



Jan Cole, M.Ed., a retired elementary teacher, taught 1968-98 in Northglenn, CO. She received her B.S. and M.A. from the University of Colorado; other credits from numerous universities.

She served on various curriculum/planning committees throughout her 30 year career. A representative to the teacher's association for her faculty for over 20 years, Jan was a member of the Executive Board, Public Relations Chairperson, state capitol liaison; elected to serve as a state delegate for 9 years and 6 years to the national teacher conventions. After enduring attacks by Far Right affiliated groups, she received the honored state *Lion Advocate Award for Standing Up for Teacher's Rights and Academic Freedom 1988* from the Colorado Education Association and received the *Central Adams Uniserv Teacher's Hall of Fame Award* in 1995.

Interest in wellness, nutrition and wholistic health began in 1974, becoming a certified Touch for Health instructor in 1977. She's had extensive training in various aspect of health and wellness, acupressure, diet and nutrition, *Therapeutic Touch*, relaxation and stress reduction techniques, *Neuro-Linguistic Programming*, *Body Electronics*, over 2000 hours as a Specialized Kinesiologist including: *Applied Kinesiology* training with Dr. George Goodheart, Dr. David Walther, Dr. Sheldon Deal, Dr. Alan Beardell, Dr. Donald Gay and Dr. Steve Kaufmann; *Blueprint Series One*: Dr. Andrew Verity; *Educational Kinesiology*: Dr. Paul and Gail Dennison; *Health Kinesiology*: Dr. Jimmy Scott, *Three in One Concepts*: Gordon Stokes and Daniel Whiteside; *Professional Kinesiology Practice (PKP) I—IV*: Joan and Dr. Bruce Dewe; *Agape Quest*: Richard Utt; *Biokinesiology*: John Barton; *Leap: Brain Integration I*: Dr. Charles Krebs; *The Primitive and Postural Reflexes-Reflexes underlying ADHD*: Brendan O'Hara; *Neurolink*: Dr. Alan Phillips; *SIPPS*: Lynne McCaul; *EFT*: Susanne Peach; *Reset*: Phillip Rafferty; *eTouch for Health*: Earl and Gail Cook.

A past president and management team member of the Colorado Holistic Health Network, Ms. Cole also served seven years on the Touch for Health Kinesiology Association of America (TFHKA) Board of Directors: president 4, vice-president 2.

She has written numerous journal articles: "Reprogram Negative Personal Life Controllers" '89, "Making Money Your Friend" '93, "Enhanced Learning in the Classroom" '93, "Magnets, TFH and Healing" '94, "Repattern Indecision and Procrastination" '95, "What Does Your Inner Critic Say to Your Mirror Image?" '96, "Reconnect Your Head to Your Body" '99, "B's Before Balance" '00, "Calm, Confident Powerful Presentations" '00, "Creating Money Miracles" '01, "Keeping High Blood Pressure in Balance Naturally" '02, "Taking Aim at Managing Blood Sugar with TFH and Nutrition" '05 and "Neurovasculars: Listen with Your Fingertips" '08. Two books: ***Repattern Our Sabotaging Ways*** and ***Making Money Your Friend***.

Jan teaches a variety of wellness classes including: *Brain Integration*; *Emotional Stress Release*; *Phobias: Cure Yours*; *Allergies: Cure Yours*; *Repattern Your Sabotaging Ways*; *Lowering High Blood Pressure Naturally*; *Tangelos, Tangos and*

Touch; Stress/Eustress: Who is Driving Your Bus?; Pain, Your Body's Messenger: Ways to Manage It Naturally; Making Money Your Friend; Secrets of Becoming a Bargain Connoisseur and Touch for Health I—IV.

She has taught courses and been a guest speaker throughout the US, Canada, Russia, Australia, New Zealand, England, Austria, Italy, Switzerland, Argentina and Guatemala.

