

IN TOUCH FOR HEALTH



**Touch for Health
Holiday in Tunisia**

**Wholistic Eye-
Health Education**

**The Fantastic Voyage Meets
The Incredible Journey, an
Excursion into Dyslexia**

IN TOUCH FOR HEALTH VOLUME 2 NO. 12

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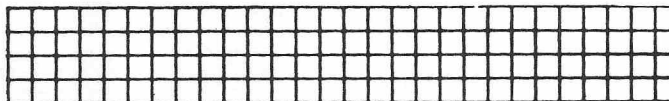
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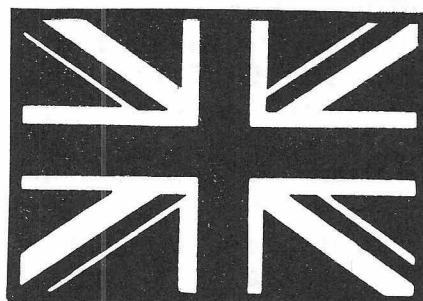
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Touch for Health Holiday in Tunisia

BRIAN BUTLER, ENGLAND.



Last time I was teaching in Sweden, one student of the ITW class, Geron Johansson, asked me if I would like to go to Tunisia with a party he was organizing for a "Healthy Holiday" and teach some Touch for Health. I said YES! Geron who in time past was a professional singer and entertainer who now runs a health centre called Strandgarden in Sweden, and has organized several such holidays.

So on Friday the 21st of October, I set off for the Hotel Samara in Sousse, Tunisia. Geron had said it was only a short journey from the airport, so if he could not meet me for any reason, I should take a taxi. Since he was not there, I inquired about a taxi to take me to Sousse, and was informed it would cost 61!! After some negotiation, I managed to get the price down to a mere 40.

When I got to the Hotel Samara, to my amazement the desk clerk welcomed me warmly, and asked me to wait a minute. Geron's smiling face appeared in moments, and explained that he had tried in vain to get a message to me that the airport he had arrived at was 15 miles away at Monastir, whereas I arrived at the Tunis Carthage airport which was well over 100 miles from the hotel! Anyway...

I gave a lecture demonstration on one of the first evenings, and then each day, I balanced as many members of the group who turned up for the session which lasted from

1-2 hours. None of them had ever heard of TFH before, so it was a wonderful opportunity to have a captive audience of around sixty people all interested in health. The resulting interest should ensure that Geron's first course will be very well attended.

Geron had arranged the trip in conjunction with a tour company called Atlas, and he explained to me that the chief executive for the whole of Tunisia, a Mr. Noren, wanted to meet me, as his wife and adopted child were suffering from allergies. I met the family at their home adjacent to the Hotel and did some food testing for them. We found that the breakfast cereal specially imported from Sweden, and boasting a magnificent list of "healthy" ingredients to be extremely weakening on everyone who tried it, including dad! The local milk and various other foods reacted on them with varying degrees, and so they decided they would make some changes.

Mr. Noren was openly very impressed with the whole procedure, and asked if I would speak to the local golf pro. Allen, who was English and his Swedish wife, as she has problems with migraine headaches. I explained carefully the concept of TFH and that I was not there to treat problems. Geron had arranged for a therapist and acupuncturist called Finn to be in attendance throughout the holiday to give treatments to

continued →

those who wanted them. Anyhow, the golf pro's wife was unwilling to have acupuncture and heard from Mrs. Noren about food testing, and she wanted to try it. So I agreed to see her. After explaining to the couple that migraine could come from many causes I used TFH to check for food reactions. We did some testing with some surprising results. It seemed she could drink red wine and stay strong, eat chocolate and react badly, eat garlic, but not onions, milk, nor coffee. The whole testing session became very enjoyable and somehow we got onto golf. I showed Allen the effect of his golf swing on various muscles and he was amazed. Then we talked about cross-crawl and I used the demonstration that I saw John Thie do with the golf pro at the club where he met the Instructors in England recently. Allen said he was going to play golf the next day and would cross-crawl before every drive to see if it made any difference. The next day I received a message in the evening that Allen wanted to see me. I asked him how he had got on. "Before I tell you what happened, I want to know what the theory behind this cross-crawl is all about," he said. So I explained some more about it.

"Well," he said, "I have been playing this course at the beginning of the season and at the end for some years and know it well. The par round is 75. I tried this cross-crawl before every drive. Yesterday I hit the best ever 72. I felt I have never driven better. It certainly was different and I was amazed. I even tried some shots without doing it to see if there was any difference, and there was. Do you think it could be psychological?"

"Do you care?" I asked, "So long as you get better results and play more effectively?"

"No, not at all!" he exclaimed.

He came the next day for a balance and told me that his wife

felt a great deal better and had

no headaches. He bought the TFH book and asked if I would be prepared to teach a class to golf professionals in Sweden. So we will see what comes of that.

