies, which can serve as a

check list in difficult cases. Exercise requirements and recommended type of exercise aids in patient self-care.

The personality or psychological profile with its characteristic traits, motivation, "at worst" and "at best" provides valuable insights into the psychological makeup of the patient. While helpful in your interaction with them, its real value is in the patient's understanding of themselves and those around them.

### CLINICAL IMPLEMENTATION

1. Determine a person's body type by looking at physical characteristics and personality, verify by testing the Key Indicator Foods.
2. Give the patient their specific "Body Type Profile & Diet" booklet.
3. You may wish to make individual recommendations based on the sensitivity of their digestive system, or on number of calories, and percentage of fats and protein following your testing.
4. Common dietary problems are addressed in the "Microwaves & Dietary Myths" booklet, which can be reviewed with the patient.
5. For patients who want a total working knowledge of how to change their diet to be completely supportive, have them keep track of what they have eaten and test them for their body's compatibility with each meal.

As you are becoming familiar with the individual body types, it's helpful to involve the patient in the typing process. You may wish to go through the "Questionnaire" of physical characteristics to narrow down the choices. The simplified version of the questionnaire is in the book, *"Different Bodies, Different Diets"* where the women begin with their main area of weight gain. Men will look at the shape of their torso and muscular appearance. The next step is to look at the photos of the body types who

gain weight in the same areas or have the same torso, select the ones that look like them and read the essence of the personality of the types selected. The one that fits is their body type. If they can't decide between 2 or 3, have them read the entire psychological profile. Most of the time they will have determined their type and only need verification, which you will do by testing them for the Key Indicator Foods for that type.

Other patients will have narrowed their choices down to 2 or 3 types. Simply test the "Frequently" and "Rarely Foods" found on the Key Indicator Foods chart for these types to identify body type.

If you are testing children or haven't a clue as to a person's type, test them for the time of day to eat fruit and refer to the "Fruit as a Rarely Food" section on the Key Indicator Foods by Type chart. Having narrowed your choices, test the foods for these types, selecting the type that correlates with the foods.

For a video to introduce "The 25 Body Type System" and provide basic information, a CD-ROM, detailed questionnaires, the books, *Different Bodies*, *Different Diets* Men's and Women's Versions, "Microwaves and Dietary Myths", "Men's or Women's Photos", and individual body type "Profile & Diet" booklets, or additional information contact: Vision Ware Press, (619) 756-3704 or FAX (619) 756-6933 or 1 (888) 2MY TYPE.

#### SUMMARY OF PROCEDURES

1. Look at the patient for any obvious physical identifying characteristics of a particular body type. If a specific type or types are suspected, you may proceed directly with step 4.
2. Locate a strong gastrointestinal-related indicator muscle. Find a fruit that tests strong when chewed and held in mouth, dried fruit, i.e. dates, raisins, cherries, are good primary choices. Note the tested response: strong, weak, or moderate "spongy" for the fruits tested paying particular attention to weak

responses, i.e. raisins and dates are both "Rarely Foods" for the Thyroid body type, cherries are "Rarely Food" for the Stomach, and all dried fruit is "Rarely" for the Pineal. If these indications are found and physical characteristics indicate the likelihood of the patient being that body type, proceed directly to testing other foods on the "Frequently" and "Rarely Foods" for the indicated type. (See step 4.)

3. Have the patient hold the fruit (for which they tested strong) in their mouth and think about eating that fruit at breakfast, then test and note response. Continue this procedure for lunch and dinner. Take note of the patient's weak responses and refer to the "Quick Reference Correlation" portion of the chart, "Key Indicator Foods by Type" and locate the types that fall in that category.

For example, if the patient tested weak for fruit for both breakfast and lunch, the types listed are Brain and Thymus, so the patient is one of these two types. Parenthesis ( ) around a type means the patient will only test weak if they are particularly "sensitive", usually with blood sugar sensitivities or digestive weaknesses. If the patient is "healthy" their body type is Thymus. For conformation, proceed with the next step.

4. Go to the body type or types listed on the chart, "Key Indicator Foods by Type"; to continue with the above example, it would be Thymus. Select a food from the "Frequently Foods" or "Rarely Foods", i.e. pine nuts, and test as indicated above. Pay particular attention to strong and weak responses, test enough foods to establish a pattern of strong responses on "Frequently Foods" and weak responses on "Rarely Foods". If the responses don't match, continue on to the next type on your list repeating this step until you have found the foods that match the body type pattern.

It is actually the body's physiological response to the components found in specific foods that determines body type. Physical characteristics and psychological traits are expressions of the dominant gland and

depending on the degree of secondary gland influence will be more or less evident.

On rare occasions, a patient will have depleted their dominant gland so they will operate off their secondary gland, causing them to respond to the food pattern for the secondary gland. When this happens, they need to follow the diet for the secondary gland until their system is rebuilt, at which time they will respond to the food pattern of their actual dominant gland and can then shift to the diet appropriate for their body type.

## *Reflexology and Tinctures that will Support You through the Millennium*

BY NETTIE MEISSNER

We hear many stories of what will happen at the turn of the century and how it may affect our health and well being. Some will be true, yet it is up to each of us to prepare daily for the future. The mainstay in our briefcase of knowledge will be to our general health. Learn how to daily balance the body for the emotional and physical unknown. Keep Cayenne and Lobelia in all vehicles, medicine cabinets for any health emergency.

#1 is Prayer. # 2 is Foot and Hand Reflexology. # 3 is Touch for Health and # 4 is some life saving Tinctures by Dr. Richard Schulze. When using these helpers on a daily as need basis, life will be easier to manage.

### **# 1 PRAYER**

Prayer will give you the inner peace for the spiritual and emotional mind. If you don't know how to pray, you will learn when the time is right.

### **# 2 REFLEXOLOGY**

Reflexology is based on the principle that you have reflexes in the feet and hands that correspond with all the systems of the body. There are over 7000 reflexes. Due to many of miles of veins arteries and fluid lines in the body, who knows what all will be stimulated. It works, so stop fighting something you can't see, just do it, you will feel it. To teach the basics of reflexology is simple. The first thing to remember is never work on broken bones or open wounds. If this turns out to be a self preservation time, reflexology will be the thing to practice. You may use powder, cornstarch or cream if you wish.

This is a pressure point technique to get the circulation moving throughout your body. At this time we are not concerned of what isn't working so just work it all and be safe.

Place the right foot on the left knee and examine for any injuries. Massage the foot gently to help take the edge off the stress. Starting at the medial side (inside) of the foot , hold the toes with left hand and using the lateral side of the thumbnail start the movement of the inchworm affect from the heel to the toes. Moving up and turning the hand and moving down the spinal bone of the foot will give much relief and you have worked from the tailbone to the head. When finishing at the top of the toe, use a rolling motion on the tip of all toes. Sinuses will sing to you. Now go back to the large toe and use the same walking motion around the whole big toe. This will assist the opening of the sinuses and any head congestion and neck problems including throat. Be sure to work all the toes.

Work the middle ear and the eye starting under the little toe (using the thumb, medial) and walking on the ridge up to the first toe. Working back and forth will help open the eyes and ear canals.

Lungs, heart, chest, breast, thymus, esophagus, areas relative to thyroid and bronchial areas can all be worked by doing the walking motion on the ball of the foot and the tops of the foot. This will be the same on both feet. Work up and down between each Phalange (Bones) of the feet and finishing off with the Diaphragm and Solar Plexus. The Dia-

phragm and Solar Plexus are under the ball of the foot from the medial to lateral side of the foot. Marvelous for anyone with a breathing problem. Shoulder problem can be found under the little toe starting at the diaphragm up to the bottom of the toe, so work well. Same on both feet.

Liver is the largest solid organ (4 Pounds) of the body with over 500 functions and takes about 12% of the body's energy. It detoxifies the body. It is located on the lateral aide of the foot under the last four toes under the diaphragm.. The gall bladder bile helps to digest fats and is located in the liver under the fourth toe. If any injury or surgery, scar tissue will form and can be painful years later.

Ileocecal Valve and Appendix on the right foot only under the cubed notch near the heel line. It is on the right side of the pelvic bone can be painful and hard to diagnose. The flap in the Ileocecal Valve is major when it comes to bowl movement. When stuck open or shut, it can cause serious pain and or gases and etc., so massage this point daily. It is a must that you remember, what goes in must come out on a daily basis.

