

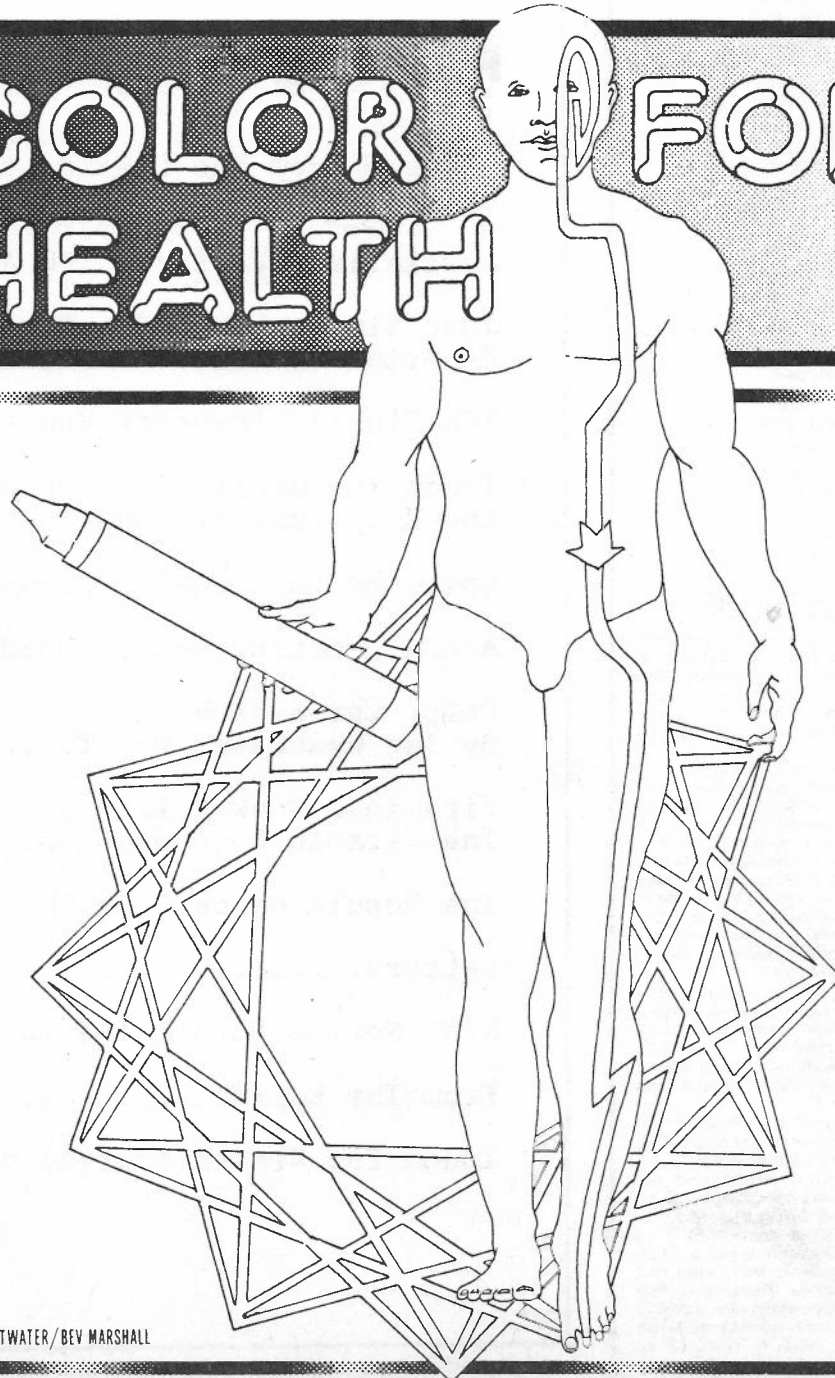
NOVEMBER 1983

In Touch



for Health

COLOR FOR
HEALTH



JAN WESTWATER/BEV MARSHALL

**IN TOUCH FOR
HEALTH
VOLUME 2 NO. 11**

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The purpose of the Touch for Health Publication 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.

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MESSAGE FROM THE PRESIDENT

By John F. Thie, D.C.

Dear Friends,

In this month of Thanksgiving, I would like to thank all of you for the friendship and love that you have given to me and to the community of people that make up Touch for Health. It is truly a happy thanksgiving! May I also extend my prayers and wishes for a blessed holiday season.

Mary Marks, D.C. a former Touch for Health Foundation staff member has left to pursue a new career in the video entertainment industry. I know that you will join me in wishing her great success and in thanking her for the great job she has done in being editor of our publications.

Kim Vieira has been appointed the new editor of the membership newsletter In Touch for Health and the Touch for Health Times. I know he will welcome your comments and ideas. I urge all of you to send in your results and stories. So many of you have so much to share, please take the time to write and share with others who are going toward similar goals in Touch for Health.

