

# In Touch

February / March 1983



# for Health

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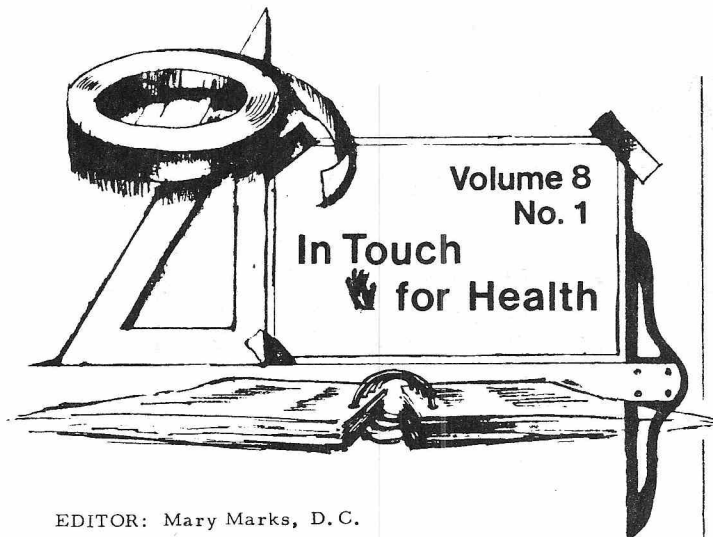
  
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The purpose of In Touch for Health is to disseminate information on research, methodology, results and teaching of self-development programs in health enhancement, both mental and physical. Further, the newsletter is a forum to provide up-to-date information on programs, seminars and activities of the Foundation.

The Touch for Health Foundation is a tax-exempt, non-profit educational corporation. Publications of the Foundation include the quarterly newspaper Touch for Health Times circulated to members and all interested persons in Jan, Apr, July and Oct. Foundation membership also includes subscription to the members' newsletter In Touch for Health published in Feb, Mar, May, June, Aug, Sept, and Nov, and the Dec. Journal of technical papers, training information and applications. © 1983 by The Touch for Health Foundation, 1174 N. Lake Ave., Pasadena, CA 91104. Phone (213) 794-1181. All rights reserved. Portions of the contents may be duplicated or reproduced for instructional use only and may not be altered or sold.

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Remember, the results of Touch for Health muscle tests are not diagnostic of any disease, health condition, organ function or injury!

## From the President

By John F. Thie, D.C.

A national publication of the United Kingdom, Here's Health, ran a special report called "Medicine of the Future" in its January issue. In a four page article it told about how Touch for Health is "touching over 1,000,000 people around the world." We are making arrangements to reprint this article for you soon.

It looks like this will be the biggest year ever for Touch for Health to reach into people's lives and help them learn how they can help themselves and others around them. If you are not actively teaching Touch for Health now and want to be in on this swell of developing energy, get yourself ready!

In this issue we have the story of a Touch for Health Instructor who was harrassed by the Medical Board of her state, not for using but for teaching Touch for Health. Her experience is well worth reading.

I hope that all of you will remember that Touch for Health is a tool that can be used by anyone without any previous training to help heal themselves and others, but it is not a complete system of health care in any sense. If you are using it as therapy, be sure that you are complying with the laws of the area where you are. What each of you do does have an effect on all the rest of us. If you are using your Touch for Health Instructor certification as part of your qualifications, please consider others and your contract with the Foundation under which we agreed to share this information with you.

A radical proposal from the Board of Medical Quality Assurance in California is being considered which would bring about the biggest change in the medical monopoly on health care delivery. If this proposal passes, it will make drastic changes in the legality of practice and the number of people who deliver alternative health care. This is the first time that I am aware of, where an official government Medical agency recognizes that there are legitimate alternatives to medical diagnosis and orthodox medical treatment. Touch for Health is definitely one of the tools that alternative health practitioners are using.

The Foundation is undergoing major changes as we are enlarging the office and classroom to provide more working areas. We will be adding more staff this year. Those of you who have applied in the past and still desire to work for the Foundation, please get in touch again. We do not know how soon any jobs will be open, but it will be sometime in 1983.

We also are in need of office equipment and other supplies. Why not include Touch for Health as a part of your sharing of what you receive from the Universe, as any donations for this purpose will be gratefully received.

We have come a long way since we began with the first edition of Touch for Health in 1973. The next decade will take us a long way further on our road to being part of what helps people have healthier, happier lives.

God bless all of you who are contributing to this world-wide sharing.



## Dr. Thie's Free Lecture Series

Explore some new and exciting possibilities in hearing Dr. Thie's perspective on these health issues:

February 28th - Arthritis

March 14th - Headaches

March 28th - Stress Reduction

April 11th - Whiplash

Monday Evenings, 7-8:30pm, at Thie Chiropractic Clinic, 1192 North Lake Avenue in Pasadena. Call (213) 798-7805 for reservations to attend these free lectures.



## TFH Trivia Contest

Correctly answer all the following questions and submit them to the Foundation postmarked no later than April 1, 1983. The winner with the most correct answers will receive an autographed copy of the first edition of the Touch for Health book. In case of duplicate winning entries, winner's name will be drawn from those at random. Answers and the name of the winner will be published in the May 1983 issue of In Touch for Health. Please, only one entry per household.

1. What was the name of the original series of classes which Dr. Thie taught, before they were re-named "Touch for Health?"
2. What was the first University to sponsor Touch for Health classes?
3. On what night of the week was the first Instructor Training Workshop held?
4. Who was the first TFH volunteer to be hired for a full-time staff position?
5. From what country is the hand on the cover of the Touch for Health book?
6. How many copies were produced on the first printing, first edition, of the book?
7. Who said, "The body is intricately simple and simply intricate."?
8. Where was the first Touch for Health Annual Meeting held?
9. What special training did the original staff and faculty of the Touch for Health Foundation have in common?
10. This group met in the Fall of 1973 to read the printer's proof of the soon-to-be-released Touch for Health book. Identify each of the participants. Who was missing from the photo?



# Letters oooo

Dear John Thie and Mary Marks,

I am a science teacher at Brookline High School, a public school in Brookline, Mass. Four years ago I initiated a course called Body/Mind Research which was designed to bridge the gap between the world of science and the world of experience. Its purpose is to develop students' awareness of their bodymind, to improve their health, and to raise their self esteem. The course is now a regular part of the science curriculum and enrollments have expanded dramatically.

Touch for Health is one of many approaches which my students experience. It is one of the first systems I use because it facilitates the students responses to all that follows (Feldenkrais method, Alexander Technique, meditation, TaiChi, etc.) For many students, Touch for Health is the catalyst for a paradigm shift. Here are typical comments by my students:

"The most exciting thing that I learned from Touch for Health had little to do with the techniques themselves. To see that there are alternatives in health care that really work is exciting. After this widening of my perspective, I'll never be able to return to the same tense skepticism."

"These seeming miracles opened my mind to possibilities. I am beginning to realize that a body might not be something to dissect, pull apart, and add to, but a whole to balance and experience through self exploration."

