

Touch for Health, Mindfulness and Brain Plasticity

Soothing the Amygdala, Harmonizing the Hippocampus and Growing the Corpus Callosum

Earl Cook

Our objectives in Touch for Health are very simple:

1. Improve posture by balancing the subtle energy system.
2. Reduce the negative effects of stress before, during and after challenging times.
3. Help people identify, verbalize and focus on meaningful goals.

John Thie, DC, founder and author of Touch for Health, often stated how he and many others in our field recognize stress as a primary cause of multiple types of illness and distress. Today, the short- and long-term detrimental effects of prolonged stress and trauma are being recognized and being studied in many disciplines. Of special interest to those of us in TFH is that an increasing amount of attention is being placed upon the mind-body aspects of the stress process and its effects.

Ruth Buczynski, PhD, President and Co-Founder of The National Institute for the Clinical Application of Behavioral Medicine (NICABM) has recently been hosting a series of **online mind-body webinars**. The webinars have included some of the leading researchers in the U.S. working in the areas of brain science and psychotherapy. This article presents some of the viewpoints of participants of the NICABM web events along with statements made by Dr. Thie during his lifetime.

The focus of the NICABM online series has been the stress response system, memory and learning, and the effects upon the body that prolonged stress and

traumatic events cause. This series is focusing on the mind-body connection and how techniques that focus on this psychosomatic connection are working as powerful interventions. Dr. Thie stated on many occasions, “Up to 90% of our everyday, common and non-serious health issues do not require the skills, resources and attention of our highly-trained professional healthcare workers.”

Dr. Rick Hanson, author of *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*, offers a similar viewpoint as Dr. Thie and stated in the NICABM series, “Most suffering is not physical or emotional agony but everyday stuff like stress, worrying, feeling left out and anxiety.”

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This article presents my opinion about how the ideas presented in the webinars relate to TFH and, generally, to the energy kinesiology and energy psychology fields. While the primary focus of the professionals in the webinars is serious trauma and mental and emotional illness, their insights into the stress response system and their belief that mindfulness and brain plasticity are powerful interventions and preventive measures should be of particular interest to us as we work with common daily stress issues. **Note: This article is about the everyday life issues we face on a routine basis. For all serious and life-threatening issues, seek professional advice.**

The stress response system of the body is complex involving neuroendocrine, cellular and molecular infrastructures. It receives and integrates a variety of neurosensory (visual, auditory, somatosensory, nociceptive, visceral) signals arriving through distinct pathways. The limbic (emotional), cerebral, and memory processing functions are all involved and their degree of involvement is determined by the intensity of a stress or threat and the individual's ability to process and manage stress. The way that the stress response system responds in either creating distinct life experience memories, or subconscious capsules of fear and trauma that have no conscious connection, is decisive in causing positive or negative health results.

One of the speakers, **Robert C. Scaer, MD**, neurologist, renowned specialist in trauma and author of *The Body Bears the Burden - Trauma, Dissociation and Disease* states, "If we start to follow the effects of the hypothalamus-pituitary gland-adrenal axis (HPA Axis) we see that trauma is the root of all illness. Our negative life experiences directly affect our immune system."

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Much of the discussion in the webinars has been about how the stress response is triggered in the cores of our central nervous system in the survival reflexes and memories and then passed through our emotional and cerebral centers for review and evaluation before being committed to memory. In Scaer's theories, this is where the process can take several paths and intensity of response depending upon the perceived severity and duration of the threat or stress and our ability to process stress.

There is a critical moment in the process where the stimuli from the survival memories are modulated

by the limbic emotional, learning and memory capabilities interacting with the cognitive areas of the brain to create a response. If the survival response is strong enough or the survival memories are congruent, then the cognitive review and orderly posting of the event to explicit memory is bypassed.

Dr. Rick Hanson further states, "Our brain is Velcro for negative memories and Teflon for positive memories. We are wired with a negative bias. It's part of the survival instinct so negative memories easily stick and positive memories slip away." Scaer states that the brain is extremely efficient at taking a snapshot of all the stimuli from the different systems during a stressful or traumatic situation and storing this information into capsules of stimuli that reside in sub-conscious implicit memory.