Finn, the acupuncturist, had asked to sit in on the balancing sessions and requested if it would be all right for him to take the pulses before and after the balance. His face was a picture when after each balance he found the pulses had normalized. Excess energy had calmed and deficiencies had come up. After a few days of doing this and being balanced himself he said he would like to come to England and take some more classes and asked if I would consider teaching a class in Oslo, Norway next year.

One of the ladies on the Atlas desk in the hotel asked if I would look at her young baby of four months who was crying all the time. Apparently the crying was worse on her day off when she spent more time than on other days breast feeding the baby. She had tried several other foods put through a liquidizer and the baby had seemed a little better, but she did not even seem happy with the special breakfast cereal she had from Sweden. We did some food testing on the mother and then some surrogate testing of different foods on the baby. The mother agreed to eliminate some foods from her diet. She was going to avoid giving the baby the dreaded cereal just to see what

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would happen. Two days later, a beaming lady called across the hotel foyer to tell me that the baby had stopped crying completely and was gurgling happily! And there was an added bonus, she said she also was feeling much better in herself.

I popped into the snack bar just to get some salt and Mr. Noren called me over and introduced me to the ex-editor of one of the leading Swedish weekly journals which takes a very serious and informed interest in health care. The lady is officially "retired" but still goes to the office every day and now her daughter is the current editor. We had a long conversation which resulted in us all going down to the balancing room to balance one of Mr. Noren's employees who happened to be at the table. She was most intrigued by the whole procedure and excited by the concept of TFH. The next day Geron had a discussion with her daughter and they have expressed the desire to do an article on Geron's health centre, and to put a three part series on Touch for Health into the magazine with lots of photos in the very near future.

Just before Geron left for Tunisia, he had been asked if he would do a series of TV programs on the Saturday morning breakfast show in Sweden. Swedish TV is much less commercial, superficial and glittery than British TV. It has retained a homespun, almost amateur quality, using natural ordinary people to produce programs rather than the polished professionals. The result is very pleasant, informative and useful as well as being entertaining. Geron will be having a 45 minute show, and he has asked me if I will take 15 minutes to talk about and demonstrate TFH, and if there is enough interest, to do more than one show.

All in all I had a wonderful "health holiday" lots of sunshine and rest, swimming, sunbathing and

meeting and balancing a lot of charming and interesting people. I have come home rested and balanced. Energized enough I hope, to teach the three weekend classes and the ITW which will take up my next five weekends!

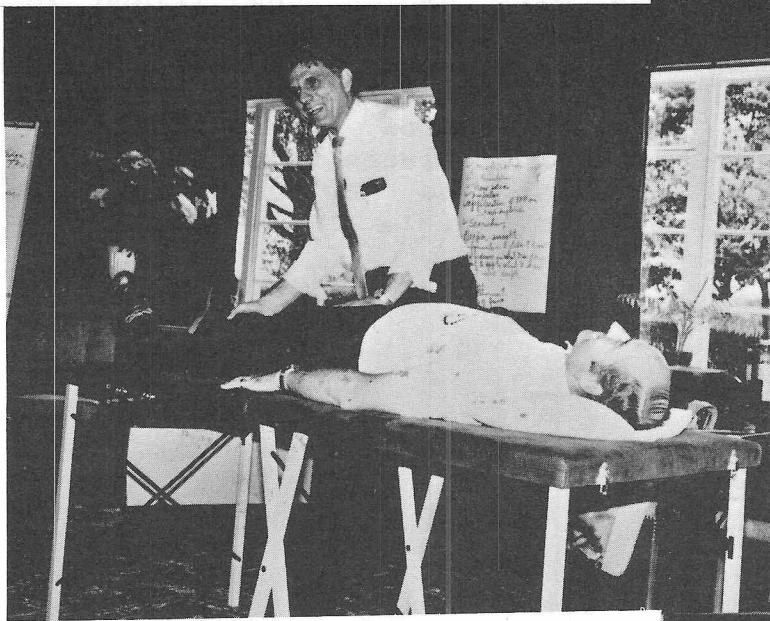
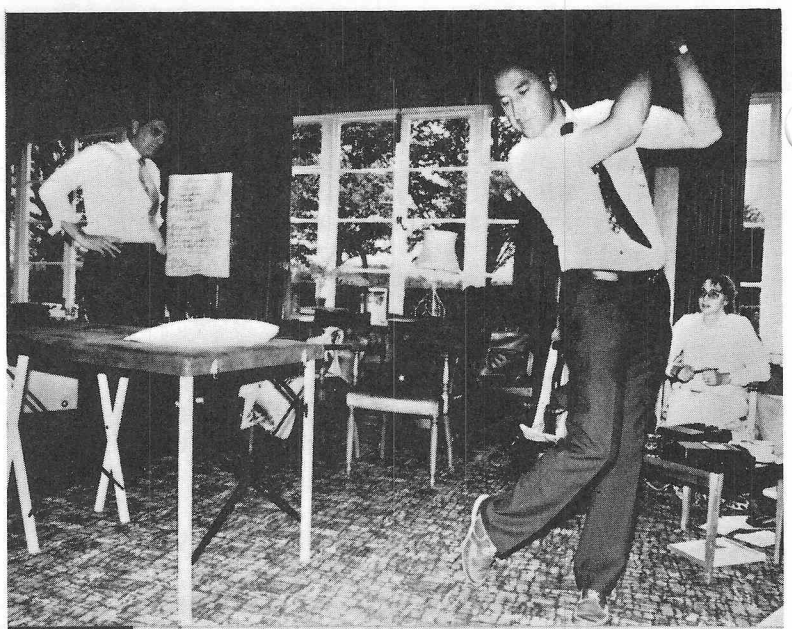
Mr. Noren of Atlas Tours showed his appreciation of my efforts in a very practical way. He arranged for me to be taken to the distant airport in a coach that happened to be going that way on route to tour Tunis - free of charge. A kindly bonus which sent me on my way home rejoicing.