"One thing that I have learned is that there seems to be no limit to what our bodies can learn."

Since Body/Mind Research is a science course, students are required to explore and to record their discoveries. They also help to organize class data and identify the themes which emerge. They have produced an abundance of data on Touch for Health-induced changes in their bodies, attitudes and relationships. The final step in the scientific process is the sharing of knowledge, i.e. publishing. If you would like to publish an article on "Touch for Health in Public School," I would be glad to write one or provide data for one.

Marilyn Howell  
39 Linden Place  
Brookline, MA 02146  
(617) 232-3275

Yes! -- Ed,

Dear Touch for Health Family,

I did it, I did it, I did it!

REVEALING, INFORMATIVE, INSPIRING,  
CLARITY, METHODICALLY BUILT UP,  
JOYFUL, LOVING, ENERGY, EXCITED,  
FULFILLED, SUPPORTIVE, USEFUL,  
AFFIRMING, EXPANDING, VALUABLE,  
INTEGRATIVE, WARMTH, CONCEPTUAL,  
ACCEPTION, ACADEMIC, HEALING,  
INNER GROWTH, HOLISTIC !!!

Those, my dears, are the "three" words used by the participants to describe feeling about my first experience as an instructor of TFH. It was truly an amazing experience. Hard and gratifying all in one. Very difficult at times.

It was extremely difficult. I'd worked all day, had coffee with a dear friend who was leaving the country for at least a year, ran regular household errands, and did not stop to eat all day. All of which probably added up to the difficulty I experienced with Friday's class. I felt just awful when Friday's class was over.

After doing a TFH-I in October in 2 eight hour sessions, we decided to include a short Friday session, which I feel really helps. Saturday was easier and Sunday a super high!

Do it! Teach a class, soon! And if at all possible, do it with a supportive colleague, friend, former teacher, whatever - just do it! The support really helps you to survive.

There is so much going on in the class. We planned the class, outlines, etc. and lots of things (teaching kinds of things) just happened spontaneously. It was amazing the things I was able to access and know/remember and use from the ITW. THANK YOU FOR ALL THOSE DEMOS.

Nancy and I work well together, each filling in for the other, no competition, and the energy just flowed between us, nurturing each other as well as the class. And we had fun.

Sunday, pm, we taught TFH and nutrition and ended with balancing with foods (standing up). There was quite an array of foods - coffee, chocolate (milk, bittersweet, light & dark), parsley, spinach, carrots, raisins, sunflower seeds, cashews and almonds, natural ice cream, wine (white & red), cola, yogurt, mushrooms,, varieties of cheeses, peanut butter, chocolate chip cookies, etc.

It was fun, educational and a great way to end the class on a High. I thank you all for being in my life and letting me be a part of yours.

Trae Holloway Boxer  
Oakland, California





# Intentions and Commitments

By Mary Marks, D.C.

The success of the Touch for Health Foundation and the ideals it represents depends upon a lot of factors: financial support, community acceptance, the continuation of services to the instructors and the availability of the information.

Just as important as the efforts put in to make it "go," and even prerequisite to any energy we might expend, is the attitude that Touch for Health IS. It does already exist, and it gives us tools to use. In fact, we were using the principles of this natural health philosophy even before they were defined and adapted for us by the Applied Kinesiologists. Touch for Health is as much a part of us as eating, sleeping, touching and caring. WE are Touch for Health.

We also recognize that our intentions play a significant role in creating the reality of a happier, healthier, more loving way of life. The intention to continue with Touch for Health as a means toward that end gives it that direction.

Only when we have decided what we want for ourselves and our outreach, can our efforts take that form and succeed. When we purposefully choose to teach and share what we have learned through Touch for Health, that intention makes it happen.

And it may not be an easy path to take. We must be willing to make mistakes, to accept discouragement and to meet the challenges. These only prove to us that we are on course, on purpose, and that Touch for Health works. We must not subtract our "failures" from our successes.

Attitudes, intentions, and the willingness to be human are essential to the existence of Touch for Health. To insure its continuing, we have to make a commitment--to ourselves, our family and community, and to the Foundation.

It's not enough to say, "I'll do whatever is needed, the very best way I can." We must be very specific in making a commitment to what we care about, or we won't be able to act on it directly.

"I am sending in my membership renewal by the first of the month."

"My next TFH class starts on March 3rd at the Community Center."

"I donate 10% of my class fees to the Foundation at the end of each course I teach."

"I get myself balanced every Saturday morning, whether I need it or not!"

When these commitments have been made, then it's easy to adopt attitudes that acknowledge our part and purpose in them. Our energies have a direction to go and a place to work. And when it looks like we may have missed the mark, we can accept ourselves as "being" and reaffirm our intentions.

I love Touch for Health. It gives me a language and a context to understand and communicate things that are personal, physical, interpersonal and spiritual.

In the Touch for Health publications, I am committed to putting into print ideas and information that will help it keep growing.

As I work with the schedules of classes and programs of the Foundation, I intend to provide for the varying needs of instructors, students, members and all others interested.

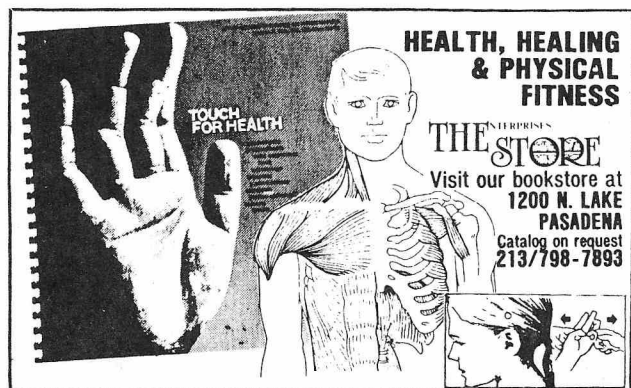
Teaching classes, I learn how I can do better as I see my mistakes, pushing myself to go on in spite of doubts and fears.

Most of all, I am grateful for all the help, encouragement and support I receive from the staff, my students, family and fellow travelers. Thank you.



## Energy: $E = mc^2$

Remember Einstein's equation for the equivalence of mass and energy? Roughly, it told us that mass, or the amount of substance in matter, was directly equivalent to a certain amount of energy. According to this formula, the amount of energy that could be converted from one ounce of ANYTHING would be enough to keep a 100 watt light bulb burning for almost a million years.



# What is Touch for Health ?



By Phillip Crockford

Have you ever wished you had the perfect answer to that question? If you've been asked, "What is TFH?" and been stuck for a satisfying answer, this article is for you.

First, take a few breaths and get ready for some disciplined thinking as we look at the question together.

When asked the question "What is Touch for Health?" we try to form a definition. If you look at your own mind working, you'll see that's what you do. How does one form a definition?