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These dissociative memories will run with their highly charged capsules of experiences (fear, pain, stress, anxiety, etc.) running in background memory below the level of consciousness without a link for the person, and the body doesn't know the threat has ended. This also causes people to overreact to situations because the underlying memory is triggered by something in the *capsule* of experiences. However, it can also have the opposite effect and cause people to turn off and disassociate from present reality. So, once again there is balance to be achieved.

Our brain's limbic (emotional) system normally reviews our experiences in the hippocampus with input from the amygdala. If they fit our personal narrative or if they are accepted as a new learning experience, they are efficiently submitted into long-term memory by the hippocampus. This is an orderly process and these explicit memories are filed with attachments to consciousness that can be used to

spur the memory in the future. But, this orderly process takes time. During trauma this orderly process gets bypassed by the need for survival, whether they are real or falsely perceived threats. In these cases, the memories do not go through the orderly review and submittal to memory process involving the hippocampus, dreams and the amygdala. As a result, the traumas are committed into memory without the proper timestamps of beginning, middle and end and do not have an attachment to conscious memory and dissociative memories are created.

These disassociated traumas and memories are also stored throughout the body. As we know in TFH, when we do a TFH balance, we often find areas of stress or dysfunction present in the energetic kinesiology system. People will often tell us, as we come across an unlocking muscle, “Yeah, that’s my bum shoulder that I hurt when . . .” Often, there are stories associated with the dysfunction that we find during the muscle testing, stress monitoring, energy balancing session.

Babette Rothschild, MSW, LCSW in her NICABM presentation entitled, “The Body Remembers: Harnessing Somatic Memory in the Treatment of Trauma” states, “Motor development is linked with psychological development. In the early 90s it was recognized that there were body and psychological aspects to trauma, both body and mind. The body keeps the score book of traumatic events and that is what makes the link. The alternative people realized that there is a link and this fact has caused a major leap in psychology.”

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Pat Ogden, PhD, author of *Trauma and the Body: A Sensorimotor Approach to Psychotherapy* says that traumatic memories are implicit and separated from the conscious brain's cognitive areas of speech and

expression so the person finds it difficult to find words and language to describe the event. Therefore, she thinks that a traditional therapy narrative *top down* approach is not as effective as finding the trauma's location in the body and working *bottom up* from the body to the mind. Ogden says that approaching it from a perspective of the body stimulating the memory in the brain is important so that an attachment for awareness and remembering can be made to the memory so that it can be understood in a cognitive sense and then dealt with.

One of the most hopeful developments in this area is the concept of brain plasticity . . . that the brain does and can change beneficially with some types of stimuli, nurturing mindfulness (awareness of states and processes) and through movement and learning. The researchers agree: If the body can be allowed to reset itself to a state of balance and homeostasis after a stressful event, then the immune system is enhanced and the many negative efforts of the stress response system are avoided.

Mindfulness

A central part of mindfulness is being aware of one's own state of being and finding ways to enhance life without unnecessarily triggering the HPA Axis during our daily lives.

Important factors in fostering mindfulness and processing stress that were presented were:

1. Be especially mindful of early childhood development and the need for touch, nurturing, love, support and stimulation for learning and resolving challenges. We need some stress in our lives to grow and survive. Children need good examples of handling stress from those around them and they need opportunities to learn and establish their own healthy stress response processes and resiliency to stress.
2. Do anything where there is a conscious effort to focus, breathe and increase awareness of internal stimuli whether it is, for example, meditation,

fishing or chess.

3. Perform moderate exercise such as walking and dance that increase circulation and brain activity but do not activate the stress-response system.
4. Learn a musical instrument.
5. Get into new social situations.