Fingertips: Neurovasculars and Double Contact

Neurovasculars: Listen with Your Fingertips

In my first TFH class, 1975, we learned of “seven switches” to turn the body’s “energy on” in this order:

7 “Switches”

1. NL (Neurolymphatics)
2. NV (Neurovasculars)
3. Meridians
4. Origin & Insertion
5. Nutrition
6. Water
7. Rest

As a Touch for Health instructor since 1977, teaching classes and balancing friends, the neurolymphatics and a particular set of the **neurovasculars**, the ESR points, became my favorites of the “seven switches” to use. They can calm your **Nerves**, pulse **Erratically**, are **Useful**, help **Resolve** bothersome issues ...

Nerves, nasty (disturbing thoughts)

Erratic

Useful

Resolve

Oscillating, obsessive, overwhelm

Vacillating, valuable

Anxiety, agitation, ask

Synchronize, synergize, soothing, solutions

Calming, cooling, clearer thought, contentment, central

User friendly

Listen (with fingertips), lightly touch

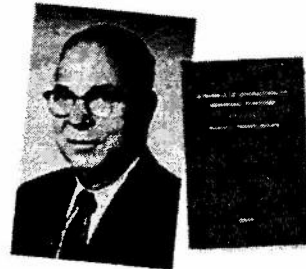
Alertness

Restore, rest

To me one of the more gentle “quieter” of the seven, the neurovasculars, are the least conspicuous, the least invasive of TFH’s techniques. Both the NL and NV reflexes have similar relationships to a muscle and organ. As you know, neurolymphatic reflexes, primarily located on the torso, are stimulated with a firm massaging touch whereas the neurovasculars primarily located on the head are stimulated with a light sustained pressure to produce a therapeutic effect.

In one of his papers **Steve Kaufman, DC**, Denver, CO., writes: *“One effective but very gentle approach to visceral treatment is by neurovascular reflexes. These were developed by Dr. Terence Bennett, a chiropractor, in the 1930’s. They are treated by a very light touch to multiple reflex areas, while at the same time the practitioner’s other hand stretches the upper trapezius area. Generally one feels a gurgling under his fingers after 30 or 40 seconds. This feels like peristalsis under your fingers, and seems to indicate that the intestinal tract has quickened its function. Bennett performed a lot of fluoroscopy and claimed to have seen increased peristaltic movement of fluids when he would stimulate the points.”* **AK issue n.11 - Fall 2001**

Dr. Terrence Bennett was a chiropractor from California who, in the 1930s, began to map out reflex areas on the body which became known in applied kinesiology as **neurovascular points**. A text based on the lectures of Dr. Bennett was edited and compiled by Ralph J. Martin, DC, ND who published the lectures as ***“Dynamics of Correction of Abnormal Function”*** in 1977 (neurovascular dynamics).



Bennett started working on his concept of neurovascular dynamics in the 1920s. He mapped 38 specific points on the cranium and anterior torso which he correlated with specific tissue, gland and organ function/dysfunction that were used for diagnostic and/or treatment purposes. His cranium points are still used by AK practitioners, as well as TFH’s and other energy healthcare systems. Only a few chiropractors in the US still utilize the torso points as NV’s.

* * * *

Before retiring as an educator, I taught my students to use ESR points for a variety of situations. To demonstrate their effectiveness I had them “pulse” the ESR points on their forehead... as best they could. When I thought most had the points synchronized AND while they were still holding their points, I would exclaim, “You’re having a test in 5 minutes.” The surprise feedback from my 6th graders was my first awareness that everyone’s ESR points didn’t respond in the same way. The points for some children went faster, for others, slower. For some, one side pulsed differently than the other, for others the pulses just plain left. They did learn to continue holding their points to reduce their obvious stress when thinking about what test taking meant to them.

One morning before I was ready to get up, I was holding the ESR points, synchronizing them to "an issue". As I continued to hold them, my thoughts began to wander; I was puzzled when the pulses went a little crazy jumping all over the place. I played with them a bit and then forgot about that morning until years later. Last year I participated in an EFT (Emotional Freedom Technique) workshop, learning to tap on ends of meridians while making certain statements to effect change. I eventually tired of tapping, so decided to see if working with the each of the NV's, not just ESRs, with an issue, could be as effective. The answer is yes!