Usually, we look at the circumstances in a situation and decide what they mean. When we look at the circumstances of Touch for Health, they are of incredible variety, every which way: people healing each other; some people teaching lots, some not at all; some knowing it and never using it, others using it every day; the Foundation's in fine shape one minute, having a rough time the next; some people using TFH with other techniques, others having miracle "cures" with the simplified TFH techniques alone; etc.

With such a wide range of circumstances, we find it a little difficult to decide what Touch for Health really is. Is it the techniques? Is it the people? Is it the Foundation? The ITW?

Again, if you examine your mind as you consider the question, you'll see that Touch for Health is all these things. In fact, we could make up descriptions of the circumstances forever, and there would always be someone who would come up with a new version that was true for them. This is because Touch for Health is not just a description of the circumstances -- it includes all the descriptions and it is more than that.

This can be a problem when someone is looking for a quick answer, because if you just

describe the techniques, you lose the quality of the experience.

So now we know that Touch for Health is not just the circumstances. However, we still have the question, "What IS Touch for Health?" Maybe the answer lies in what Touch for Health does.

At the Pacific Palisades meeting in October, 1981, the people present (Board members, Faculty, Staff, Annual Meeting Committee and several Instructors) worked very hard to come up with a working purpose for Touch for Health. This is what we came up with:

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

When written this way, the purpose becomes a description of the circumstances and the process - a description of what Touch for Health does - which is especially useful for those people who are responsible for teaching the techniques and administering the membership.

All that it says is accurate, there is no doubt of that. However, is it complete? If we observe the meaning carefully, we find that, in fact, it is not complete. It is a very comprehensive description of what Touch for Health does; and yet there are many other processes in Touch for Health: to support people in healing themselves, to make people happier, to enhance proprioceptive education, to bring families closer together, etc.

In fact, no matter how much we look at the process of Touch for Health, there will always be someone, somewhere, who has a different idea of what Touch for Health does. This is because we are talking about the experience of Touch for Health. If you look in your own life, you know that an experience is never the same as its description -- and never the same from one person to another.

Another way to say this is, "Touch for Health is different things to different people." If we want to answer our question from the realm of experience, Touch for Health is as many

experiences as there are people. This is certainly true, and it isn't ultimately satisfying. In fact, it would take a very long time to answer our simple question this way.

So now we have examined the circumstances and the experience (process) of Touch for Health and found that neither one can completely answer the question, "What is Touch for Health?" I'm not saying that it is wrong to regard TFH as an experience, nor is it wrong to talk about Touch for Health in terms of the circumstances and content. I'm saying that they are insufficient.

At this point your mind may be a little baffled. That's O.K. It's probably a good sign! Because where we come from next is not in the domains of experience and circumstances to answer our question completely, we must come from a place where experience is created -- the place from which everyone creates their own experience of Touch for Health.

What I'm talking about now is the context of Touch for Health -- out of (and also within) which our experiences of TFH come. These experiences then evolve into the circumstances of and descriptions of Touch for Health. To put that another way: descriptions of TFH point toward the experience of TFH, and experiences come out of the context of Touch for Health. So that fundamentally and ultimately, Touch for Health is a context out of which things arise.

Three things about context:

- (1) A context exists because we say it exists, that's all. No reason, just the awareness of its existence. You can create any context you want by being aware of it. The operating context for Dr. Thie and the Touch for Health Faculty is: "Touch for Health is an acknowledgement of our personal responsibility for health and well-being.
- (2) A context is difficult to talk about. It is much more available to us to talk within a context and to use descriptions of our experience and circumstances to do this.
- (3) Whatever you do and experience within a context will be an expression of that context. In fact, when you are expressing a context, you do what works and what you do works.

So, finally, let's get back to the situation where someone has just asked you, "What is Touch for Health?"

Now, from what we have covered so far -- if you describe the techniques, you run the risk of losing the experiential quality of TFH. If you narrate the process, it gets long and complicated. So what's left is to share your experiences and circumstances in the CONTEXT of Touch for Health. Now you don't have to worry about getting it "right" -- whatever you say will be

an expression of your context. You don't have to go into long technical descriptions or wonder about what experience to share. Simply communicate to them out of your context.

#### An example.

If you choose as your context "Touch for Health is an acknowledgement of our personal responsibility for health and well-being," then what you say will be an acknowledgement of personal responsibility for health and well-being. You can do this in an infinite variety of forms. You might say, "Touch for Health is a technique to get yourself really well," or "Touch for Health is a way for me to be in charge of my health," or "When I do Touch for Health, I get to feel great!"

The point is not to get bogged down in needing a 'right' way to say it. If you get one 'right' way, it will work great sometimes, and sometimes you'll lose the person because it doesn't fit their references. To have it work every time, just create your context and say whatever is appropriate. It's more fun, spontaneous, and it works. -- try it!



## **Portable Gravity Guider™**

**Relieve the painful pressure of gravity; condition your back to be strong and flexible.**

# "That's Enough!"

Touch for Health Instructor Irene Radamski of Toms River, New Jersey, candidly shares her experience in having been raked over the coals by her local Medical Board for "teaching Touch for Health." She cautions other instructors to take note of the legal implications of "doing" TFH and to investigate regulations which may apply to teaching in their area. --Editor

When I received a letter from the State Board of Medical Examiners requesting me to appear to "discuss" my teaching of Touch for Health, the first thing I did was to write every instructor in this state. I also contacted any who had articles in our Newsletter, asking those who may have taught professionals to contact them and see if they would recommend Touch for Health as a good course for lay or professional people.

Although only one instructor from this state assisted, those of you from other states who so lovingly sent your letters and experiences to me are forever etched in my heart. A very special thanks to Annette Sensinger and Bill Cooper from Allentown, Pa., and Nancy Crockford for their support and encouragement.

I have still not heard from the Board since the ordeal. The experience was stressful and, now I realize, unnecessary. After going through all that I did in seeking help and recommendations, consulting with three lawyers (none of whom either knew or informed me that I could have politely declined), I was told on arrival that my appearance was "voluntary."

At that point I should have said that I choose not to "volunteer" and left. However, one of the lawyers had said emphatically that I had to appear, so I stayed.

We had asked the Deputy Attorney General if we would be allowed to tape the conversation and were told that it would be up to the Doctors. However, after getting inside, he vehemently denied this, stating that a tape could be "altered." In hindsight, I think we should have had two tape recorders and offered the Board their choice! I now strongly feel that the reason we were not allowed to tape the conversation was because the tape would have picked up the unbelievably unprofessional intonations of their voices. I've never been so rudely spoken to in my life.

Because I stayed, the expected "discussion" became a "hearing," and I was asked to take an oath. I should have insisted that they keep to their letter as to a "discussion" and refused the oath.

Some of the questions related to my having an establishment where I taught, and the fact that someone taking the course might open an office to work on people. My students all sign disclaimers to the effect that they are taking the course for their personal knowledge and cannot work on anyone other than family members unless they have the State authorized qualifications to do so.

I was then asked what I charged, did I forward some of that to the Foundation, and did I send in class rosters. When I said yes to the latter, the next question was whether or not vitamins could be purchased through the Foundation!

