

IN TOUCH FOR HEALTH



SEE YOU IN SAN DIEGO!

MARCH 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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Dr. JOHN F. THIE

PRESIDENT

Dear Friends,

It has been 75 days since I have been acting director as well as President of the Foundation. I want to thank all of you again who have responded to our call for help both financially and with work. We have come out of the worst part making it through our lowest income period and reducing our past due accounts by 40%. We still have a large need for additional donations and help in filling our various classes and other previously mentioned needs.

RECERTIFICATION:

As some of you know, we are attempting to upgrade the Touch for Health basic classes based on the feedback from both instructors and students. This process was begun 4 years ago and is now in full implementation. We have found that many people do not feel qualified after the ITW to go out and teach. One reason seems to be that they do not have the basics of Touch for Health well understood prior to coming to the ITW, another was that they really just wanted to learn more about TFH and not become a teacher, but took the ITW as the only advanced TFH program available. The qualifications for taking an ITW have been raised to having taken a 6 day TFH intensive taught by a Faculty member of the Foundation. The ITW will now be for those people who want to be able to teach TFH more effectively. This would be for one on teaching or group teaching as a volunteer, an instructor for an institution or as an independent instructor.

An instructor maintains their certification in one of several ways:

- A. Attending the Annual meeting certification program.
- B. Teaching 10 or more people TFH classes within a 2 year period and turning the names and addresses into the Foundation.
- C. Taking a re-certification class to be brought up-to-date.
- D. Taking an ITW as a refresher and attending the entire program.

We encourage instructors to do all four programs, however, the meeting of one of the requirements is all that is necessary for the instructor to be maintained as a certified TFH instructor if they maintain their dues current.

We hope this is understandable and everyone agrees that these methods will encourage more people to be trained in the tools of TFH and allow more instructors to utilize their training with confidence.

The purpose of recertification is to encourage more teaching to be done, not inhibit anyone who is currently teaching. We believe that those who are currently teaching will gain the most from taking this class, just as retaking the ITW often gives more the second, third and fourth time than was gained in the first ITW.

The recertification program will change every two years in that it will bring in all the new methods of teaching TFH as well as updating the instructor on new materials that are constantly being discovered. Elsewhere in this newsletter are some very important benefits of taking the recertification program as seen from those who already have taken the program.

NATIONAL HEALTH FEDERATION

We are embarking on a new program in conjunction with the National Health Federation (NHF). This is an organization I believe you would benefit from in becoming a member. The current President is Robert Mendelsen, M.D., well known medical writer who speaks out for many of the same goals that we also espouse.

The program involves me speaking at their regional meeting on the main program, Saturday and Sunday. Then immediately following the close of the Sunday program we will give an introductory 8 hour basic TFH class. This will be from 6-10pm and continued on Monday from 6-10pm. The cost of this introductory class will cost \$65.00. We will also have an expo TFH demonstration booth, where we will offer a sample TFH muscle balance with the purchase of any TFH chart, book or donation of \$5.00, to help pay for the cost of the presentation. You may also have a muscle balance by signing up and placing the required deposit on any TFH class being offered by the TFH Foundation or any instructor voluntarily muscle balancing at the booth.

We believe that TFH is becoming an important part of the health tools available to people all over the world. It is used in many different ways. This is a 5 step process:

1. Awareness
2. Relevance
3. Interest
4. Trial
5. Adoption.

The program we are embarking upon with the NHF is covering several of these points. There will be a full page story about the introductory class in over 100,000 brochures that will be distributed, relating to each area meeting. There will also be press coverage.

This will help create the awareness of TFH in the area and our current instructors can benefit by planning classes immediately following the NHF meetings in their area. My speaking on the program and possible appearances on radio and T.V. will create additional awareness and relevance to peoples particular needs. When people see the relevance to their needs, they will then purchase a book, get a muscle balance and then have a trial of TFH. Once they have tried TFH, they will adopt it and use it as part of their own armamentation for family care along with teaching it to others. Our first program implementing this will be held in Phoenix on April 4, 5, & 6, 1982. If you want to be a part of this program, contact the Foundation.