Adrenal glands are located under the big toe, under the diaphragm and it sits on the kidney, draining into the ureter tube down into the bladder that sits at the medial heel . The Adrenal Glands has over 50 functions and is known for the gitty-up-and-go of the body. It doesn't handle stress well. If you have a kidney, bladder or liver problem, they all work from each other so if you have one, you have the other. Be sure to work all the foot for intestinal tract. Work the almighty sciatic by reflex action on all the heel. Oh what a relief it can be.

Pancreas is located above the naval and mostly on the left side. Among other things, the pancreas breaks down sugar assimilation. Anytime you overeat or drink, the pancreas goes into a state of panic and can take up to several days to assimilate.

Working the left foot is a little different. The Heart is mainly found on the left side of the chest and in the ball of the foot.

The Stomach is off center on the left side of the body under most of the diaphragm and hanging on for dear life is the Spleen. The Spleen is essential in the fact that it will repair and replace the red and white blood cells. You may finish off the pressure points by working the balance of the intestinal tract. The bowl empties on the left side so press down into the heel for the sciatic and the rectum.

Uterus/Prostate are medial under the ankle bone and Ovary/Testicle are under the ankle bone on the lateral side. Leave no stone un-turned by working every inch of the foot and up the leg. Remember to breath and if it is sore, back off and work it again. Tenderness is a sign of CONGESTION not death.

There is no way you will hurt anyone by doing reflexology as long as you remember to be gentle.

### #3 TOUCH FOR HEALTH

This system of balancing the body by touching the muscle and getting a response. If the response is weak, you look to the other muscles involved. Once you have tweaked the muscle, the energy should flow immediately. If the muscle doesn't respond properly, check with the other muscles that are involved with that particular organ. Some days a 14 Major Muscle Balance isn't the easiest so I incorporate many of the other Touch for Health Techniques. Touch for Health is another one of those things that you can't see but the results is a whole body feeling. You can't see Faith but the results can be peace of mind.

Personally, I prefer to start my morning with a glass of water and then the crosscrawl on the way to the bathroom. Meanwhile in the shower I take full advantage of showering and doing the body (Meridian)

sweep, head rotations, central and governing and working my hands. By this time you have taken Five minutes and had a refreshing and revitalizing start on the day. A mentor I met recently said if it Moves-Move it, Stretches-Stretch it, Bend-Bend it, and if it Rotates-Rotate it. Just move it and it will keep you moving.

#### # 4 DETOXIFICATION

Flushing the body the quickest ways of relieving most pain and who knows what else. The best and safest way is Natures Foods. The balance of my talk will be from the Famous Medical Herbalist, Dr. Richard Schulze. Use the formulas with caution but with great joy. I am paraphrasing his work.

#### **Super Tonic – (helps reduce fever, circulation, flushes colds flu 10 to 15 spoons a day)**

1. Cayenne Pepper-Drives the blood through the body (Heart Heart)
2. Ginger Root-Rushes to the extremities and back
3. Garlic Destroys germs, bacteria, fungus, virus, good for erections.
4. Onion white, hot Sister to garlic, works up into the head. Conjunctivitis (Great)
5. Horseradish Root Goes directly to the head.

Use a handful of each of the above and toss in blender, cover with apple cider vinegar. Blend, and put in container, sit on shelf and will last unending. You can strain if you want. No self respecting germ will live in this mixture. This is good for the whole body and can be used as a stimulating food dip. (A good way to get rid of friends.)

Peppermint and Vodka is the greatest tincture. Dump peppermint into blender and pour cheap vodka in 3/4 way up and blend at high speed. Best

to make on the new moon, (when no moon out). Can be used anytime, best left for a 14 day soak and shake daily, strain if desired. Stomach, gasses, colic and nervousness stimulates digestion and etc..

Have Echinacea available and it will make the body kill the bacteria. Garlic kills the infection instantly.

Aloe Vera Cactus is a must in any weather Break open the leaf and put on injury. Can be drank for intestinal and stomach problems and as an enema for burning intestines.

Cayenne is the best stimulant for blood. Grab a handful of all the hot peppers you can and drop into blender, pour in Vodka to cover, blend. Cayenne will stimulate the blood and you will feel a very warm, but, you will live. Strain if you desire, cover in a jar.

Charcoal is the greatest and or bentonite for poison. Bentonite goes directly into the system for absorption. Charcoal takes a little longer.

Always remember that if you take too much of any natural tincture, you will vomit and that can always be good. Slowly start again. Using all of these ideas can be your personal needs items. Enjoy and always have a bottle of Cheyenne in our pocket.

#### SOURCES:

**Better Health with Foot Reflexology** by Dwight Byers

**Touch for Health** by Dr. John Thie

**Top Ten Herbs** by Dr. Richard Schulze



## *Using Touch for Health/Kinesiology with Elite Athletes*

BY ANDREW MORRIS, CMT, CPT

### **Abstract:**

This is a description of which techniques seem to give the greatest benefits and how the athletes feel about the impact of this work on their recovery and performance. Also included is a simple correction for sustained muscle failure which enhances endurance performance.

I currently work with a team competitive middle distance runners. The team includes Regina Jacobs, who is recognized as the USA's best female middle distance runner. Also on the team is Jason Pyrah, one of the top male milers in the country. From working with them I have come to a number of effective strategies. Before I share these strategies with you, here are some reports from the athletes about the impact of TFHK on their running:

*Regina Jacobs says:*

"When I started working with Andrew, I was just getting back into my training and I wasn't doing speedwork, stretching or being stretched. His work made me looser, more responsive and faster."

"This work helps me to better deal with the effects of training, stress and age. I'm in my thirties and running the best I've ever run. Thanks for your support."

"From Andrew's work, I am more balanced, more flexible and faster."

*Jason Pyrah says:*

"Andrew's work has definitely made a difference. I feel more fluid and relaxed when I'm running. My structural problems are noticeably improved and my back has been feeling great."

These quotes come from applying primarily basic TFHK techniques.

One key area which impacts our effectiveness in TFHK is communication. How can we make our work relevant for that individual within their present belief system? I have found it to be very helpful to talk in terms of facilitated or inhibited muscles. Few athletes would like to be told that they are "weak". While working with them, I make sure to keep them on the same page with me. If something seems off to me, I make sure they can perceive the difference as well. This continues to build their confidence in our work together.

As I work with these athletes, my approach remains primarily structural. I work with things they are familiar with while adding in an amount of new information which they can accept. I like to keep in mind something I heard John Thie say at a previous conference: "Do something simple. If that doesn't help, then do something more complicated." At least that's what I recall him saying. Generally, I do basic muscle balancing for their area of concern first. For virtually every muscle, I include firm work directly on the origin and insertion points as part of my correction. I check for hidden and sustained use problems. Next I test for myofascial shortening. Then I do PNF stretches (Hyperton-X). If there is still difficulty often reactivity or strain counter strain is the issue. These techniques make up the bulk of my work. From time to time, other corrections are needed such as dural torque, scar reintegration, ligament reset, nutrition, ESR etc. I have found that

if I build trust with the person by helping them with something which is easy for them to understand then they can later accept techniques which may at first seem unconventional to them.

One very fortunate thing is that the team's coach, Tom Craig, was already aware of the benefits of using kinesiology with runners. At his request, part of my work with the athletes includes my going to one of their workouts every week. There I am able to do 15-25 minute sessions on each athlete to help keep them "tuned-up." This is very beneficial as I can observe them in action and pick up on imbalances which only show up under a heavy work load. It is also excellent for the athletes and their coach to see the changes when we correct one muscle between intervals in the middle of a workout. As this season progresses, I will be traveling to some of their competitions, including the USA Track and Field Championships in June.

One specific time I recall Regina's upper body leaning back creating too much arch in her back. In the 90 seconds between intervals we corrected abdominals. Both the coach and I could see a marked difference in the next interval and for the rest of the workout.

For Jason Pyrah, his low back was quite painful when I gave a demonstration to the team. Simply correcting psoas, quadratus lumborum and gluteus maximus was enough to alleviate his pain. Although there is room for improvement with the function of his back, the pain has not returned.

There is one technique which I developed which I use to clear the majority of aerobic muscle failure with one general correction. It is based on Jim Reid's General NL for pain. I discovered this through trial and error when I would find myself spending an excessive amount of time rubbing NL points to correct aerobic muscle failure on multiple muscles. In the case of runners, the most common muscles to find this problem with seem to be

Gastrocnemius, Soleus, Quadriceps, Glut. Medius, Glut. Maximus, Tensor Fascia Lata and Psoas although many others can be involved.