Brain Plasticity

Part of brain plasticity is getting people moving and into a new environment which gets old and new circuits firing in the brain. This action provides new stimuli from the senses . . . new sights, new sounds, new smells, new people, new circumstances. Firing circuits can cause neurogenic and new connections in the brain and is a good state of preparation for learning. It is also a foundation for creating healthier, more efficient and positive internal brain connections. In the theories of brain plasticity, the opposite states of disassociation and hopelessness can cause the opposite effect - *neuro-apathy*. When there is evidence of trauma, Babette Rothschild suggests starting at the end of the trauma by saying, "You survived! It is over. Tell the brain and the body that it is over. You are here now. Now let's do something new. What are you good at doing? What makes you happy?"

Plasticity through Goal-Setting

With TFH goal-setting, Dr. Thie emphasized, "Assist the person in identifying what is important to them. What do they want to do in life? What is their purpose in life? What is their calling? What's important to them? What are they good at?" Then as we test and balance the muscles and subtle energy systems, we are stimulating the brain causing plasticity and mindfulness when the neurons fire, some which may not have fired in years due to inactivity. I think this is the use of a wonderful ability we have as humans - *transcendence*. We can look forward and place our focus or sights on where we wish to go and we can create and experience hope. Some stress actually has a positive effect upon us as we learn, grow and become stronger in our ability to cope with

stress and be resilient.

Bill O'Hanlan, psychotherapist and author of 29 books stated in the NICABM series, "People are strongest at the places where they have been broken. They have developed strengths and developed ways to overcome. People are resilient. They can thrive as a result of trauma. Sometimes trauma can cause growth in positive ways, spiritual sensitivities, new personal relationships, finding purpose in life. So, positive things can come out. Growth often follows trauma." He continues, "When having positive emotions, implicit views of oneself and the world in whole body ways, we are having positive states of the mind that are sculpting the brain. What the sculpting causes the brain to do is to generate positive thoughts that further sculpt the brain to have positive thoughts. This deepens the ability to stimulate the parasympathetic system which is the antidote of the fight / flight / freeze stress response."

In dealing with trauma and stress, Rothschild also made the statement, "If people get adequate support in the immediate aftermath of a trauma then they are less likely to develop PTSD and dissociative memories." Dr. Hanson states, "Give your clients tools that they can help themselves from the inside out." I heard Dr. Hanson's statement and thought, "What about the awareness and mindfulness of the mind-body link that we provide through our TFH muscle-testing energy balancing and the stress reduction techniques that we include with ESR and meaningful goal-setting?"

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Detecting the Effects of Stress with TFH

In TFH we can demonstrate the immediate effects of stress through a simple muscle test of the pectoralis major clavicular (PMC) muscle. We can monitor the response of the muscle when contrasting the pondering of a thought of a safe place as opposed to the

result of the muscle test with the introduction of a mental/ emotional / biochemical / light / sound / vibrational stressor. What do we use in TFH for this to help people minimize and reduce the effects of stress? The TFH Emotional Stress Relief (ESR) technique is a tool that can be used at many times by people to help themselves manage the HPA Axis and stop or moderate its negative effects by using it before, during and after stressful and traumatic situations. This technique is taught the first day of TFH training and is repeated in each level.

We use the ESR techniques to move the consciousness and blood flow from the centers of the Fight-Flight-Freeze-Feign Response, located in the reptilian survival brain, to the forebrain where our reasoning and cognitive abilities take over and we realize that we have options. This is mindfulness. Just realizing that you have this ability as a human is comforting and reassuring to most people, and therefore stress reducing. Moving this consciousness from the rear brain to the forebrain has the effect of disarming the HPA-Axis with many beneficial results.

“You can actually grow your brain circuits. They grow larger with learning and movement.”
- Bill O'Hanlan, LMFT

Bill O'Hanlan also stated, “You can actually grow your brain circuits. They grow larger with learning and movement. A simple intervention for depression . . . do a walking session with them to get the brain working again. Find old brain circuits that were well developed in the person and where they were more productive and get those active again. Change the brain.”