MARKETING DIRECTOR AND ADMINISTRATIVE DIRECTOR

We have done the separating of the applicants and will be contacting those that have made applications. Those that have been selected for interviews will be asked to come to Pasadena for further selection processing. We want to thank everyone for helping in this process. We are being very deliberate and in that manner we plan to select a person who will be dedicated to a career in TFH for years to come.

C.A. A.K. CLASSES

This Chiropractic Assistant-Doctor Applied Kinesiology program is a very important step for us. We believe that it will really be filling a need for the entire health profession. We believe that we can train an intelligent person to be a real addition to anyone practicing Applied Kinesiology. The program is designed to give basic TFH techniques to the assistant plus more advanced AK procedures as used by Dr. Sheldon Deal, Chairman of the ICAK, in his own very busy practice with an assistant.

Persons taking this class will, in my opinion, be in demand by doctors using AK. This week long program could be an excellent introduction to AK for anyone wishing to start adding these methods to their practice. Anyone interested in this information is welcome to attend. We are very grateful to Dr. Deal for developing this program. I know it will be exciting to all those attending. The dates are March 8 - 13th and the Doctor program dates are March 12 - 13th, 1982, in Phoenix. The assistants also attend the doctor program with their employer. Please tell Doctors and Assistants about this opportunity. Also please phone in or write us the names of people you would like us to contact about this program.

We believe this year's program will be the best ever. We have an outstanding line up of speakers:

Dr. Richard Bryne from the Arneberg School of Communication, at the University of Southern California, who is an outstanding motivational speaker.

Len Duhl, M.D. from the University of California at Berkeley, School of Public Health.

Dr. John Polidora from the Medical School at the University of California, Davis.

Sheldon Deal, D.C. N.D., Chairman of the International College of Applied Kinesiology.

Plus our own ITW Faculty, Gordon Stokes, Mary Marks, D.C., Nancy and Philip Crockford. From England, Brian Butler, from Holland, Yoka Brower, who has just reached a new glory with the TFH hardback book being published in Dutch this year. We already have a copy in our hands, and Bruce Dewe, M.D., our ITW instructor from New Zealand. Plus all the many members who will be sharing papers.

It is going to be an outstanding meeting. Plan to attend. Pre-registration will really help us with our planning and you can make a saving by doing so.

We will be having our last West Coast ITW before the new requirements take effect. If you have qualified people who are ready to take an ITW, contact them and let them know about the new requirements. This one will be particular good as they can then attend the annual meeting and see the vastness of our worldwide program.

NEW DUES STRUCTURE

A new membership due structure was adopted by the Board on recommendation of the Planning Committee.

There are 3 membership categories:

- 1) Basic - for anyone wishing to become a member. A single person membership of \$30.00 annually. A joint or family membership, with only one mailing per household is \$45.00. Available is discounts at T.H.E., through seminars and the newsletter.
- 2) Certified Instructor membership \$40. These members receive the newsletter, Journal, are given referrals for classes and discounts at THE and seminar. A joint or family membership with only one mailing per household is \$60.00.
- 3) Professional membership for practitioners. Referrals are given for clients who wish to know persons who use TFH as one of their practice tools. \$60.00 per year. A joint or family membership, with only one mailing per household is \$90.00.

There will be an extra \$24.00 for foreign membership for postage costs.

We also have the following membership which gives all the above advantages where applicable:

Supporting	\$100	annually
* Contributing	\$250	annually
* Sustaining	\$500	annually
** Life	\$1000	once

We hope you will encourage as many people as possible to join the Foundation.

* may be paid in monthly installments of \$50.00

** may be paid in monthly installments of \$100.00

NOTICE: CALL FOR AWARD NOMINATION

Peggy Maddox, Award Chairman has asked that all nomination be in her hands by April 30 1982.

Peggy Maddox
627 Camino De Encanto
Redondo Beach, CA 90277

Please send your nomination in as soon as possible, we need your help in letting us know who is deserving. Nominate yourself if you are. You may have done your service in a quiet way and no one but yourself knows that you deserve one.

