

IN TOUCH FOR HEALTH



**PAT AND JOE GILL RECEIVING A
SPECIAL AWARD FROM DR. JOHN F. THIE**

AUGUST 1981

IN TOUCH FOR HEALTH
Touch For Health Foundation
Publisher

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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.

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Volume 6

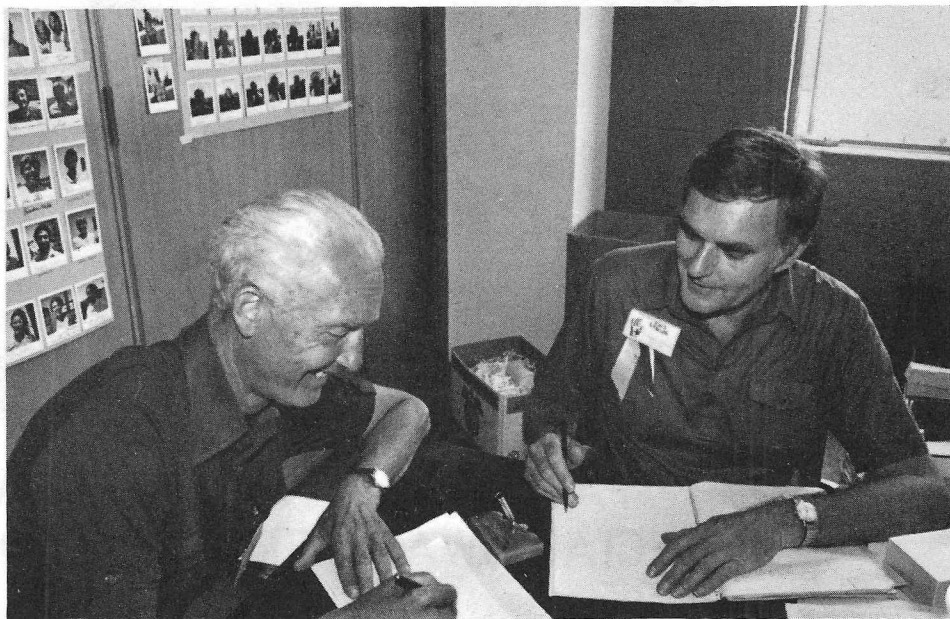
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Dan Hayward is happy as Dag Galteland of Norway registers for the 1982 Annual Meeting.

DAN HAYWARD DIRECTOR

This issue is about a miracle -- the miracle of postural change, greater energy, improved health -- and changed lives -- brought about by TOUCH FOR HEALTH. All of us at the Foundation literally expect these miracles -- we witness them happen regularly with the many people who come here from all over the world -- and -- we have them happen in our own lives.

As mentioned elsewhere, this issue is being sent to the near 25,000 persons to whom we mail notices of our coming events, etc. In the event that many of you know little about Touch for Health, I hope the following information will help to acquaint you with us.

Touch for Health was "born" about 10 years ago. It was developed by Dr. John F. Thie, D.C., our President, and was a compilation of techniques taken from chiropractic as well as some other health disciplines. It became a safe way for lay people to do simple things to themselves and their families to relieve tension and pain and get the body's energies flowing as they should - in balance.

The Touch for Health Foundation was incorporated December 21, 1973 and became a non-profit educational corporation in 1975. The purpose of the Foundation is to spread Touch for Health information throughout the world to interest people in taking responsibility for their own health and then showing them how to go about it.

The Foundation is governed by a board of trustees, who set policy. Policy and directives are given to me (Foundation Director) by Dr. Thie (Foundation President) to be carried out. On the inside front cover, you will find the names and position titles of all of us.

To carry out the Foundation's purpose, we give 8 day Instructor Training Workshops (ITWs) to train people to be able to teach Touch for Health to others, and thus hopefully the whole world will have an opportunity to learn the method. We have graduated 2,500 instructors since classes started, and we are growing each year. (We also teach some Basic Workshops, but only when we are unable to find one of our independent instructors available to teach).

We operate financially, mainly through receipts from our Instructor Training Workshop, membership dues (we are sending you this issue as an inducement to join!), and our annual meeting (see pictures and articles in this issue). We also solicit donations (tax deductible, of course) and always are seeking funds to improve our course, facilities, efficiency, promotion and to grow.

We need the support of many people. Join (or rejoin) the Foundation, take a class, enthuse others - all these help us, and the benefits to you will be worth far more than the effort or cost. See and experience miracles - embrace TOUCH FOR HEALTH!

Dear Friends:

I want to share portions of an article by Norman Cousins that appeared in the Center magazine. Mr. Cousins, editor of the Saturday Review, asked a number of famous people what they had learned in their lives and I believe the answers are so interesting that I want you to know them.