Movement and Firing Circuits with Cross Crawl

In TFH, we often use the cross-crawl kinesiology exercise techniques to awaken the brain and to get the circuits in our brain firing. **Drs. Paul and Gail Dennison** built Brain Gym using movement-generated learning techniques for use in schools. They have expanded the techniques and they now are helping children around the world overcome

learning difficulties and better prepare them for learning. They do this by going through a series of kinesiological movements to get the circuits firing and in a receptive state for learning - brain plasticity. Neurons that fire together grow together.

Ruth Buczynski states about exercise and depression, “. . . patients who exercised experienced a 20% decrease in anxiety compared to those who didn't exercise. We've known for years that exercise was helpful in treating depression but a new study published in the *Archives of Internal Medicine* reported that patients who exercised experienced a 20% decrease in anxiety compared to those who didn't exercise. Researchers from the University of Georgia analyzed the results from 40 randomized controlled clinical trials involving nearly 3,000 patients who suffered from a variety of medical conditions. In 90% of the studies, participants who were assigned to the exercise group exhibited fewer anxiety symptoms, including worry, apprehension and nervousness than those participants in the control group.”

“Mindfulness can change the wiring and growth of the brain. Highly skilled Buddhist meditators are able to change their EEG by changing their breathing.” - Daniel Siegel, MD, author of *Mindsight, the New Science of Personal Transformation*

Daniel Siegel, MD author of *Mindsight, the New Science of Personal Transformation* stated, “Mindfulness can change the wiring and growth of the brain. Highly skilled Buddhist meditators are able to change their EEG by changing their breathing. Oxytocin is a nurturing hormone. Buddhists cultivate compassion. So, does meditation increase the production of oxytocin?”

The amount and amplitude of stressors have dramatically increased in our modern society and most of these are caused by common factors in our lives - work, finances, relations, school and embarrassing social situations. For these common, everyday stressors, there is not enough time, finances or pro-

professional help available to address each situation for everyone! So, what do we do?

TFH in our Daily Lives

Prevention: The effects of a postural balance are that circuits in the brain begin to fire again, keeping the brain in a state of plasticity where the capability to learn is enhanced, stress is reduced and a general feeling of wellness, balance and homeostasis is reached. Goal-setting helps focus on the future with a positive anchor to attach new neural growth and connections.

Maintenance: Getting exercise and attempting something new in one's life is offered as a good way to break out of depression, reduce stress and overcome the effects of trauma. People often have nagging everyday aches and pains that may prevent them from exercising. A TFH 14-muscle balance is a great way to keep the circuits firing and the subtle energies flowing.

Intervention: TFH is a non-diagnostic model and is not used for the diagnosis or treatment of disease. For all serious and life-threatening issues, always seek professional healthcare attention. For those thousands of everyday stresses and lesser traumas that we undergo in our daily lives, TFH is an excellent holistic model using relatively simple means to help the body maintain its balance and homeostasis. For example, there is beginning to be acceptance within the traditional healthcare community that the mind and body are connected. There is also widespread acceptance of the negative effects of prolonged stress as the evidence continues to mount. As the world begins to accept these facts and look for ways to implement the knowledge learned, we see that TFH, as well as other energy kinesiology and energy psychologies have been using these techniques since the mid 1960s.

Our Simple Objectives

1. Improve posture by balancing the subtle energy system.
2. Reduce the negative effects of stress.
3. Balance using a goal.

Effects upon Our Wellness and Overall Health

1. **Postural balancing** resets muscular circuits that have been turned off due to stress or trauma or not being used, and allows inactive circuits to start firing again which can help create positive brain plasticity.
2. **Reduced stress because of ESR** is where we work to prevent the HPA Axis from inappropriately firing by moving the consciousness from the survival brain to the cerebral forebrain, initiating the touch reflex by lightly touching the neurovasculars on the forehead.
3. **With goal-setting**, we move the focus and the consciousness to something that is meaningful for the person which creates new neural activity in the brain and attachments for these goals which become explicit memories in this process.
4. **By finding stress in the body**, we can help identify and re-associate implicit memories to their source so that they may be remembered and mindfulness of the event be used for healing.