You will be receiving a new format calendar and newspaper mailer that will go to all friends of TFH that we have on our list. If you want your classes listed and your name, address and phone number, as a certified instructor who is currently teaching, we must have this information at the Foundation office 30 days prior to mailing dates which are, May 1, August 1, November 1 and February 1. In other words, we must have your information by July 1, for the August issue, October 1 for the November issue, January 1 for the February issue.

We intend to list all classes planned for the entire year following the date of issue. Plan a full year and send us your information and then keep updating your schedule so that it can be printed in each issue. We feel that this will help you fill your classes. It will also create an awareness of the vastness of the teaching of TFH.

We are looking forward to your class schedules. We are also soliciting articles for the newsletter IN TOUCH FOR HEALTH and our newspaper.

This report has been long but it brings you up-to-date on some of the things happening at the Foundation. I hope you have found it informative and exciting.

We are looking forward to seeing you at one of the events soon.

Love,



John

Justice Department Slaps AMA

According to a news release issued by ICA, The Department of Justice has filed a brief in the United States Supreme Court in support of a Federal Trade Commission decision finding the AMA guilty of imposing anti-competitive restrictions on advertising, solicitation, and contract practices by physicians. The Government has some extremely harsh things to say about the AMA's attitude toward the antitrust laws, saying that the AMA has a "long history of illegal behavior."

The proceedings in the Supreme Court are an appeal from the Federal Trade Commission's findings that the AMA and its state and local medical society affiliates have engaged in a conspiracy to impose anti-competitive restrictions on medical physicians through use of the Principles of Medical Ethics. The ethics provisions prohibited advertising and contract employment of physicians in situations such as corporation employment of physicians by contract and group practices (partnership contracts) between medical physicians and other health care providers (psychologists, dentists, chiropractors, etc.). The Federal Trade Commission had found that the AMA's actions had created

"a formidable impediment to competition in the delivery of health care services by physicians in this country. That barrier has served to deprive consumers of the free flow of information about the availability of health care services, to deter the offering of innovative forms of health care and to stifle the rise of almost every type of health care delivery that could potentially pose a threat to the income of fee-for-service physicians in private practice. The costs to the public in terms of less expensive or even, perhaps more improved forms of medical services are great."

In the Supreme Court, the AMA has

argued that it was only recently made aware of the fact that the antitrust laws apply to professional organizations and that it should not be held accountable for anti-competitive practices engaged in by it prior to 1975. The AMA also argued that it did not directly enforce the Principles of Medical Ethics.

The Department of Justice, writing on behalf of the Federal Trade Commission, is unsympathetic to the actions of the AMA. With regard to enforcement, the Justice Department states,

"The AMA federation's collective application of its ethical standards is so effective that formal enforcement proceedings are rarely necessary. Advisory statements, warnings and informal reprimands from local societies are usually sufficient to enforce compliance. Few physicians who have joined AMA's constituent and component societies are willing to risk possible loss of medical society membership, because it is an important and valuable asset to their professional reputation, status and livelihood (Pet. App. 138a-139a). Ethical condemnation can result in professional embarrassment and disgrace, loss of referrals and other patronage, deprivation of malpractice insurance, the withholding of claims reimbursement by health insurance carriers, possible loss of hospital staff privileges, and denial of speaker and exhibitor status at professional society meetings (*id.* at 139a). In addition, physicians have substantial economic incentives to support the challenged ethical restrictions on entrepreneurial aspects of their profession, because such restraints reduce competition and thus enhance income (*id.* at 94a, 269a-270a, 322a, 339a-340a). As a result, informal warnings concerning AMA's ethical restrictions on solicitation, advertising and contract arrangements have deterred reputable physicians from repeating conduct that allegedly violated the restrictions (*id.* at 139a)."

REPRINTED FROM PCC REPORTS VOL.8, No.1, Jan.1982

Special Recognition



The young man in this picture is 9 years old. He is also neurologically handicapped, functioning on the approximately age level of 6-7.

He is epileptic with minimal brain damage on the right side of the brain - due to spinal meningitis at the age of 11 months old.

