

IN TOUCH FOR HEALTH



JANUARY 1982

IN TOUCH FOR HEALTH

Touch For Health Foundation
Publisher

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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or ethnic origin.

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Dr. JOHN F. THIE

PRESIDENT

Transformations: Here we grow again is the theme of the annual meeting which will take place at the University of San Diego July 13-18. This theme also expresses our theme for the Foundation for 1982. We are truly in transformation. We have contributed to changing the world. Just this week-end I was with the world famous family therapist Virginia Satir. She is the author of Conjoint Family Therapy, the classic of family therapy, and the popular family therapy book Peoplemaking. She said to me, "John, you are world famous! Everywhere I go people tell me about Touch For Health and I am happy to tell them I know John Thie." This is because you have made favorable impressions and transferred knowledge to people all over the world, and I want to thank you for your enthusiasm.

We at Touch For Health Foundation are changing our ways of doing things, too. Our operations are going to get more business oriented, but not lose the Touch For Health feeling. We have outgrown our present operational style this year. We have trained more people, had more people at the annual meeting, have a larger membership, and have received more publicity than any other year. Yet our finances are still not operating in the black. We have never taken any grants from the government or from foundations. We operate strictly from fees for services and memberships and donations from those who feel our work is worth supporting.

In 1981, we trained 504 new ITW instructors. Yet we went into the red \$100 for each of these instructors. We won't do that in 1982. We know we can operate as the successful business team we are. We are in the business of Education. We have one of the greatest products in the world. What you do to teach people how they can heal themselves is worth more than money can buy. We have developed new ways of doing a better job in sharing Touch For Health information. We have more instructors and more people in more countries are learning Touch For Health. We are committed to continue to share this information.

Are you committed?

Will you give part of what you take in from teaching TFH back to the Foundation? Will you put TFH in your will? Will you come in or write the Foundation and ask what you can do to help? Will you make TFH the beneficiary to a life insurance policy? Will you give TFH a stock that has appreciated in value at its original cost; that the Foundation can buy at that cost and you take off the difference as a donation? Will you put TFH as your choice of charity on your AID deduction at work? Will you give time in your special talent and let us use your talents?

ARE YOU A FULL MEMBER OF OUR TEAM?

Will you, if nothing else, send in your membership yearly without being billed? Extend it for 2 or more years? Will you find people to fill the two open positions?

The first position is for an Administrative secretary- one who will have the responsibility of assisting the Board of Trustees with Fund Raising, handle the administration of the Foundation headquarters, be the staff person in charge of memberships, including the annual meeting, maintaining the budget, and support the other staff.

The second position is for a Marketing Administrator who will be in charge of the marketing of the seminars and classes of the Foundation.

The first position will have a salary of \$18,000/year. The second will have a salary of \$30,000/year plus a bonus plan. Both positions are for experienced people that have proven records. We have just begun the search for these people and will be continuing until we have found just the right people to fill the jobs. Let the right people know about these openings. Send the resumes to me in care of the Foundation.

We need a word processor, computer, better furniture, a larger headquarters, someone to keep up the scrap book and be a Historian of Touch For Health. We need help in making calls for classes - can you volunteer 8 hours or more a week now?

Let me know, we need your help now!

Thanks,

John F. Thie, D.C.
President

YOU...

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

Experience your own ability to promote growth and health through TOUCH FOR HEALTH!

The TOUCH FOR HEALTH FOUNDATION sponsors courses every month which teach people like yourself a simple and effective method to relieve tension, improve posture and raise the quality of health. The TOUCH FOR HEALTH I course is 12 hours of "hands on" experience and practice in releasing tension, and improving posture through muscular balance. This course also serves as pre-requisite to the TOUCH FOR HEALTH INSTRUCTOR/ADVANCED WORKSHOP. (Nurses CEU credits available upon request under provider # 00631).

Invest now in improving your health! Send in the registration form below.
\$65. per person (includes book); \$95. per couple (includes one book).

SCHEDULE OF FORTHCOMING CLASSES:

TOUCH FOR HEALTH I

Jan. 5	Tues.	6:00 P.M. - 10:00 P.M.
Jan. 6	Wed.	6:00 P.M. - 10:00 P.M.
Jan. 7	Thurs.	6:00 P.M. - 10:00 P.M.

Jan. 29	Fri.	6:00 P.M. - 10:00 P.M.
Jan. 30	Sat.	9:00 A.M. - 5:00 P.M.