Chi and the Subtle Energies

The subtle energy system of Chi and the acupuncture meridians which we work with have not been mentioned in these discussions. The speakers are promoting the mind-body psychosomatic interrelationships. TFH is an excellent protocol that can be used by lay people and professionals for everyday issues that we routinely face in our lives. Exercise is routinely offered as a great way to change the overall health of a person on many levels. But people often develop aches and pains that aren't serious enough to

see a doctor; however, they are serious enough to prevent the person from getting exercise. With our TFH balancing techniques, many of these common aches and pains disappear as a result of a TFH muscle and energetic balance.

Another example is that people often lose their motivation or become stressed for a number of reasons. The TFH ESR techniques are powerful to use before, during and after stressful or traumatic situations to help calm the HPA Axis stress response system. Goal-setting is a great motivational aid to help people define their goals and express them to explicit memory with positive neural connections.

Touch for Health presents a systematic protocol to work with individual energetic circuits for restoring their continuity and function. According to these researchers, the effects of these actions have the ability to increase brain plasticity through causing old circuits to refire, and through goal-setting we are helping people to rewire their internal circuits of the brain and anchor these to meaningful goals for the person. This process involves mindfulness as the person being balanced experiences aspects of their body and mind and their relationship they never knew existed. Unlocking blockages in the energetic system can restore function and understanding through reestablishing attachments between aches and pains in the body with specific implicit memory events, thereby providing a link for resolving issues.

The biofeedback nature of the muscle test, as an effective monitor of the effects of stressors and connection to traumatic events by providing immediate feedback, is one of the most powerful tools we have in understanding mind-body relationships.

Therefore, I believe Touch for Health is an excellent tool for:

- Helping people maintain the balance in their lives that assists them in achieving their natural homeostasis through postural balancing and

emotional stress relief.

- Reconnecting and building new neural circuits through meaningful goals.
- Helping people remain active and exercising, with all of its health benefits, by providing a natural way to reset the body so that many common nagging aches and pains are reduced or often resolved.

“As the evidence is showing, any time we can help the body maintain its balance and homeostasis without engaging the Hypothalamic-Pituitary-Adrenal Axis and without creating dissociative memories associated with stress and trauma, we are assisting the body and mind and the whole person.” - Earl Cook, Professional Touch for Health Instructor, Chair Research Committee, TFHKA

For more serious cases and once a person is under professional care, TFH also offers many benefits as a complementary model to assist a person in preparing for or recovering from physical events such as surgery and injury while also offering techniques useful for addressing the emotional trauma often associated with these events. As the evidence is showing, any time we can help the body maintain its balance and homeostatic without engaging the Hypothalamic-Pituitary-Adrenal Axis and without creating dissociative memories associated with stress and trauma, we are assisting the body and mind and the whole person. The psychosomatic link between trauma stored in the body and dissociative memories in subconscious memories is especially interesting and should be explored more by researchers. These are exciting times.

It is my assertion that we teach and have been teaching the principles of mindfulness and brain plasticity in TFH for many years.

In this paper, I offer 10 statements or theories from leading researchers in brain science. I will then compare these to the TFH techniques that we regularly use in our practice of TFH while we focus on

wellness. There is a close connection between the stress response and our memory processing systems and the body, and the theories fit well with our holistic model.

As more becomes known about mindfulness, brain plasticity, neurogenesis and the stress response and memory processing systems, I believe that science will rapidly begin to provide us with answers about how our TFH techniques work. Therefore, I wish to present some of the latest scientific thinking as it relates to the holistic model with which we work.

In the following section, I present the specific TFH techniques and offer my opinions on how I think these accomplish what they do when viewed through the perspectives of mindfulness, neurogenesis and brain plasticity. First, the basic concept by some of the leading brain researchers from the fields of medicine, psychiatry and psychology is presented. These statements are followed by the TFH techniques which I hypothesize are related to the statement(s) of the researcher.