The first person is Charles Beard, former professor at Columbia University. Answering the question of what he has learned in 50 years of teaching:

- 1) When it is dark enough you can see the stars.
- 2) The bee that robs the flower also fertilizes it.
- 3) Him the Gods will destroy they first make mad with power.
- 4) The mills of the Gods grind slowly but they grind exceedingly well.

The second person was Prime Minister Nehru of India who said in 1951. "Well when you ask me what I have learned I am afraid I have learned nothing because nothing comes to mind."

The next day, however, he told Cousins, "I have been thinking about it I think I have learned two things. First, that any person who is philosophically inclined wonders whether we enjoy free will or are subject to the laws of determinant. I think I have discovered that you do not have to come down one way or another on that, the debate will never be resolved, life is like a game of cards, the hand you receive is determinism, you cannot change it but the way you play your hand is free will so you deal with both.

Nehru said, "the second thing I have learned was taught to me by Mahatma Gandhi namely that when you start out on a road unless you have a clear idea at the very start of where it is you want to go, you will never get there."

Six years later Cousins asked the same question of Dr. Albert Schweitzer in his jungle hospital in Lambarene. Schweitzer said "One thing I am afraid that we learn is nothing. But the next day at the breakfast table he said, "I am just like Nehru I discovered wisdom overnight. What I have learned is first never expect people to roll stones out of your way.

Second, you need not search for great cathedrals to have communion. If you can just sit still somewhere and listen to the sounds within, you will find your own cathedral."

In 1962, Cousins put the same question to Pope John Paul XXIII in Rome. He said "Two things I have learned. First, always learn something new, this year I am going to learn Russian. The second thing I have learned is never to hesitate to hold out your hand and never to hesitate to accept an outstretched hand."

Finally, Mr. Cousins put the question to Nikita Khrushchev in the Kremlin. After Cousins told him what the others had said, he shook his head and said, "All those guys are long winded I can tell you what I have learned in four words," "NEVER TURN YOUR BACK."

I believe that these are all valuable truths and that each one of us could benefit from thinking about what we have learned in our lives.

We have been mandated by our Board of Trustees to define the purposes of TOUCH FOR HEALTH and the purpose (s) of the Touch for Health Foundation.

I would appreciate each of you taking the time to give me your opinion on these questions as to what TOUCH FOR HEALTH means to you and what you have learned from your associatinn with it.



TFH TRAINING TIP

REPRINTS

This Training Tip originally appeared in the August-September 1978 newsletter:

Opposing Muscle Technique for Relieving Tension and Spasm.

When we find a tight or knotted muscle, our first inclination is to work directly on the muscle itself, kneading and stretching to relax it. There may, however, be a reason why the muscle is tense, and the tension, even if you temporarily release it, will return.

Think of a kitchen door held in place by two springs, so it can swing either way. As long as the tension on both springs is equal, the system is in balance. If, however, one spring weakens, the opposing spring ties itself in knots taking up the slack. No amount of oiling the knotted spring will rebalance the system; you must replace (or strengthen) the weak spring.

So it is with muscles in the human body. For each motion a muscle makes, there is a corresponding muscle which opposes that motion. If the tight muscle flexes the arm, torso, or leg, look for a weakness in a muscle which extends or straightens. If the tight muscle pulls a limb away from the body, look for a muscle which pulls it in to test weak, and so on for all the motions a body can make.

Rather than working the tight muscle, use your TFH techniques to strengthen the opposing weak one. If the tightness persists, you may need to use "weakening" or calming techniques on the tight muscle; see p. 118 of your Touch for Health book. (new revised edition)

Since the opposing muscle relationships may be complex, especially in the shoulder girdle, upper torso, and neck, we recommend a complete muscle test and balancing be done to be sure of which weak muscles are involved.

This situation is often present in lower back problems. Rather than working directly on the overtense sacrospinalis muscle group, check strength of abdominals, and strengthen if needed. This will balance the system and allow the opposing back tension to release. Other common pairs of opposing muscles include:

biceps/triceps	hamstrings/quadriceps
pectorals/trapezius	gluteus maximus/psoas
rhomboids/deltoids	gluteus maximus/quadriceps
neck flexors/neck extensors	
gluteus medius/adductors	
fascia lata/adductors	
right upper trapezius/left upper trapezius	

Before you balance anyone, especially if it is a demonstration, ask them to take an assessment of how their body feels. Let them go through movements to see where pain or stiffness occurs. Ask them to put these discomforts on a scale of 10, 10 being the way they feel presently, zero representing perfection. When you finish balancing, or come to a point where you feel improvement, let them numerically rate this improvement. In this way they can be aware of the changes, and you can easily state improvement in terms of percentages. After working on someone their assessment may change from 10 to 5; you could say, "That's a 50% improvement - I'm satisfied with that much change right now. How do you feel about it?"