Feb. 2	Tues.	6:00 P.M. - 10:00 P.M.
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Feb. 3	Wed.	6:00 P.M. - 10:00 P.M.
Feb. 4	Thurs.	6:00 P.M. - 10:00 P.M.

Feb. 5	Fri.	6:00 P.M. - 10:00 P.M.
Feb. 6	Sat.	9:00 A.M. - 5:00 P.M.

Feb. 8	Tues.	6:00 P.M. - 10:00 P.M.
Feb. 9	Wed.	6:00 P.M. - 10:00 P.M.
Feb. 10	Thurs.	6:00 P.M. - 10:00 P.M.

Feb. 16	Tues.	6:00 P.M. - 10:00 P.M.
Feb. 17	Wed.	6:00 P.M. - 10:00 P.M.
Feb. 18	Thurs.	6:00 P.M. - 10:00 P.M.

Mar. 2	Tues.	6:00 P.M. - 10:00 P.M.
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Mar. 3	Wed.	6:00 P.M. - 10:00 P.M.
Mar. 4	Thurs.	6:00 P.M. - 10:00 P.M.

TFH TRAINING TIPS

BY BARBARA HANNA

Since beginning to teach Touch For Health, I've been interested in developing ways that help people learn the basic concepts. I've found that the more total involvement by each person the better the results. Here are some of those ideas.

Learning the Meridians

I've always found teaching the meridians difficult. So I use any activity that requires physical involvement.

1. Give each student a name tag with the muscle/meridian written on it. (If there are fewer than 14 people, give each person 2 consecutive ones.)
2. Provide twine or yarn, masking tape and scissors.
3. Ask each person to find their meridian in the book and mark it on their body with the yarn and tape.
4. Then ask them to move around and introduce themselves to each other and show how to trace their meridian.

Besides providing the class members with a way to totally experience the meridians, this activity creates a great deal of laughter, cooperation and positive group feeling.

Caution: Over stimulation of the meridian may cause some discomfort or cramping of the muscle. I suggest that for every 3 times the meridian is traced forward, the "owner" of that meridian trace it backwards to avoid over stimulation.

Learning Muscle Location

In order for students to be more aware of the location of the muscles, I have created a class aide called "Georgeous George".

1. On a large piece of clear plastic, paint the outline of a person. Make 2...one a front view and one a back view. There is no need to be an artist for this, as the learning occurs when the students get involved in the activity. They also enjoy commenting on the strange proportions of "George". Cut out the muscles from different colored construction paper and tape them to the figure in the appropriate spots. I ask students to find the muscles they are learning. Everyone follows in their book and we discuss the functions, range of motion etc. Just getting up and looking for the muscle aids in making a connection with the information.
2. A variation of this same activity is to have each person make their own figure using brown butcher paper. Have students lay down on the paper while another student draws around the one laying down. Make one for the front and one for the back. Then each student can draw in the muscles

and hang their figure at home as a visual reminder of the muscles and their location.

Solidifying Concepts

Another important learning principle is to review material already learned. At the last class, I ask students to think of questions related to TFH that they can ask other classmates. The person who answers the question then asks his own and the process continues until all the questions are used. Sometimes thinking up a question creates as much learning as answering it. The instructor also gets a chance to hear what was important to the students.

I would appreciate hearing from anyone using any of these ideas. Maybe you will have variations for me.

From the editor ...

Greetings!

1982 marks a new cycle for IN TOUCH FOR HEALTH and you will note many changes in this month's newsletter.

To all who contributed: Thank you!

To all who promised to contribute: Please! REMEMBER!

And Everyone!!! Anything you feel will be beneficial, supportive, or supplemental to Touch For Health including poems, jokes, cartoons, personal anecdotes--Send them in! This is your newsletter!

I'd like to formally express my deepest gratitude to Dan Hayward and Dick Harnack who have been my staunch supporters this past year. Thanks, Guys. I'm going to miss you.

And I'd like to say a formal thank you to Denise and Liz, TFH Foundation secretaries, who not only contributed a lot of hard work and research; but also added a special feeling of teamwork to this newsletter project.

Happy New Year, Everybody!



LETTERS!!!

Dear John:

Enclosed is a check for \$50.00, representing 10% of the net proceed of our Touch For Health class on July 25, 26.

Since Barbara was in Virginia at college with my son, I taught this class with Karen Carlson, a wonderful and dependable TFH instructor that we were able to reactivate. We used some of the methods that Phillip and Nancy demonstrated at the conference, and we were thrilled.