Two new books on Touching mention Touch for Health. Touching is Healing by Jules Older, Ph.D. The book is worth reading, particularly the section on Holistic Healing. He is extremely critical and, I believe opinionated of "holistic

healing" as well as the practice of orthodox practioners. He states that Touch For Health is "...a book highly praised by holistic healers...". He goes on to say that he hasn't found any "neurologist who can find even a small grain of truth in this assertion", and further critiques Touch for Health as that this "...helps provide an example of what happens when a group adopts too all-embracing a philosophy." I felt that he obviously did not understand the Touch for Health philosophy. But it does point out that we do have obligations to be more clear in our statements and our demonstrations. For example, when I speak of strengthening muscles, I have now made it clear that I mean the muscles are functioning less than normal. It is important to make the use of Touch for Health techniques as clear as possible when presenting them to others.

The second book is The Gift of Touch by Helen Colton, who attended our last annual meeting. The book describes how physical contact improves communication. I recommend it to you. She describes a personal expereince she had with me on a TV program. I did a demonstration using Emotional Stress Release, which she says she still uses. Helen also uses the portion of her book on Touch for

Health in the June 1983 Issue of Cosmopolitan Magazine.

These are but two examples of much of the press that Touch for Health is receiving. Would you continue to send us copies of any article that you have been involved with which mentions Touch for Health for the Foundation archives? I know many of you have had newspaper and magazine articles written about your work mentioning Touch for Health. We would like to have copies of them. Thanks for your help. ■

Be well, be alive, be loved

John F. The DC



THANKSGIVING: Donation's From Helping Hands

The Touch for Health Foundation would like to acknowledge in this time of thanksgiving the many Instructors, members and people alike who have donated time, energy and money to further the non-profit foundation. It is people like those listed below here and in past months who have made donations from their TFH classes to support the continuing growth of Touch for Health.

Jane Rubinstein
Reno, Nevada

Morris Knapp
Champaign, Illinois

Jean Burbidge
Perris, California



HELPING HANDS

Robert E. Scott
Ashland, Kentucky

Irene Gauthier
Southfield, Michigan

Peggy Knorr
Whittier, California

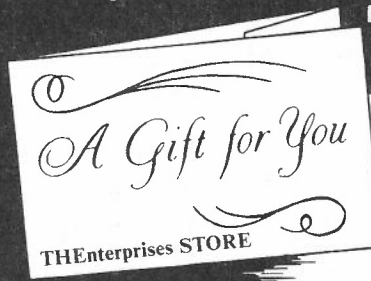
Philip & Marianne Rafferty
East Kew, Victoria, Australia

Mr. & Mrs. Aaron Bower
North Canton, Ohio

*****AUSTRALIA*****

The "Touch for Health Association" was formed this past summer by current President Philip Rafferty. The purpose is to make Touch for Health classes available to "teach and coach people in the use of muscle balancing techniques and the health of the whole person". The Association similar to the Touch for Health Foundation in supporting the local network of TFH Instructors in the state of Victoria. The Instructors have their class schedule listed and are available to arrange public Touch for Health demonstrations. ■

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Just Simply Touch for Health

Brian H. Butler.

As a purist, I believe there should be no such thing as a "Touch for Health Practitioner". That is, someone who having only taken Touch for Health courses, offers, and sets out to treat diseases and/or body malfunctions, which a person should normally take to a health care professional. If anyone calls themselves a TFH practitioner, such a person has taken a wonderful system of preventive health care, and turned it into just another system of crisis care.

Touch for Health is a truly preventive system, and a very good one, and should be thought of in the same category as proper exercise programs, carefully balanced nutrition, yoga classes etc., all of which do help to develop and maintain a healthy body.

Using TFH to help aches and pains and stresses and strains is not a bad thing in itself, except that we need to remember that TFH is NOT ENOUGH to ensure proper or complete care for all the things which can need attention in someone who has allowed their health to slip away from them.

Yes, I do have a practice, and ONE of the techniques I use is TFH on those who come to me for advice, BUT that is not ALL I use. I have studied many other skills in the last seven years which I can bring to bear upon any specific problem, not the least of which is to suggest that the person go, or return, to their doctor or other highly trained practitioner for further investigation into matters concerning things about which I have no knowledge or skill to handle.

When anyone falls into the trap of calling themselves a "Touch for Health" practitioner, there is the strong possibility that the public will misunderstand the real thrust and purpose of TFH.

There is also a considerable danger of giving ammunition to those who would attack our simple safe ways of helping others to enjoy better health, and give some folk a reason to attack TFH and possibly bring it into disrepute. Many suspicious people are looking out for the "unqualified", and the "quack therapists". They watch for any excuse to ridicule, denigrate, and point to the "dangers" of natural health care.