Geron Johansson is organizing more health holidays and the next one will be on the island of Majorca. This will take place on the last week in April and the first week in May 1984. If you are interested in knowing more about this please write to me for details. You may book for one week or two.



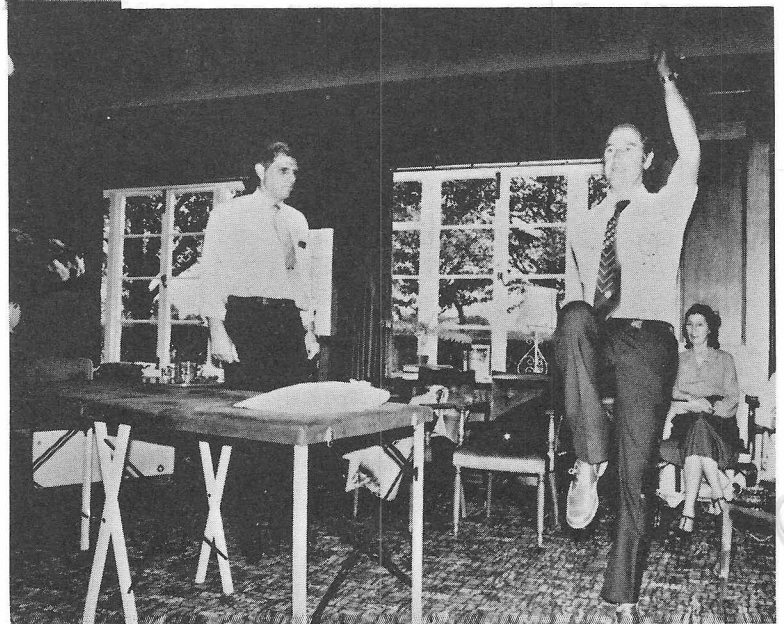
**Brian H. Butler,
International TFH
Faculty, Great Britain**

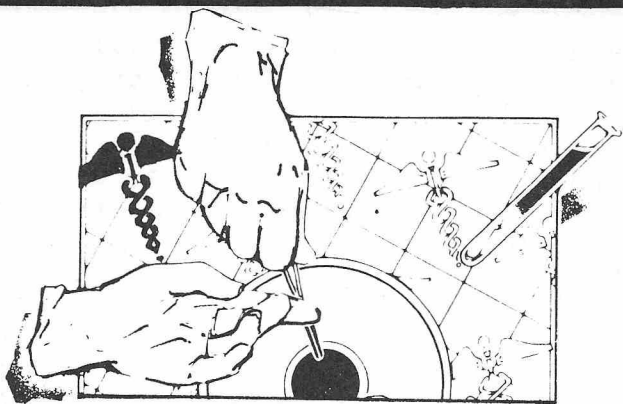
In England - Dr. John Thie evaluates the muscular variables (homo-lateralness) in the local golf pro's swing.



Using the Touch for Health basic 14 muscle tests around the wheel, Dr. Thie checks the integrity of each muscle. Here he is checking the Gluteus Medius muscle which is one of the main movers when you lift each leg as you walk.

After a short muscle test and balance, Dr. Thie has the golf pro cross-crawl as an energizing way to maximize his health and possibly his golf handicap.





Network of International Nursing Issues

OLIVE D. EULER, R.N.

Dear Nurse Instructors,

N.I.N.I. has gained some momentum since my last communication. Marjory Tsuda tells me that TFH is part of a two credit course offered to nurses at the community college in Reno, Nevada and is applicable to an A.A. degree. Melva Meyers is preparing to set up TFH classes for student nurses at the University of Little Rock, Arkansas and Carol Ginzler Gottesman is a Psychiatric Nursing Instructor at Trumbull Memorial Hospital in Warren, Ohio and she has incorporated TFH into her course work with both students and patients for several years.