When you demonstrate and teach Touch for Health, appreciate small improvements fully. If an Instructor shows disappointment or lack of enthusiasm toward commonplace and expected minor improvements, it can be detrimental to the person being balanced. The Instructor at that time is an authority figure, and the person can interpret the lack of enthusiasm as something being wrong with them. We must always remember that change can be slow or instantaneous, depending on many factors, including the technique of the person doing the balancing. What I urge you to do is to be enthusiastic about minor as well as major improvements, seeing the balancing of energies as an ongoing process. As you teach others, you will benefit from the enthusiasm as well.

ELLY WAGNER brought up this issue at a Touch for Health Club meeting:

Sometimes, for reasons of acceptability with their community, Instructors choose to title their classes "Accupressure" in a catalog or advertisement. First of all, is that legitimate? Is what we do really accupressure? What should I reply when a student says, "This isn't accupressure. My friend studied accupressure and learned which points to push to get rid of a headache. When are you going to show us those points?"

Accupressure is a term that has developed in recent usage to denote stimulation of points along the meridians or energy flow channels running throughout the body. It draws much of its recognition value from its close association with acupuncture, a well-defined Oriental medical art using needles to stimulate points along these same meridians. Some methods of accupressure have applied a symptom relief/medical model to this Oriental art of energy balancing, and come up with a compendium of points which are generally associated with certain symptoms. This simplifies choosing points which are likely to have beneficial effects by those not steeped in Oriental diagnostic techniques.

As I see it, Touch for Health, while remaining simple and accessible, takes us closer to the Oriental art of energy balancing. Rather than rely on the body's messages of distress to tell us where to stimulate the flow, we take advantage of the body's own wisdom, through muscle testing, to tell us exactly where the energy needs to be stimulated (or calmed). We look at the whole system, and work toward balance rather than symptom alleviation. Symptoms may indeed abate as we work, but that's because moving from a balanced state, the body will perform its own process of healing more expertly than an outsider ever could.

Because we use our hands to stimulate energy flow along the meridians, everything in Touch for Health fits within the definition of accupressure. We do teach accupressure, and a particularly effective method, at that.



INTERNATIONAL COMMITTEE -

TOP ROW: (L to R): Dag Galteland (Norway), Dr. Thie. SECOND ROW: (L to R): Vera Van der Sleen (Netherlands), Mary Jane Russell (Australia), Peggy Maddox (U.S.), Joan Voors (Netherlands), Nathan Van Leeuwen (Israel), Michael Schley (U.S.). SEATED: Joyce Simons, (Canada), Brian Butler (U.K.), Linda Olmos (Mexico), Ricardo Olmos (Mexico), Natalie Davenport (England).

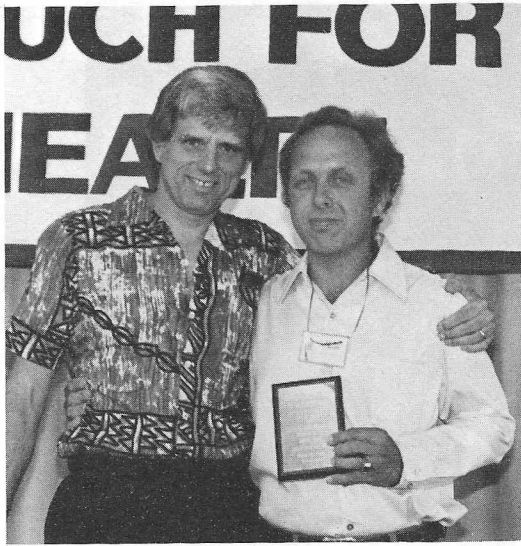
(2) ANNUAL MEETING COMMITTEE -

STANDING BACK ROW: (L to R), Steve Davis, Richard Harnack, Don Henley, Jr., Dr. Thie, Dan Hayward, Peggy Maddox, Bob MacMullen, Barbara MacMullen. KNEELING: 2nd Row (L to R) - Barbara Hanna, Lorraine Alexander, Duke Pasquini, Michael Schley, Vicki Barrios, Mary Ann Chapman. SEATED: (L to R) Phillip Crockford, Rosemarie Michelsen, Idelle Weissenberg, Kim Vieira, Grace Baldridge, Joan Sprague.