Acupuncturists, Chiropractors, Doctors, Osteopaths, all have spent many years in full time training to equip them to deal with diseases and learn to recognise pathological conditions. Many such professionals take basic Touch for Health classes and find the powerful but simple techniques they learn in a

short weekend, serve as a very useful adjunct to their other therapeutic skills. This is really encouraging.

It is also wonderful to use TFH as a bridge to approach people, who by neglect have allowed their bodies to deteriorate slowly but surely into the comfortable pit of dis-ease. That sad state of being in which they think they feel OK, when they really are not, maybe because they have never really actually experienced optimum health.

I would like all who learn Touch for Health to make a mental commitment to use TFH as a method of balancing the body daily, weekly, or even monthly to restore and balance its natural energies. This will promote the life force and the bodies' own repair processes, which if encouraged and protected will ensure good health results from its own natural resources. This may arrest and ultimately prevent the gradual slide into future health problems. This is true preventive care. ■

Brian Butler is an International Faculty Member for TFH.
Reprint IN TOUCH British TFH News

TFH CLUBS IDENTIFY YOURSELVES

Pepper Brydon has written to us about active TFH clubs (listed below). Touch For Health clubs are a great idea!

Many basic class people wish to develop and maintain their "balancing" skills while meeting their classmates again. This "need" is a wonderful opportunity for the TFH Instructor who is willing to supervise clubs in their area. Please send in your name and address of the Touch for Health Club in your area to the Touch for Health Foundation.

ARIZONA STATEWIDE CLUB
Phoenix, Tempe - Vic Hayes (602) 996-5480

Scottsdale, Mesa -- Pepper
Brydon (602) 831-2224
Tucson - Ellen Landa, RN (602) 881-4841

IOWA STATEWIDE CLUB
NEWELL, Iowa - Eugenia M. Vogel
Chairperson
Rt. 1, Box 85
Newell, Iowa 50568



**(Center) Les Bolgar Instructs TFH Students On
The Locations Of Neurovascular Points**

TFH IS SPREADING THROUGH THE HOLY LAND

Leslie and Anna Bolgar

The first Touch for Health brochures ever in Hebrew have been created by Leslie and Anna Bolgar. "We've modelled it on yours in layout, design and content. There's a brief explanation of TFH as an international organization centered in California, a couple sentences about Les and his work, the program for TFH 1, TFH 2 and TFH 3.

Leslie has statements from his students which portrays their own experiences on the values of Touch for Health techniques. The comments are from a cosmetician, x-ray technician, physical education teacher, home economic teacher and a physiotherapist. Apparently Les and Anna had many positive comments from their classes

which made the job of picking the best a tough one. The Touch for Health family in Israel is growing! The past summer Leslie and Anna had 294 TFH 1 graduates and in TFH 2 they had 35. From October through December they have seven classes scheduled including their first TFH 3 class. The success of the Touch for Health classes in Israel is growing fast. They are collecting volunteers to help with the administrative work as well as "spreading the good word".

"Apart from the courses, Les treats people using Applied Kinesiology and other techniques of healing. His success in this field has been our means of advertising. Israel is a small country and news travels fast".■

Love and support for Barbara

Dear Touch for Health Friends,

In July, while many of my closest friends met in San Diego for the Annual TFH Conference. I lay in a hospital bed in Muncie, Indiana. My spine is so deteriorated by malignant tumors that I was unable to roll from one side to the other without assistance from two nurses, and even then at the cost of excruciating pain. The best friend I felt I had was the morphine injection I received every three hours and while that didn't stop the pain it did take the edge off the awareness of pain for a while.

On one of the worst days of that six week ordeal at about noon, a young lady came into my room carrying a small jungle-like plant which I later identified as a Chinese evergreen. In it was a card from all of you who were attending the conference. I could hardly move my body to see it, but what I did "see" was just beautiful. It wasn't the plant in itself, but the love and the caring hearts and prayers which it represented that I saw.

I think that I asked half of the people in the world to pray for me and then I decided I didn't want to disappoint myself or anyone else so I started to live again.

I received cobalt radiation while in the hospital and gradually was able to sit in a wheelchair for short periods of time. From there I graduated to crutches and then about a month ago, I began walking on my own. There has been constant pain and discouragement to deal with throughout my recovery, but the cards and letters that continued to arrive in the mail were wonderfully encouraging and seemed to always come at times

when I most needed a boost.

As I write this letter I am able to walk, to drive my car and even ride a bicycle for a mile each day. My spine has shortened about three inches due to compression fractures of the vertebrae, so now I know how it feels to be "average" instead of "tall," and I do experience limited movement from above the waist.

To me, it is a small price to pay to be alive again, and I say again because I feel that I was in the valley of the shadow of death described in the 23rd Psalm.