If a person is under a heavy work load with a receptive motion, this technique can be helpful. It will be most useful when a person increases their level of activity to a level above that which they are comfortable.

Test several muscles for aerobic function by testing them repeatedly up to 12 times. Each muscle should remain equally strong through all 12 tests. If you find only one or two muscles with aerobic failure, you can correct them in the usual way with 3 minutes of NL or NV as indicated. (I prefer to have the client hold their own NV and do their NL for them.) If more than two muscles show aerobic failure, then apply my...

**General Aerobic Muscle Correction:**

1. Find several muscles which fail after less than 12 tests.
2. Have the person hold their Anterior Fontanel. (NV for Heart & Lungs)
3. Rub all NL points front and back for a total of 5 minutes spending more time on the most tender points and the points for the muscles which you found to have aerobic failure.
4. Retest the muscles which had previously failed.

My testing shows that this procedure clears about 90% of muscles with aerobic failure and produces some improvement in the other 10%.

In conclusion, I want to encourage all of you to remember your basics. Keep in mind the other person's world view. Use techniques which make sense to them. When you need to do something which may be outside of their normal way of thinking, give them time to understand. Athletes

(and others) will appreciate the great results you can provide for them by carefully applying the basic principles and structural applications of TFHK.

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## *Remembering Wellness with TFH Metaphors*

BY MATTHEW THIE

In TFH we use muscle tests to get a sense of the energy flow in the meridians. We develop goals, assess the flow of energy, use various reflexes to balance energy and then reassess how we feel. Our purpose is to increase awareness of all of the aspects of our whole Soul and to facilitate the flow of energy and communication between all of the cells, organs and organ systems, between the conscious mind, the unconscious, our intuition, and our connection to Chi, life energy, or God.

Our premise is that a sufficient flow of information/energy will result in an emotional, physical, mental and spiritual equilibrium that will allow us to feel whole, to do the things that are most important to us, and to find meaning in life. Creative use of metaphors can enhance our assessment of our own wellness in the context of our life, help balance our energies towards our goals and help us discover new passions and purposes that are right for us. Awareness is the key aspect of the process. We may feel a lot better physically, mentally and emotionally after a balancing, but the true power of TFH is in developing our awareness of the things that we really want from life and the things that block our energy to accomplish our goals.

The **Five Element Metaphors**, the **Organ Function** metaphors and metaphors derived from the **test motions/muscle functions** offer a rich resource for exploring the meanings of our experiences, our feelings, our imbalances and our goals. Using the metaphors helps us to verbalize or at least think about the many possible aspects of our goals and the

related imbalances. When we think about a metaphor related to an imbalance indicated by a muscle test, we often have that “Aha!” moment of insight. This may be a highly transcendent, sudden, miraculous moment of enlightenment, like those attained in prayer or meditation, and it may also be a step-by-step process of development through small, everyday insights as we deal with our problems, our life’s work, and seek our Telos, the purpose in life we were born to fulfill.

The mental exercise of contemplating the metaphor increases parallel processing in diverse areas of the brain and the whole Soul, bringing more of our innate resources to bear in balancing our energies for our unique purposes. Just thinking or talking about the metaphor often balances the energy in all of the meridians as indicated by muscle testing. But thinking about the metaphors also provides all kinds of insights and new perspectives for our life experience.

When we use the word “metaphor”, we use it in its broadest sense. We suggest symbolic pictures or actions, figurative or literal similarities, parallels, Corollaries etc. We are looking for any imagery that vividly illustrates or represents some significant aspect of your life. This is largely a creative/associative activity. It may help give you specific conscious insight into your personal life issues, or it may simply help to “get the juices flowing”. The metaphors which correspond to the meridian or muscle imbalance may not apply for your particular goal. They are presented as possibly meaningful, but are

not necessarily applicable at a particular moment for a particular person. It is for the person seeking help to decide if the metaphor makes sense to them, or helps them have meaning in their lives.

See if any of the metaphors fit your life now, or might relate to some event in the past, or are symbolic of your direction for the future. Start with the basic metaphor and see what it suggests to you. The specific explanations of the metaphors and questions provided are merely examples to “prime the pump”. If the suggested metaphor fits, great. If another idea jumps to mind, consider that to be more significant. If the metaphor doesn’t fit, and nothing comes to mind, then you might just move on. Or perhaps there is a particular emotion you are feeling when you think of the metaphor. Try to verbalize it, to express it, or simply to be aware of it.

When we leave ourselves open to imagination, free association and non sequitur responses to the metaphors, we often find strong emotions bubbling up. These may be emotions which have been dismissed or diverted during the day, or repressed over long periods of time. Emotions have a major physical component, and if we can find a safe space to express our emotions, we often find it a great physical relief. Be sure that the authority remains with the person being balanced so that if emotions become overwhelming, they can choose to stop and “think of fresh bread” or some other neutral, calming image.

### THE FIVE ELEMENT METAPHORS

In TFH we assume that the 5000-year-old Chinese Five Element metaphors are pictorial or symbolic and thus can have many interpretations. The eleven aspects of each of the elements will be best understood if the words are thought of as pictures that are brought to mind when the words are spoken. The Chinese word-picture symbol for “element”, “ching”, might more accurately be translated as “phase”. The original pictograph means to walk, to move. It suggests action, process and change. Thus, the Five Elements represent the simultaneous

processes which are always occurring and counterbalancing each other.

In TFH, when we are assessing energy, we CAN be analytical, find a dominant imbalance and pinpoint the one most logical place to start balancing, often using only one correction and finding all of the muscles subsequently facilitated. We might be able to prioritize a single key metaphor and balance the energy with that one idea. Certainly there are times when this kind of efficiency is precisely what we want, but when we are remembering Wellness, we want to be aware of as many factors as possible. At any time we may have more than one dominant imbalance and for each different issue or goal we usually see a different pattern of imbalances. Layering of information gives us a whole picture of person assembled within the context of a whole life.

In TFH we use ten traditional metaphors associated with each of the Five Elements, which are easily found elsewhere, and are included in the TFH CD-ROM and the forthcoming book **Remembering Wellness**. We have integrated an 11<sup>th</sup> metaphor cycle from the study of the phases of cognitive and philosophical development which we call the Faith/Worldview Metaphor Cycle. The phases of human development of beliefs and world-views correspond to a linear model of mental capacity for certain modes of thinking (cognitive development) as well as progression through stages of spiritual or philosophical concepts. However, we can redefine this model for our use as not merely a hierarchical structure of increasingly “better” beliefs. There is a tendency for people to develop along this linear progression of beliefs corresponding to cognitive development and spiritual enlightenment, yet each individual may cycle through these perspectives throughout their life and in relation to different goals or issues.

### FAITH/WORLDVIEW METAPHOR CYCLE

Each of us uses a variety of different models of reality to make sense of our experience, to make decisions, to improve performance and have more

personal bests. We use the word Faith in this context to refer to the process by which we actively construct our personal world-view, the set of beliefs which allow each of us to have meaning in our lived lives and make conscious decisions. Faith is the active spiritual element in our walk of consciously striving to discover and be aware of the truest, deepest, most powerful meaning in our lives and to develop our belief, actions, and way of being to be in harmony with these truths. Our beliefs/worldview and Faith are the fundamental forces which shape our experience and perception, our priorities and passions in life.

### THE ORGAN FUNCTION METAPHORS

In traditional Chinese philosophy, Organs are seen as metaphors, symbolic representations of FUNCTIONS. Organ Functions take place in the whole person and in every cell. Each cell in the human being has all the functions of the Five Elements and their associated Organ Functions. Physical malfunction of a specific organ may not correspond to energy imbalance of the Organ Function in the whole Soul. Likewise, energy imbalance of an Organ Function may not be reflected in the physical organ. If you are aware of a diagnosed pathology of an organ or any kind of pathology, be sure to consult a professional who is qualified to work within the biomedical model of diagnosis and medical treatment. You can use TFH to supplement medical treatment by contemplating what an ailment means in your life, or what the scientific facts symbolize in metaphorical terms. Think of the Organ Metaphor not in terms of any discrete physical organ, but in terms of the associated Function as a symbol for what is happening in your life.