I'd like to welcome Patricia Conti, R.N. from Honolulu, Hawaii to N.I.N.I. Patricia took her ITW in May, and was unable to return to the mainland for the TFH Annual Conference in July, but she did take the time to call me and let me know she is one of our new nurse instructors. Thanks to Jonsie Crabill, Ellen Landa and Peggy Maddox, who all sent me a copy of their syllabus, N.I.N.I. was able to be of some help to Patricia by giving her a few models to review.

I'd like all instructors for nurses to know that I have written a letter to all nurses (sample letter in this newsletter) who have studied TFH I and/or II and III, telling them a little bit about the TFH Foundation,

N.I.N.I., encouraging them to take an ITW and requesting their feedback. If you will send me your nurses rosters, I will be happy to send a copy of this letter to your students. At this writing, 140 letters have been sent to the nurses that Jonsie Crabill and Peggy Maddox have taught this past year.

I talked to Mary Jo Bullbrook and Christine Way this month and it sounds like the Virginia Satir Conference in Newfoundland was very exciting. Christine and Coby Schaasfort have promised to write further on the conference, but demos of TFH to the family practitioners met with astounding success. Coby received such rave reviews that the Public Health Nurses in Newfoundland have invited her to return next year. I am eagerly looking forward to further reports from Christine and Coby.

continued on page 8

The Olympic Year of 1984

CALL FOR PAPERS

PAPERS TO BE PRESENTED AT 1984
ANNUAL MEETING

Deadline approaching:

Those of you who wish to present a paper or give a presentation at the Ninth International meeting in San Diego, California this July, 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 1984 OLYMPIC GAMES being held in Los Angeles this summer. ■

At this writing, I am in Washington, D.C. and I have just enjoyed an exciting morning and afternoon with Jean Bonde, R.N. who is a TFH Instructor since 1977. She had just organized a Learning Seminar on Dyslexia and a Super Performance Seminar for Athletes and Phillip Crockford flew in to teach them earlier this week. In addition to teaching classes in TFH, Jean counsels families during medical crisis. She is very excited about teaching TFH from Phillips new paradigm, which she interprets to be, "TFH is a modality to be learned and used for myself, rather than a do unto others technique." She is now teaching from this paradigm and has found her classes more responsive and enthusiastic than ever. Jean requests that you send me copies of your C.E.U. applications in your states that require them. As it turns out, in those states where they are not required, C.E.U. certificates still carry impact in certain hospitals and health oriented institutions.

Ruslan Morris from Jakharta, Indonesia seconded that request inasmuch as he is trying to set up a licensed institution to teach TFH with the Indonesian gov-

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Dear Nursing Colleague,

You have recently become a part of the expanding numbers of nurses who have studied Touch for Health in a Basic I and perhaps a II and III class. Hopefully you are putting this knowledge to use in caring for yourself, your family, and also as a valuable tool to augment your nursing practice. I'd like to tell you a little more about the Touch for Health Foundation. Touch for Health is currently being taught in 50 states and more than 22 countries. The text has been translated into the language of many of the countries in which it is being taught and also into Braille.

There is a yearly international meeting that has taken place thus far at the University of San Diego for 5 days each July. In 1982 the nurses formed a sub-group as part of the foundation and we call ourselves "Network for International Nursing Issues" (NINI). Also, as of 1982, Continuing Education Units (CEU's) were offered to nurses attending the annual conference.

It is our hope that by forming a more cohesive nursing group, we can all have a share in the ways that nurses apply Touch for Health in their nursing practice. It is also our desire to have the nurses tell us in what institutions or other place of employment Touch for Health is utilized. For example Touch for Health has been part of the nursing program at the University of Utah and is currently a part of the nursing program at Memorial University, St. Johns, Newfoundland. Instructor Training Workshops (ITW's) are offered at various times throughout the year in the United States and other countries to those people who have completed a Touch for Health I, II, and III class. I'd like to encourage all nurses to participate in an ITW and become a Certified Touch for Health Instructor, thus increasing the chain of nurses teaching and offering Touch For Health as part of their patient care.

In conclusion, I would really appreciate having your personal feedback as to how you are currently using Touch for Health in your nursing practice. What areas of Touch for Health do you feel should have received more emphasis? With your assistance, I hope to be able to offer a more helpful outline to all instructors teaching nurses at the 1984 annual conference.

Yours sincerely,

Ollie D. Euler
28730 Doverridge Drive
Rancho Palos Verdes, CA 90274

ernment. Our own individual state applications for C.E.U. providers gave him legitimate models to present to the Indonesian government. At this writing I have applications from the states of California and Arizona, thanks to Peggy Maddox and Ellen Landa.

I have just purchased a book recently off the Viking Press (1983) that I feel can be an excellent resource book and teaching aid for your TFH classes. Many people have a difficult time visualizing organs and muscles, bones, etc., in relationship to the body as a whole. "The human Body" by Jonathan Miller, author of "The Body in Question" is a 3-D book (like a childrens pop-up book) and is simplified so that everyone can see and understand. This book is going on my gift list for special people and is available at the TH Enterprises bookstore.