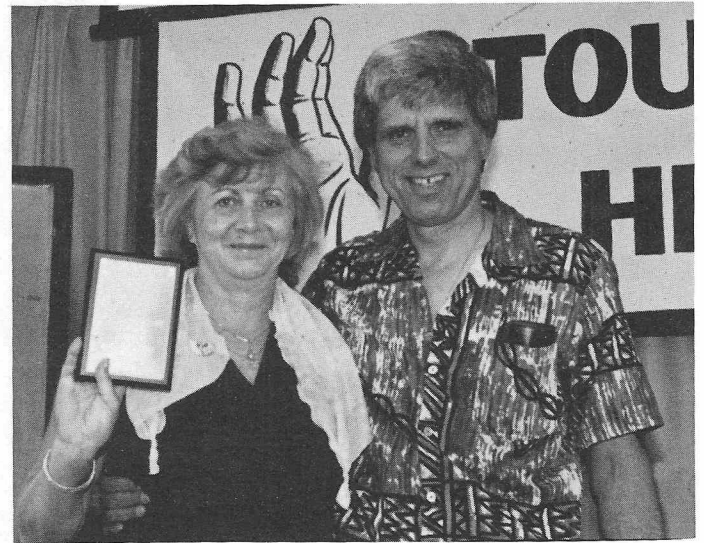
(3) Dr. Thies' parents recount some experiences of their son.

(4-8) Group Fun.

Special



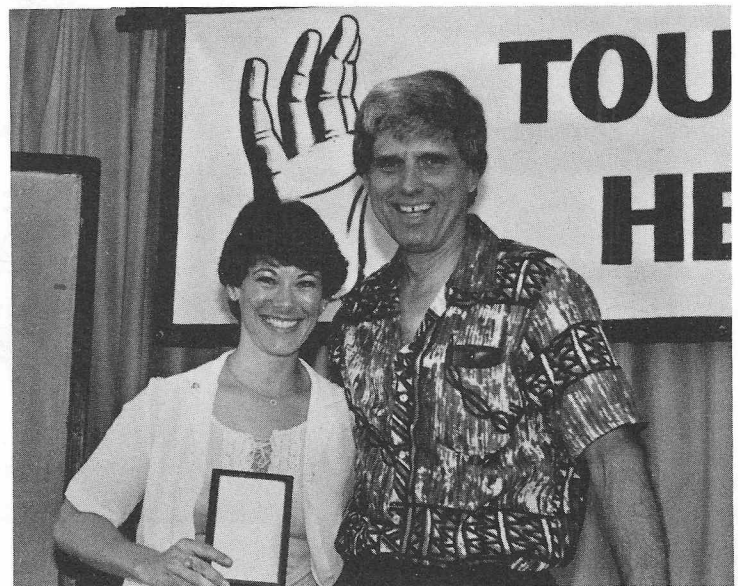
Dr. Thie with Mike Schley, who as Chairman of the 1981 Annual Meeting, deserves much credit for its success.



Lorraine Alexander wins award as "Spark Plug" of the year in promoting Touch for Health.



Dr. John F. Thie, posing with Brian Butler, newest member of the T.F.H. faculty, headquartered in Great Britain.

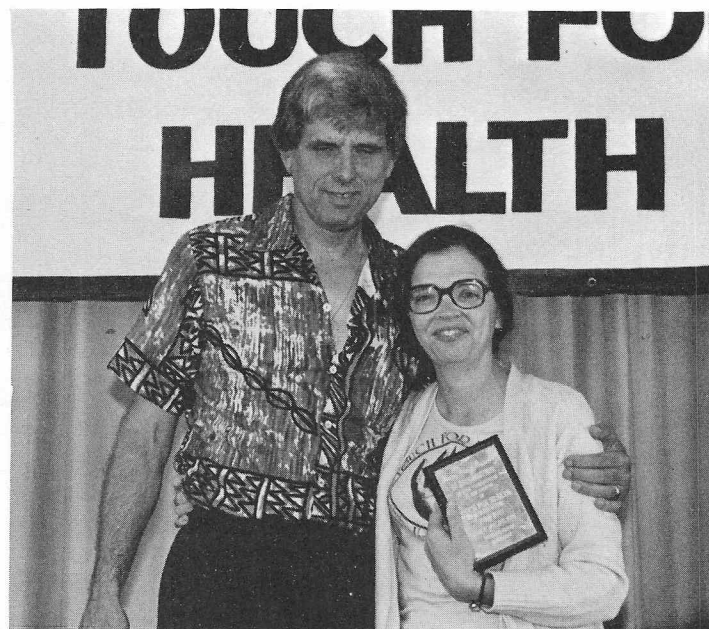


SPECIAL RECOGNITION: Tia Olsen - Tia has this past year taught an average of 12 classes a week. She has also given unselfishly of her time to the Foundation in setting up and working at various expos in cooperation with the Foundation. Always on the go Tia embodies the dynamic and energetic spirit of TOUCH FOR HEALTH.