So, thank you from the fullness of my heart for all of the beautiful energy, healing thoughts and prayers you put out into the universe for me. Each day I thank God that I am alive and moving.

Please continue to remember me in your prayers as I do for all of you as a body. If the Lord is willing, I'll see you at the 1984 TFH Annual Meeting.■

God Bless us all!
Barbara MacMullen

Barbara MacMullen
305 W. Skyway Drive
Muncie, IN 47303

PAPERS TO BE PRESENTED AT 1984 ANNUAL MEETING

Those of you who wish to present a paper or give a presentation at the Ninth International Touch for Health meeting in San Diego, California should submit a 250 word brief to the Touch for Health Foundation. C/O Program Committee, no later than January 31st 1984. This year's Annual Meeting theme will coincide with the Olympics being held in Los Angeles this next summer.

GALL BLADDER MERIDIAN

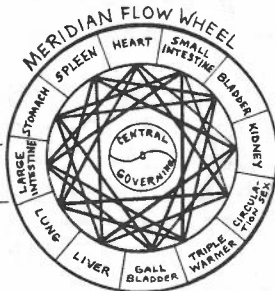
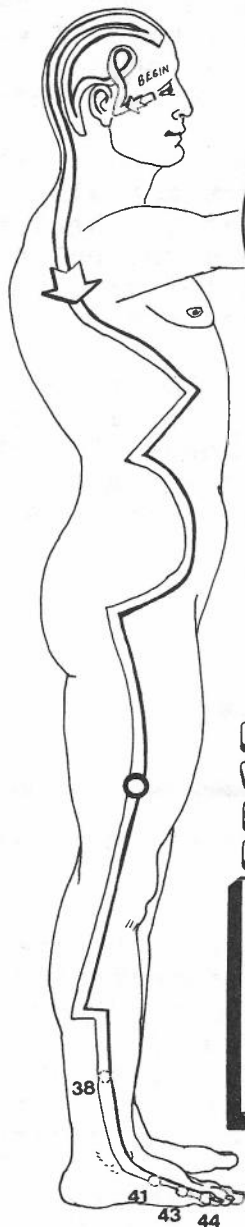
Continue coloring with LIGHT GREEN.

3. Fill in the NEURO-VASCULAR HOLDING POINT on the anterior fontanel, the baby's soft spot.
4. Color the GALL BLADDER MERIDIAN TITLE, the WEDGE, and the GALL BLADDER MERIDIAN, which runs from the eye, sweeps over the side of the head twice, down the side of the body and leg, and out the 4th toe.

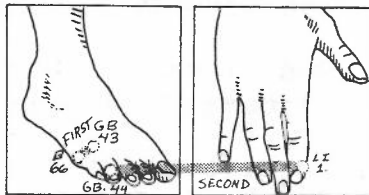
5. Fill in the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.

NOTE: Remember the acupressure holding points and the neuro-vascular holding points are drawn in BROKEN LINES to indicate that they are worked with LIGHT PRESSURE.

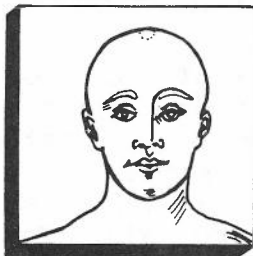
6. Circle the ORIGIN and INSERTION of the ANTERIOR DELTOID.



ACUPRESSURE HOLDING POINTS TO STRENGTHEN



NEURO-VASCULAR HOLDING POINTS



COLOR FOR HEALTH

By Jan Westwater

When I teach TFH 1, students buy their own Touch for Health text by John Thie, DC. I supplement each student with a copy of Color for Health, Tuned up Touch and a box of crayons. I include the last three items in the price of the class which is \$75.00.

The first session of class we take time coloring the Meridian Flow Wheel sheet and doing a "super learning" concert. The combination of "super learning" (stress-free tonal sounds usually in music and background guidance tonal sounds) facilitates the Touch for Health class as an additional tool for creative learning. I assign muscles to everyone which have particular colors. The students are to come dressed in their color for the next class. We also do a circle and have a talk on the history and theory behind TFH. Most importantly, we practice muscle testing and strengthening techniques on the first muscle, supraspinatus.

Homework which is required to be completed before session number 2 is to color in appropriate color's for all the muscles. Class members are encouraged to come dressed as their muscle. We learn all the muscles and tests in the second class. At the end of this session I introduce the Tuned Up Touch cassette tape which verbally illustrates the muscle dance as a song. The first time through we just follow the tape. The second time through I call out the color name and the



Teaching Touch for Health the 'Right Brain' way

person dressed in that color does the motion for his or her muscle. We close class with a "super learning" concert of all the muscles and their tests. For this concert I have the students sitting up, looking at their colored pages as I verbally describe the muscle and have them contract it so they can kinesthetically know that muscle. Then I talk them through the range of motion and have them feel the test themselves, still with the Tuned up Touch cassette playing. Homework for session 3 is to color all the neurolymphatic and the neurovascular points.

