

# IN TOUCH FOR HEALTH

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## *AROUND THE WORLD WITH TOUCH FOR HEALTH*

*CLASSES SHOWN HERE WERE HELD IN (1) AUSTRALIA,  
(2) ENGLAND, (3) HOLLAND, AND (4) NEW ZEALAND.*



**NOVEMBER 1981**

Editor-in-chief:  
Richard Harnack  
Editor:  
Aleta McCormick

The purpose of the Newsletter is to disseminate information on research plans, methodology, and results of self-development programs in health-care, both mental and physical. Further, the Newsletter is a forum to provide members with up-to-date information on programs, seminars, activities and training tips.

The Touch For Health Foundation is an educational non-profit corporation.

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The Touch For Health Foundation has a policy of non-discrimination and admits students of any race, color, and national

of ethnic origin.

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Number 10  
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3. TFH TRAINING TIPS - TFH Faculty Instructor Phillip Crockford explains - Gradual Testing... light testing explained.
5. TFH CHART AS A TEACHING AID - Toby Talbot, Alaska TFH instructor, presents a chart-form teaching aid to further the cause.
6. REPORTS FROM THE FIELD - Hammer on the Rock - Swati
7. ITW'S: Planned ITWs through March 1982, and tips on how helping us fill them can benefit you.
8. NEW CLASS - NEW CHART! The New Midday-Midnight Law and the 5 Elements Law Chart now becomes the focus of a new TFH "Update" class.

## COVER PICTURES

The cover pictures highlight our progress in 1981 and shows 4 graduating classes - not only classes in countries outside the U.S., but classes taught by faculty members who live in (or close to) the countries in which they teach. After all who knows the "territory" better. As we learn how to communicate with our overseas faculty better, it is one of our goals to have faculty representatives in all countries.

Probably the most important meeting in the history of Touch For Health took place this past October 6th and 7th at Aldersgate Lodge in Pacific Palisades. Twenty-seven of us, including the Board of Trustees, Foundation and Bookstore staff, Annual Meeting Committee, Nurses Committee, the U.S. ITW faculty, and interested instructors, met with an expert in nonprofit organizations. One important reason for this meeting was to redefine the purpose of Touch For Health. We came up with the following as a working definition of the purpose.

"The purpose of Touch For Health is to be a vocational school to teach people to become instructors, who will in turn teach others how to become responsible for their health using muscle testing and energy balancing techniques as a main tool. Touch For Health also nurtures a network of trained people (both professional and nonprofessional) to provide support, continuing education, quality control and networking with the outside world, and to provide materials as a service to its members. This is done in the context of competence, caring and nonviolating intervention in order to expose and make these tools (options) available to as many people as want them, to help them enhance the quality of their lives and become more self-sufficient".

Sometimes it is hard to keep in perspective why we are doing what we are doing. We need to take time and effort to look at what we are doing and determine if it is still meeting the needs we currently have.

There was a consensus that the way that we have been operating is no longer suitable. Touch For Health has grown to such an extent that we can no longer operate on "Mom and Pop" store ideas. We must develop more business-like procedures that go along with our increased influence in the home care movement in the world. We are planning for those changes - you will be getting more information about these as they are made. Some hard decisions are going to be made.

New directions will be followed. Whenever there are new ideas and new methods being put into effect, there may be conflict. The unfamiliar can be frightening, but our meeting felt we must change. We feel the changes that have to be made will benefit everyone. When these changes are implemented, if you have questions, do not hesitate to write and ask. We feel that we have a great responsibility to the health of the world to ensure that the "idea" of Touch For Health be shared as widely as possible. We however, also feel that we have a responsibility to assure that quality and caring accompanies the sharing of the ideas.

I call on all of you who share Touch For Health to give us your support.



# DAN HAYWARD DIRECTOR

With all of the changes to be made at the Foundation, it seems to me timely that I also make a change from Foundation Director to Supporter, Advocate, Missionary and just plain fan of Touch For Health. In the three years I have been here, I have experienced a transformation in many areas and I now wish to move on. It has been a difficult decision to make because of the absolute enchantment I have for Touch For Health and the people with whom I have had contact these past years. I shall remain here as Director a suitable length of time until a new Director can be engaged and will do my best to insure a smooth transition.