### MUSCLE METAPHORS

Try to become aware of the specific muscle *as you perform the range of motion*. Once you have a conscious and kinetic sense of the range of motion, try to be aware of any thoughts or feelings which come to mind. Think of what kind of action the muscle test or the muscle function suggests. What

might the activity symbolize in your life? Does anything “pop into your head”? Refer to the provided muscle metaphor question as an example. The metaphors are mostly used during the energy balancing and might also be referred to when discussing the outcome of the balancing, but after the balancing, our focus is on the specific meanings for the individual person, rather than the metaphors per se. This allows the person being helped to tell his or her story and discover where their passions are and where they are wounded, damaged or in denial.

Learning to use metaphors effectively involves practice of listening and other communication skills. This may be interpersonal communication, or communication with ourselves— self-awareness. The person seeking help will often have conscious insights related to the metaphors, but also reveal things they might not be aware of through body language, tone of voice, etc. The person acting as helper has an important role in observing responses that the individual may not perceive, may be blind to, or may be in denial about. However, we maintain the self-responsibility model. The helper only offers their observations as possibilities. It is up to the individual to derive his or her meaning.

### TOUCH FOR HEALTH METAPHORS

The following is a brief example of metaphors and questions that can be derived from the **Faith/Worldview Metaphor Cycle**, the **Organ Function Metaphors**, and the **Muscle Metaphors** of the basic 14 Muscles.

#### Central Meridian

The central meridian is where the used energy is stored prior to being released with the breath on exhaling. All the other meridians have connections with it for releasing the excess and/or used energy.

#### Muscle: SUPRASPINATUS

This small muscle in the shoulder helps to lift the arm in a forward. It is a small muscle and a short meridian. The range of motion is also subtle. Think of the muscle motion as one of shifting your posture

to let go of things that once served you, but can now be released. **Feel this small muscle contracting on top of the shoulder under the neck muscle (under the upper trapezius).** The supraspinatus is a deep muscle, so this is a subtle feeling. If you feel a muscle contracting or straining elsewhere consider the supraspinatus inhibited.

**What do you need to let go of, large or small, that worked for you in the past but is not useful now?**

### **Governing Meridian**

The Governing meridian is connected with all the other meridians including the Central/Conception vessel. It is a storage vessel for excess/used energy before this energy is released with the breath.

### **Muscle: TERES MAJOR**

This is a small muscle of the back of the shoulder, when it isn't working at its optimum (when it's not facilitated /strong) the shoulders tend to slump forward as if you were carrying a weight or heavy burden. **Feel this small muscle contracting between the top of your arm and the bottom of the shoulder blade.**

**What burden or weight needs to be removed from your life?**

### **Earth Element**

**Faith/Worldview Metaphor: Conventional/ Synthetic Faith** relates to **Late Adolescence and Early Adulthood.** This is a transitional phase characterized by disillusionment with literalism and blind acceptance of rules. We increase our abilities of abstract thinking and reflection upon the self and one's own actions from multiple/others' perspectives.

**Are you placing too little or too much reliance on the values of your peer group, community or culture and seeing yourself through the eyes of others?**

### **Stomach Meridian**

The Stomach Function involves receiving potential nutrients and beginning the digestive functions. Digestion begins in the brain and the Stomach Function has a strong mental/emotional component as well as a dietary component. Sometimes we don't see what we're taking in (watch what we eat), or we swallow something without chewing, or without realizing that it's poison.

**Are you receiving the proper resources to fulfill your purposes? What nutrient, emotion, or idea are you digesting?**

### **Muscle: PECTORALIS MAJOR CLAVICULAR**

This chest muscle helps bend and turn the arm at the shoulder. Contracting this muscle also elevates and opens the chest. **Feel this muscle contracting at the top of your chest between the shoulder and the area below the collarbone.**

**In relation to your goal, do you need to hold your chest up and be more proud or are you too proud?**

### **Spleen Meridian**

While the stomach receives raw materials, the spleen functions to transform them into usable forms and to distribute them. It is a moment in the cycle of assimilating what is appropriate and identifying toxic or harmful elements to be eliminated.

**How are you at breaking down problems into digestible parts? Are you able to identify and eliminate toxic influences in your life?**

### **Muscle: LATISSIMUS DORSI**

This muscle extends from the back from the hip to the spine and to the shoulder and is involved in all the movements of the arm across the front of the body. When it is out of balance posture is effected from the shoulders to the pelvis. **Feel this muscle contracting at the side of the back when the elbow is held tightly against the body, arm straight, with the thumb pointing to the back.**

**Are you taking swings, or striking at things, physically, mentally, spiritually? Or are you inhibited from making large gestures in trying to reach your goals?**

#### **Metal Element**

**Faith/Worldview Metaphor:** Responsible Faith relates to **Adulthood**. In this phase all of the “parts” of our life are integrated to form a whole system. We begin to assume personal responsibility for our own personal life-style, beliefs, and attitudes. We work to construct an individual, rational, functional worldview. Symbols are considered as conceptual/metaphorical, rather than having singular, literal, fixed meaning. Paradoxes, polarities, and complexity are a challenge at this stage as we balance our personal priorities and seek to distinguish relative and absolute truths.

**Do you feel that you can take personal responsibility for your beliefs and your actions, or do you feel that your life is shaped by the roles you play for others and the meaning you have in the life of others?**

#### **Lung Meridian**

While we may not go without water for more than a few days, or without food for more than a week or two, *we can't last without air for more than three minutes*. The lungs are the chief organs of respiration and exchange of gases, mainly oxygen and carbon dioxide, serving both as a primary and essential source of life energy as well as an important channel of elimination. The lungs also supply the air for speaking and making other vocal sounds. In addition to drawing in air (oxygen), the Lung Meridian Function is said to draw in or release Chi, and regulate the status of chi in the whole Soul.

**Can you breath/speak or express yourself easily? Do you have a free flow of fresh air and/or inspiration to nourish the various functions of your life, or are you feeling constricted or inhibited?**

#### **Muscle: ANTERIOR SERRATUS**

This large strong muscle draws the shoulder forward and raises the ribs. Weakness will make it difficult to push things forward with the arms straight. It needs to be functioning fully for ideal breathing and activities that require good breath control. Bilateral weakness is sometimes associated with neck pain, and rotating the head and neck may loosen and relieve this pain. Feel this muscle contract on the side of the chest when you hold your arm in front of you and then reach forward with power as if you were going to punch.

**Do you need to push, or punch, or are you pushing so hard that you're giving yourself a pain in the neck, literally or figuratively?**

#### **Large Intestine Meridian**

The Large Intestine Function is to absorb the last useful products of digestion and store the waste materials until they can be eliminated. Approximately 80% of the material entering the large intestines is absorbed, but it is mostly water.

**Do you retain things you can no longer use in your life or are you letting too much go?**

#### **Muscle: FASCIA LATA**

This very long muscle has its bulk on the pelvis and then a very thin band of tissue runs down the side of the leg to just below the knee. It helps flex or bend the thigh, draw the thigh away from the body sideways, and keep it turned in. It helps to align the planting of the foot and contributes to the forward thrust in walking or running. Feel this muscle at the top and side of your pelvis and on the side of your leg when you turn your foot inward.

**Do you feel that you have power and thrust in your walk (or race) of life? Can you open your legs and still retain power/control?**



### **The Water Element**

**Faith/Worldview Metaphor: Reintegrative, Universalizing Faith** is related to **Late Maturity and Death**. In this phase, we rehabilitate all of the aspects of ourselves that have been left undeveloped, ignored, evaded, or denied. Paradoxes and Polar opposites are not seen as puzzles to be solved, but mysteries to be accepted and appreciated. We sense a transcendent value of faith and community among all humanity and a fellowship among all beings. We tend to sacrifice the personal, individual life for the benefit of all.

**Is this a time for you to let go of concern for personal success, failure, contradiction, or injustice and simply concentrate on the greater good, or do you need be proactive in your own interests?**

### **Bladder Meridian**

The Bladder Function is to store waste liquid before elimination, not only in the urinary bladder but also in all of the cells and throughout the Soul. In the Chinese system, the Bladder is said to be the storehouse of emotions, and so the Bladder Function is involved in the water balance/emotional balance in the whole Soul.

**Are you hydrated, lubricated and feeling a free flow of energy? What emotion do you need to let flow?**

### **Muscle: PERONEUS**

The muscles making up the Peroneal group are associated with maintaining foot and ankle balance. When they are inhibited, they can effect the entire posture. Feel this group of muscles between the foot and the outer side of the calf when the lateral side of the foot is elevated .