He has been getting balanced for the past year. Experiments have been conducted by his mother to see the effect Touch for Health could have on him. For one month he was balanced every three days. School reports had been consistantly positive. Balancing was stopped for one month and reports from school showed a definite behavioral problem - negatively. When balancing was resumed, positive reports on his behavior again materialized.

Although he is 9, he did not show a preferance as to right or left handedness until this year (1981). Now, he is clearly left-handed.

Cross-crawl has also been very helpful and he is now able to perform cross-crawl without assistance.

His older brother took this picture. He is also a believer in Touch for Health and, although very athletic, will NOT go into any sports game without being balanced. Most kids take home stray animals. He takes his injured teammates home to enhance the repair of their injured egos and what nots.

This is one family that, I feel, love and common binds are enhanced richly via Touch for Health.

Anonymous

of special interest !!!

AN EASILY PORTABLE FLIPCHART EASEL

by Cliff Garner, Ph.D.

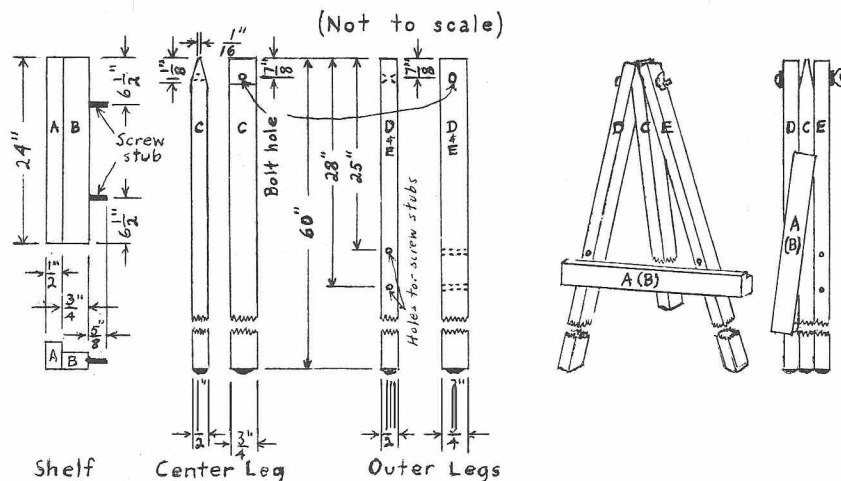
Flipcharts are great for teaching Touch for Health, and avoid the use of blackboards, which may remind class members of past possibly negative associations with formal school-type learning.

Commercially available flipchart easels are generally neither lightweight nor compact. The easel described here weighs only 2 lbs, quickly folds into a compact linear arrangement for carrying, and was made in about 20 minutes with materials costing less than \$10. Anyone with simple carpentry skills and access to a hacksaw, drill, file, and plane (or wood chisel or knife) can make such an easel. Materials are found at lumber supply, "handyman" and hardware stores.

For the easel I made, you will need 19 feet of $1\frac{1}{2}$ " X $\frac{3}{4}$ " wood (the cheapest pine or ash is lightweight), three 1" finishing (headless) nails, two $1\frac{3}{4}$ " X 8 wood screws, a 2" X $10/24$ round-head bolt, two washers and a wing-nut to fit the bolt, and three small rubber tack bumpers. The design, dimensions, and nail and bolt sizes can be changed to fit your needs and material supply.

Saw the $1\frac{1}{2}$ " X $\frac{3}{4}$ " lumber into 3 5-foot and 2 2-foot lengths.

The latter two pieces (A,B) are nailed together to form a "shelf" (see diagram) on which the base of the flipchart will rest. The two screws are screwed into the shelf at 6 $\frac{1}{2}$ " from each end, leaving $\frac{5}{8}$ " of each screw (not including the head) projecting; saw off the heads with a hacksaw, and round the remaining screw stubs with a file.



The center leg of the easel tripod is made from one of the 5-foot wood pieces (C) by sawing, planing, chiseling, or whittling it at one end to make a 1 1/8"-long inverted V-shaped cross-section, and drilling a hole through the "V" at 7/8" from the tip to accommodate the bolt (see diagram; I used a 3/16" twist drill for my bolt).