Among the changes proposed is one that the Foundation organization be divided into two general areas of responsibility:

1. Marketing and Teaching
2. General Services

Marketing and Teaching would include promoting and filling the various classes we teach, being responsible for the curriculum, training, and supervision of faculty members, and certain public relations functions. The General Services Division would be responsible for the accounting, payroll, budgeting, data processing, membership records, the monthly newsletter, fund raising and planned giving programs and general support to the Marketing and Teaching Division.

We are in conversations with Gordon Stokes (our indomitable Training Director) with the hope that his expertise and experience can be directed towards leading the Marketing and Teaching Division.

A director for the General Services Division is the position we will be seeking to fill. If you know of someone with non-profit organization experience, preferably in the health field, please ask them to submit a resume to Dr. John F. Thie, c/o Thie Chiropractic Corporation, 1192 North Lake Avenue, Pasadena, California 91104.

I will surely miss my daily contact with the membership and look forward to seeing as many of you as possible at the 1982 annual meeting (scheduled for July 13th to 18th).

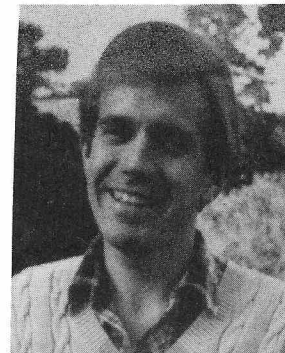
Since our December issue will be the Journal, I will take this early opportunity to thank all of you for your support and to wish you a most happy holiday and prosperous new year.

Ann Holdway deserves much recognition for her services to Touch for Health in Britain. She runs her own beauty salon, employing several people, is a one parent family bringing up three children, and still manages to give up her one day off every week for the last two years to come over to my house and help my TFH work by sticking on stamps, maintaining the records, sending out books, charts and folios, confirming bookings for courses, and so on. In addition she attends every course I teach, supporting me in the teaching, and dealing with the registrations, books, handout material, etc. She is dedicated to making Touch for Health really work in this country, and she deserves recognition for her unpaid loyal and dedicated service.

Yours in love and light,

Brian Butler

# TFH TRAINING TIPS



GRADUAL TESTING -- light testing explained

by Phillip Crockford - 9/81

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In recent ITW's, many people have expressed surprise at the lightness of the muscle testing we are teaching these days.

My perception is that it is not the lightness that is critical, but rather the gradualness of the test that makes the difference. If you are testing gradually, smoothly, you can obtain accurate results whether you use heavy or light pressure. One advantage of using light pressure is that strain and fatigue can be avoided in those situations where repeated testing practice is required, such as the ITW and the basic class. This is the main reason that faculty members use a light pressure. However the "secret" is still in the gradualness, rather than the lightness of the test.

The purpose of this article is to explain gradual testing, compare it with other methods, and give you step-by-step details on how to add gradual testing to your TFH skills.

Some people who use muscle testing apply strong, relatively sudden pressure to the limb being tested to see if the muscle can hold against considerable, but not overpowering, force. In a sense, this asks the body how effectively it can resist force or weight, as in lifting a heavy box.

Gradual (light) testing asks the body a different question; how effectively can it maintain a specific position?

## NEUROLOGICAL FUNCTION

For the brain, it is a more demanding task to maintain a precise position than to merely respond to force. Position-holding is a complex function which requires higher levels of the brain to be active; and, in the child, it develops later than force control.

## ENERGY FLOW

In Touch for Health we muscle test to find out how well energy is flowing within the body. Since position-holding is the more complex function, it is more easily affected by imbalances in energy flows. One way I've noticed this is that people going out of balance become clumsy before they become muscularly weak. You may have noticed this also.

## GRADUAL TESTING/<sup>2</sup>

From the TFH standpoint, gradual testing, which is the more difficult task for the body, will help you find those marginal energy imbalances you may miss with forceful testing.



WHEN HEAVIER PRESSURE IS APPROPRIATE

Suppose you've balanced someone whose job or sport requires unusual strength. Then you may want to go back through the 14 tests, this time using strong (but still gradual) pressure. Likewise, working with anyone who is recovering from a loss of strength through an accident or disease is a time when more forceful testing may be a useful addition.

