

## *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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