"Who takes your course? What kind of people take it?" they asked, as if I hunted through the dregs of society for students.

I had a typed list prepared and started with, "Supervisor of hospital's operating room, RN's, LPN's, Physical Therapist, Occupational Therapist, Public Health Nurse, E.R. Nurse, Dental Technician, T.V. Moderator, Stunt Man...."

"That's enough!" they interrupted. "You say you teach 14 muscle tests. Stand up, show me the muscles and name them." I stood up, positioned the arm for the Pectoralis Major Clavicular, and named the muscle.

"The WHAT? There's no such muscle!" yelled the individual. I calmly stated, as I had in the beginning when asked what is Touch for Health, that I could not answer in a few sentences something that took 16 hours to teach. If I had a chance to explain, the book does state that the muscle names may be different from what they learned because it is basically for lay persons.

"O.K., is it a deep muscle or a surface one?" I said that I didn't teach that. "O.K., the next muscle." I positioned the arm for the Latissimus Dorsi.

"Where is it?" I complied with a description, showing on my own body. "Does it run up-and-down or across?" My answer was that it kind of ran diagonally rather than either of those. "That's enough. Sit down."

I used to use the flyers with the world in the hand. They had one there and tried to pick it apart. They did the same with information from an article I had copied from a magazine that used information right from the book.



A portion of a news article was thrown at me from across the table, with accusations that I gave people information on nutrition. I denied it because I do not, and then I recognized the article. It just happened that last year I was contacted by a reporter who wanted to write something about me in an article she was doing on Chiropractic and Kinesiology.

I'd been deeply into tax season at the time and would not allow the reporter to print anything that I could not personally check over, so all she did was mention my name at the bottom of the page as a Touch for Health instructor. I happened to have the entire page with me and took it out of my briefcase. I showed them that the nutrition being discussed was information from another individual. The only reference to me was in a box at the lower right hand corner.

"You cannot use the term 'certified.' As a matter of fact, you CANNOT," they stated very nastily, "teach in this state because you are not certified by the State Board of Education!" I said that I would have to check into that.

"Have you taught any Doctors in this state?"

"No," I replied.

"Why not?" I told them that when I was first certified, my desire was to specialize in teaching professionals. However, I got tired of trying to get past their receptionists.

Then, deviating from their letter regarding my teaching, a statement was shot out to the effect that I had, in my home, a "treatment room" where I "worked on people." I found this a bit amusing. I have a three bedroom ranch home. My 32 year old son is back home, and one of my bedrooms was turned into my office for Bookkeeping and Accounting about 8 years ago!

"You have a chart on your wall and certificates," they accused.

"As a matter of fact, I do!"

"Why?"

"For one thing, I am a 'rebounder' and find it convenient to study while rebounding."

At one point I was asked what I do to correct an imbalance or weak muscle. Since I was so attuned to using meridians in demonstrations, that was the first thing out of my mouth. Thank goodness NL's and NV's were not in the front of my brain that day.

"What do you do to a student to teach meridians?"

"I stood up and said, 'O.K., class, everyone put your hands on the little notch under your eyes and follow me.'"

"That's enough!" Constantly they were trying to trap me.

I know the original complaint had been sent in by the man who had been my personal Chiropractor for 17 years, up until about December of 1979. I have since kind of figured out how the whole thing evolved.

Many of my friends go to Kinesiologists in nearby states. When I went to Phoenix in 1980 to take the ITW and become certified, my excitement was well known. From the moment I returned, many of them stated that I was "doing" Touch for Health. It was a long while before I could quell all that, but that's what got around.

Over the years I had recommended many people to that Chiropractor, and they would mention to him that I was "doing" Touch for Health. No doubt he inquired if I worked at home. An affirmative reply would be given because everyone knows that I've had an office for Bookkeeping and Accounting in my home for many years.

Because of this experience, there are some things that instructors should check into for themselves:

Find out from the State Board of Education if seminar-type courses that do not lead to an occupation are exempt from needing state certification. (They are exempt in Calif. - Ed.)

Get to a law library (mine was in the local Court House), or to the main branch of your County library, and read up on all the laws relating to what the State Medical Board does and does not allow.

The Medical Board is supposed to have jurisdiction over only those whom they license and who are in the practice of Medicine, Chiropractic, use the term "Doctor" and who prescribe and diagnose. However, in my state, even a "casual recommendation to a friend comes under their awesome powers, as some boards are a law unto themselves and can interpret anything any way they want to.

Interestingly enough, Nurses can tell the Board to "pound salt," as they are licensed by the State Nursing Board and only have to answer to their own peers.

Be very sure that when you are demonstrating any facet of Touch for Health, even to friends, you make them very aware that you are DEMONSTRATING to them how Touch for Health may benefit them.

Many Masseuses in this state who use the term "Massage Therapist," no doubt to set themselves apart from those of questionable reputations, have also been brought before the



Board and put through a similar ordeal. I've heard they've been made to sign a paper that they would not use the term "therapist" thereafter. Foot reflexologists, who do not prescribe or diagnose, are also hauled in and forbidden to work with this method.

Even Bonnie Prudden's staff have received a letter from this Board to the effect that her Myotherapy cannot be taught in this state as it "infringes on that of Chiropractic and Physical Therapy." That might be true if they were trying to operate a school leading to an occupation here, but the laws of the Board of Education indicated that this is not true of weekend seminars for family use.

In any event, it is always wise to consult with an attorney, and definitely one who has personally been before a Medical Board. (Why pay extra for one to research this out for himself?) Let him advise you as to what you may and may not do.

I came away from the meeting tired and emotionally drained, and I thought, "Is this all worth it?" I had a total of seven classes in 1981 and spend so much time and energy promoting them.

However, that weekend I had a class scheduled for six people. They turned out to be the most receptive, appreciative group I have ever had. When it came time to give out the certificates, they in turn all signed a loving "Thank You" card and presented it to me. I was overwhelmed.

One of the students, a man in his late sixties, was so excited that he kept hugging the two girls who had worked with him. When they asked what was so great, he told them that he had been diagnosed as having Parkinsons Disease a year before and for that year had not been able to make a fist with his hand. After "balancing," there he stood making a fist. Worth it? You bet it is!

I may not schedule as many classes as I would like to, but I refuse to become discouraged now. I will continue to give lectures, demonstrations and teach as long as I am able to move and speak.

Touch for Health has changed my life for the better. I am a completely different individual today than I was a few years ago. People who had not seen me for several years insist that I look younger and healthier than I did ten years ago.

My association with Touch for Health and the Foundation is something I never want to be without.



## Breakfast?

Kids Might Leave Well Enough Alone

A short study reported by the American Journal of Clinical Nutrition showed surprising differences in children's performances with and without breakfast.

The children did prove to be more accurate in problem solving when they had breakfast. However, they showed improvement in short-term memory when breakfast was SKIPPED.

Researchers suggested that the minor stress of not eating heightened their degree of arousal, causing the accuracy slump and short-term memory improvement.

