

Touch for Health-Kinesiology? Old-fashioned? Or ready for the future?

by Ueli Meier-Estrada,



Balancing my son Jan I remember the powerful and helpful balances I got from Dr. Thie towards my life-goal of being a father...

With the 14 main muscles of the Touch for Health-Kinesiology I would like to show and

explain you in an easy and playful way, why the Touch for Health-Kinesiology will continue to be important for health services in the future.

Supraspinatus (Central Meridian)

What do we have to let go? (or accept?)

Teres major (Governing Meridian)

What burden or load do we have to get rid of? (or to endure?)

I combine these two meta-energy-systems with the ethical guidelines of the Swiss Non-Medical Kinesiology Association (SVNMK/ASKNM). Being a non-medical professional I need the ethical guidelines for my work. These guidelines describe and clarify the way I accompany my clients:

- **The kinesiology I represent is non-medical in terminology and content. I do not use medical terms, make no diagnoses and do not prescribe medication in any form. According to the statements of Dr. John and Matthew Thie (January 16, 2004) and Dr. Paul & Gail Dennison (January 23, 2004).**
- I work within an educative, energetic and salutogenic model. Non-medical kinesiology is a field of its own but can be applied to complement medical treatment.
- I do not treat illnesses. I ask my clients to seek medical consultation in case of physical problems, pain or psychological stress situations. I accept medical diagnoses but am aware of the fact that my own work is educative, energetic and integral.
- **I state clearly that I do not exploit client relationships in financial, emotional, religious, social, sexual or bodily terms. Sexual acts and relationships during and outside meetings (up to one year after the end of the accompaniment) are under no circumstances allowed for reasons of ethical behaviour and responsibility.**
- **I recognise that muscle tests are limited in their explanatory value. A muscle reaction is not a final answer to a simple Yes/No question and cannot be regarded as a definite decision in terms of the clients' goal formulation/orientation. Through the use of muscle tests I assess together with the client stress factors and energy imbalances. My tests are simple and clear. I explain the procedure of balancing to my clients in comprehensible terms.**

- I work in partnership with my clients and recognise the fact that before, during and after balancing final responsibility lies with the client. If I see no change for the better in the client's condition I openly discuss this with him or her and end the accompaniment.
- I am continuously extending my professional training and personal education. I inform my clients about my present level of training and I am well aware of my professional and personal limits.
- Medical persons are welcome in the Swiss Non-Medical Kinesiology Association. As a member of the association I represent, maintain and promote the educative, energetic and integral model of the non-medical kinesiology.
- I fully acknowledge that the invoices sent to the health insurance companies must correspond exactly with the services rendered. It is forbidden to bill other methods applied under the term of non-medical kinesiology.

Pectoralis major clavicularis (Stomach Meridian)

Have we got to show more pride
or are we too proud?

The Touch for Health-users should definitely take more pride in their work. Eventhough 80 % of the users are more or less amateurs, housewives and -husbands, they don't need to hide. The use of Touch for Health-techniques by housewives and -husbands has already helped many families a lot. Therefore all Touch for Health-users can say with conviction: **"I am proud of being "only" a Touch for Health-practitioner!"**

Latissimus dorsi (Spleen Meridian)

Are we able to break our problems
down into „small portions“?

When we look at this muscle we have to do a lot to make „small portions“ out of it. The Latissimus dorsi is one of the largest muscles in our body. Anyway, if we are **flexible, full of ideas, humorous open, intuitive and**

honest, even this problem can be solved. These are the most important qualities in energetical consultation of people, who have to face difficult situations in life.

Subscapularis (Heart Meridian)

What do we hide or what do we keep to ourselves? (What do we have to reveal?)

It is time to put more effort and energy into research. Touch for Health-related associations could contribute enormously. I think of research-groups that get paid for their work and effort. We should analyse our experiences and e.g. spread the results over the internet.

Quadrizeps (Small Intestine Meridian)

Should we risk greater steps?

Especially in the field of Touch for Health-training we should offer and acknowledge many more consolidated Touch for Health-courses with all the general Touch for Health-techniques.