Ten TFH Techniques for Mindfulness and Brain Plasticity

1. When working with someone who is suffering from extreme stress of mental/emotional trauma, attempt to reconnect with times, skills, places and people that represent better or the best times of a person's life. The circuits (memories) are still there but they are turned off due to depression, or sometimes overcrowded and locked out due to trauma or anxiety overwhelming them. Reactivate those positive circuits and then build onto those new neural circuits through focus to help a person overcome their depression. - Bill O'Hanlan, LMFT, author of Solution-Oriented Hypnosis – an Ericksonian Approach

What we do in TFH

- a. Help people identify *safe places* in their mind and memories and then demonstrate the positive effect of the safe place by using the muscle test and Emotional Stress Relief (ESR) technique.
- b. We reactivate non-functioning energetic and neural circuits through our muscle testing and touch techniques. Does this assist in helping people reconnect with their positive memories of the past and/or better times? My belief is that it does.
- c. We use goal-setting to identify meaningful goals and demonstrate before and after effects of pondering the goal and the presence (unlocking muscles) and absence (locking muscles) of the effects of stress. Either reconnects with current circuits or starts neurogenesis of new cells and circuits.
- d. We have people focus on meaningful areas, to turn on non-functioning circuits with the result that the consciousness moves, promoting positive brain plasticity and growth. This helps to re-ignite the hippocampal region for memory processing and soothing the amygdala. This metaphor of soothing the amygdala is similar to training an overly-protective dog . . . we must tell the amygdala, "Down boy. Calm down. This thought is good. It's OK to focus on this goal and to want to achieve this."
- e. By using our TFH balancing techniques, we help people bypass the stress response system and log new memories (goals) in new areas of memory without the negative stress component attached. My hypothesis: Similar to the *Anchoring* technique of Neuro-linguistic Programming (NLP), we establish the goal in an area of our cerebral cortex as a point of consciousness where new neural growth (neurogenesis) can begin to occur, causing brain plasticity, so that thoughts of the goal in the future occur in a

region without the stressful components attached. Then when thoughts of the goal are activated it causes these new circuits that are “firing together to grow together.” (This concept of neurogenesis was first outlined by the Canadian psychologist Donald Hebb.) Whereas, stress associated with a goal causes avoidance, the absence of stress promotes an environment of positive attraction to the goal instead of avoidance, causing the person’s endocrine system to produce beneficial hormones and neurotransmitters which positively affect the immune system with better mental, emotional and physical health being the result.

2. *Get people moving and into new environments with new personal interactions to help them overcome depression, anxiety and even Post Traumatic Stress Disorder (PTSD).* - Babette Rothschild, MSW, LCSW; innovator of Somatic Trauma Therapy.

What we do in TFH

a. We balance people so that the circuits start firing again and the body functions optimally so that when they begin new physical and social activities their body and mind are better prepared.

b. We address common issues that people face on a routine basis in their daily lives that don’t require the time, resources or attention of the medical system. Once people begin to move again and use muscles and movements that have been inactive for awhile, they often face the common muscular issues that TFH can assist.

c. We use ESR to assist people in overcoming the detrimental effects of their embarrassing moments, fears, and traumatic times that are keeping them from becoming comfortable in new social situations. ESR increases blood supply in pre-frontal cortex regions where our reasoning and rational thought processes occur. When we see that we have options

and choices this helps to calm the stress response system so that we do feel that our back is up against the wall with no choices except fight, flight, freeze or feign.

3. *Our normal memory processing system is usually very orderly and the process stretches over days, weeks or months while, sometimes, the learning process even takes years. We think about the experience or information, ponder it, dream about it, compare it to our memories and, eventually, it is submitted and filed in long-term memory. The memory is similar to a movie with a beginning, middle and end so that in the future we can access the memory at any of these points and relive them. The storage of negative traumatic events, though, bypasses this orderly process and the “movies” gets submitted to memory. Due to the time constraints of traumatic memories they get submitted to our subconscious with all the intense stimuli attached; but there is no conscious connection to our mind where we can stop, pause or start the movie. Still, though, the traumatic “movie memory” influences everything we do as it runs below the surface of our conscious memory; but the connections for control are missing. Often, people cannot talk about the trauma because the memory has by-passed the state where verbal memory is attached. Therefore, to be able to heal, researchers are now saying that the person needs to reconnect to the memory for recognizing that it is there and to re-establish a conscious connection, but there is a “Goldilocks” amount of time for focusing upon this. It should be long enough and deep enough to recognize the power of the stimuli but not long enough to cause the person to take what brain researcher, John Arden, PhD, calls “another lap of hell,” which causes neural circuitry growth of the memory, causing a “deeper rut” and a vicious circle effect.* - John Arden, PhD, author of 29 books, including Rewire Your Brain: Think Your Way to a Better Brain