With the help of Touch for Health, diet and eating patterns can be tailored to individual needs. It would be interesting to see test results of children operating under their own optimal conditions--with, without, or whatever "breakfast" proved to be.



## Laughing...

integrates the right and left sides of the brain.

# Registered Health Practitioners Proposal

California's consumer-oriented Board of Medical Quality Assurance is ready for public hearings in early 1983 on the registering of health care providers who are not MD's.

If the proposal becomes state law, those including massage therapists, iridologists, nutritional counselors, lay midwives and hypnotherapists could deliver a variety of services now limited only to the medical profession.

Adoption of the draft legislation would mean that physicians would no longer have the exclusive right to perform numerous procedures currently reserved to them.

As many as 15,000 unlicensed practitioners who currently risk arrest and prosecution for the unauthorized practice of medicine would become free from criminal charges.... It is contended the new plan will give the public freedom of choice they feel they should have.

Although it is certainty that the wealth and power of the CMA will go into action to defeat any legislation that should develop from this, nevertheless, the increased number of those in a health-related status seeking state legislation to be licensed under the MBQA has pressed board members to reassess the purpose of licensing and brought forth interesting comments from board members.

Florence Stroud, RN, Assistant Director of Health for the City/County of San Francisco and a member of the MBQA committee that reviewed the registration plan commented: "We are not all sure that the state is serving the public interest by enforcing a professional monopoly."

BMQA Executive Director Robert Rowland told the committee that in this new proposal, people would be faced with a choice they don't have now.

"If they had a headache or a knee pain," he said, "they could go to a broad variety of practitioners. It's their choice - good or bad."

Rowland added that the medical profession would have a "greater responsibility to put out information that its own particular mode of healing was the most appropriate."

"One protection that we have in the registration plan," he said, "is that a registrant's failure to make an appropriate referral would be a violation of the act. That is a very important protection in terms of our ability to prosecute the grossest kinds of problems."

In addition to the proposed revision of the Medical Practice Act, the BMQA has drafted a Health Practitioners Registration Act that would require unorthodox or folk healers to prepare a patient disclosure package.

The package would include their educational background, the theory or philosophy of the treatments or modalities that they proposed to use, and a warning that the state did not evaluate or endorse their type of practice. It also would advise the patient that registered health practitioners are prohibited from diagnosing diseases, injuries, or disfigurements.

The reason, Rowland said, is that classic diagnosis in untrained hands could be dangerous to the patient.

"We wished specifically to exclude a registered health practitioner from saying, 'You have a bowel cancer,' or using scientific terminology in a way that could be misleading, alarming, and harmful," he said.

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The article above has been reprinted with permission from the newspaper Chiropractic U.S.A. A copy of the full text of the proposal is available at cost (\$5) at Board of Medical Quality Assurance, 1430 Howe Avenue, Sacramento, CA 95825

## SUMMARY OF PROPOSAL

The Board is considering a proposal to seek legislation to make the following changes in the Medical Practices Act:

1. Redefine the practice of medicine to mean doing any of the following: Surgery or penetration of human tissues; Prescribing drugs; ordering or using X-ray; Instrumentation beyond the mouth, vagina or anus; Diagnosis of disease, injury or disfigurement. Only a physician or other licensed person permitted to do so by specific laws would be able to perform these activities.

2. Establish more stringent penalties for violation of the restrictions in 1, above.

3. Require persons who treat other physical or mental conditions, but who currently are not eligible for any kind of licensure, to register with the State, to disclose completely any training, education, experience or other qualifications they may have, and to make such a disclosure to each patient prior to offering or giving any sort of treatment. Registrants also would be required to secure written informed consent to treatment from each patient.



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DURING THE MONTH OF FEBRUARY 1983, THE FOLLOWING BOOKS WILL  
RECEIVE A 20% DISCOUNT. ORDERS MUST BE POSTMARKED ON OR  
BEFORE MARCH 1st. ADD \$1.50 FOR THE 1st BOOK, .25¢ EACH  
ADDITIONAL ONE. CALIF. RESIDENTS ADD 6.5% SALES TAX.

LOVE, A WARM & WONDERFUL BOOK ABOUT THE  
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This is a book about love. What it is & what it isn't.  
It is about you & everybody who has ever reached out  
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CHALLENGE OF BEING SINGLE. *M. Edwards & E. Hoover.* Strong, solid  
advice on how to beat loneliness & get the most from your freedom.  
220 pp. ~~\$1.75~~ **\$1.40**

WORK AND LOVE: THE CRUCIAL BALANCE. *J. B. Rohrlich, MD*  
~~\$4.76~~ **\$3.81** "The basic requirements of human existence" defined beautifully

LOVE IS LETTING GO OF FEAR. *Gerald Jampol-  
sky, MD.* Based on material from "A Course in Miracles,"  
these are guidelines for releasing fear & bringing about  
inner peace. Recommended. 131 pp., illus. ~~\$2.95~~ **\$2.36**

INTIMATE ENEMY. *G. Bach & P. Wyden.* Reprint of bestseller on how to  
fight "fair" in love or marriage. 385 pp. ~~\$2.95~~ **\$1.80**

### HOW TO ORDER

By Mail — Send requests to Sales Department,  
THE ENTERPRISES STORE, 1200 N. Lake Ave.,  
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PURCHASES CAN BE CHARGED TO YOUR VISA CARD OR  
MASTERCARD. Simply supply card number and expira-  
tion date.

Call us at (213) 798-7893  
and we'll ship UPS C.O.D.



## Clubs & Groups

Los Angeles/Pasadena/Glendale - call Charlotte Ishikawa at (213) 791-8360.

Los Angeles/El Segundo, California  
- Frank Mahony, (213) 322-3425

Santa Barbara, California - call Terry Wade,  
(805) 687-4404

San Luis Obispo, California -  
- Manuela Schreiner, (805) 927-4137

Sebastopol, California - Lita Clearsky,  
(707) 823-4236.

San Francisco Bay area - Bill Walker,  
(408) 744-1186

Port Angeles, Washington - Cheryl Stull,  
(206) 542-7901

Tucson, Arizona - Ellen Landa (602) 881-4841

Phoenix, Arizona - Pepper Brydon,  
(602) 831-2224

Colorado - write to Tony Hegge, 930 Sherman  
St. Apt. #307, Denver, CO 80203

Hazelwood, Missouri - Open house at Kay's  
Health and Nutrition Center, 7pm, on the first  
Friday of each month, for instructors and any-  
one interested in TFH. Contact: Carol Albee,  
(314) 838-2123.

Duncan, British Columbia, Canada  
- Donny Redding, 1524 Maple Bay Rd, RR #5,  
Duncan, B.C. V9L 4T6. Call Pat Hafley,  
(604) 754-9261.