This is because a check on overall strength level will give valuable feedback in tense situations. Remember that much caution is required to avoid further damage - be careful, and if in doubt, stay with a light test. Never apply force to the point where a muscle breaks down - gradualness and sensitivity will give you the best results.

HOW TO DO GRADUAL TESTING

Simply read the TFH book, p. 12, "How to Test," and remember to do it g-r-a-d-u-a-l-l-y!

Another approach is to think of a muscle test as two parts; the physical doing and the mental interpretation. Here are some tips on each of these.

Physical: First, set up the communication. Explain testing and ask permission to test.

Second, show the person what you're going to do: position and range of motion.

Then, give a cue (e.g., say "hold") and then apply pressure. Start gently, increase gradually. Use the 2", 2-second rule-- don't push for any longer than 2 seconds or further than 2 inches.

Mental: Once the physical part is done, you or your student may have difficulty deciding whether or not the muscle is functioning properly. If you're uncertain about the result, more thinking usually won't make you more certain. YOU ALREADY HAVE THE RESULT.

What you know is that the muscle was not certainly strong. If you can't decide whether it is strong, simply consider it weak... and work on it. You have nothing to lose!

BENEFITS OF GRADUAL TESTING

An important thing to note is that gradual light testing can give you an excellent energy balance without risk of strain or injury. In teaching this means your students can practice extensively while avoiding the risk that beginning students will cause any discomfort to each other. When muscle balancing, it means both people do very little 'work' and so find the balancing process more enjoyable.

FURTHER READING: Ernest W. Kent "The Brains of Men and Machines" - 1980 Byte Magazine/

# TEACHING AID CHART

by Talbot

<u>MERIDIAN</u>	<u>MUSCLE</u>	<u>MUSCLE TEST</u>	<u>NEURO-LYMPHATIC POINT</u>	<u>NEURO-VASCULAR POINT</u>
1 Central	1 Supraspinatus	1 Move arm out from body a small distance; pressure against forearm to groin.	1 F Bone at front of shoulder joint; outside breast; B Where skull joins neck; 2-3" from center	1 Frontal eminence and anterior fontanel (baby's soft spot).
2 Governing	2 Teres Major	2 Make wings; pressure on elbows forward in an out and down movement.	2 F Between 2-3 ribs, 2-3" from sternum; B Between T2-3, 1" to each side of spine.	2 On temple, at hairline, above and in front of ear.
3 Stomach	3 Pectoralis Major Clavicular	3 Arm up, palm out, thumb to feet; on forearm follow thumb, away from body-to me.	3 F On Left between 5-6 ribs from nipple to sternum; B Between T5-6 1" to each side of spine.	3 Frontal eminence
4 Spleen	4 Latissimus Dorsi	4 Arm straight next to body palm out; on forearm to pull away from body.	4 F On Left between 7-8 ribs near cartilage (depression); B Between T7-8, 1" to each side of spine.	4 On parietal bone just above and behind ear.
5 Heart	5 Subscapularis	5 Elbow level with shoulder hand down; on wrist to bring hand/forearm up.	5 F Between 2-3 ribs near sternum; B Between T2-3, 1" to each side of spine.	5 Anterior fontanel
6 Small Intestine	6 Quadriceps	6 Bend knee, (foot above), thigh straight; on thigh to straighten leg.	6 F Between 8,9,10,11 ribs near cartilage (curve); B Between 8,9,10,11 1" to each side of spine.	6 Parietal eminence on ridge between ear and top of head.
7 Bladder	7 Peroneus	7 Little toe to ear, hold heel; bring toes to midline pressing down & around.	7 F 1" each side of navel + upper edges of pubic bone; B L5	7 Frontal eminence and glabella
8 Kidney	8 Psoas	8 Leg raised 45 degrees, foot out; on inside ankle out and down.	8 F 1" up & 1" out from navel; B Between T12-L1 (below last rib) 1" to each side of spine.	8 Occipital protuberance
9 Circulation Sex	9 Gluteus Medius	9 Leg out to side, hold other ankle; return leg to midline.	9 F Upper edge of pubic bone; B L5	9 Parietal eminence
10 Triple Warmer	10 Teres Minor	10 Elbow 90 degrees, thumb to shoulder, hold elbow; forearm across chest.	10 F Between 2-3 ribs near sternum; B Between T2-3 1" to each side of spine.	10 On temple at hairline in front & above ear; 3 finger triangle above sternum.
11 Gall Bladder	11 Anterior Deltoid	11 Arm 30 degrees above leg, palm down; on forearm to push arm down.	11 F Between 3-4 & 4-5 ribs near sternum; B Between T3-4 & T4-5 1" to each side of spine.	11 Anterior fontanel
12 Liver	12 Pectoralis Major Sternal	12 Arm level w/ shoulder, palm out, thumb to feet, hold other hip; forearm to head & out.	12 F On Right between 5-6 ribs from nipple to sternum; B Between T5-6 1" to right of spine.	12 Along hairline about 1 1/2" to each side of center.
13 Lung	13 Anterior Serratus	13 Arm at shoulder level, thumb up, hold back blade; on forearm downward.	13 F Between 3-4 & 4-5 ribs near sternum; B Between T3-4 & T4-5 1" to each side of spine.	13 Anterior fontanel
14 Large Intestine	14 Fascia Lata	14 Leg up 45 degrees, foot in; on outside ankle to push leg down and in.	14 F Bands top of thigh to 1" below knee cap; B Triangle L2 -- L4 -- high-est hipbone on each side of spine.	14 Parietal eminence.