Specifically, we used the "Round Robin" workshop technique, and added visualizations. The visualization on Saturday was basically the one in the new TFH outline. The results could be seen on Sunday morning when students were saying, "I know the muscle names, and it is really falling into place". By Sunday afternoon, they were able to do a "fix as we go" balance in 20 minutes.....INCREDIBLE!!!!

Sunday afternoon, I added a visualization to assist them to do what they wanted with TFH in the future. The students visualized a positive TFH experience in one, two months, or perhaps a year. This could be helping a loved one, proficient in a professional setting, or Teach a TFH class right here in this Holiday Inn. This experience is then enclosed in a pink bubble of light from that loving place in our open heart, and then gently sent out into the universe, for its return to our open heart in due time.

This class experienced a "quantum leap" in TFH skills and the loving conscienceness that brings these skills forward. Two students to enroll in ITW.

Needless to say, Barbara, Karen, and I are thrilled, and we send you our peace, love and light. Please hug your family for us, and also the staff. And special thanks to Phillip and Nancy in sharing their ideas, and helped us bring this forward.

Bob MacMullen



TO THE TOUCH FOR HEALTH FOUNDATION:

I am an excited TFH graduate who wants it taught at Nonmouth College, Nonmouth, Ill. I am an 80 TFH graduate of Carol Albee in St. Louis, Mo. I am also a 1960 graduate of Nonmouth.

Here is what I've done. What is the next step? As an alumni board member I have sung the praises of TFH on several trips to the campers. I have also as I called it "poked" people. In October I talked to and poked many administrators, teachers and students. Most exciting and promising however was my evening at the presidents home. Someone began teasing me about TFH and I began demonstrating. You can guess my delight and excitement when TFH was successful at relieving discomfort in the presidents wives' legs and draining the presidents sinuses. Dr. Haywoods amazement was still there the next day.

Will you send someone to campus? Would it be better to correspond sending information on the closest classes and teacher workshops. You could probably get an easy first class of wives of administrators and teachers. I poked a lot of them.

Dr. Haywood is a special person, anxious to help each student develop and know himself. I believe I'd recommend you contact him first I have spoken with many of the curriculum board. What they might not have heard me say was the minimal time it takes to begin to use TFH.

If you follow this up and want my help, please let me know.

Sincerely,

Joan Wagenknecht
934 Wood
Kirkwood, Mo. 63122

I'm a Holistic Health Junkie

by Dennis Wright

*Well, I wake up in the morning and brush my teeth with a natural bristle brush
Then I look up in the mirror and check my eyes for spots, lesions and such
I breathe real deep and hum my ohm in a lotus position in my solar home
I'm a holistic health junkie . . . I like it don't you?*

*I believe in vitamins, minerals, wheat germ and honey
A lot of my friends think I'm a little funny
I meditate, fast and eat my tofu
I run my meridians, I'm into jin jyutsu.*

*Then it's off and jogging to the chiropractor for alignment and stress release
Wheat grass, guided imagery are some things that give my body peace
Then I lay right down in the dead man pose, grab my frontal eminences, wriggle
my toes
I'm a holistic health junkie . . . I like it, don't you?*

*Lord give me wellness, carrot juice, feldenkreis and honey
Herb teas and enemas make all my days more sunny
Diet work, body work, natural labor
All stand up and hug thy neighbor!*

*Now I touch for health, apply kinesiology and meditate every day
My chemistry's balanced, I'm detoxified, my palm reader says hey! hey!
The holistic trip makes my raft a ship
If you want our advice then take this tip
Become a holistic health junkie
I like it, don't you? Rah! Rah!
I like it, don't you?*

("Holistic Health Junkie" was first performed at the recent Retreat complete with guitar, body movement and voice control par excellence by the Holistic Health Network management team. Invite them to your next event—the experience is well worth repeating.)

nutrition

CAFFEINE - What it Does?

The October 1981 issue of Consumers Report magazine has an interesting article on the effects of caffeine - I know many of us are victims of coffee jitters after that second cup - but what about the effect on our children? An experiment recently concluded by the Food and Drug Administration has found when caffeine is fed to pregnant rats causes birth defects and delayed skeletal development in their offspring". Subsequent studies by the National Institute of Mental Health supports the suspicion that children who habitually consume several caffeinated soft drinks daily experience jumpiness, insomnia, headaches and other effects seen in adult coffee drinkers.