Thunder Bay, Ontario, Canada - Betty Sider,  
(807) 577-3552

East Coast TFH Association meets at the  
Church of The Redeemer - Parish House,  
26 South St., Morristown, NJ 07960, on the  
second Thursday of each month at 8PM.  
Association dues are \$10 per year.\* Contact:  
Warren S. Woolley, Pres., 121 Washington Ave.,  
Morristown, NJ 07960, (201) 539-0940.

\* The use of the name "Touch for Health" is restricted to the Foundation and any regional certified instructor groups organized for educational purposes not for profit. Instructors may use the name for their classes and as a title, such as "Certified Touch for Health Instructor." Use of the name for any profit-making enterprise, such as a clinic or school, is prohibited.

## Active Instructors: Check Your Listing

or How to Get Your Name in the Paper

Wonder why your name wasn't listed in the Winter 1983 issue of the Touch for Health Times? Our newspaper is circulated to some 25,000 people all over the world. As a service to the public and our Independent Touch for Health Instructors, we provide a list of all those currently teaching Touch for Health classes to help people find an instructor in their area.

If instructors are on the list who are not actually teaching at this time, prospective students are turned away and become unhappy with us. Please help by telling us when you or another instructor you know is listed but not active, or is not teaching Touch for Health as we have agreed it is to be represented.

In order to qualify for the listing, you must be currently paid-up as an instructor member of the Foundation and certified as up-to-date by:

- having completed or refreshed an ITW or taken an Instructor Update Course (as at Annual Meeting) within the last 2 years,
- sending rosters of the names of your students (minimum 10/year) and/or
- sending in the dates of your next classes.

Anyone offering advanced TFH classes such as TFH-II and III or the equivalent can be so designated. And if you have State Nursing Board approval to grant Continuing Education Units, we can also show that you give CEU's.

If you teach purely TFH classes but must use another name for the course, as at a college or university, we may still be able to list you. However, we cannot list those who teach other techniques not approved by the Foundation in their Touch for Health classes.

The deadline for additions & corrections for the Spring issue of the Times is March 15th. If you have any questions about your listing, please give us a call at (213) 794-1181, or simply drop us a line.



The Center for Science in the Public Interest has found that health-food carob bars have three times as much fat as a Milky Way and just as much sugar--at about twice the price.



## Network of International Nursing Issues

NINI NEWS by Judy Pagnotta, BSN

Have you ever wondered just what happens when we balance people, or hold the frontal eminences, or do a meridian trace? Just what is actually going on?

Peggy Maddox had the chance to find out just a year ago. She was awakened during the night by her husband who was having severe chest pain. Her first inclination was to hold his frontal eminences while he described his symptoms. He was admitted to the Coronary Care Unit at St. Mary of the Desert Hospital in Apple Valley, CA, where he was placed on a heart monitor. I'm quoting from Peggy's letter --

"After talking to the doctor, we were informed that there appeared to be no damage to the heart, but it would take a full 48 hours for damage to show up. Meanwhile, I could 'play' with this new equipment, so to speak.

"I must tell you that before this time my husband supported me in teaching Touch for Health, but he didn't want me to work on him or explain things to him. If he hurt or stretched a muscle, he would ask me to fix him, but as an engineer he questioned the whole process.

"Well, as he lay in the hospital bed, he would keep an eye on the monitor while I held his frontal eminences. This seemed to smooth out the heart rate. I also would trace his meridians as he lay perfectly still in the bed and watched the monitor, with the same results.

"After three days in the Coronary Care Unit he was moved to the general floor to make sure he stabilized on his own. While in the hospital he was given access to a series of film strips, such as: a description of heart disease, the circulatory system, and relaxation techniques, etc. He was receptive to these and used some of the techniques he learned on relaxation at a later date, the night before his angiogram.

"Wouldn't it be great to have some TFH calming techniques on tape for the stressful and apprehensive hospital patients?"

Peggy is right. We are on the ground floor as far as getting Touch for Health out to the general public. She is willing to work with anyone who has access to the video equipment necessary for producing such a tape. Her address is 627 Camino De Encanto, Redondo Beach, CA 90277. In the meantime, keep on holding those frontal eminences and spreading the word. ■

**Q** Why should professional nurses (RN's) join the TFH Foundation as Professional Members?

**A** A review of their nurse practice act will reveal there are aspects of nursing other than following orders prescribed by a physician. As a nurse health consultant, I work primarily with clients having the nursing diagnosis of Alterations in Comfort related to pain or stress. Another frequent diagnosis I work with is Knowledge Deficit related to unfamiliarity with information resources. As professional members, RN's would have their names and addresses in one area of the TFH Directory, and that would help us with our networking. I would venture to say that the majority of nurses are not identified as such. I think it is a bargain at \$60.

**Q** Why is it important that we document and share the results of TFH testing and balancing?

**A** Bressler's book on pain refers to Thie's TFH as not being supported by much documentation, and Bressler is a "biggy" in the field of pain control and management. Since the Conference, I have been monitoring BP's on all individuals coming to me for health consultation. A surprising finding is that the systolic and diastolic values have invariably risen after balancing, even on individuals who are normotensive. I don't know how long that change is. However, they all report feeling so good and relaxed, a sensation that may last several days.

**Q** What did we do before Mary's Workbook and Phillip's tapes?

**A** I think we worked harder while presenting our classes. They are truly teachers/helpers. The involved student, as demonstrated by Phillip, also does cut down on teaching time.

**Q** What could be better than the 1982 Meeting?

**A** The 1983 Meeting -- a GREAT opportunity to meet the folks you haven't seen since your ITW and meet the others who contribute to the newsletter. I'm beginning to put faces and names together.

**Q** What is worse than not having your name and address in the TFH directory?

**A** Having it out-of-date. NINI members in particular -- please note the following change in my address, and stay in touch with me:

Marjory K. Tsuda, MS, RNC  
P.O. Box 50185  
Reno, Nevada 89513  
(702) 323-6400





Touch  
for Health

# Eighth International Annual Meeting

JULY 12-17, 1983



There Is Strength in Numbers!

Nurses -- sent me your rosters of nurses taking TFH, so we can get them to Annual Meeting and have NINI reach even farther:

Ollie Euler, RN  
28730 Doverridge Dr.  
Rancho Palos Verdes, CA 90274  
(213) 377-1391

Nurses can receive 20 hours of CEU's at the Annual Meeting Update Program. (\$10 fee.) Attendance also satisfies Instructor Update requirements at the same time, for anyone needing the brush-up for their certification.

## ● LEARN

new teaching skills - for Nurses, Teachers, Parents, Children, Performing Artists and the general public, with Dr. Mary Marks and our international Faculty and Instructors.

## ● HEAR

distinguished members of our Board of Directors present fascinating new material: Drs. John Thie, Richard Byrne, Sheldon Deal, Leonard Duhl, Alice Thie-Evans and International Training Director, Gordon Stokes.

## ● SHARE

TFH experiences with new caring friends and rejoice with the old ones....

## ● ENJOY

our talented TFH entertainers - zestful singing, dancing and creative group activities.

## ● SPEND

many glorious hours in the charming resort area of San Diego - a delightful vacation land...