Recognition



Barbara and Bob MacMullen bask in the spotlight of recognition.



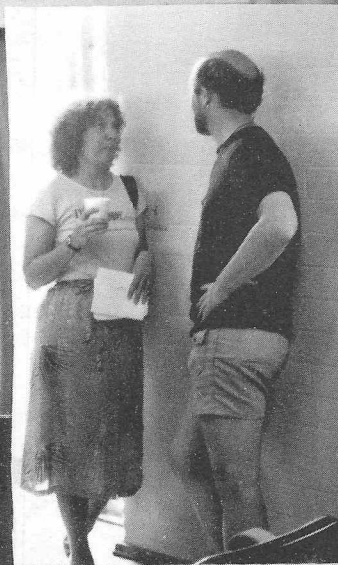
MARY JANE RUSSELL - "M.J." as she is often called, not only traveled to this year's meeting, refreshed in Del Mar - she also organized an ITW for TFH in Australia. Devoted to TFH and a tireless promoter - MJ received special recognition.



Sandy Danaher - tireless proponent of Touch For Health in Europe and the U.S. makes her living with TFH.



Henry & Idelle Weissenberg - our loyal and perennial TFHers receive their specially crafted award.



CENTER: Carrie Thie and Bob MacMullen. CLOCKWISE: (1) Left to Right- James Neal, Ilona Van der Schaar and Wayne Topping; (2) Barbara Ehlers (3) Gordon Stokes and Nancy Crockford (4) "The Dutch Contingent"; Left to Right- Monique Brouwer, Yoka Brouwer, Ilona Van der Schaar (5) Elly Wagner (6) Yoka Brouwer, Ilona Van der Schaar.

TEACHING TFH: TRAINING TIPS

BY MARY MARKS, D.C.

The Basic Question: Evolution or Creation? This is one that has continually plagued the American public education scene. Touch for Health has answers to a lot of questions, but I doubt if checking the opponens pollicis will help on that one. What about Touch for Health itself? Having been involved with TFH from very nearly the beginning, I have often considered myself to have helped in its creation.

I really see our TFH methods, ideas, and philosophies as an evolution - it is something that grows and changes as we find what works, what doesn't work, what doesn't work as well as something else. Some of the things we used to teach in Touch for Health have been replaced or left behind as we've refined our procedures. Others have been suggested and tried, only to discover that the results were not consistent. And a few things that are truly wonderful in their effectiveness are, nonetheless, still outside the realm of TFH techniques.

We have no argument as to the value of other natural therapies, particularly when they are as safe and simple as the muscle testing and balancing that are the basis of Touch for Health. But not everything within the public domain, to which we are entitled and for which we are becoming more and more responsible, is a part of TFH proper. And this is where we sometimes find confusion: What is TFH, and what isn't? If you have been concerned about this lately, you are not alone.

THE FOLLOWING ARE NOT TOUCH FOR HEALTH AND ARE NOT TO BE TAUGHT IN TFH CLASSES:

"Switching"	"TMJ"- Temporal Mandibular Joint
"Adjusting"	"Ridler" nutrition points
Chakras	Electro-acupuncture devices
"Cloacals"	Testing muscles to answer questions
Ileocecal valves	Testing food in the hand or on the body
"Short leg checks"	Testing vitamin pills or dosages
Color therapy	"Polarity" of hands, fingers or body areas
Magnets	Using specific points for specific problems
"Treating"	"Shocking" or hitting the body
Temporal tap	Therapy localization
Cranials	"Ionization breathing"

Then what is Touch for Health? Even in this last year, as we have been outlining more closely those subjects we'd like to see the beginning and advanced TFH student exposed to, we have had many turn-arounds in our definitions. We now have outlined the scope of Beginning, Intermediate and Advanced Touch for Health Classes. Notice that as the student progresses, many subjects are reviewed and expanded, giving an opportunity to practice the earlier techniques and find additional applications for them.

TFH - I

Intro to TFH Book
Muscle Testing (14)
Balance-as-you-go
Neurolymphatics
Neurovasculars
Meridians, Massage
Acup. Holding Pts.
Origin/Insertion demo
Challenge
Cross-Crawl
ESR, simple feelings
Foods Affect Muscles
Posture Awareness
Brushing Meridians

TFH - II

Chart & Folio
28 Additional Muscles
Balancing the Wheel
Visual Inhibition
Auricular Exercise
Yin/Yang Meridians

Golgi & Spindle Theory
Alarm Points/Overs
Facil./Inhibition
ESR, Past & Future
Balancing with Food
Proprioception
Meridians for Pain

TFH - III

Review all 42
Balancing - 5 Elements
Figure 8 Energy
Cerebro-Spinal Fluid
Surrogate Testing
5 Elements & AHP's
Reactive Muscles
Pulses
Gait Testing
ESR, Physical Trauma

Posture Analysis
Pain Tapping

If you have questions about how to present these topics in your classes, plan to attend a refresher course and get an update on our perspective. The latest editions of the Instructor Manual also contain step-by-step teaching guides for portions of the basic class, along with teaching aids to supplement the book and classroom practice. Touch for Health is easy, fun, and effective to learn, to use, and to teach. If this has not been your experience, please help us to become aware of it so that we can make it better.