First learn the technique, Prageet will teach you that - and then the remaining I will teach you. (chuckling) Learn the technique-then forget it. Then just feel, and move by feeling. When you learn deeply, ninety percent of the work is done by love, ten percent by the technique. By just the very touch, a loving touch, something relaxes in the body.

If you love and feel compassion for the other person, and feel the ultimate value of him; if you don't treat him as if he is a mechanism to be put right, but an energy of tremendous value; if you are grateful that he trusts you and allows you to play with his energy--then by and by you will feel as if you are playing on an organ. The whole body becomes the keys of the organ and you can feel that a harmony is created inside the body. Not only will the person be helped, but you also.

Massage is needed in the world because love has disappeared. Once the very touch of lovers was enough. A mother touched the child, played with his body, and it was massage. The husband played with the body of his woman and it was massage; it was enough, more than enough. It was deep relaxation and part of love.

But that has disappeared from the world. By and by we have forgotten where to touch, how to touch, how deep to touch. In fact touch is one of the most forgotten languages. We have become almost awkward in touching, because the very word has been corrupted by so-called religious people. They have given it a sexual colour. The word has become sexual and people have become afraid. Everybody is on guard not to be touched unless he allows it.

Now in the West the other extreme has come. Touch and massage have become sexual. Now massage is just a cover, a blanket, for sexuality. In fact neither touch nor massage are sexual. They are functions of love. When love falls from its height it becomes sex, and then it becomes ugly.

So be prayerful. When you touch the body of a person be prayerful--as if God Himself is there, and you are just serving Him. Flow with total energy. And whenever you see the body flowing and the energy creating a new pattern of harmony, you will feel a delight that you have never felt before. You will fall into deep meditation.

While massaging, just massage. Don't think of other things because those are distractions. Be in your fingers and your hands as if your whole being, your whole soul is there. Don't let it be just a touch of the body.. Your whole soul enters into the body of the other, penetrates it, relaxes the deepest complexes.

And make it a play. Don't do it as a job; make it a game and take it as fun. Laugh and let the other laugh too.

Soon you will be helping many people.