At the present time I have a very incomplete list of those nurse instructors teaching TFH. Many of you may not be aware that there is a professional listing in the directory. I believe the annual dues are \$60. If your annual membership is coming up for renewal, please give some thought to listing yourself as a professional.

For those of you fortunate enough to have attended this years annual conference, you heard Nancy Joeckels presentation on establishing the neuron connection between A and C, as opposed to C-1. "How do you get it?, says Nancy. "You ask for it". So I'm asking for your help. With everyone's cooperation and contributions, we can generate more energy and connections in our Network for International Nursing Issues.

Sincerely,

Ollie D. Euler, R.N.
28730 Doverridge Drive
Rancho Palos Verdes, CA 90274

Alternative Practices May Become State Regulated

Alternative medical practices such as homeopathy, iridology, massage, and nutritional counseling may become legal in California as early as next year after more than three years of studying state health licensure requirements. The Board of Medical Quality Assurance has recommended that the legislature:

1) Narrow the definition of the practice of medicine to the five areas of surgery, pre-

scription, use of radiation, invasive instrumentation and diagnosis of disease, injury, or disfigurement; and

2) Create a board of registration for currently unlicensed practitioners who fulfill prescribed requirements. ■

Reprint: Whole Foods magazine
November 1983

Announcements

Donation's From Helping Hands

Thank you for the donations which help propel the Not for Profit Touch for Health Foundation in the promotion of spreading self-care health information.

Don Henley,
Redlands, California

Morris Knapp,
Champaign, Illinois

Heidi Stromberg,
Eureka, California

Condolences to Dee Strohecker in memory of her late husband Robert

Tributes to Geoff Ford, TFH Instructor and the committee chairperson of the British Touch for Health Association who died this past summer. His good work in promoting TFH in England will be missed by all.

THE DIET THAT SUITS

**Brian H. Butler,
International TFH
Faculty, Great Britain**

All the laboratory tests in the world are no match for the experience when someone feels a new person again after many years of being half-alive. My joy is in teaching people a simple tool which they may use among their family and friends to help them find the diet that is specifically suited to each individual. My satisfaction lies in seeing if work for others who do not have a medical background, nor any training in the healing professions. My confirmed belief is that those who want to take more interest and responsibility for their own health should be encouraged to do



so.

In no way does this suggest that people should not go to professionals for help, of course they should, but healing should be a partnership between the sick person and the practitioners. The old model of taking your problem to the doctor and dumping it on his desk for him to solve, patiently is not working. It costs too much. It does not get good results. The poor overworked doctors have only a short time in which to make a diagnosis which even in some of the best medical centres in the United States runs at less than 50 per cent accuracy against autopsy. They are expected to provide a miracle cure from one visit, with no change of lifestyle either suggested or required of the patient. If "alternative" medicine merely offers different ways of relieving people from their symptoms, then all we have done is replace orthodox with unorthodox. There may be many benefits in doing that, less unnecessary surgery, less side-effects from poisonous drugs and so on, but eventually we will have to get down to true prevention.

The new medicine, if it is to be an improvement upon the old, must involve the realisation on the part of all concerned that we are what we think, absorb from what we eat, and do with our bodies physically. This means a whole new process of education which must start in the home and the family.

Journal of Alternative Medicine
November 1983

**ADVERTISING RATES FOR IN TOUCH
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**BOOK REVIEW...By Charles Benham
Touch for Health Instructor -
Great Britain**

A while ago I received a complimentary copy of Doctor Sheldon Deal's Chiropractic Assistants & Doctors Basic AK Manual by Gordon Stokes & Mary Marks, D.C. This was sent to me by the TH Enterprises Store with the request that I review it at my leisure - so here we go with the first book review to be published in IN TOUCH (The British TFH Association's Newsletter).

Having participated in Sheldon Deal's AK Seminar in Holland earlier this year, I was already familiar with the manual though it's true that the version sent for review is slightly up market of the one issued for the course. The only real differences, however lie in a rather more posh front cover and useful appendix covering the Riddler Nutritional Reflexes and related subjects plus at a glance, illustrated guide to all the procedures covered in the book.

I'm bound to say that to me the first twenty-one pages, occupied as they are with basic TFH muscle testing procedures, meridians, therapies etc, seem rather unnecessary padding since anyone interested in the more advanced information that constitutes the main content would already be familiar with these facets of the subject. From page twenty-one onward, however, this book is a mine of new and marvellous information, mind boggling in its scope yet so beautifully simple and straightforward in presentation. Short cut techniques are a feature, giving simple tests and corrections for many commonly found conditions such as cranial faults, fixations, ileocaecal and Houston valve syndromes and blood chemistry imbalances. There are even

relatively short and easy procedures for fixing blood pressure problems and hiatal hernia.