In session 3 we do a complete muscle test and balance with only the neurolymphatic points. We use the Tuned Up Touch and call out the appropriate color after Phillip Crockford's voice on the tape says the name of the associated muscle. Superlearning is done with the composite neurolymphatic sheet. Homework is to color all the neurovascular points.

Session 4 is our complete muscle testing and balancing using neurolymphatics and neurovasculars. Use of Tuned up Touch as in the previous class and superlearning on NV composite sheet. Homework is to color all meridian associated information.

In session 5 we use the Touch for Health text and balance using NL, NV and introduce meridians. After doing a meridian massage to learn meridians I utilize superlearning techniques on individual meridians verbally and then on the Color for Health sheets having students mentally trace the colored lines on different parts of their bodies. For example, I might say to visualize the inside of the leg, note the

relationship of the brown to the spleen meridian, the green of the liver and the black of the kidney. Homework is to color the fourth strengthening technique acupressure and the fifth technique is to circle the origin and insertion of the muscles.

In the 6th session, we spend time finding the acupressure points and more on origin and insertion. We finish up by doing a complete test and balance using all the strengthening techniques. This is the night we do food testing and have a closing party.

Another way which is very effective in learning Touch for Health with the aid of the Color for Health text is to teach by muscles. When I teach this way I use the same first class. Homework after the first class is to color all the information on the supraspinatus, teres major, pectoralis major clavicular and latissimus dorsi.

Class 2, 3, 4 and 5 is to learn three to four muscles and their related strengthening points. Practice testing and balancing the body. Homework is to color in advance the next set of muscles prior to coming to class.

Class 6 is a concentration on complete test and balance. Use of Phillip Crockford's Tuned up Touch for fun learning of composites. Food testing and graduation party.

If I teach the TFH class as a week-end workshop, I may have everyone pre-register at least two weeks before so that I can send them the coloring book and require that they bring it colored to the workshop. I then proceed to teach them using six 2 1/2 hour segments.

If they are to color the



books during the workshop then I have to allow about three hours of coloring time. In this case I start with a Friday evening introduction from 7 - 10 p.m. In class coloring really requires the use of crayons because they cover more areas faster

Finally, I feel the more the Color for Health book is used as a learning and teaching tool the more readily the students will be able to use Touch for Health effectively.

You can purchase Jan's Color for Health book. Jan Westwater, a Touch for Health Instructor based in Seattle, Washington has created "a right brain approach" to Touch for Health. The Color for Health book is beautifully illustrated in clearly defined line drawings by Artist Bev Marshall. Color for Health is loose leafed and packaged in the inner sleeves of a presentation folder. The \$4.95 price is astonishingly very reasonable considering the price of printing and collating today. The TFH Instructor Member price is 25% off the \$4.95 if purchases are in quantities of four or more. That is \$3.71 each and they are available through the TH Enterprises Store in Pasadena.

Color for Health is the newest most imaginative innovation in teaching Touch for Health. In fact the limits in which this tool can be used are endless. For instance the Color for Health book as a learning tool can be taught to children as well as people of all ages. The book can be used as a text or as an excellent learning supplement to TFH 1, 2 & 3. Combined with instruction Color for Health teaches the many meridian aspects of Touch for Health.

The Vitamin C Connection

Getting well and staying well with Vitamin C

Scientific research that connects vitamin C to the prevention and treatment of colds, cancer, glaucoma, periodontal disease, pain, fatigue, allergy, rashes, susceptibility to heat and cold, vulnerability to stress... and more
Dr. Emanuel Cheraskin, Dr. W. Marshall Ringsdorf, Jr. and Dr. Emily L. Sisley

Did you know that Vitamin C can actually keep you more comfortable in the extremes of summer heat and winter cold? Or that this fantastically versatile vitamin will actually protect you against certain food allergies? All the demonstrated and documented facts exist about the properties of Vitamin C have now been collected for the first time in a new book. The Vitamin C Connection. Written by W. Marshall Ringsdorf, with Emanuel Cheraskin and Emily L. Sisley, The Vitamin C Connection is the most complete, knowledgeable and authoritative collection of scientifically verifiable facts about Vitamin C that has ever been published. Published by Harper & Row.
Vim Newsletter

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Less ten percent for members
Shipping \$1.50

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1/4 page \$125
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Full page \$350
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The muscle dance song

The TFH basic 14 muscle dance

Carol Ginzler

SUPRASPINATUS, in and down,
 TERES MAJOR, elbows around,
 PECTORALIS MAJOR CLAVICULAR's next,
 Arms up, palms out, down and out test.