Neurovasculars, where are they?

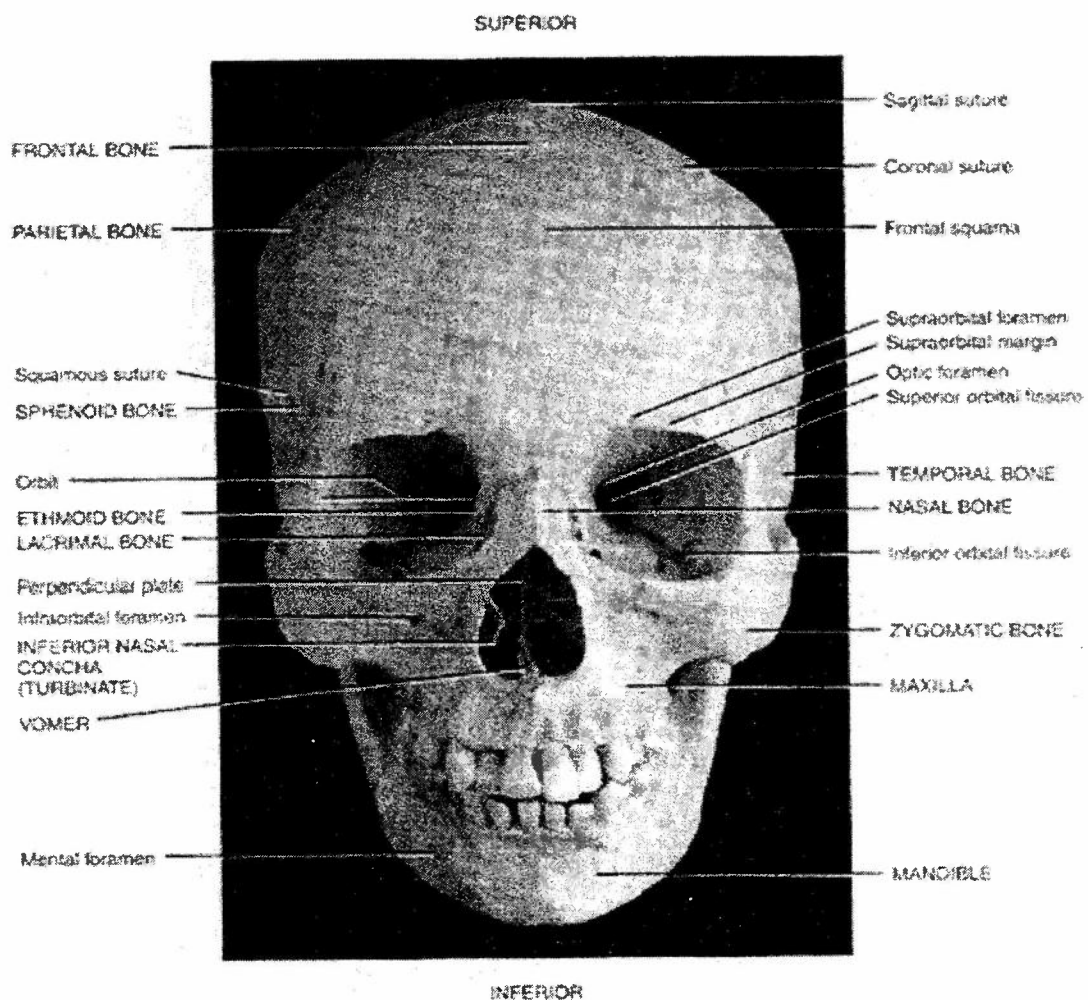


FIGURE 1 Skull, anterior view

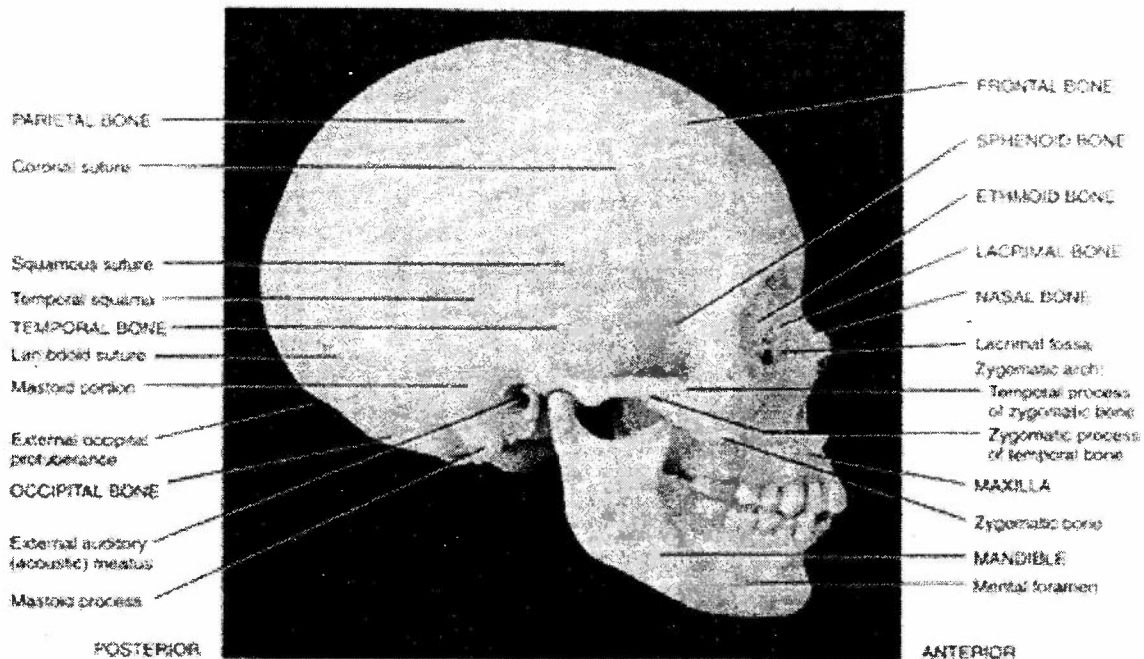


FIGURE 2 Skull, right lateral view

You, too, can have a *conversation* with your neurolymphatics!

1. Sync all Neurovascular (NV) pulses.
2. Think of stressor while holding each NV "listening with your fingertips" to see which ones are changed by the stressor: slower? faster? oscillate? erratic? one "leaves"? both "leave"?
3. Wait to hold for synchronization until each NV is checked to see which ones are affected by the stressor.
4. While thinking of stressor again, hold NV points which were "off" (out of sync) until they are synchronized.

* * * * *

Step 2 –4 examples:

- A. Think or say one of the following statements (or other) while holding each of NVs.
(You may want to begin with the ESR points.)

Possible Declarations:

I, _____, am no longer negatively affected by the judgments and opinions of others.

I, _____, am and feel safe, calm and comfortable when _____ I'm with _____. (I'm doing _____). etc.

I, _____, accept and appreciate _____ for who she/he is.
(as Mother, Father, Mom, Dad, parent, friend, mentor, adult...)



Examples:

Ex. Sheri accepts and appreciates me as (Mom), (Mother), (parent), (friend), (adult).

Ex. I accept and appreciate Sheri as my (daughter), (friend), (adult).

B. Observe how the NV points each respond to the declaration you chose and what you are thinking about it. Do both points or only one speed up? Slow down? Leave? Oscillate back and forth? Other?