What we do in TFH

a. We use a combination of techniques such as Postural Stress Release and ESR for past trauma:

(1) to identify a *safe place* in the mind for establishing a link to non-stressful memories and perceptions;

(2) to demonstrate the effect of a locking Indicator Muscle when thinking about the *safe place* and then the effect of an unlocking Indicator Muscle when thinking about the trauma. We then use guided examination of the trauma while focusing on the stimuli (What did it smell like? What did it sound like? What did it look like? What did it feel like?) as we use ESR and touching the neurovascular points on the forehead to stimulate increased capillary blood supply to the pre-frontal cortex where rational thought occurs; thereby moving the consciousness from the center of the flight-flight response system in the hind brain to the forebrain. We then demonstrate the effect of a locking Indicator Muscle when the person thinks of the trauma. We help re-establish a connection of the trauma in a safe and effective manner while demonstrating the immediate effects the trauma can have on the function of a muscle: Stress causes functioning muscles to unlock when the attention is placed on the stress/trauma before the ESR, and then after the ESR we demonstrate that the stress response no longer causes the muscle to unlock.

b. Dissociative memories are often not linked to the conscious brain's areas of speech and expression so that a person suffering from PTSD or severe stress or trauma cannot describe the trauma, but the body will do so through its expression of unlocking muscles and imbalances. In TFH, we can identify this pattern of imbalance which we can then address and often correct using the TFH techniques.

4. *One of the most important things to tell someone that went through trauma is, "You made it! You survived! You are here now!" They must learn to push the "Stop" button on the "movie" of the past trauma (if it can be identified) to stop its negative*

effects. - Babette Rothschild, MSW, LCSW, psychotherapist, body-psychotherapist and innovator of Somatic Trauma Therapy

What we do in TFH

a. With our goal-setting, we make concise, affirmative statements stated in the present:

"I am . . .," "I choose . . .," etc. to ground a person in the present rather than the past or future.

b. We demonstrate the immediate effects between the *safe place* and the stressful thought when using an indicator muscle.

c. We balance on the present goal and *safe place* focusing on the goal. People often describe a feeling of being "lighter" after a balancing session as if the load of the stress and/or trauma has been lifted as a result of balancing in the present using the TFH techniques.

5. *"You must heal the body through the mind and you must heal the mind through the body."* - Candace Pert, PhD, author of Molecules of Emotion

What we do in TFH

a. We work with a holistic model where we recognize, respect and utilize the connections and associations between the mind and body.

b. We understand the effects as the electrical/emotional systems interrelate and interact with the structural and biochemical systems of the body.

c. Nearly all of our techniques in TFH embody a mind-body component.

6. *Researchers in the new brain science find that the whole person has more areas of their brain connected and involved in the decisions of their lives. Some people are predominately left- or right-brained and don't fully integrate their brains.*

Moderate, non-competitive exercise is one of the most beneficial ways to create neurogenesis and growth in the brain. Exercise helps to stimulate the production of Brain Derived Neurofactor (BDNF) which is like Miracle Gro™ for the brain. Brain function localization has been identified over the past decade through research and scanning of the brain during different thought processes. - John Ratey, MD, author of Spark: The Revolutionary New Science of Exercise and the Brain