Central
Supraspinatus



Arms to center,
diagonally.

Governing
Teres Major



Elbows back behind,
bring forward.

Stomach
Pectoralis Major
Clavicular



Back of hands
together, bring down
and out diagonally.

LATISSIMUS DORSI, by your side,
 SUBSCAPULARIS, like you're waving hi!
 Coming down to the QUADRICEPS,
 Bring up that knee like you're climbing the steps.

Spleen
Latissimus Dorsi



Heart
Subscapularis



Bring forearms up
parallel to floor.

Small Intestine
Quadriceps



Push down on
thigh.

PERONEUS, toes go up and out,
 Side of the foot brings 'em in and down,
 PSOAS next, raise the leg up high,
 Hold hip, toes out, slide to the side.

Kidney
Psoas



Foot turned out,
leg forward, bring
diagonally back & out.

GLUTEUS MEDIUS is next, my friend,
 Hold the leg out, then you push it in.
 TERES MINOR without haste,
 Let your arms fall out, push across at the waist.

Reproduction-Sex
Gluteus Medius



Leg out to side,
bring back to midline.

Triple Warmer
Teres Minor



Elbows at side, arms
out, bring hands to
midline.

\$8.98 ea
Less 25% for four or more

ANTERIOR DELTOID, forty-five,
 Palms down flat, push 'em by your side.
 PECTORALIS MAJOR STERNAL, palms out to the side,
 Push 'em up and out like you're taking a dive.

Gall Bladder
Anterior Deltoid



Arms up 45°, bring
straight back down.

Liver
Pectoralis Major Sternal



Back of hands together,
bring up & out
diagonally.

ANTERIOR SERRATUS, hold the shoulder blade,
 Thumbs up, pull down, you've got it made,
 FASCIA LATA, legs up and out again,
 Toes in, push down; that's the end!

Lung
Anterior Serratus



Arms forward,
thumbs up, holding
shoulder blade,
bring arm down.

Large Intestine
Fascia Lata

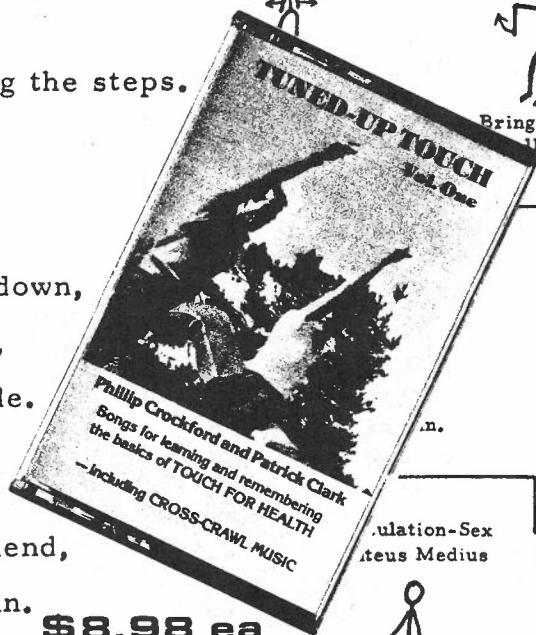


Foot turned in,
leg forward,
bring diagonally
in to midline.

T H ENTERPRISES 1200 North Lake Avenue, Pasadena, California 91104 (213) 798-7893

Words & Music by
 Phillip Crockford & Patrick Clark

Chart Arranged by Peggy Knorr, 1982



LETTERS

We are writing to you for your help in solving a problem we are having with a new Naturepath who has recently arrived in Juneau, Alaska. He is working out of our Holistic Health Center here, so we travel in the same circles and seem to see the same people.

Our problem is that he will not allow any of his patients to be balanced or have anything to do with TFH while they are under his care. As you know homeopathic remedies can, and usually do go on for months, even years.

We have talked with him several times concerning this, but he feels that if people are balanced while they are on a remedy it will neutralize the remedy that he has given them. We have tried to get him to muscle test each patient to see if this will happen, but he still advises people AGAINST Touch for Health.

If you have any insight into this particular problem we would be grateful for you to share it with us. If these people in fact should not be using TFH while on a remedy we need to know. If there is no reason why they should not be balanced, we need to be able to convince him of that in an understanding and logical manner. We are anxious to be able to clear this matter so we can reach everyone we possibly can with TFH

Archie Andrews & Jodi Price,
Douglas, Alaska

Dear Archie and Jodi:

I know of no reason that TFH balancing would be contraindicated when Homeopathic remedies are also used.

I have found personally that homeopathic remedies do help

maintain the muscle balance, even when I have had patients who were on these remedies. There are many people using TFH and homeopathic remedies together and found it of great benefit.

In fact, I would be interested in the sharing of the many successes of Touch for Health combined with other holistic approaches to make the "healing" process even better.