The two outer legs of the tripod (D,E) are made from the other two 5-foot wood pieces. Drill two holes straight through (into the 1/2"-wide side -- see diagram) at 25" and 28" from one end to accept the screw stubs of the shelf (two holes allow raising or lowering the shelf and flipchart) -- try your drill size first on a wood scrap because the fit of the screw stub into the hole should be snug (for my stubs a 1/8" twist drill was used). At 7/8" from the same end of each 5-foot leg, drill a hole (into the 3/4"-wide side -- see diagram) for the bolt, using the same size drill as for center leg C -- tilt the drill slightly up and down along the length of each leg to elongate the hole, which allows the outer legs of the tripod to be spread apart for use or brought together for carrying.

Use a rubber tack bumper on the bottom of each leg to prevent the tripod from spreading apart and collapsing in use. Alternatively, use a string attached to the center leg and to the shelf to limit the movement of the center leg. Staining the finished easel improves its appearance and durability.

Assembly is obvious from the diagram. To fold for carrying, pull out one end of the shelf to free one screw stub, swing the shelf down or up, and insert the freed screw stub between two of the three legs, which are brought together and rubber-banded near their bottom; snap a stout rubber band around all four wood pieces near the center, and "Voila!" -- the easel is ready for carrying.



Flipcharts I use (e.g., a 27" X 34" Chartpak Easel pad for my pre-made charts for TFH I, II, III, or a 24" X 36" newsprint pad for writing on in class) have flimsy backs. I strengthen the back by strap-taping on a second back made from heavy corrugated pasteboard (a nearby furniture store discard bin is a good free source for large heavy-duty pasteboard boxes). This also allows standing up the easel pads for display when off the easel.

For carrying the easel pad, I use two 3" metal spring clips at the bottom to hold the pad closed, and a metal hanger made from a stout wire clothes hanger to insert through two holes at the top of the easel pad -- the hook of the hanger can be put over the easel at its center, enabling one to carry easel and pad with one hand.

From the editor ...

NEWSLETTER ARTICLE REQUEST

We are actively seeking articles for the Newsletter. Have an experience you want to share with your fellow TFH'ers? Send it in!

Involved in using TFH professionally, or are developing and using it in different and exciting ways? Write an article and share your knowledge.

The purpose of the Newsletter is to report on TFH as it is and to serve as an exchange of ideas, experiences and new information.

Our goal is to have as many topics covered in forthcoming issues as are possible. In order for us to achieve this goal we are actively soliciting manuscripts from instructors.

SEND TO: TOUCH FOR HEALTH
1174 North Lake Av.
Pasadena, CA 91104
ATTN: Newsletter Editor

I would like to personally thank everyone who responded to my request for articles. Thank you Judy Pagnotta for Dean Gaudette's article. And thank you Dr. Chris Harrison and Ruslan Raymond Morris!

The newsletter is really picking up and its all because of you!

Have a great day!

Aleta

THE TOUCH FOR HEALTH WORLDWIDE 1982 ANNUAL MEETING IS COMING!!

ANNUAL MEETING CALL FOR PAPERS:

Topics:

We are interested in papers on subjects related to Holistic Health, self-help and topics directly related to TOUCH FOR HEALTH.

Publication:

A synopsis of the conference proceeding will appear in the August newsletter, and appropriate presentations will be published.

What To Submit: (1 copy)

1. A clear descriptive and informative title.
2. An outline of the proposed presentation.
3. Approximate amount of time required.
4. Audio/visual equipment or special facilities desired.

When:

Deadline is May 1, but preference will be given to early entries due to time constraints.

Where:

TOUCH FOR HEALTH
1174 N. Lake Avenue
Pasadena, CA 91104
Attn: Michael Schley



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LETTERS!!!