All in all, this book is a "must" for anyone seriously interested in TFH/AK. It must be said, however, that considering its size and low cost format, it is rather highly priced at \$24.95 or almost £17.00 at current rates of British exchange.

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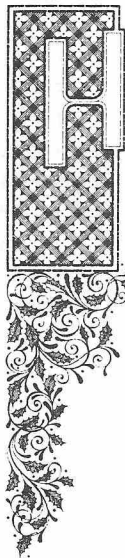
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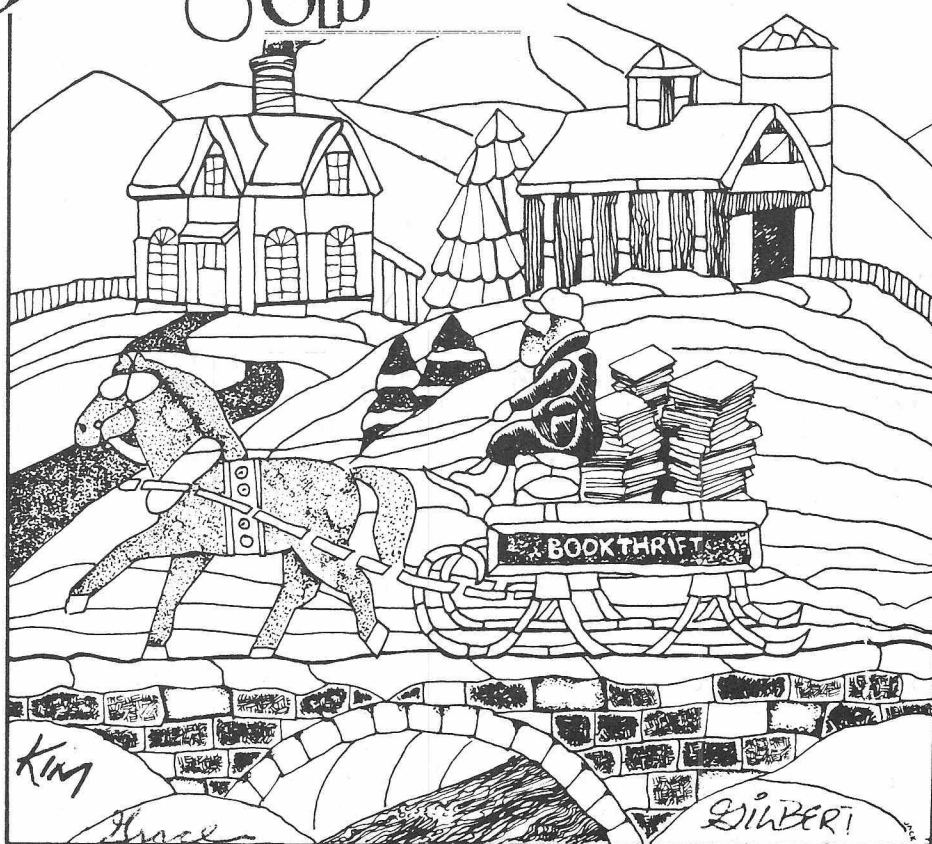


HOLIDAY
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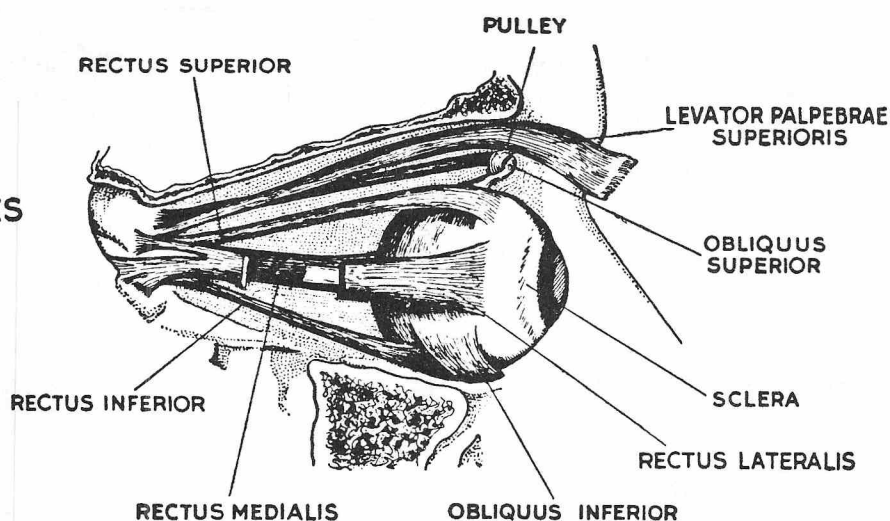
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BEST.



THE MUSCLES OF THE EYE



Wholistic Eye- Health Education

Grace Halloran, Ph.D.