We are finding that as our courses become more efficient, our students are becoming more proficient. And as the purpose of our outreach is revealed to us, we have continued to clarify our message, so that someday we will reach our goal of having some of TFH be an every-day part of every person's life. For while Touch for Health is not the answer to everything, it does help us understand the true nature of the question.



TOP. (1) Yoka Brouwer at work, (2) Lorraine Alexander & Grace Kajiwara
BOTTOM. (3) Standing: Christina Dobesh, Seated: Alice Miller (4) Elsie Nokes and Beulah Lineer.

TFH TRAINING TIPS
by
NANCY CROCKFORD

touch for health

BALANCING OPTIONS

*** CHOOSE ANY ONE FROM Column A AND ANY ONE FROM Column B ***

Column A: TESTING	Column B: CORRECTING
<ul style="list-style-type: none"> ● 14 muscles ● 14 plus related muscles ● 42 muscles 	<ul style="list-style-type: none"> ● fix-as-you-go ● the wheel ● five elements

ALWAYS

- Ask permission to test.
- Test and balance the Supraspinatus and Teres Major first.
- Do corrections only on weak muscles.
- Move in a clockwise direction through the charts.

FIX-AS-YOU-GO

- If correction leaves the muscle weaker, STOP, move on to the next muscle, and check back at the end.

THE WHEEL

- Beaver dam.
- Time of day.

FIVE ELEMENTS

- Yins first.
- Shortest distance.



	F/G	W	5E
14 muscles			
14+related			
42 muscles			

*** Check the box for each combination you have tried. ***

KNOW YOUR MUSCLES

BY GORDON STOKES

LATISSIMUS DORSI

In Latin, latissimus means 'widest' and dorsi means 'back'. This is the widest muscle of the back and, together with Teres Major, forms the rounded posterior fold of the armpit.

MUSCLE TEST: Test with arm straight to the side, palm facing away from the body. Be sure elbow is straight and that the torso does not change position. Pressure is at the forearm to pull straight out, away from the body.

TO STRENGTHEN: Use the neuro-lymphatic point between ribs 7 and 8 about in line with the nipple on the left side. On the back, between T7 and 8, one inch to each side of the spine.

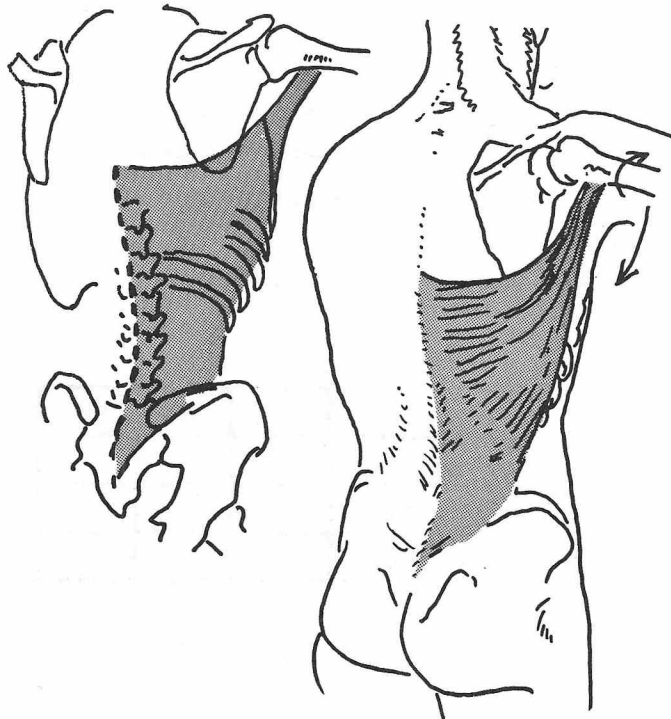
Use NV #9 in the Touch for Health text.

MERIDIAN: Spleen.

ORIGIN: Posterior of the iliac crest, back of the sacrum and spinous processes of the lumbar and lower five thoracic vertebrae and slips from the lower three ribs.

INSERTION: Medial side of the intertubercular groove of the humerus.

NUTRITIONAL INFORMATION: Tripe (stomach lining) and sweetbreads (pancreas). Yellow vegetables and green, leafy vegetables.