If you wish to reduce or eliminate the amount of caffeine in your families diet - I'd recommend your getting a copy of this magazine article from your local library and xeroxing the charts on common sources of caffeine. To give you a few examples of the caffeine content in a 12 oz. can of soft drinks:

<u>Soda</u>	<u>Caffeine Milligrams</u>
Tab	52
Sunkist Orange	44
Pepsi	37
Diet Pepsi	34
Coca Cola	34
7 Up	0
Sprite	0
RC 100	0
Diet Sunkist Orange	0
Hires Root Beer	0

Another popular source of caffeine is cocoa beans - a chocolate substitute is carob (a fruit grown on trees). Carob chips, powders, syrups are sold in many supermarkets and all health food stores. An easy to make after school snack:

Carob Fudge Balls

1/2 cup peanut butter
1/2 cup honey
1/4 cup carob powder
1/2 cup chopped nuts or sesame seeds, sunflowers seeds-coconut from heat.

Melt butter and honey over low heat, remove, stir in carob and nuts - Roll in small balls, then roll in sesame seeds or coconut.

Respectfully submitted,

Peggy Maddox
375 - 6062



special letter of interest

Dear John & Carrie:

When I got home from the annual meeting in July. I talked with a M.D. friend of mine, told him about T.F.H. and asked if I could work on some of his patients in the nursing home, just to see what would come of it. After a demo (my 1st - nothing like starting at the top! he said O.K. - so far a month, I worked on 6 patients as a pilot study. At the end of a month I saw some progress, so I wrote to each family with the blessing of the facility administration, and explained my credentials, what I was doing, the results, and asked if they wished to have me continue with their family member. Three of them said "yes", and then the daughter of one of my patients' asked me to work on her, too. Her mother is 91 and has rhumatoid arthritis. Her back had been giving her lots of pain. Since using T.F.H. and some foot reflexology, her back pain is gone, 3 decubiti on her feet are scabbing over and healing, and the swelling in her left foot is decreasing. One of my other patients has ataxia and was weepy, emotionally unstable and confined to a wheel chair, her movements were very spastic and uncontrolled and she would either rock her wheel chair, or go in circles. After 2 1/2 mo. of T.F.H. she is much more calm, her movements are less spastic and she is beginning to push her wheel chair in a straight line, using both of her arms!

Even the staff is commenting on Lily's improvement. My third patient is a man who is becoming much clearer mentally. From no conversation at all, he has progressed to answering the "how do you feel Frank" question with the statement "With my hands" or "Anybody I can".) He is also arguing about the world series teams.

Dean Gaudette, who was also at the San Diego I.T.W., and I are team teaching T.F.H. here in Spokane and the classes are doing well. We will be doing an advanced class in the spring (after the weather clears). As a result of one class, I ended up doing a demo for the residents of a retirement complex near my home. After the demo I offered to come and work at the complex 1 or 2 days a week for X# of dollars, if anyone was interested. Well, hands went up all over the room, and I ended up with a full schedule for the following day! Needless to say, I'm floored - but I shouldn't be - I asked the Lord for his help and guidance and I seem to be getting it!

Dean and I are now involved with a holistic health care group here in town that includes N.D.'s, R.N.'s, P.T.'s, psychologists, etc - and just to top it off we (Dean and I) are doing a T.F.H. presentation for the November meeting.

Obviously, I'm excited, T.F.H. has changed my life, and I couldn't be more pleased. Even my husband is excited with what seems to be happening. I am beginning to get referrals from friends - even one from the daughter of my nursing home patient. It's such a fantastic feeling to know that I have the skills necessary to help people help themselves. What's more, I'm letting God be responsible for the results, not me! That helps.

So thanks, to you both for enriching me and helping me to enrich others. Please consider the muscle card idea, and enjoy the placemats. I hope to see you both next summer at the annual meeting.

Peace to you both,

Judy Pagnotta
Rt. 1, Box 273

Colbert, Wa 99005



News Notices & announcements



EVERYONE.....

Don't forget January 16, Dr. John Thie, Founder and President of Touch For Health; will be at the Shrine Exposition Hall 644 West Jefferson Boulevard, opposite USC, from 12:00 to 3:00. The topic for discussion will be "SELF HEALTH FOR THE NEW AGE"



Last Tuesday evening (October 6, 1981), I spoke to a Women's Club on Holistic Health Care. I did a "balancing" on a woman from the audience who had been in intense pain since June. (doctoring to no avail). She became free from the pain after balancing her and is singing my praises loudly. She comes to my office for a weekly "balance" and is feeling better than ever.