John F. Thie, DC

Touch for Health came into my life about two years ago. We went looking for a form of stress release which the whole family could use with any other family member. This was because the stress level had risen enormously in 1979 - when we chose to adopt a 5 year old previously battered institutionalized boy. Shane exploded into our family! Any tension that the two girls and my husband and I had been suppressing suddenly came to light.

Shane is now nearly ten, and his arrival in our family has in fact changed everyone who knows us in the whole town of Kerang. Kerang is a rural town of 4,000 people some 200 miles from Melbourne. The area is known as a farming and business community.

We have organized to get TFH Instructor Philip Rafferty to come up here and teach a number of basic courses. Many people have benefited from TFH. For instance, our local Church Minister is doing a lot of work with TFH. He is always seeing people under stress, or in pain. Three of us have completed all of the Touch for Health training including the Instructors course. I have done a lot of work with pain and stress relief

and many people have benefited from TFH. TFH came really because of our stress having this small boy in a small town.

Just for fun, I have taken myself back to school and attend the local High School along with all the teenagers. I am only doing one subject, but it is really great. This year I am doing Biology and found the units on reflexes and receptors of the cell and golgi are really fascinating with the work we are doing now on DNA and RNA. It is fascinating because it's in the light of Touch for Health. It is a good thing to keep on learning. As I work with Touch for Health, and other people I am really learning a lot. I am finding that they too want to learn more about their own body. Our body is a fascinating structure.

We haven't much money, and have had a few problems. Last week Shane came to me and said "Mum! think of being rich". I tested weak. He then put his hands on my head and after a while I tested strong. After that he said "Mum, it doesn't mean you will get a lot of money, but you will realize how rich you really are and enjoy and appreciate those riches."

It's great to have something to unite and bond us together as a family. thank you Touch for Health.

Ruth Bray
Australia

a letter or a phone call to get in touch:

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

We welcome your participation in our vision.

Ruth Bray also enclosed a letter in which she has pursued Touch for Health through the nursing profession in the state of Victoria, Australia. Interest in Touch for Health techniques is rising rapidly and the demand for those knowledgeable to share the correct information will surely follow.

Dear Mrs. Bray,

The School of Nursing staff was delighted to receive this evidence of interest in this developing field of "Touch for Health" from nurses in the community...

This is an aspect of health practice in which the School of Nursing is very interested. We have a member of our academic staff who has undertaken the initial training program in Touch for Health and she and other staff members are keen to ensure that learning opportunities are available to interested nursing students. The advanced nursing studies program, within the Bachelor of Applied Science Course we conduct provides opportunities for students to explore holistic health/alternative medicine strategies and some of the students are very interested in pursuing various approaches to health care. We have access to Instructors in Melbourne through interested staff members whom we can utilize in our programs. One student is currently doing a considerable amount of work in this area and plans to present a session on "Touch for Health" to fellow students.

I am convinced that this developing field has much to offer the community and that nurses

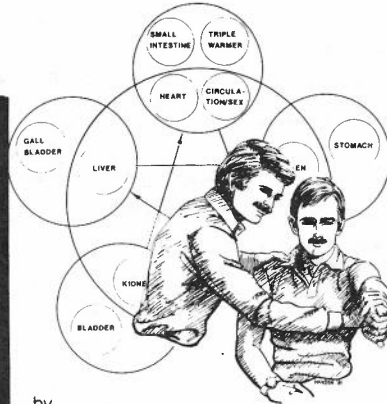
Merry Christmas



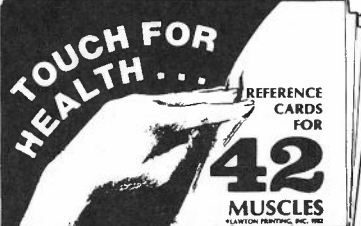
Explains step by step how to use the 5 Element Midday/Midnight Law Chart. Shows in detail the use of the chart in muscle re-balancing, expanding the technique to include the use of Airm points. The use of the wheel is also explained with sample situations that arise in re-balancing presented and worked through. **24 pp., illus. \$6.00**

Handy reference cards to facilitate learning body balancing and the Touch for Health Techniques. (10% discount to Foundation Members) **\$17.50**