\$25 Discount if registered by 4/15/83!

NAME \_\_\_\_\_ PHONE ( ) \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_ COUNTRY \_\_\_\_\_

Fees: Conference \$140 Members  
\$170 Non-Members, includes 1 year membership  
Accommodations \$ 137.50 Multiple Occupancy  
(includes meals) \$ 172.50 Single Occupancy (limited number)

(There is a University off-campus charge of \$7.50 per day, no meals)

Enclose a \$25 non-refundable deposit and mail to:

TOUCH FOR HEALTH FOUNDATION  
Elly Wagner, Chairperson  
1174 North Lake Avenue  
Pasadena, California 91104

Phone: (213) 794-1181

\$ \_\_\_\_\_ encl.

Confirmation and Registration Materials will be mailed promptly.

# Call for Papers and Award Nominations

Dear Instructor,

We are in the process of preparing another exciting and informative INTERNATIONAL ANNUAL MEETING this year. We would like to include your proposed presentation and/or demonstration, if possible. Please complete the form below and return it, together with an outline of your talk by or before March 1st.

If you are notified that your presentation will be scheduled we will want a photograph and a detailed typed paper at a later date. Please bear in mind that we will want your material reprinted in our ANNUAL JOURNAL of the Conference proceedings.

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

SUBJECT OF YOUR PRESENTATION: \_\_\_\_\_

AREAS OR MAIN POINTS TO BE COVERED: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TIME REQUESTED: 15 minutes \_\_\_\_\_ 30 minutes \_\_\_\_\_ 1 hour \_\_\_\_\_

BLACKBOARD \_\_\_\_\_ TABLE(S) \_\_\_\_\_ EASEL \_\_\_\_\_ OTHER \_\_\_\_\_

AUDIO/VISUAL (type) \_\_\_\_\_ Will you have hand-outs? \_\_\_\_\_

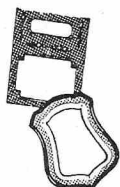
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## Awards

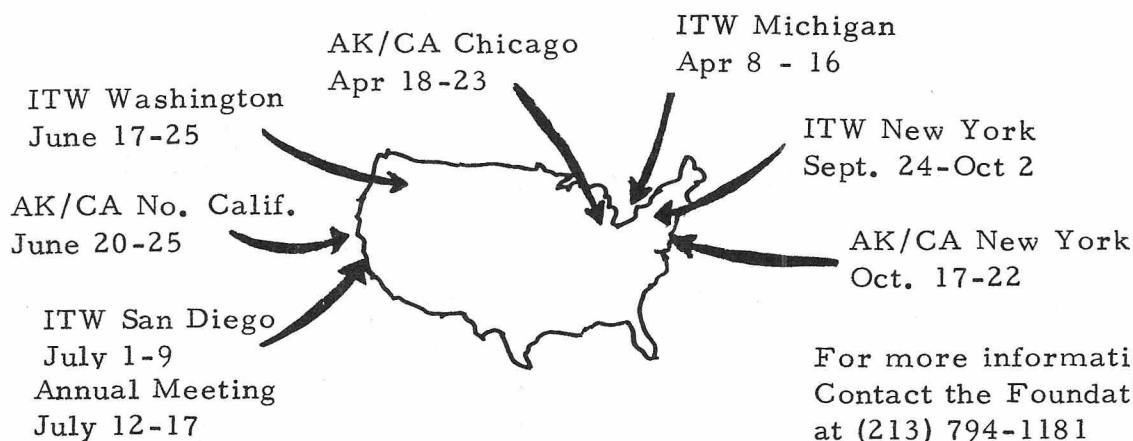


Now is the time to recommend names of people to award for their work in/for/about Touch for Health. Please nominate EVERYONE you feel deserves an award, and the reason(s). And don't hesitate to nominate yourself. Send your nominations by May 15, 1983 to:

Peggy Maddox  
627 Camino De Encanto  
Redondo Beach, DA 90277



# TFH on the Road

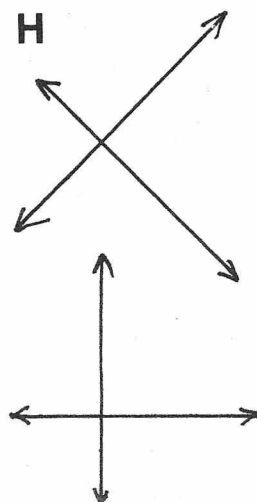


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SSCSOBFJHEJB LINFERQRCOIVXERAZ YCN  
NRUOX YVNHAOWMHYXMQPEOSGDOHIMDIBR  
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MFX YQARNETDLYFBIEXRHF MQWOILSBUNM  
PULSES LRIMUYREESVJRENYOMNOXNOUTW  
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EDIKR FYGOLOISEN IKNDHMLWIRXITDCGB  
FULAQ LRIBNFSTRAEHDOOGE GROEGUCNYI  
CQYODMIFNTNXS IJR IWQOFP GHJTRNAGGX  
FIVC PRSWIXNYRLK MOTHERW XQLVSYNDRO

## TFH WORD SEARCH

Find 58 TFH  
names, words  
and methods,  
all from the  
TFH book.  
(no muscles  
or meridians)

No tricks --  
just up, down,  
and across,  
diagonal,  
backwards  
and forwards.



By Alice Marks

## CLASSES at the FOUNDATION

**TOUCH FOR HEALTH - I** (12 hours) is the introductory TFH class for learning basic muscle testing and balancing with the 14 acupuncture meridians, massage reflexes, holding points, and muscle origin/insertion techniques. The course also covers use of the cross-crawl exercise, emotional stress release (ESR), testing for food compatability, simple pain relief and surrogate testing. \$100; \$25 deposit

Sa 6-10pm Su 9am-6pm Feb 12-13

MTTh 6-10pm Feb 28, Mar 1, 3

M " Mar 7, 14, 21

Th " Apr 7, 14, 21

MTTh " Apr 25, 26, 28

" " May 2, 3, 5

Th " May 12, 19, 26

MTTh " June 6, 7, 9

TWTh " July 19-21

MTW " July 25-27

**TOUCH FOR HEALTH - II** (16 hours) introduces 28 additional muscle tests and concentrates on acupuncture concepts, including the midday-midnight law and meridian energy cycle, the meridian massage, use of alarm points related to over-energy, and using meridians for pain relief. In addition, Golgi and spindle cell technique, checking for visual inhibition, auricular exercise, balancing with foods, and more application of the ESR techniques are covered.