Attending the update class was the nicest thing I've done for myself lately. Not only did I learn a lot more about reactive muscles, the law of the 5 elements and other advanced techniques that I haven't used as often as the basic muscle testing, but I had an opportunity to get acquainted with more Touch for Health instructors (who are always such special people) and a chance to get a daily muscle balance. I experienced a real "win" when a lot of chronic pain disappeared after many reactive muscles were balanced. I feel that learning Touch for Health will always be an on-going process and the update class is a marvellous opportunity to review, learn new techniques, share ideas and practice under expert supervision. Be good to yourself. Treat yourself to an update class.

Marjorie Ragon

My daughter, five foot five inches, 110 pounds, was able to drag a shoplifter back into her store and hold her until security police arrived. She had weakened the central meridian and the shoplifter could not break her grasp on her wrist. She kept going down the meridian as she pulled on her.

She has used this on two occasions now.

Carmen Ogden

Greetings from Bellingham, Washington!

I have enclosed a \$30 check as a donation from the recent Touch for Health class taught locally. It seems such a small amount. However, if 100 other instructors sent in similar amounts we would have \$3000 and that would help the Foundation.

Keep up the good work. I trust that the transformations go smoothly. I think of you all often and really appreciate the support you are giving to us in the field.

I am enclosing more Touch for Health class participant lists. At least two of these people will probably become instructors this year.

Once again, many thanks.

Kindest regards,

Wayne Topping.

News Notices & announcements

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.
\$75. per person (includes book); \$105. per couple (includes one book).

SCHEDULE OF FORTHCOMING CLASSES:

TOUCH FOR HEALTH I

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

Mar. 9 Tues.	6:00 P.M. - 10:00 P.M.
Mar. 10 Wed.	6:00 P.M. - 10:00 P.M.
Mar. 11 Thurs.	6:00 P.M. - 10:00 P.M.

Mar. 12 Fri.	6:00 P.M. - 10:00 P.M.
Mar. 13 Sat.	9:00 A.M. - 5:00 P.M.

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

Mar. 23 Tues.	6:00 P.M. - 10:00 P.M.
Mar. 24 Wed.	6:00 P.M. - 10:00 P.M.
Mar. 25 Thurs.	6:00 P.M. - 10:00 P.M.

Apr. 6 Tues.	6:00 P.M. - 10:00 P.M.
Apr. 7 Wed.	6:00 P.M. - 10:00 P.M.
Apr. 8 Thurs.	6:00 P.M. - 10:00 P.M.

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."

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%.

ATTENTION!

Peggy Maddox requests that all entries for awards be sent to her by April 30, 1982.

Peggy Maddox

Instructor Training Workshops are:

INSTRUCTOR TRAINING WORKSHOP SCHEDULE

MARCH	8 - 13	PHOENIX, AZ.	(Dr's Asst.)
	12 - 20	QUEENSLAND, AUST.	(ITW)
	19 - 21	PASADENA, CA.	(Up-Date)
	22 - 30	PORT ANGELES, WASH.	(ITW)
	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)

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Dr. Mary Austin

Acupuncture Therapy provides a comprehensive explanation of the bi-polar energy of the body and the ways it can be balanced to provide good health. Included are anatomical descriptions and illustrations of the meridians. Also included are 70 illustrations showing the exact location of acupuncture points. \$20.00

ACU-YOGA

Michael Reed Goch

Offers exercises designed to relieve stress and tension integrating the knowledge of both acupressure and yoga. The energy thus released in Acu-Yoga flows through the meridians nourishing the entire body. Fully illustrated. \$10.95

TRANCE-FORMATIONS

Neuro-Linguistic Programming and Hypnosis

John Grinder and Richard Bandler

This fascinating book explains hypnosis using specific, understandable procedures that can be employed in "hypnosis" as well as everyday communication. The material is detailed and carefully sequenced, beginning with simple concepts and exercises proceeding step-by-step to more advanced techniques. Among the topics discussed are simple inductions, reframing in trance, and self-hypnosis. \$5.50

(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 (folks, 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)



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 Area _____

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

NEXT ISSUE

Dr. Chris Harrison shares TFH and its success with his patients who would normally have a low recovery rate.

also

Ruslan Raynond Morris discusses TFH in Indonesia!

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