**How are you mis-stepping? Are you using too much caution, pussyfooting around?**

### **Kidney Meridian**

The Kidney Meridian Function is involved in controlling the volume, composition, and pressure of fluids in all the cells as well the whole Soul and is important in growth, development and reproductive functions. Blood flows through the kidneys at its highest pressure, toxins are filtered out, and nourishing materials are directed to where they are needed. Water is symbolic of mystery, emotion and spirit. Kidney Meridian Function is involved in the balance of these aspects of life. In Chinese medicine the Kidney is also said to be a storehouse of life force and has a strong spiritual aspect.

**Where are you feeling pressure in your life, literally or figuratively? Do you feel that you have sufficient vitality for continued growth and development, or are you operating on reserve energy and just surviving?**

### **Muscle: PSOAS**

This muscle both flexes the thigh on the trunk and the trunk on the thigh, thus it has paradoxical origins and insertions depending on the action in which it is used. This muscle is used both in sitting up motions and kicking to the side, or sidestepping motions. Feel this muscle contracting between the inside lateral portion of all the lumbar vertebrae and the inner portion of the upper thigh at the groin. The Quadriceps muscle is a synergistic muscle and if it is painful or felt strongly contracting in the test position use caution and consider this an indicator of a inhibition of the Psoas.

**What does the motion of kicking suggest to you? Is there any paradoxical aspect to your goal?**

### **The Wood Element**

**Faith/Worldview Metaphor: Intuitive-Projective Faith** involves the **Formistic Implicit** process where structure and function are seen to exist separately. Processes and systems are essentially invisible and

mysterious. This corresponds to the **pre-faith** stage of **Infancy** and the **Intuitive** stage of **Early Childhood**. We have difficulty seeing cause and effect at this stage and are given to “magical thinking”. **IMAGINATION**, dream and vision imagery is essential for creating meaning at this stage. We see our own perspective as the only one that exists and assume everyone else sees things in exactly the same way that we do.

**Do you need to use your intuition, creative vision and dream imagery to find new meanings, or are you dwelling in your own personal dream-world, ignoring cause and effect, assuming that what seems right to you will be accepted by others?**

#### **Gall Bladder Meridian**

The gall bladder is a small organ that stores and concentrates the bile from the liver, which aids in digestion, particularly of fats.

**How are you coping with the “heavy” aspects of your life? Do you have too much “bile” or bitterness?**

#### **Muscle: ANTERIOR DELTOID**

This muscle, along with the coracobrachialis, is used in flexing the shoulder with the elbow bent, as in combing the hair. Inhibition in this muscle is sometimes associated with headaches related to toxicity from dietary indiscretions or eating fatty foods. Feel this muscle on the front of the shoulder nearest the body and from the collar bone when the hand is lifted about twenty degrees from the thigh with the palm down.

**Do you pay too much or too little attention to the details of grooming, or taking care of yourself? Do you do things that result in headache, figuratively or literally?**

#### **Liver Meridian**

The liver has more known functions than any other organ. Each cell has more programmed instructions than the most sophisticated computer program, and the Liver Meridian may activate a large number of the absorption and detoxification instructions. The liver is said to store blood while the body is at rest, and also to exert particular influence over the lower abdomen, and so is considered of central importance in women’s menstrual cycle and sexuality. Liver Meridian Function is involved in digestion, metabolism, storage and distribution of nourishment, filtration, detoxification, and immune function.

**How are you handling your multiple responsibilities? Are you overwhelmed/toxic, or do you need to absorb more, literally or figuratively?**

#### **Muscle: PECTORALIS MAJOR STERNAL**

This muscle is responsible for moving the arm in, turning and drawing it forward. The test motion suggests opening up, letting go, or throwing your hands up in surrender. Feel this muscle of the chest contract between the breast bone and the top of the arm when the extended arm is brought down towards the center of the body with the thumb pointed down.

**Are you open to too many things and becoming overwhelmed/toxic, or do you need to absorb more, literally or figuratively?**

#### **The Fire Element**

Faith/Worldview Metaphor: **Literal/Mythic Faith** is related to **Childhood** or “**School Years**”. This phase is characterized by the **Mechanistic, Circular Causality** where linear thinking sees all effects as directly related to causes that precede them. In this stage we are given to literal interpretation of moral

rules and attitudes and favor a singularity of meaning, in which fact is distinguished from and valued over fantasy. There is a focus on Reciprocity and a tendency to Perfectionism.

**Are you hemmed in by a narrow, literal interpretation of rules, morals or beliefs or could you benefit from being conscious of conventions and not always having to reinvent the wheel or go it alone? Do you expect precise reciprocity in your dealings with others?**

#### **Heart Meridian**

The Heart Function involves the cycling of the blood as well as electrical communication with the rest of the cells of the whole Soul. The heart generates 5000 times more powerful electrical messages throughout the Soul than the brain. In the Chinese belief system, the heart is also strongly associated with mental processes, while in the West we have the traditional metaphor of the heart as an emotional center and a center of wisdom.

**How is your circulation and communication within your Soul, or in your daily activities, literally or figuratively? Is there any conflict between your logical thinking, intuition, wisdom or emotional feelings?**

#### **Muscle: SUBSCAPULARIS**

This muscle functions to hold the shoulder blade in place. It is *hidden* behind the shoulder blade, and so cannot be observed or felt by another person, accept by secondary inference. Feel this muscle contracting under the shoulder blade when the arm is held at ninety degrees from the side of the body and the forearm is held to form a right angle and pulled posterior to feel the contraction of the muscle.

**Do you feel that you have sufficient privacy, or are you too private, hiding too much?**

#### **Small Intestine Meridian**

The Small Intestine Function is primarily absorption of nutritious substances and the separation of waste material. These same functions take place on the cellular level, and in the Soul as a whole.

**Are you having trouble digesting or absorbing things in your life that are meant to be nourishing, literally or figuratively?**

#### **Muscle: QUADRICEPS**

This muscle straightens the knee and flexes the thigh. This muscle is also associated with the function of the jejunum and ileum, which are the last 2/3 of the small intestine, and weakness in this muscle may correspond with digestive problems. Feel this muscle in the front of your thigh when you bend your thigh at the hip as you would in taking a step up and keeping your foot in front, ahead of your knee.

**What do you need to step up to or are you taking steps that are too large? Are you having trouble digesting or absorbing things in your life that are meant to be nourishing, literally or figuratively?**

#### **Circulation Sex Meridian**

The many functions of the Circulation/Sex Meridian are intimately associated with the hormones and chemical messengers related to all reproduction whether it be appropriate balance in cell production or sexual procreation.

**Do you feel that you have sufficient circulation of blood, warmth, nutrition or sexual energy? What are you doing to see that your legacy will be passed on in your family, work, play, spiritual community?**

**M. Thie, Remembering Wellness with TFH**

**MetaphorsMuscle: GLUTEUS MEDIUS**

The Gluteus Medius is used to pull the thigh out and rotate the leg. If this muscle is weak, there may be a corresponding high shoulder or hip. There may be a tendency to limp, or the legs may bow out. The test motion involves holding the legs apart. Feel this muscle at the side and back of the pelvis, it contracts when you lift your foot off the floor to prevent tripping over little things and when you raise your leg to the side.

**What little things are your tripping over, or bumping into? Do you have any difficulty holding your legs open, literally or figuratively?**

**Triple Warmer Meridian**

The Triple Warmer is a somewhat mysterious. It is said to have function, but no form, or it is alternatively defined as having its functions through the **interactions** of three different groups of organs found in the thoracic, upper and lower abdominal areas. The functions of the Triple Warmer take the form of three “heats”, the heat of metabolism and maintaining body heat, the heat of the “fight or flight” heat of life passions.

**What gets you hot, physically, mentally, spiritually or emotionally? What are you running from? What are you fighting? Do you feel that you have the fire, the passion, to reach your goals?**

**Muscle: TERES MINOR**

This shoulder muscle rotates the arm and forearm and can be involved in wrist and elbow problems. The action of the muscle test suggests opening the arms or gathering things in. This muscle is associated with the 3 “heats” of the triple warmer meridian, particularly the heat of metabolism. Feel this small muscle between the lower tip of the shoulder blade and the back of the humerus head/top of the arm, when the forearm is bent about 100 degrees at the elbow and the hand is open facing away from the body and rotated externally.

**Do you need to be more open, to receive or are you too open, trying to take in too much? Are you having difficulty assimilating or making efficient use of the nourishment in your life, literally or figuratively?**

## Change Your Personality: Change Your Health

BY WAYNE W. TOPPING, PH.D.