\$125; \$25 deposit

M T 9am-6pm Feb 14, 15

T Th 6-10pm Mar 8, 10, 15, 17

M T " Apr 11, 12, 18, 19

" " May 9, 10, 16, 17

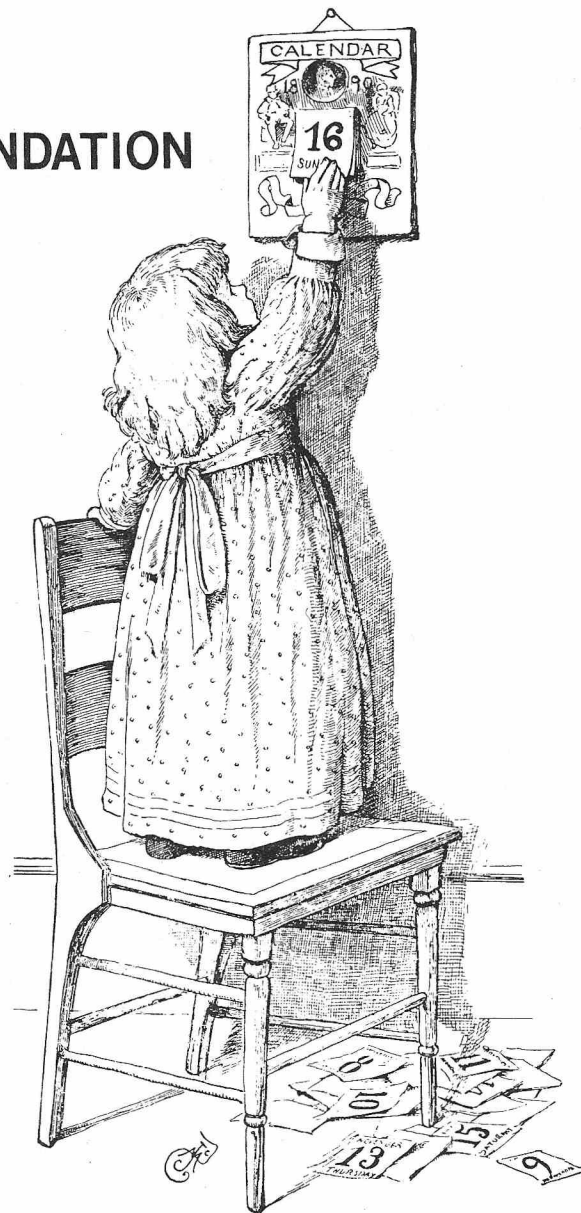
M-Th 9am-1pm May 23-26

" " June 13-16

F 6-10pm Sa&Su 9am-4pm June 24-26

The **PROFICIENCY WORKSHOP** (45 hours) is an intensive program to provide the student with an opportunity to learn ALL the Touch for Health techniques and methods in a single course. It is equivalent in scope, content and practice experience to TFH-I, II and III combined, including student participation and review. \$350; \$50 dep

F 6-10pm Sa-Th 9-5:30 Apr 22-28



**TOUCH FOR HEALTH - III** (16 hours) develops further skill in applications of Touch for Health with a comprehensive review of the 42 muscle tests and emphasis on understanding balance and coordination through posture analysis, gait testing, reactive muscle problems, and trauma and postural stress release. The Law of the Five Elements, the acupuncture holding points, use of the pulses with pain tapping, and Figure-8 energy balancing are also taught. \$125; \$25 dep

W Th 9am-6pm Feb 16-17

" " Mar 2-3

" " Mar 16-17

" " Apr 6-7

" " May 11-12

F 6-10pm Sa&Su 9am-4pm May 27-29

T Th 6-10pm June 14, 16, 21, 23

T W 9am-6pm June 28-29

## SPECIAL INTEREST SEMINARS

A practical, educational and entertaining series of one-day workshops conducted by renowned leaders in their fields, open to all persons interested in personal growth and professional enhancement. \$50

Sundays, 9am - 4pm

February 27 - "LOUDER THAN WORDS" - Gordon Stokes  
A new approach to understanding face and body language.

April 17 - "THE TIME OF YOUR LIFE" - Richard Byrne, Ph.D.  
Managing your personal and professional time.

June 12 - "POSTURAL PRECISION" - Mary Marks, D.C.  
Understanding mechanisms of physical perception & potential.

The **DOCTORS APPLIED KINESIOLOGY** program (16 hours) teaches identification and correction of cranial, TMJ and pelvic faults including Categories I, II & III; extremities, electromagnetic problems - ionization, switching, centering (hyoid, gait & cloacals), acupuncture; ileocecal and Houston valves, hiatal hernia, adrenal syndromes, nutrition and much more. Treatment procedures include determining priorities of correction.

The **CHIROPRACTIC ASSISTANTS COURSE** (45 hours), taught in conjunction with the Doctors AK course, trains the doctor's assistant to perform the applied kinesiology examination above, in addition to a basic physical with vital signs and laboratory work-up. It also includes testing of 42 muscles and energy balancing.

Doctors Applied Kinesiology (16 hours)  
Friday and Saturday 9am-6pm \$200

Chiropractic Assistants Course (45 hrs)  
Monday - Saturday 9am-6pm \$350

CHICAGO Doctors - Apr 22-23  
Chiropractic Assistants - Apr 18-23

NO. CALIF. Doctors - June 24-25  
Chiropractic Assistants - June 20-25

LOS ANGELES - Doctors - Aug 26-27  
Chiropractic Assistants - Aug 22-27

NEW YORK Doctors - Oct 21-22  
Chiropractic Assistants - Oct 17-22

In the **INSTRUCTOR TRAINING WORKSHOP**, (60 hours), candidates for state-approved certification, having completed study in TFH-I, II and III, learn to present and demonstrate all the Touch for Health skills. In the process, they practice and experience group interaction and problem solving, communication skills, and organizing classes. Emphasis is on creating a positive environment to make teaching easy and natural using accelerated learning techniques.

\$550; \$80 dep

Feb 18-26 Apr 29-May 7

Mar 4-12 May 13-21

Mar 18-26 June 3-11

Apr 8-16 July 22-30

### EVENING PROGRAM

Wed 6-10pm Mar 16-June 22

(Check with the Foundation for additional dates and locations)

All Touch for Health Foundation courses are approved by the California Board of Registered Nursing for the hours shown, BRN#00631, exp. 10/31/84.

The **UPDATE COURSE** (20 hours) is designed for instructors to review, through the principles of accelerated learning, the 42 muscle tests with use of the Wheel and Five Elements for balancing. Practice includes reactive muscles, alarm points and over-energy, uses of emotional stress release, pain tapping, and balancing with foods.

\$175; \$25 dep

T Th 6-10pm Sep 13-29

Th " Oct 13-Nov 17

Also receive recertification credit in conjunction with Annual Meeting in San Diego, July 12-17.

## TOUCH FOR HEALTH FOUNDATION

Please register me for the following:

Program: \_\_\_\_\_ Date: \_\_\_\_\_ Deposit: \$ \_\_\_\_\_

List date & instructor of any TFH courses already taken:

Name: ..... Phone: .....

Address: .....

City/State/Zip: .....



Total amount enclosed: \$ \_\_\_\_\_  
or MC/Visa #: \_\_\_\_\_

Expiration: \_\_\_\_\_

Signature: \_\_\_\_\_

1174 North Lake Avenue · Pasadena, California 91104 · (213) 794-1181