Serious vision disorders are on the increase, and by the year 2000 over 20 million Americans will have lost their ability to see clearly. There are few traditional therapies which will help these millions. Until recently, there has been no publicity regarding this future prediction, and certainly there is little information or education on how to prevent these serious eye disorders.

The Wholistic Eye Institution, in Santa Rosa, California is offering hope to those people who are losing their sight from disorders such as Retinitis Pigmentosa, Macular degeneration and other retinal and optic nerve problems. The Wholistic Eye Institute, founded by Grace Halloran, Ph.D., is the world's first and only wholistic eye health education facility, and has been successfully working with people from all over the world who have lost or are losing their sight from these varied eye disorders. These are people who have been to the traditional medical models, only to be turned away with the negative programming that there is 'nothing' to be done regarding their conditions.

Grace Halloran was herself told that she would go blind over twelve years ago. For eight years she was legally blind from the inherited eye disorder, Retinitis Pigmentosa. Since traditional medicine had nothing to offer her, Dr. Halloran pursued alternative types of therapies and found a wealth of information on improving vision in a variety of different disciplines.

The personal philosophy of Dr. Halloran is carried through the training and therapy given at the Wholistic Eye Institute. Dr. Halloran believes that any condition can be improved upon, given proper nutrition, mental attitude, and physical disciplines that help stimulate circulation. The training that each individual gains during the three-week course covers a wide range of self-help techniques. All therapies are taught to the individual so that they may continue their own therapy when they return home.

Some of the other disciplines that are applied and taught to the individual that has visual dysfunction is the ancient art and science of ACUPRESSURE. There are over forty acu-eye points that Dr. Halloran has researched and dis-

covered that directly affect the visual system. Each person is trained how to apply these points in a safe and effective manner. The oldest client that has attended the training is 95 this year. He was able to learn many of these disciplines, and uses them daily in his own health care program.

Exercise plays a vital role in any health care system, and is surely utilized along with proper diet and nutrition in the vision care program. All are safe and easy to follow, barring any surgical or medical restrictions.

Touch for Health, hand and foot reflexology are some of the other self-help therapies taught to each individual during their fifteen day program. All have been tried and proven to be effective in the fight against failing eye sight. It takes motivated people to approach these powerful self-help techniques developed by Dr. Halloran. She has put together a unique comprehensive and disciplined program. The Institute claims no cures, but they sure claim improvement! And with that note, people leave the Institute feeling that there is a ray of hope and that the sun will shine better for them, and that they no longer have to sit and wait for darkness to fall forever. ■

a letter or a phone call to get in touch:

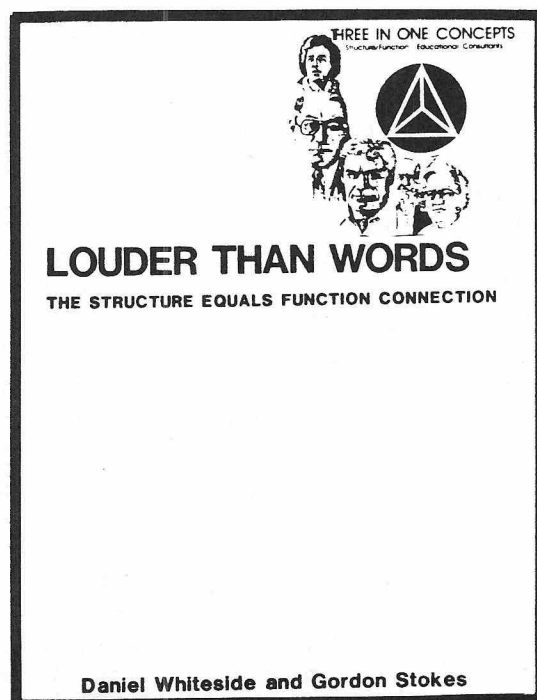
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An excellent title that accompanies a workshop of the same name. The subject is how to apply your genetic blueprint to self-acceptance and improved communication. This is a whole new field - relating genetically determined cell masses to instinctive, DNA-produced behavior. Instead of dealing with general attitudes, LOUDER THAN WORDS pinpoints features of our physical structure which indicate Thinking Style, Physical Insulation, Method-Orientation, Tenacity, Impulsiveness and Automatic Acceptance, among others. Illustrated with extensive photographs, LOUDER THAN WORDS is a pioneering work in understanding the genetic roots of human behavior. ■



Touch for Health Education Network

JOY LINDSEY

Thank you for your letters, requests and comments from the September In TFH Newsletter. Requests came all the way from Quebec to Hawaii. One correction: I would like to hear from all persons interested in using Touch for Health and Edu-Kianesthetics for improved learning, not just parents and teachers. May I present to you: Frank Mahoney

THE FANTASTIC VOYAGE MEETS THE INCREDIBLE JOURNEY AN EXCURSION INTO DYSLEXIA Frank Mahony

I had just told Joy Lindsey that I had been asked to conduct a workshop on dyslexia correction by the California Association of Resource Specialists, a state wide organization of special educators. To say that I was pleased would be a gross understatement. The old tired phrase "honor and a privilege" suddenly was not so worn. Joy said something like, "you should tell how this all came about. People will enjoy hearing your story, and what you do." Well, it's not so easy to tell your own story with out blowing your own horn; so, Honk! Honk! And away we go.