Research culminating in the publication of the Social Readjustment Rating Scale (Holmes & Rahe, 1967) showed that those people who had the greatest amount of change occurring in their lives (largest number of life change units) were at greatest risk for illness. Moreover, patients with the highest life-change unit scores, when they became ill, were more likely to have serious chronic illnesses (e.g., cancer, heart failure, manic-depressive psychosis, etc.), whereas those patients with lower scores were more likely to have minor illnesses, and they were more likely to be acute (Wyler et.al., 1971).

However, while these conclusions apply statistically when thousands of people are considered, it is also clear that some people have many events, lots of change, occurring in their lives and do not become ill. Obviously, it is not what happens that is important. It is how we perceive and cope with the change, how we react that is important.

The psychologist Abraham Maslow, who introduced us to the concept of the self-actualized person, referred to a “continental divide” principle. He said, “I use this principle to describe the fact that stress will either break people altogether if they are in the beginning too weak to stand distress, or else if they are already strong enough to take the stress in the first place, that same stress, if they come through it, will strengthen them, temper them, and make them stronger” (quoted in Siebert, 1996). As Friedrich Nietzsche once said, “That which does not kill me, makes me stronger”.

If someone recognizes that they cannot handle crisis situations very well, how does one go about strengthening one’s character, or become more “hardy”.

Psychologist Al Siebert has spent more than forty years studying the phenomenon of survival. In his book *The Survivor Personality*, Dr. Siebert describes many lessons we can learn from people who were survivors of Nazi concentration camps, imprisoned under the Japanese in the Philippines, etc. He is convinced that survivor qualities can be learned, but they cannot be taught through books or seminars. Instead “Survivor qualities and a survivor spirit develop out of everyday habits that increase chances of survival should it become necessary” (p. 9). What Siebert suggests throughout his book is that we develop qualities and skills that will improve our agility for handling change, unexpected challenges, and disruptive crises that come our way. Out of this preparation will arise our own unique means of coping with disasters.

“When hit by adversity, no matter how unfair it seems, follow the surviving and thriving sequence: Regain emotional balance; adapt and cope with your immediate situation; thrive by learning and making things turn out well; then find the gift. The better you become, the faster you can convert disaster into good fortune.” (Siebert 1996)

Drs. Salvatore Maddi and Suzanne Kobasa, authors of the book, *The Hardy Executive: Health Under*

*Stress*, have been pioneers in research to define the stress-resistant personality. They studied a group of middle managers and upper-level executives at Illinois Bell for eight years during the 1970s and 1980s, a time of enormous upheaval and instability within the company. They were looking for ways to moderate or buffer the potentially negative effects of the stressful life events incurred by the Illinois Bell personnel. By comparing a group of high stress/low-illness executives with a group of high stress/high illness managers, Kobasa was able to show that the former group was “hardier”. Hardy individuals consistently turn stressful circumstances to their advantage and grow from the experience and they do this because they possess three traits that make up the stress-resistant personality: commitment, control and challenge.

1. **Commitment:** People with a strong sense of *commitment* believe that they are pretty much able to manage their world. The world is neither dangerous nor advantageous — it is reasonably neutral. It's what we decide to make of it. Committed people can dig in and involve themselves in whatever it is they have to do. They tackle life head on, rather than waiting in the sidelines, feeling alienated and out of everything. They are rarely at a loss for things to do.

Maddi and Kobasa describe *alienation* as the opposite of commitment. Alienated people find things boring or meaningless and hang back from involvement in tasks they have to do. They're often at a loss for leisure activities. Yet, ironically, in spite of lack of any strong involvement they often appear taxed. Low involvement makes you more vulnerable to stress. Becoming more involved, more committed, will increase your stress resistance. So, you may want to...

**Ask yourself:** What am I committed to? Career, family, friends, church, sports, recreation, hobbies? Do I have goals I am pursuing? What is really important to me? What do I get excited about? Do I have any causes I feel strongly about?

2. **Control:** People strong in *control* believe and act as if they can influence the events taking place around them. They see themselves having the power to fight back, change, or do something about the problems facing them. They never take things at face value but always ask themselves how they can turn things to their advantage.

People low in control feel *powerless* and believe and act as if they are the passive victims of forces beyond their control. They are floundering in a sea of overwhelm. They give up before they try. They have little sense of resource or initiative and prepare themselves for the worst.

**Ask yourself:** “Do I see myself as weak and powerless to change the stressful situations in my life? Which way do I handle loss of a job, financial difficulties, marital difficulties? Do I have control, or am I powerless, a victim?”

3. **Challenge:** People who have a strong sense of *challenge* see change positively, as an opportunity to learn, grow and get on top of things. They see the seeds of future opportunities within crisis situation. Change is welcomed even if it is painful.

The opposite of having a strong sense of challenge is to feel *threatened* by change. Such people believe change will only make matters worse. They believe life is best when it's easy, comfortable and secure and that it should stay that way.

**Ask yourself:** “How do I typically respond to change? Do I find it stimulating and challenging? Or, do I only see it as a threat to the more comfortable status quo?”

### ADVERSITY QUOTIENT

Possibly the most accurate predictor of success is Adversity Quotient (AQ). Resulting from 19 years of research and 10 years of application, AQ was principally developed from the disciplines of cogni-

tive psychology, psychoneuroimmunology, and neurophysiology by Paul Stoltz, Ph.D. AQ provides both a quantitative way to measure how you respond to adversity and a set of tools for improving how you respond to adversity.

Through a questionnaire featured in his book, *Adversity Quotient: Turning Obstacles into Opportunities*, we can measure our current Adversity Quotient obtaining an overall score and a rating in each of five different areas:

**Control:** How much control do you perceive that you have over an adverse event? (Notice that this is one of the three factors contributing to “Hardiness”. No matter how little control you perceive, you always control how you respond. Even in a Nazi concentration camp Viktor Frankl recognized that, as a prisoner, he had greater control than the guard who was torturing him, because Frankl could control how he responded!)

**Origin:** Who or what was the origin of the adversity? People with lower AQs tend to take on too much blame for bad events.

**Ownership:** To what degree do you own the outcomes of the adversity? The more you hold yourself accountable for the outcomes, the higher your AQ.

**Reach:** How far will the adversity reach into other areas of your life? Lower responses show the tendency to catastrophize, to allow the adversity to bleed over into other areas of one’s life. Higher responses result when you see the adversity as specific and limited.

**Endurance:** How long will the adversity last? How long will the cause of the adversity last? The lower your score, the more likely you are to perceive adversity and/or its causes lasting a long time, if not forever. With higher scores, you are more likely to consider adversity and its causes to be temporary, fleeting, and unlikely to recur.

## RESILIENCE

Emmy Werner (“mother resilience”) for over 30 years has been studying 505 people born in 1955 on the small Hawaiian Island of Kauai. About half were born into poverty, mostly the children of sugar plantation workers. Consequently, many grew up in homes dominated by fears of even greater poverty, where alcoholism and anger and abuse were common place. We would expect that by age 20 most would be unemployed and living a life of crime. Yet approximately one-third didn’t drift into a life of crime and unemployment, instead they did well in school and career.

Most abused children grow up to be abusers. However, approximately one-third of abused children grow up determined never to lay a hand on their children, and they don’t.

Resilience researchers are piecing together the key factors shared by those who grow up neglected, poor, or abused and transcend their traumatic backgrounds. Their results, summarized in an article “Finding Strength: How to Overcome Anything” by Deborah Blum in *Psychology Today*, May/June, 1998, are listed below:

- About one-third of poor, neglected, abused children are capably building lives by the time they are teenagers.
- Faith—in the future or in a higher power (guardian angels or God)—is an essential ingredient. Many have the ability to perceive bad times as temporary.
- Most resilient people don’t try to go it alone. If they don’t have a strong family support system, they are able to ask for help or recruit others to help them.
- Believing in oneself is important.
- Setting goals and planning for the future is a strong factor in dealing with adversity.

- It's important to recognize one's own strengths.
- There is no set period for finding strength, resilient behaviors and coping skills. Usually this is established by age 10. However, the ability to turn around is always there.
- Education is a way for people to "build a roadway out of despair". Werner discovered that the ability to read at grade level by age ten was a startling predictor of whether or not poor children would engage in juvenile crime; at least 70 percent of youthful offenders were in need of remedial education by the fourth grade.
- Children who came from supportive homes had a great ability to build extended networks; they are likeable and considerate of others.