C. Hold and synchronize any NVs that "were out of alignment" when thinking or saying a particular statement. While holding you can add positive thinking statements related to the issue and/or the core statement EFT uses: *"Even though I have this problem of _____, I, (all your names) completely love, accept and appreciate myself....or similar.*

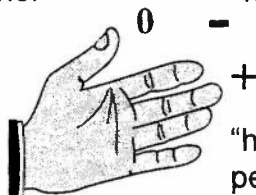
D. You can also add muscle testing/checking for verification for priority, more holding time, percent of "clearing", need to do more around the issue, etc.

***"Much can be done if our hands act in an educated, intelligent and intentional manner to directly affect body function.
In all cases it is important to be gentle and not exceed the patient's tolerance.***

***As Alan Gaby has said,
"respect for tissue"
is paramount."***

Steve Kaufman, D.C. Denver, CO

Your whole body (and each individual cell) has negative/positive charges similar to a battery; the RIGHT side + (positive) and the LEFT side — (negative). This pattern is reversed for those who are, for whatever reason “switched” or neurologically disorganized, as we know it in Touch for Health. We can use this energy in ways to balance the body with TFH or other healing modalities, help reduce pain, etc.



For the following **simple** **the most painful spot** of the pain can radiate from particu-

“healing hand” technique, **palpate for** person’s or your own complaint. Note: lar points even though it feels like “it’s all over” a certain area. It is this most painful point where you want to contact (touch) the negative or positive energy finger for the Double Contact technique. Have the person (or yourself, if you have the discomfort) **rate the pain on a scale of 1 to 10** for comparison purposes after you’ve held the points. This is important, as some people can’t tell “how much” of an improved if they are still focused on “the pain.”

1. **Lightly** place the thumb (neutral energy 0) of one hand on a major pulse point (carotid artery, groin, underarm, etc.) Keep the rest of the fingers and hand off the body or rest your other fingers from one hand on the back of the neck which is a neutral area.
2. a. Place the index finger (negative energy —) of the other hand on the pain point if the pain is on the LEFT SIDE of the body.
b. Place the index finger (positive energy +) of the other hand on the pain point if the pain is on the RIGHT SIDE of the body.
3. **Lightly** hold both points for 3 to 7 minutes until you feel the two points pulsing together.
4. Compare the intensity of the pain for the original pain using the 1-10 scale. It will almost **always** improve, but some pain may need more time.
5. If the pain doesn’t improve at all, switch your positive /negative fingers....the person may be “switched.”



Jan “double contacts” Bob Dirks, local Crookston, MN merchant, to help his headache. It improved from a 7 to a 3. His neck pain went away completely. She uses this technique often to help people with their aches and pains.

from Crookston Daily Times Special Ed. Summer 2003

ENERGY WINS

"Double contact " is a simple healing energy technique I learned many years ago from a nutritionist, Elaine Busse, who helped turn my life around with diet, supplements , etc. I have used it frequently ever since. There are many WIN stories with this simple method. One day one of my 6th grade students was crying during recess time while still in the classroom. My back was turned working with another student when one of the boys had banged Laura's head on her desk. Seth was brought in from the playground. Besides the apology he made to Laura, he did this technique to help her headache. Over the years my students would use it on their stomachaches, headaches, minor aches and pains, and would also help their family at home.

Another time after folk dancing in Boulder, CO, I went to a friends house to visit. She complained that her foot was in pain. I offered to help. "That won't do anything, " she said. I didn't respond, but later sat on the hassock beside her, palpitated for the most painful spot, contacted a pulse under her knee with my 'neutral energy thumb" (she was a bit taller than me so I couldn't reach the best pulse point to use - the carotid artery). A few minutes went by, she wiggled her foot in disbelief. The pain was totally gone.

By Jan Cole, M.Ed. from: **TFHKA 03 Summer Newsletter**

Recently, at a dinner my friend, Joy, experienced her sinuses beginning to "clog". I massaged the lymph from her collarbone downward, her neck, shoulders. Doing the double contact on each side of her nose opened her sinuses. She was delighted to feel it happening. Several ladies watching were intrigued and asked about their own pains.

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