I was really surprised to see how calm and relaxed she became in the process of doing the balance and E.S.R. The audience (mostly her friends) think I'm some kind of a miracle worker. It was such a dramatic experience. I still can't quite fathom it. I don't take credit for it, I said it was Touch For Health techniques that are available to any lay person or professional.

Cordially,

Dottie Curtis
Lansdale, Pa.



TOUCH FOR HEALTH, MIAMI, FLORIDA

Instructors: Ms. Denise B. Bordeaux, Ms.T and Dr. Dale
(305) 891 - 0062 / 891 - 7333

Date: Jan . 16 - 17, 1982



Chris Harrison, D.C. in Palo Alto, California and Bill Walker of Mountain View, California want to help form a TFH Club in the area - Please call Dr. Harrison at (415) 326 - 1003 or Bill Walker at (415) 969 - 8816 for details.



TOUCH FOR HEALTH

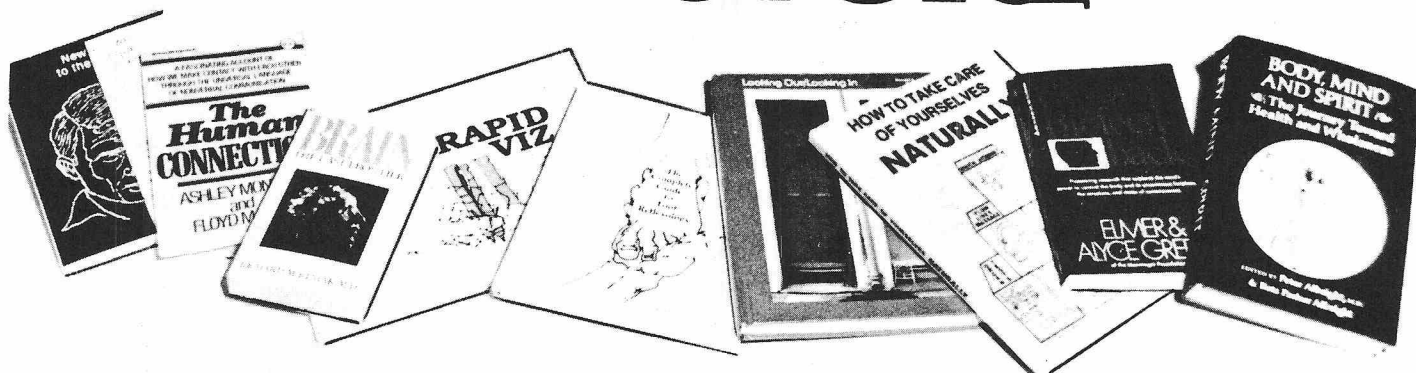
INSTRUCTOR TRAINING WORKSHOPS

JANUARY	8 - 16.	PASADENA, Ca.	(ITW)
	11 - 13.	GAINESVILLE, Fla.	(Up-Date)
	18 - 20.	PASADENA, Ca.	(Up-Date)
FEBRUARY	12 - 14.	PASADENA, Ca.	(Up-Date)
	13 - 20.	NEW ZEALAND	(ITW)
	18 - 26.	SALT LAKE CITY, Utah	(ITW)
	19 - 27.	PASADENA, Ca.	(ITW)
	20 - 27.	HOLLAND	(ITW)
MARCH	8 - 13.	PHOENIX, Az.	(C.A. Asst.)
	12 - 20.	QUEENSLAND, Aust.	(ITW)
	19 - 21.	PASADENA, Ca.	(Up-Date)
	23 - 31.	CANBERRA, Aust.	(ITW)
	26 - APRIL 3	PASADENA, Ca.	(ITW)
APRIL	HOLLAND	(ITW)
	ENGLAND	(ITW)
	9 - 17.	PERTH, Aust.	(ITW)
	16 - 24.	TUCSON, Az	(ITW)
	30 - MAY 8	PASADENA, Ca.	(ITW)
MAY	NEW ZEALAND	(ITW)
*	21 - 29.	OHIO	(ITW)
	28 - JUNE 5.	PASADENA, Ca.	(ITW)
JUNE	11 - 19.	SAN FRANCISCO	(ITW)
	11 - 19.	HOUSTON, Texas	(ITW)
	11 - 19.	PORTLAND, Oregon	(ITW)
	22 - 30.	PASADENA, Ca.	(ITW)
JULY	3 - 11.	SAN DIEGO, Ca.	(ITW)
	13 - 18.	ANNUAL MEETING - UNIVERSITY OF SAN DIEGO	
	23 - 31.	CHICAGO, Ill.	(ITW)
	30 - AUGUST 7. . . .	PASADENA, Ca.	(ITW)
AUGUST	6 - 14.	COLORADO (Estes Park)	(ITW)
	29 - SEPT. 6	PASADENA, Ca.	(ITW)
	29 - SEPT. 6	ST. LOUIS, Mo.	(ITW)
SEPTEMBER	17 - 25.	NEW YORK	(Up-Date)
	17 - 25.	CANADA	(ITW)
	24 - Oct. 2.	PASADENA, Ca.	(ITW)
OCTOBER	1 - 9	ALASKA	(ITW)
	1 - 9	TUCSON, Az.	(ITW)
	15 - 23.	MASS. (Kripalu Ctr.)	(ITW)
	29 - NOV. 6.	SAN FRANCISCO, Ca.	(ITW)
	29 - NOV. 6.	PASADENA, Ca.	(ITW)
NOVEMBER	26 - DEC. 4.	PASADENA, Ca.	(ITW)