### DESPAIR AND THE CANCER CONNECTION

Psychologist Dr. Lawrence LeShan (1977) recognized that despair was experienced by almost all of his cancer patients. The former husband-wife team of O. Carl Simonton, radiologist and oncologist, and Stephanie Matthews-Simonton, psychotherapist, formulated a five-step psychological process that they have found to precede the onset of cancer. Most of the Simontons' patients acknowledged that before their illness became apparent, they had felt helpless, unable to solve or control problems in their lives, and found themselves "giving up". The fact that they had become fatally ill merely confirmed what they already believed about themselves—that their situation had never afforded any hope and they were powerless to do anything about it.

If we look at the emotions Biokinesiology research shows to be related to the liver we see emotions we've been talking about:

DISTRESSED	CONTENT
(umbrella emotions)	
Hopeless	Trusting
Despair	Faith
Helpless	Powerful
Incapable	Understandable

It is interesting to see that feeling despair, hopeless, helpless, etc. increase the likelihood of developing cancer. These emotions also interfere with healthy liver function and a number of experts have noted a correlation between liver problems and cancer. The emotions disrupt liver function which is why "despair" and liver problems are both correlated with cancer.

Note also that these emotions reflect the powerless, alienated state of someone who is low in the qualities of hardiness. Therefore, increasing stress hardiness is a way to help prevent cancer.

According to Dr. Raymond Brown, M.D. the key question for any cancer patient is: "What real reason do you have for living? This is consistent with the approach taken by Dr. Lawrence LeShan (1990).

### ARE YOU EXCITED TO BE ALIVE?

Dr. LeShan is one of the giants regarding the resurgence of interest in the relationship between emotional states and cancer. However, when he first began doing psychotherapy work with "hopeless", "terminal", cancer patients about 1952, he was using a Freudian psychoanalytical approach. He quickly learned that such a therapeutic approach was not going to work "...none of my patients were getting better! They might look forward to my visits, they might even feel better afterward, but they kept right on dying at the same rate as if I were not involved with them at all. Psychotherapy was making no difference to their survival rate."

Consequently, LeShan developed a "crisis therapy" for cancer patients. Over the last 20 years, half of his "terminal" patients have gone into long-term remission and are still alive and the lives of many others have been prolonged.

To see how radically LeShan's approach is, we need to recognize that many other psychotherapists are attempting to answer these basic questions:



1. What is wrong with this person?
2. How did he or she get that way?
3. What can be done about it?

The approach does not mobilize the persons' self-healing abilities. By contrast, LeShan asks:

1. *What is right with this person?* What are his (or her) special and unique ways of being, relating, creating, that are his own and natural ways to live? What is his special song to sing so that when he is singing it he is glad to get up in the morning and glad to go to bed at night? What style of life would give him zest, enthusiasm, and involvement?
2. *How can we work together to find these ways of being, relating, and creating?* What has blocked their perception and/or expression in the past? How can we work together so that the person moves more and more in this direction until he is living such a full and zestful life that he has no more time or energy for psychotherapy?

LeShan clearly shows that developing a purpose, enthusiasm, and zest for life can reverse cancer. It is, therefore, safe to conclude that being excited about and in love with life can help protect us and our clients from cancer.

### THE TYPE C PERSONALITY

The concept of a "Type C" personality for those prone to developing cancer arose independently of the research we've already discussed. During the 1970s, psychiatrist Steven Greer, at the Faith Courtauld Unit for Human Studies in Cancer and King's College Hospital in London, led a team of investigators that developed a "Type C" profile. The Type C person was loathe to express disruptive or hostile emotions, tended to be awfully "nice", compliant, and afraid to assert themselves. Dr. Bernie Siegel has since described cancer as "the disease of nice people". Do such nice people not feel angry and anxious or do they deliberately suppress such negative feelings? Greer's research has indicated that it is the latter.

Lydia Temoshok, a psychologist at the University of California at San Francisco studied melanoma patients in the early 1980s. She describes the Type C personality as "cooperative, unassertive, patient, [one] who suppresses negative emotions (particularly anger) and who accepts/complies with external authorities". She also noted that this profile "is the polar opposite of the Type A behavior pattern which has been demonstrated to be predictive of coronary heart disease".

### THE IMMUNE-COMPETENT PERSONALITY

Dr. George F. Solomon, a psychologist and UCLA professor who is often called the "father of psychoneuroimmunology" has been researching the mind-body relationships for over 30 years. He has described an "immune-competent" personality that allows the body's immune system to fend off illnesses as varied as cancer, chronic fatigue, AIDS and infectious diseases (where the immune system under-reacts) as well as autoimmune disorders like arthritis, lupus, asthma, and allergies (where the immune system overreacts).

Solomon says that the immune-competent personality involves:

1. Being in touch with your psychological and bodily needs;
2. Being able to meet those needs by assertive action;
3. Possessing coping skills, including a sense of control, that enable you to ward off depression;
4. Expressing emotions, including sadness and anger;
5. Being willing to ask for and accept support from loved ones;
6. Having a sense of meaning and purpose in your work, daily activities, and relationships; and
7. Having a capacity for pleasure and play.

Among the other factors Solomon describes that strengthen the immune system is the ability to say “no” to a request for a favor. Among long-term survivors of AIDS the most surprising correlation with strong immune functions was a “yes” answer to a single question. Could you say “no” to a request for a favor? Solomon believes that “no” reflects assertiveness, and the ability to resist becoming a self-sacrificing martyr.

It also demonstrates the capacity to monitor and take care of your own needs, psychologically and physically.

“While Solomon doesn’t think that excessive niceness is a disease, he does think that dutifulness to the point of self-neglect can compromise immunity. When we allow ourselves to be dragged into a role or activity to please others, the stress we encounter *will* lead to distress. Why? Apparently, when we *choose* a role or activity because it has meaning to us, because it gives us pleasure, then it doesn’t matter how “stressful” the endeavor. When our work or relationship is pursued by choice rather than obligation, when it’s seen as a challenge rather than a hardship then stress will be a motivator, not a cause of anxiety and ill-health.” (Dreher, 1992)

### CONCLUSION

The research of Maddi and Kobasi, Siebert, Stoltz, Werner, Lawrence LeShan, Carl Simonton, Stephanie Matthews-Simonton, George Solomon and others show that our health fails when we cannot cope with change in our lives. There are many skills we can share with our clients that can increase their stress hardiness, their resilience, their adversity quotient, and very likely their ability to survive whatever surprises life may present them with.

### These skills include:

1. Defuse stress from traumatic childhood events; chaos, lack of security, lack of support from parents, learned helplessness, deaths, divorces, separations, etc.

2. Use the defusing negative personality traits procedure (Topping, Wayne and Bernie, 1987) to reprogram beliefs such as “I don’t want to express myself” (the cancer personality trait).
3. Teach strategies such as ESR, anchoring, deep breathing for handling stress.
4. Become more assertive.
5. Develop stress “hardiness”, control, challenge, and commitment.
6. Learn to express emotions such as madness, fear and anger.
7. Learn to forgive others and self. Don’t hold onto grudges, resentment, or bitterness.
8. Ask for and accept love from loved ones when needed.
9. Learn to say “no” to requests for favors when appropriate.
10. Have a sense of purpose in your work, daily activities, and relationships.
11. Use meridian tapping to defuse stuck emotional states such as depression.
12. Work on combatting (Biokinesiology) liver emotions of despair, hopelessness, helplessness, feeling incapable, and distressed.
13. Balance thymus emotions of Biokinesiology.
14. Add fun into your life.

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## *The Heart Innervation Hologram*

BY RICHARD UTT

Everyone has had the “racing heart” experience which occurs immediately after a scary loud noise, a narrowly - avoided accident or a brush with death. Real or imagined, these “fight or flight” incidents trigger a number of sympathetic nervous system responses which affect cells, tissues and organs throughout the body - certainly one of the most immediate and powerful feelings is the dramatic increase in heart rate and heart strength which people describe so graphically - “my heart leapt up into my throat” or “my heart pounded so hard I thought it would break out of my chest.”

The heart can react so vigorously whether the threat is real or imaginary - just visualizing a life-threatening, scary event will trigger the same changes in heart status. These immediate changes are strong evidence that the heart can respond to nervous stimulation from the autonomic centers in the thalamus, hypothalamus and brainstem. In fact, the entire process by which the heart rate (beats per minute) and stroke volume (the amount of blood pumped per beat, related to the internal volume of the heart and the strength of a heart contraction) are regulated by the nervous system is a fascinating story which is often referred to as a “classical case of homeostasis”.