What we do in TFH

a. We do cross-crawl exercises which stimulate the coordination between the hemispheres of the brain. Paul Dennison, PhD, founder of Brain Gym and EduK, recently opened his address in Kyoto, Japan in a booming voice with this statement, “Kinesiology is Movement!!! We teach people how to move and how to move in beneficial ways to benefit their ability to learn and to be healthy!”

b. We use the Switching On technique to connect different energy centers of the body to allow the whole body to function optimally and to participate in our functioning.

c. We use Gait Testing and Correction for assessing and restoring the proper firing of circuits associated with fluid movements.

d. We use 14-42 muscle testing and balancing techniques which we theorize get the energy flowing through the body in a continuous pattern rather than being blocked or disjointed. Blockages of energy cause pain and non-optimal performance of the body with subdued functioning of the immune system.

7. *Stress produces many negative effects upon the body and even negatively affects the ability of new cells to replicate. Healthy cell replication and neurogenesis is required to keep our immune system healthy. If we start to follow the effects of the HPA Axis, we see that trauma is the root of all illness.*

- Robert C. Scaer, MD, author of Your Body Bears the Burden of Trauma, Dissociation and Disease and Wayne Topping PhD, author Wellness Kinesiology

What we do in TFH

a. We help people prevent the negative effects of stress by using ESR and our other TFH techniques to assist them in identifying meaningful goals, helping to instill mindfulness into their consciousness and becoming aware of the power of their own thoughts to change their lives.

b. We demonstrate by using muscle testing, the difference between positive and negative thoughts.

8. *Most suffering is not physical or emotional agony but everyday stress, worrying, feeling left out and anxiety.* -- Rick Hanson, PhD, author of Buddha's Brain – Practical Neuroscience for Happiness, Love and Wisdom

What we do in TFH

a. As John Thie, founder of TFH said many times, up to 90% of the everyday issues facing us in our lives do not require the attention, skills or resources of our highly-trained medical doctors, psychologists or psychiatrists. So, we use our TFH techniques and focus on the everyday, common, non-life-threatening issues which still confront most of us daily.

b. We also focus on defusing the effects of stress using the various forms of ESR, Postural Stress Release and Goal-Setting because as stated by Robert C. Scaer, MD, “If we start to follow the effects of the hypothalamus-pituitary gland- adrenal axis (HPA Axis), we see that trauma is the root of all illness. Our negative life experiences directly affect our immune system.”

9. *Mindfulness is the ability to look inward and be able to assess the state of your body, mind and spirit coupled with the ability to then calmly focus on those areas where we wish for new growth to occur and cause them to occur. Focus = attention = fires neurons = causes neurogenesis = new growth.*

- Rick Hanson, PhD, author of Buddha's Brain – Practical Neuroscience for Happiness, Love and Wisdom

What we do in TFH

- a. We focus on the present and goals while balancing the subtle energies.
- b. We balance the body holistically by involving and being aware of the connection and interaction between Mind / Body / Spirit / Nutrition / Our Thoughts.
- c. We teach our students and clients to be aware of the subtle changes in their bodies, energies and lives.

- d. We demonstrate the immediate effects and differences between our positive and negative thoughts with locking or non-locking muscles.

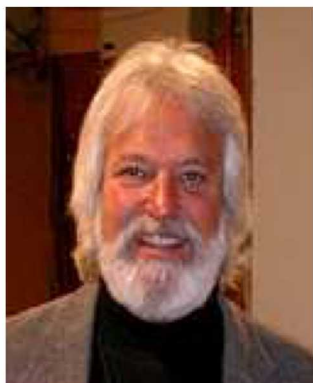
10. *To be healed, you must take the attention off yourself and focus on helping others. - Multiple Researchers stated this.*

What we do in TFH

- a. Thanks to the vision, courage and determination of Dr. John Thie, TFH techniques are available to all of us so that we can learn and teach ways we can help our friends and family. Helping our family and friends takes the focus off our own problems and places it on helping others. By doing this, the focus on our own problems is not reinforced which causes the *nocebo* effect to kick in, causing neural growth in the negative areas.
- b. We focus on the positive and enable the placebo effect and the immune system to be more active in achieving homeostasis.

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