With Love & Appreciation

Swati



# TOUCH FOR HEALTH

## INSTRUCTOR TRAINING WORKSHOPS

TOUCH FOR HEALTH is spreading -- and you are helping. You can help TOUCH FOR HEALTH grow even more by making your family, friends, students and even complete strangers (some of our instructors have been known to balance people in grocery lines, bank lines, etc.) aware of the many exciting Instructor Training Workshops coming up. Below is a partial list of ITW's being taught around the country -- if you see a workshop coming to your area there are several things you can do to help the Foundation and yourself:

1. Set up a basic class prior to the ITW. Many times people find it difficult to take a basic class because none are offered in their area. If we know you are offering a basic, we will gladly refer students to you.
2. Turn in your rosters of your past classes. When the Foundation receives a roster we send out congratulation letters to the graduates. Included with the letter is a schedule of forthcoming workshops which your students may be interested in. If any of your students register for and complete an ITW, you will receive \$10 for the student as listed on your roster. If you register the student for the ITW (have them make their \$75 deposit out to TOUCH FOR HEALTH), you will receive an additional \$27.50 for acting as our registrar. Some of our instructors use this money to give scholarships to their students, while others pay their membership or conference fees.
3. Help the Foundation find a site for an ITW. Many times we will plan an ITW for a particular area and know some of the sites, but you may be aware of others more suited to TOUCH FOR HEALTH. Also, we can always use logistical support in setting up the workshop. Please contact the Foundation for further information.
4. Handing out publicity. While the Foundation is always mailing out flyers, we find when instructors hand out the flyers to their students, the student is more likely to pay attention.

These are just some of the things you can do. TOUCH FOR HEALTH has grown quite a bit this past year due to the efforts and support of many people - the professional staff and faculty, the board, and our active instructors. All of these people, regardless if they are teaching or not, have borne witness to the power of TOUCH FOR HEALTH to help people improve their own lives. We want you to be part of this.

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### FORTHCOMING ITW'S:

PASADENA, CA.  
SALT LAKE CITY, UTAH  
PASADENA, CA.  
QUEENSLAND, AUSTRALIA  
CANBERRA, AUSTRALIA  
PASADENA, CA.  
PERTH, AUSTRALIA

JANUARY 8 - JANUARY 16, 1982  
FEBRUARY 18 - FEBRUARY 26, 1982  
FEBRUARY 19 - FEBRUARY 27, 1982  
MARCH 12 - MARCH 20, 1982  
MARCH 23 - MARCH 31, 1982  
MARCH 26 - APRIL 3, 1982  
APRIL 9 - APRIL 17, 1982

SHARE THESE DATES WITH YOUR STUDENTS AND FRIENDS. IF THEY REGISTER BEFORE FEBRUARY 15, 1982, THE TUITION WILL REMAIN AT \$475 UNTIL DECEMBER 31, 1982. IF THEY REGISTER AFTER FEBRUARY 15, 1982 THE TUITION WILL BE \$525. SO ENCOURAGE THEM TO REGISTER EARLY!!

Recreate the excitement of your Instructor Training Workshop--renew your connection with the Touch For Health family!

The UPDATE workshop is specially designed for graduates of the Instructors Training Workshop. Its purpose is to refine your skills to 1982's standards for teaching Touch For Health I (Basic) and Touch For Health II (Advanced) classes.

It will also provide review of two popular sections of advanced material; five element balancing and reactive muscles.

This state-of-the-art class will build and restore your confidence in your own balancing ability.

Experience our new simplified approach to learning reactive muscles and five elements balancing, and find out how easy it can be to get results with these invaluable techniques. Become adept at using Gordon Stokes brand new full color Touch For Health balancing chart. Return home with a practical working knowledge of super-learning principles to make your classes more fun and effective.

You will be provided with opportunities to rate your performance against current standards.

This is your unique opportunity to sharpen your skills and fluency in the Touch For Health "language" without having to retake the entire 8-day ITW. At the same time you can enjoy the magic of the Touch For Health atmosphere under the expert guidance of our skilled faculty.