MEMORIALS

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."

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.

FORTHCOMING ITW'S:

CHICAGO, ILLINOIS* - SEPTEMBER 18 - SEPTEMBER 26
SONOMA, CALIFORNIA*- OCTOBER 8 - OCTOBER 16
NEW YORK - OCTOBER 12 - OCTOBER 19
HOUSTON, TEXAS - OCTOBER 23 - OCTOBER 31
SAN JOSE, CALIFORNIA - OCTOBER 30 - NOVEMBER 7
SAN DIEGO, CALIFORNIA - NOVEMBER 13 - NOVEMBER 21
GAINESVILLE, FLORIDA - DECEMBER 4 - DECEMBER 12
PHOENIX, ARIZONA - DECEMBER 11 - DECEMBER 19
PASADENA, CALIFORNIA - ALL YEAR ROUND.

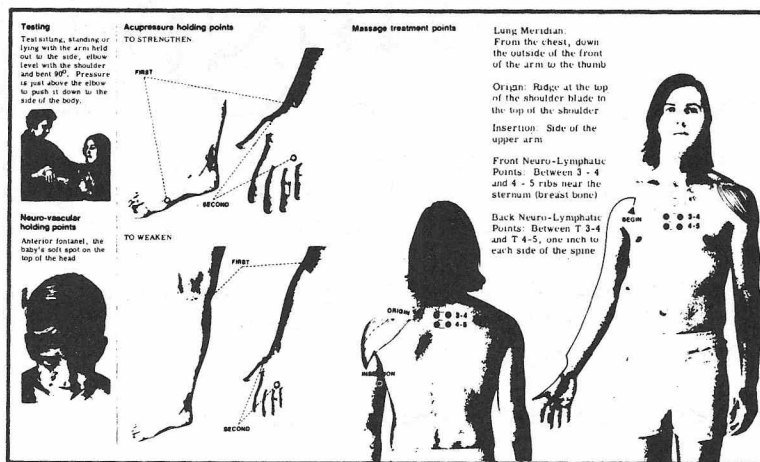
(*Indicates a residential workshop.)

The Instructor Training (Advanced) Workshop

Teach people to:
HAVE MORE ENERGY
IMPROVE THEIR HEALTH
MAINTAIN POSTURAL BALANCE

Touch for Health is preventive medicine at work in the truest sense of the word; a new dimension in health care. A combination of techniques pioneered by the helping professions over the past decade combined with the ancient Oriental art of healing.

THE PURPOSE: So you, as a certified Touch For Health Instructor, can teach others to be more aware of what is going on with the body while making the most out of "natural energies" using these techniques.



By learning from you the method of muscle testing, acupressure touch and massage, families can:

- Lower the cost of health care.
- Prevent some of the needless surgery.
- Correct minor problems before they develop into serious illness.

You will teach how to treat the *whole* person, not the symptom; maintain health, not treat disease—using acupressure touch and massage to improve postural balance and reduce physical and mental pain and tension.

PRE-REQUISITES

Completed reading of the Touch For Health book prior to class.

Completion of a Touch For Health lay course or proof of understanding and working knowledge of the techniques. If you haven't taken a basic course, contact the Foundation for an Instructor in your area, or request special tutoring before the Instructor Training Workshop.

No previous experience in health or teaching is required.

WHAT YOU WILL LEARN

Applied Kinesiology

muscle testing, analyzing posture, evaluating muscle response and postural deviations, restoring body energies, acupressure touch and massage, reflexes, relief of pain, cramps and muscle spasms, understanding muscle structure and function.

Anatomy Physiology Nutrition

muscular, skeletal, digestive, and endocrine systems, human anatomy, function of internal organs, emotional stress, nutrition and food testing.

Communication

helping you become a successful Touch For Health Instructor by learning classroom techniques, basic communication skills, problem solving, and the unspoken body languages.

Marketing

how to set up and generate classes using community resources and personal contacts, attitudes and steps to take in order to achieve your goals.

LOCATIONS All workshops except where noted will be held at the Touch For Health Foundation, 1174 North Lake Avenue, Pasadena, CA 91104. Meals and lodging in Pasadena are the responsibility of the participant.

RESIDENTIAL WORKSHOPS Registration is conducted at 6 PM on the first evening and an orientation session is held. This is an essential part of the workshop, and all registrants must attend. There is an additional fee for these workshops to cover meals and accommodations. Contact the Foundation for details.

HOURS Class runs for eight consecutive days, beginning at 9 AM each day. Class generally ends at 5 PM, except the last day, which ends somewhat earlier. There is at least one evening session in the workshop.