Peroneus (Bladder Meridian)

Do we feel free in our movements?

Amateurs and non-medical Kinesiologists get less and less space for „free“ movement (e.g. in Switzerland). More and more competent people capable of energetic work are put off especially by the amount of training lessons in anatomy. So they do not want to start a Kinesiology training any more. More medical knowledge can lead us to medical diagnosis. We need to stand up for that if we want to continue energy-work without medical knowledge. Therefore we have to emphasise on the ethical guidelines and extend them. Ethical guidelines are important in everyday work, **so they should be valid for the job as well as for our private life.**

Psoas (Kidney Meridian)

Do we drink enough water? Do we take care of our spiritual, emotional, mental and physical purification?

During a 14 Muscle-Balance the Psoas is the sixth muscle on the meridian-clock (starting stomach meridian). Now half of the „game“ is done and it is definitely time

to drink some water. When we lecture to drink water, so we actually drink enough ourselves? Is it possible that we stand up for something as amateurs or professionals but we don't stick to it in our spare time? It is very important when we accompany people that we try to live according to the ethical guidelines. Otherwise we lose our credibility. Especially professional users should set a good example and stick to the ethical guidelines.

Gluteus medius (Circulation-Sex Meridian)

What are the small things we stumble over?

Many amateur users often stumble over their own inability to use the Touch for Health-techniques in a self-confident way. The Touch for Health-Kinesiology is the basis of many methods in Kinesiology. It has "survived" for 40 years now. So it makes sense to use the Touch for Health-techniques with **joy, pride and self-confidence** as well as to teach them this way.

Teres minor (Triple Warmer Meridian)

In what respects should we be open-minded?

Despite of the ongoing discussions about recognition, diplomas, certificates, training and continuing education we shouldn't forget the most important aspect of our job. This is our client, a woman, a man or a child. Somebody who has decided to be accompanied and needs consulting. This is what we have to be open for and stay open. Only our client decides whether we have done a good or a bad job. The appreciation of the insurance or other institutions doesn't guarantee that we find clients. Therefore it is so important that we don't forget the actual person while doing our job.

Deltoideus anterior (Gallbladder-Meridian)

Do we do things that cause „headache“?

When amateurs and professional Kinesiologists without medical pre-education or medical studies start to use medical terms all of a sudden it can cause "headache". All of us know that working according to the holistic and wellness orientated or the salutogene Touch for

Health-Kinesiology-concept is safe, legal and effective. TfH-Kinesiology doesn't need orthodox medical terminology or technology. To use it you don't need special medical training or studies.

Pectoralis major sternalis (Liver-Meridian)

What do we have to "detoxicate"?

The idea and opinion that amateurs are not able to seriously accompany their clients should get "detoxicated". Amateurs are very often the ones who do a particular good job with simple Touch for Health-Balances.

Serratus anterior (Lung-Meridian)

Have we lost our voice?

Especially the non-medical movement needs a more powerful voice and support towards authorities, institutions and people with medical education. The non-medical and simple Touch for Health-Kinesiology holds an important part in health services. Nevertheless we should repeatedly point this out with a powerful voice. If we get pushed into medical training structures, we have to raise our voices.

Tensor fasciae latae (Large Intestine Meridian)

Why do we lose our composure and self-control? (How can we maintain our composure and self-control?)

The effects of simple Touch for Health-Balances have supported me for many years now. They helped me to keep myself under control and stay calm even in difficult situations of my life. For that reason I am always happy with the results of the goal-orientated Touch for Health-Balances and techniques. I use these techniques thankfully with pleasure and appreciation towards the founder Dr. John F.Thie and his wife Mrs. Carrie Thie. His helpful way opened my mind and his powerful balances brought light into my life. One bright light is my son Jan who was born in May 2001.

Certainly the Touch for Health-Kinesiology will continue to contribute to the wellness of people with its simple and clear techniques in future. Now I have to think of the statement

before: **“I am proud of being “only” a
Touch for Health-practitioner!”**

With this statement I wish all of you a lot
of joy, respect, gratitude, intuition and pride
with your work as amateur or professional
Touch for Health-Kinesiology user.

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