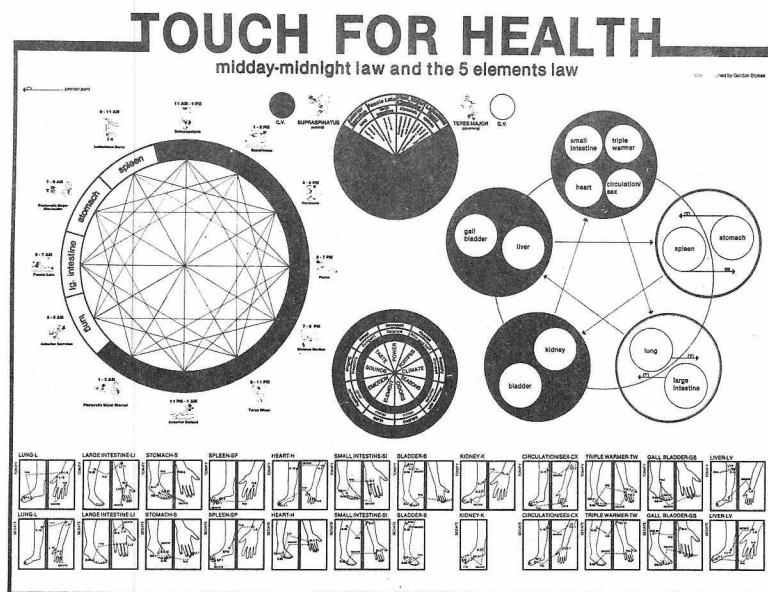
#### UPDATE COURSE CONTENT

Review and practice 42 Muscle Test  
The New Balance Chart--Wheel and Five Elements Theory  
Principles and Applications of Super Learning  
Reactive Muscle Theory and Practice  
Alarm Points--Over Energy  
ESR Past and Future Programming  
Pain Tapping  
Balancing With Food  
Practice, Practice, Practice  
the theories and feel better by  
getting yourself balanced.

COURSE FEE IS \$175, and includes the new Touch For Health 5 Elements/midday-midnight law booklet which explains in detail the new chart.

Classes run three full days at the Foundation in Pasadena:  
1st Quarter 1982 schedule-

January 18, 19, & 20 \*\*  
February 12, 13, & 14  
March 19, 20, & 21



\*\* The National Health Federation Convention in nearby Long Beach is scheduled for January 21st through the 24th. Combine the UPDATE with a visit to the Convention - our

own Dr. Thie will be one of the featured speakers and will teach a "demonstration" basic class under the NHF sponsorship.

Share the Gift of Health with someone this forthcoming holiday season, the Foundation will issue Gift Certificate for anything from a year's membership to a residential Instructor Training Workshop in Hawaii, or other choice location. Write or call The Touch For Health Foundation for details.

Touch For Health

# Gift Certificate

This Gift Certificate is Presented to

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by

  
Authorized Signature

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A Memorial Gift to the Touch For Health Foundation is an enduring tribute to the memory of a deceased relative or dear friend. Such a gift helps support the goals of the Foundation and makes it possible for others to benefit from Touch for Health.

A gift to the Foundation in honor of a living person can be a meaningful way of celebrating birthdays and other important occasions. We acknowledge your gift immediately. Acknowledgements are mailed the same day as received to the recipient or to the family of the person honored, and to the donor.

## *Bequests and Gifts*

**BEQUEST IN WILL:** Here is a suggested statement for the convenience of those who wish to incorporate into their wills a bequest to the Foundation:

"I give, devise and bequeath to the Touch For Health Foundation, a non-profit organization with headquarters at 1174 N. Lake Ave., Pasadena, CA 91104, the sum of \_\_\_\_\_ [\$\_\_\_\_\_] [and/or property herein described] for its discretionary use in carrying out its general aims and purposes."

If your will has already been completed, an appropriate codicil would be:

"I, \_\_\_\_\_ do hereby make, publish and declare this Codicil to my Last Will and Testament, date the \_\_\_\_\_ day of \_\_\_\_\_."

"FIRST: I give and bequeath to the Touch For Health Foundation, a non-profit organization, with headquarters at 1174 N. Lake Ave., Pasadena, CA 91104, the sum of \_\_\_\_\_ [\$\_\_\_\_\_] [and/or property herein described] for its general purposes."

In witness thereof, I, the undersigned testator(rix) have on this day of \_\_\_\_\_, signed, sealed, published, and declared the foregoing instrument as and for a Codicil to my Last Will and Testament, dated the \_\_\_\_\_ day of \_\_\_\_\_.

(L.S.)