TUITION The fee for the workshop is \$475. This includes all study materials, graduation banquet, and a training manual which serves as a valuable reference in anatomy, kinesiology, nutrition and much more. You must bring a Touch For Health book.

REGISTRATION Classes are limited in size. To avoid disappointment, we suggest you register at least one month prior to the class, and list a second choice of dates.

CERTIFICATION Upon completion of the Workshop, participants will receive a California Board of Education-approved certificate as a Touch For Health Instructor. The course is also approved for 60 hours of Continuing Education credit for Registered Nurses, by BRN provider #00631.

Please feel free to contact the Foundation for information on any aspect of the Touch For Health Instructor Training Workshop.



THE ENTERPRISES STORE



FROM THE 1981
ANNUAL MEETING

Price only \$6.00 - The Members of Touch for Health receive a 10% discount. One dollar of the price goes back to the Touch for Health Foundation to help cover the cost of taping.

These presentations, techniques may or may not be "Touch for Health". The information presented is for educational awareness purposes only.

Please refer to the tape number when ordering *Notes combined tape

701	John F. Thie, D.C.	SUCCESS PRINCIPLES
717	Sheldon Deal, N.D., D.C.	OUR WATER
722	Len Duhl, M.D.	ENERGY-MEDICINE-NATURAL HEALING
719	Gordon Stokes	MAKE TFH I & II FUN
712	Michael Allen, N.D., D.C.	THE BODY KNOWS, ASK IT
708	Joe Basset	PHILIPINE HEALERS
*725A	Yoka Brouwer	TOUCH FOR HEALTH IN EUROPE
*725B	Donald & Patricia Million	BALANCING THROUGH A SURROGATE
721	Phillip & Nancy Crockford	BASIC TFH - NEW TEACHERS GUIDE
720-1	Paul Dennison, Ph.D.	TFH & DYSLEXIA (separate tape)
720-2	Paul Dennison, Ph.D.	TFH & DYSLEXIA (separate tape)
723	Kacinka Hruby	SIMPLE REACTIVE MUSCLE CORRECTION
724	Richard Harnack	HARMONY IN COMMUNICATION
*715A	Bob & Barbara Macmullen	MAKING CLASSES MORE EXPERIENTIAL
*715B	Jean Bonde, R.N.	LISTEN TO THE BODY
*706A	Peggy Maddox	PROFESSIONAL APPROACH TO TFH
*706B	Russel Smiley, Ph.D.	INFORMATION ABOUT TFH STUDENTS
709	Mary Marks, D.C.	COGNITIVE STYLES
705	Neil Michelson	COLOR & LAW OF THE ELEMENTS
713	Ellen Moore	ASKING THE BODY QUESTIONS
714	Camie Morning & Barbara Ehlers, R.N.	HOW TO THRILL YOURSELF
*702A	Michael Schley	MEDITATION - RAINBOW
*702B	Michael Schley	MEDITATION - AIR
*716A	Michael Schley	MEDITATION - WATER
*716B	Michael Schley	MEDITATION - FOOD
726	Michael Schley	MEDITATION - SPIRIT
704	Rich Silver	SCIENCE BEHIND MUSCLE TESTING I
710	Rich Silver	SCIENCE BEHIND MUSCLE TESTING II
718	Rich Silver	SCIENCE BEHIND MUSCLE TESTING III
*707A	Wayne Topping, Ph.D.	BIOKINESIOLOGY-ALLERGIES
*707B	David Isaacs	WORDS THAT WORK

(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 (folio, 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.)



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 THEnterprises, 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 THEnterprises, 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 THEnterprises.

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 ITW 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 \$ _____

Please mail to:

TOUCH FOR HEALTH FOUNDATION
 1174 North Lake Avenue
 Pasadena, CA 91104
 (213) 794-1181

WE THANK YOU FOR YOUR SUPPORT

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TOUCH FOR HEALTH
 1174 North Lake Avenue
 Pasadena, California 91104

SPECIAL ISSUE

This newsletter is being sent to all of the nearly 25,000 people who have at some time expressed interest in TOUCH FOR HEALTH. On the back of this sheet is information about the benefits of membership in the TOUCH FOR HEALTH FOUNDATION. We encourage you to become a member, and continue to receive this newsletter monthly. We hope it will be interesting and informative whether or not you decide to become a member.

If you would like us to stop sending you mail, we'd like to know that too. You may use the business reply coupon to get that message to us; simply cross out the label that got this Newsletter to you, and mark NO MAIL next to it. Fold this sheet so the Business Reply part of it shows, and drop it into the mailbox.

If you would like to become a member, correct your address (if needed) on the mailing label, check the proper box, and fold your check into this sheet so the Business Reply section shows. Then drop it in the mailbox - no postage necessary.

We look forward to keeping IN TOUCH!

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