A brand new Applied Physiology Hologram allows the AP practitioner to peer deeply into the underlying anatomy and physiology of heart regulation, creating balance and homeo-sta-stress in this critical cardiovascular function. Since the life-giving blood which the heart provides is so important to every

cell of the human body, the impacts of creating balance in this one cardiovascular activity may have profound body-wide effects.

The heart is required to be a tremendously responsive and adaptable organ - it must efficiently provide all the tissues of the body with adequate blood supply throughout our entire life. In a typical day, we may ask the heart to meet the needs of our body while resting, during moderate activity and even during a strenuous workout when our muscles need for oxygen and nutrients increases tenfold. How does the heart know when to beat faster or slower? What role does the nervous system play in creating the heart- activity homeo-sta-stress that allows it to meet the constantly-changing demands of our dynamic body?

The central nervous system (especially cardiac centers in the medulla oblongata) receives nerve impulses from the heart itself and from the special sensory receptors in the walls of the aorta and the carotid artery near the heart. The sensory receptors in these areas consist of chemoreceptors (which can sense changes in the carbon dioxide level, oxygen level or pH of the blood) and baroreceptors (which monitor the degree of stretch in the walls of arteries as blood pressure increases or decreases). Baroreceptor reflexes and chemoreceptor reflexes allow the heart to respond very rapidly to chemical and pressure changes in the blood near the heart. If blood pressure drops, oxygen levels fall, pH values decrease or carbon dioxide levels rise, the cardioacceleratory center in the medulla oblongata

will stimulate the heart through sympathetic nervous pathways and the heart rate will increase. In general, the increased heart rate will have a variety of physiological effects which will increase blood pressure, increase blood pH and oxygen level, and decrease blood levels of carbon dioxide. This reflex is also a classical example of a negative feedback loop, a common physiological response which allows the body to maintain homeo-sta-stress. On the other hand, if blood pressure rises above homeo-sta-stress levels, then the cardioinhibitory center in the medulla oblongata will stimulate the heart through parasympathetic pathways (the vagus cranial nerve) that act to slow down the heart rate. When we change our behavior (suddenly jumping up to begin exercising, for example), our heart is able to rapidly respond to the changing conditions thanks to these responsive reflexes.

What about the “racing heart” response to scary situations, real or imagined? These events begin with real sensory stimuli which are routed into the cerebral cortex and “analyzed” as potentially dangerous. Of course, these sensory stimuli may be real, false (such as a scary movie) or created through visualization within the brain itself (projections into the future, worries, fears) - the physiological effect will likely be the same in all cases - the sensory data is routed to the limbic system, thalamus and hypothalamus. Within the hypothalamus are nerve centers which communicate directly with the cardiac regulatory centers in the medulla oblongata. Since the events described are “fight or flight” events, the cardioacceleratory center in the medulla will be stimulated and a flood of sympathetic nerve impulses will stream toward the heart through the spinal cord, spinal nerves and cardiac plexus. The result is a heart that “jumps” into action, dramatically increasing blood pressure and blood flow. Our heart now delivers much more blood to the brain and muscles of the body, preparing it for the “life or death” response! If this is a real life-threatening event, then we are better able to respond to it - if this is an imaginary event, then we have unnecessarily created a state of high blood pressure and cardiac

stress. How often is the threat real and how often imagined? Perhaps we all need to consider the state

of our cardiac reflexes and reflect upon the acute or chronic stresses we create in our cardiovascular system through excessive fear and worries. Applied Physiology offers us a number of tools and techniques, including the Heart Innervation Hologram, which can empower us to create balance and homeo-sta-stress in the anatomy and physiology of our dynamic cardiovascular system.

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## Innervation Set Up (General Procedure)

1. CL CV24 + CV14 + GV26 P/L, P/S, P/L;
2. Chakra Mode P/L, P/S, P/L;
3. CL:
 

GV20	Crown =	Medulla Oblongata
GV24.5	Brow =	Vagus Nerve (CN10)
CV22	Throat =	T1 Sympathetic
CV14	Heart =	T2 Sympathetic
CV8	Navel =	T3 Sympathetic
CV4	Central =	Cardiac Plexus
CV1	Root =	Spinal Cord
4. Check Heart rate, take note:
5. Speed up Heart rate by 20% P/L, P/S, P/L;
6. Correct with appropriate AP technology
7. Rest to slow rate back to original P/L, P/S, P/L;
8. Correct with appropriate AP technology again if Priority I/C

## Sympathetic & Parasympathetic Innervation of the Heart (Detail):

**CL CV24 + CV14 + GV26 P/L, P/S, P/L;  
Chakra Mode +**

**CL**

**GV20 Medulla Oblongata** – The medulla oblongata is the portion of the central nervous system where the spinal cord connects to the brain. Within the medulla are nerve tracts that relay sensory and motor information between the spinal cord and the brain. The medulla also contains a number of nuclei (clusters of synapses where information is processed) that control autonomic activities related to the respiratory and cardiovascular systems. The cardioacceleratory center within the medulla can increase heart rate when it receives information from baroreceptors in large arteries near the heart that indicate blood pressure is decreasing. Chemoreceptors in these same arteries can provide information to the brain about blood flow rate and gas exchange from the blood. The cardioinhibitory center in the medulla can also act to decrease heart rate when blood pressure rises above normal. These two cardiac centers in the medulla work together to help the heart meet changing conditions within the body.

**CL**

**GV24.5 Vagus (cranial X) Nerve** – the vagus nerve (also known as the 10th cranial nerve) is a mixed nerve, meaning it contains both sensory and motor neurons. It arises from the sides of the medulla oblongata within the cranium and ascends into the thoracic and abdominal cavity where it innervates thoracic and abdominal organs including the respiratory tract, heart, diaphragm, stomach and intestines. The vagus nerve carries parasympathetic impulses to the heart muscle from the cardioinhibitory center in the medulla which act to decrease heart rate when appropriate. Sensory impulses from within the heart are also relayed back to the medulla oblongata via the vagus nerve.

**CL**

**CV22 T1 spinal segment - sympathetic outflow** – The T1 spinal segment is the portion of the spinal cord which provides the neurons which form the T1 spinal nerve. This spinal nerve contains motor neurons which innervate muscles in the upper arm and forearm. It also contains sensory neurons which innervate the joints, muscles and skin of the arm. A

portion of the sympathetic motor innervation of the heart exits the spinal cord here before entering the cardiac plexus.

CL

**CV14 T2 spinal segment - sympathetic outflow –**

The T2 spinal segment is the portion of the spinal cord which provides the neurons which form the T2 spinal nerve. This spinal nerve contains motor neurons which innervate muscles in the rib cage and around the spinal column. It also contains sensory neurons which innervate the skin of the upper chest and back. Most important for this hologram, sympathetic neurons which can stimulate the heart leave the spinal cord through the T2 spinal nerve and become part of the nearby cardiac plexus.

CL

**CV8 T3 spinal segment - sympathetic outflow –**

The T3 spinal segment is the portion of the spinal cord which provides the neurons which form the T3 spinal nerve. This spinal nerve contains motor neurons which innervate muscles in the rib cage and around the spinal column. It also contains sensory neurons which innervate the skin of the upper chest and back. Most important for this hologram, sympathetic neurons which can stimulate the heart leave the spinal cord through the T3 spinal nerve and become part of the nearby cardiac plexus.

CL

**CV4 Cardiac Plexus –** the cardiac plexus is a cluster of neurons and synapses located near the heart and innervating the heart with motor fibers of the parasympathetic and sympathetic portions of the autonomic nervous system. Sensory fibers may also be found in the cardiac plexus, relaying information back to the central nervous system about the status of the heart.

CL

**CV1 Spinal Cord –** the spinal cord is a dense cylindrical mass of nerve cells and synapses enclosed within the bony canal created by the 26 bones of the vertebral column. Within the spinal cord are white areas, consisting of carefully insulated sensory and motor nerve cells which carry nerve impulses toward (sensory) and away (motor) from the brain. Also within the spinal cord are gray areas, made up of uninsulated portions of sensory and motor neurons - these gray areas contain the synapses where nerve impulses are transmitted between neurons, allowing for sorting, processing, filtering and reflex responses to certain stimuli. Branches of the spinal cord (called spinal nerves) allow neurons to enter or exit from the spinal cord along its length, passing through the bony intervertebral foramen on the sides of the vertebral column.