The foregoing instrument consisting of \_\_\_\_\_ page(s), was on the \_\_\_\_\_ day of \_\_\_\_\_ signed and sealed at the end thereof, and at the same time published and declared, by \_\_\_\_\_, the above named testator(rix), as and for a Codicil to his(her) Last Will and Testament, dated the \_\_\_\_\_ day of \_\_\_\_\_ in the presence of each of us, who, this attestation clause having been read to us, did at the request of the said testator(rix), in his (her) presence and in the presence of each other dign our names as witnesses thereto.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ Witness  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ Witness  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ Witness

**INSURANCE POLICY GIFT:** For those who wish to name the Foundation as sole beneficiary, or one of the beneficiaries, in an insurance policy, it is suggested that you obtain from your insurance agent the necessary legal form or application for your signature, before witnesses if required. The following designation is suggested:

"The Touch For Health Foundation, a non-profit corporation, with headquarters at 1174 N. Lake Ave., Pasadena, CA 91104, the sum of \_\_\_\_\_ [\$\_\_\_\_\_] for its discretionary use in carrying out its general aims and purposes."

**MEMORIAL FUND:** Should the donor decide to create a Memorial Fund in a will or insurance policy, he should state, after sum of property described in the beneficial gift, that the fund is to be known and designated as the " \_\_\_\_\_ (name) \_\_\_\_\_ Memorial Fund."

## **DONATIONS**

As 1981 draws to a close, remember Touch For Health in your tax planning. We hear of many who experience miracles in their health as a result of Touch For Health.

A tax deductible donation to the Foundation will help us to continue and reach more people. Ask your students or those who have been helped. We need your support.



# THE ENTERPRISES STORE



Dear Instructor

The Holiday Season is an ideal time to share TOUCH FOR HEALTH with those you love. Here are some suggestions:

- o Give a muscle balance as your personal remembrance.
- o The TOUCH FOR HEALTH book can be a real blessing to individuals and family units - what a wonderful way to open their eyes to maintaining and increasing a productive, healthful life.
- o Gordon Stokes' brand new TFH/5-ELEMENTS chart is invaluable as a training and study aid in the exciting new TOUCH FOR HEALTH II and III classes.
- o For yourself, there are the special updating courses offered by our TFH Foundation's Faculty. There's no better gift than to upgrade your own ability to use what you've learned in TOUCH FOR HEALTH.

Life can be so much more rewarding, more secure and beautiful when your loved ones benefit from TOUCH FOR HEALTH. But the best gift anyone can receive is your loving help. Give a TOUCH OF HEALTH during the holidays.

Affectionately

GRACE BALDRIDGE



## BOOKS make great gifts

(Prices subject to change without notice.)

#### HOW TO ORDER

By Mail — Send requests to Sales Department, The Enterprises STORE, 1200 N. Lake Ave., Pasadena, CA 91104.

Shipping: Please add \$1.50 for the first book, 50¢ each additional one. Add \$1.75 for the first chart (two, clothing, or other item), 50¢ each additional item.

By Phone — In a hurry? Call us at (213) 798-7893 and we'll ship via United Parcel Service C.O.D.

PURCHASES CAN BE CHARGED TO YOUR VISA CARD OR MASTERCARD. Simply supply card number and expiration date.

Orders are usually shipped same day request is received. If there will be any delay, customers are advised promptly.

Touch for Health Foundation Members, in good standing, are extended a Courtesy Discount of 10% on most items.

Satisfaction guaranteed. Any unsatisfactory item must be returned within 10 days after receipt.

WHEN IN PASADENA, visit our new, enlarged bookstore at 1200 N. Lake Ave. (near Washington Blvd.). All items are on display.

OPEN — 8:00 a.m. to 5:00 p.m. Monday-Friday  
Saturday, 9:00 a.m. to 1:00 p.m. (P.S.T.)





# ADVERTISING

In order to help finance the soaring costs of publication of the Newsletter, it has been decided to accept limited advertising. The appearance of an item in this section will not, of course, constitute an endorsement by Touch For Health, and we limit ad content to goods and services related to health.

Rates are: 1/4 page \$125; 1/2 page \$200, full page \$350. Reruns are discounted 20%.