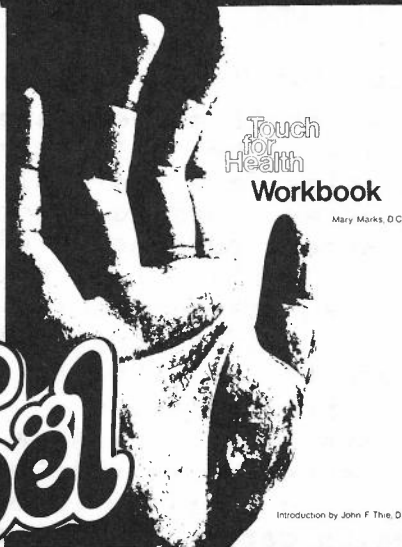
TOUCH FOR HEALTH MIDDAY-MIDNIGHT LAW AND THE 5 ELEMENTS - RE-BALANCING



by Gordon Stokes with Daniel Whiteside

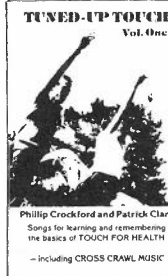


This workbook, together with the Touch For Health Book and reference chart, is designed to give further exposure and additional information which is helpful in learning Touch for Health. **68 pp., illus. \$9.95**



Noël

These songs are an aid to learning the basics of Touch for Health. Includes, "The Muscle Dance Song," "Neuro-Lymphatic Review," "The Cross-Crawl Song," "Touch for Health Song," & more. **\$8.98 Stereo Cassette**



Touch for Health II Teaching Guide

by Phillip Crockford

A complete step-by-step plan for teaching Touch for Health II. Includes words & music for the TFH 42 muscle song. **36 pp. \$8.95**

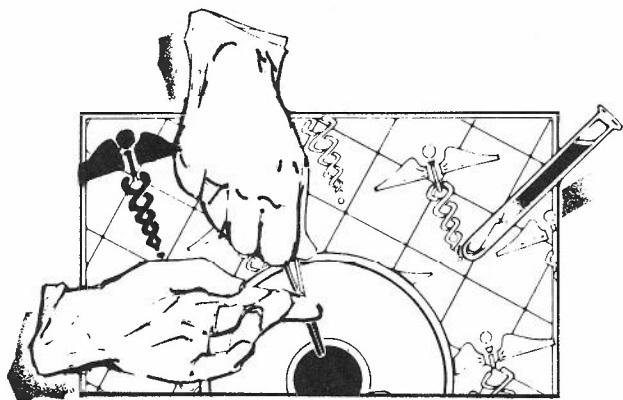
THE ENTERPRISES

1200 N. Lake Ave. ■ Pasadena, CA 91104 ■ (213) 798-7893

FROM THE EDITOR

have a very important part to play in learning and imparting these skills and assisting individuals and communities to help themselves achieve a higher standard of health. ■

Patricia Slater
Head of School of Nursing
Lincoln Institute of Health
Sciences Melbourne, Victoria,
Australia



Network of International Nursing Issues
OLIVE D. EULER, R.N.

ALL INSTRUCTORS - HELLO!

Do you teach nurses Touch for Health? Good! We have a request that nursing rosters be sent to the Network for Nursing Issues chairperson, which is Ollie Euler, RN. Ollie will dispatch a very important national Touch for Health Nursing letter to your RN student that informs them on the Nursing movement in Touch for Health.

This letter is available upon request to Instructors from Ollie. Please send Nursing rosters and requests to:

Ollie Euler, RN
28730 Dovernidge Drive
Rancho Palos Verdes, CA 90274

We are in an exciting creative time with Touch for Health. This past summer several new teaching ideas were released at the annual meeting in San Diego. For the newest innovation featured in this newsletter is the Color for Health approach. Jan Westwater defines her class breakdown and the usage of her teaching format. Jan teaches pure Touch for Health, but the emphasis is on stimulating the right brain to retain all of the fundamental skills. Her approach is unique and the timing is perfect with all of the "hemispheric brain" books available for "superlearning". Jan also states that she does "superlearning concerts". I think this is an area that we would all like to know more about. Instructors, how about telling us how you use "superlearning" in Touch for Health classes?

Phillip Crockford's Tuned up Touch Vol. 1 cassette is an excellent "assistant" in instructing Touch for Health classes. I have recently added it to my basic class format and have found that my students want a copy immediately. Jan's idea of including it in the price of the class will be followed by me in the future. It is great! I can hardly wait for Tuned up Touch Vol. 2 which is aimed at superlearning imagery and stress relaxation. This will be available at TH Enterprises soon.

I appreciate all your good wishes and excellent letters in response to our request for sharing. Keep it up!

MERRY CHRISTMAS and a HAPPY AND HEALTHY 1984!

Kim A. Vieira

INSTRUCTOR TRAINING CALENDAR

PASADENA, CALIFORNIA
1983

December 9-17

1984

January 6-14
January 20-28
February 3-11
February 17-25
March 2-10
March 23-31
April 13-21
April 27-May 5

OUT OF TOWN

1984

Ohio - January 20-28

Hawaii - February 10-20

Florida - February 17-25

Seattle - March 16-24

Switzerland - April 27-May 5

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."

**Touch
for Health
Foundation**

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PASADENA, CALIFORNIA 91104

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