* DATES & LOCATIONS UNCONFIRMED AS YET.



THE ENTERPRISES STORE



We now have available the Touch For Health Instructor Training Manual, which has been updated and is an indispensable aid to any person making a start as a TFH Instructor. The basic material of the ITW - which covers how to teach the technique of TFH in lay classes - is reviewed in depth; supplemented by new information on Structural Awareness, Education & Communication, Nutrition and Kinesiology, written by TFH faculty and contributors. A recent addition describes the teaching of "Accelerated Learning" in a step-by-step process. Beyond the actual teaching material, the manual includes practical information about marketing; spelling out some of the most effective strategies for generating classes and taking off successfully as a Touch For Health Instructor.

\$30 no discount

The exquisitely designed all leather purse/backpack is fantastic for those who know the values of having your arms free. The purse/backpack designed by Dr. John Thie rests comfortably on your spine and is totally adjustable for your body size and weight distribution. Absolutely great for travel and every-day wear. Brass buttons, five compartments, 11x12 \$130.00
Touch for Health Members 10% discount.

TOUCH FOR HEALTH MIDDAY - MIDNIGHT LAW AND FIVE ELEMENTS RE-BALANCING

By Gordon Stokes and Daniel Whiteside \$6.00

Explains the step by step procedure on how to use the chart with additional techniques on the midday-midnight law.

(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. (PST)



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

freeze-dried fresh water microalgae

- * *"Superior to Spirulina in every clinical test I have performed."*
- * *"Remarkably reduces the need for additional B vitamins, calcium, glutamine, protein, chlorophyll, and other essential nutrients."*
- * *"Very effective in controlling food cravings and hunger."*

- Dr. J. Scott

Box of 60 capsules (1 month supply): \$10.00
Please include California Sales Tax - 60¢
and shipping - 75¢ for total of \$11.35

6-day sample and information: \$3.00 postpaid
Check, money order, VISA or Mastercard OK

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

DISTRIBUTORS NEEDED! - ask for further info

Memorial Gifts and Bequests

Many friends of Touch For Health Foundation have chosen to honor the memory of deceased relatives and friends with a tribute that also serves the living.

A personal acknowledgement will be sent by the Touch For Health Foundation to the survivors of the deceased advising them of your Memorial Gift. Please be sure to tell us the name of the deceased and the name and address of the individual to whom the notification is to be sent.

Families of the deceased may wish to include the following statement at the end of the obituary notice:

Friends of the family are invited to make a Memorial Gift to the Touch For Health Foundation, 1174 No. Lake Avenue, Pasadena, California 91104

For those who wish to remember the Touch For Health Foundation in their will, the following statement is suggested:

I give, devise, and bequeath to the Touch For Health Foundation located in Pasadena, California, the sum of \$_____ (or property herein described) for its discretionary use in furthering its program.

Those wishing to name the Touch For Health Foundation as a beneficiary in an insurance policy may obtain the necessary legal form from the insurance company or agent.

Should the donor wish to create a Memorial Fund in a will or insurance policy, please state, after the sum or property described, that the fund is to be known and designated as "... (name) ... Memorial Fund."