## KARASBAENA LIFE

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- Dr. J. Scott

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NUTRITION CENTER  
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San Francisco, CA 94122  
(415) 664-1464

DISTRIBUTORS NEEDED! - ask for further info

- ▶ Two important meetings are scheduled for this month. First will be the Annual Meeting Committee meeting at which work and planning will be done for the 1982 meeting scheduled for July 13 to the 18th at the University of San Diego. Already over 65 preregistrations have been received so this promises to be our biggest and best ever. This year's theme will be about transformation--"Here we grow again."

The second meeting is the Structure Committee meeting which was born out of the October 6 and 7th Foundation General Planning meeting in which ways to decentralize our growing organization will be aired.

- ▶ Training Director, Gordon Stokes urges Instructors to add an extra \$10 to the class tuition fees they charge, and send it to the Foundation for a six month membership for their students. This will be a wonderful way to give students "post sale support"--the feeling that they chose wisely by taking a Touch For Health class from you and also introduce them to our worldwide organization.

- ▶ Mel Barom, San Diego Instructor, called to report that Touch For Health has been accepted as part of the curriculum at the Mueller College of Massage. Students can receive credits for Touch For Health towards

their massage license. We hope that this will set a precedent throughout the country. Thank you Mel for sharing that information with us.

## THE MEMBERSHIPS

**INTEREST MEMBER:** Annual dues \$20. Interest members receive the monthly newsletter and regular mailings about TFH activities.

**PARTICIPATING MEMBER:** Annual dues \$30. In addition to the newsletter, participating members receive a TFH pin and reduced rates for Foundation sponsored conferences. They may also participate in the annual meeting and weekly TFH Club meetings.

**PROFESSIONAL MEMBER:** Annual dues \$60. Professional members who are not instructors receive the monthly newsletter, reduced rates at Foundation conferences, professional discount rates on selected publications through THERPRISES, a TFH pin and a subscription to the Journal (as published). Professional members are listed in the directory (as published) and receive professional referrals from the Foundation.

**LIFE MEMBER:** Gift or pledge of over \$1000. Life members receive monthly newsletter, reduced registration fees for Foundation sponsored conferences, discount on selected publications through THERPRISES, a pin, a recognition plaque, a journal subscription and a directory (as published). They are eligible to participate in annual meetings and the TFH Club.

### CERTIFIED TFH INSTRUCTOR MEMBERSHIPS

**Active:** Annual dues \$25. Active instructor members are those actively teaching Touch for Health. They receive the monthly newsletter, regular mailings about TFH activities, a TFH pin, reduced rates for Foundation sponsored conferences. They may participate in the annual meeting and weekly TFH Club. They receive referrals for their basic classes, a TFH directory and journal as published, a 25% discount on 4 or more copies of TFH publications, and a 10% discount on other items through THERPRISES.

**Professional Instructor:** Annual dues \$50. In addition to the above benefits, professional instructors receive professional referrals from the Foundation.

All memberships are tax deductible.

## APPLICATION FOR MEMBERSHIP

NAME (PLEASE PRINT) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

OCCUPATION \_\_\_\_\_

Specialty Areas \_\_\_\_\_

TFH Activities (including A.K.) \_\_\_\_\_

TYPE OF MEMBERSHIP (check one)

- ☐ **Interest Member** (annual dues \$20)  
☐ **Participating Member** (annual dues \$30)  
☐ **Professional Member** (annual dues \$60)  
☐ **Life Member** (\$1000 gift or more)  
**INSTRUCTOR MEMBERSHIPS**  
☐ **Active** (annual dues \$25)  
☐ **Professional** (annual dues \$50)  
(Foreign addresses add \$12 for airmail)

please give applicable information

☐ **New Member**

☐ **Renewal of Mem.** # \_\_\_\_\_ exp. date \_\_\_\_\_

**Basic class inst.** \_\_\_\_\_ **Date TFH taken** \_\_\_\_\_

I, \_\_\_\_\_ hereby apply for membership in the TOUCH FOR HEALTH FOUNDATION. This application is an expression of my desire to contribute to the realization of the Foundation's objectives.  
 Amount enclosed \$ \_\_\_\_\_

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TOUCH FOR HEALTH FOUNDATION  
 1174 North Lake Avenue  
 Pasadena, CA 91104  
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