Working with dyslexics, et al, was something of a happy accident; or let's say, it was not something I consciously started out to do. It began with a conversation with a friend who was a learning specialist at a local junior high school. I brought up the subject of cross-crawl, homolateralness, and learning, and asked if she thought there was a correlation. (How's that for a conversation stopper?) She had little knowledge of the subject, and this resulted in my going to her class room and

testing her students. Over the period of one semester I tested and worked with approximately forty students in the reading and language lab; all of them tested weak on cross-crawl and strong on homolateral crawl. I began using all the things I had learned, relative to correcting the energy systems that tested out of balance, mainly through Touch for Health and my fellow instructors; visulal inhibition, auricular exercise, gaits, figure eights, Wayne Cook, cloacals and cross-crawl. The results were amazing! In five weeks, five students, one per week, moved up one to two years in reading levels. One border line case returned to regular classes after only one session. All the kids improved in varying degrees and of the forty only one returned to the reading lab the following semester. Mind you, this was a school of inner city character, where there is little support, if any, in the home, where often English was not the primary language. I'm not saying that I did it all; you must have good teaching skills to go along with it, but I know that I made a significant contribution. It was a great experience!

When I first started getting results with the first group of kids, I felt, "super! But who's going to believe me?" I ran into a brick wall with a couple of educator friends of mine who insisted I couldn't do what I was doing! Not possible! Very frustrating! Then I read Paul Dennison's book "Switching On." I was elated to find that he was doing essentially what I was doing and getting the same results. And why not; we were both drawing from the same source - Touch for

Health.

I took Paul's class, introduced myself, and a friendship quickly developed. We decided to join forces, and shortly there after I took over his individual case load at his Burbank office.

I studied every thing I could get my hands on related to body energy system and it's organization, particularly the cerebral spinal fluid, the interrelationship of cranial respiration and the sacrum, the endocrine system and the effects of muscular-structural integration on them all. Above all, I had Paul to bounce my ideas off of, and a clientel to evaluate them with. The results were; the evaluation and corrections were faster, easier, and had more lasting results, and are well founded on solid physiological concepts that are paletable to the general public, or shall we say, more traditional mind.

A painful injury turned out to be a happy accident as it put me in contact with one of the formeost craniopothist in the field. I demonstrated on him what I was doing, and he explained more fully why I was able to get the results I've been getting, and applauded my efforts. Subsequently, he referred one of his patients to me, a man of forty-five who had been brain damaged at the age of three. He had been through the Dohman-Delecató program. He tested as being homolateral, and had difficulty verbalizing his thoughts. After correction his speach became more fluid and he was bi-lateral. The doctor noticed the cranials were easier to manipulate. as a result I now serve as a learning consultant to that doctors clinic, working with his patients with learning problems, including his son and wife.

I have shared many dramatic and beautiful moments with those I have had contact with, such as the seven year old who labored over the alphabet for over five minutes, making many mistakes and

omitions, then would stop, completely defeated. After two sessions he could do it flawlessly in less than fifty-five seconds. The elderly lady with Rombergs sign, falling over sideways when closing the eyes. after just a few minutes of corrective exercises she could stand with her eyes closed and not even sway. The adult woman diagnosed as alexic who for the first time could write words with out having to copy them after being corrected in a workshop demonstration. The young lady who, in the same workshop at Santa Monica College, for the first time could write a simple sentence, "I live in Venice," with all the words and letters in proper order and uniform in size. The man who had a stroke seven years prior, who during the first session raised his useless arm nearly chest high. Paul Dennison, and others who are learning the process, have had similar successes. The list grows, and I am so very grateful! Grateful for the sore back that started me on this journey; grateful to Touch for Health and all it's staff for putting together such a wonderful program (that I could understand) that moved me quickly along the way; to my dear friend and colleague, Dr. Paul Dennison who graciously sharred his wealth of knowledge, and the podium at the University of San Diego's Annual TFH Meeting. To my lonely workshop widdowed wife, who puts up with having an absentee husband. And grateful to what ever force has allowed me the insight top put all of this knowledge to such a wonderful purpose. This has been indeed a Fantastic Voyage, and an Incredible Journey; and the best part is, it has just started. ■

Frank Mahony
738 W. Mariposa Ave.
El Segundo, CA 90245

MY PERSONALITIES
Dr. John C. Thie, Sr.

I have many personalities that are a part of me.
I tell them what I'm thinking, I tell them what I see.
I tell them what I'm hearing, I tell them how I feel.
My tastes are not what they should be, with them I still must deal.
I tell my personalities all my hopes and fears;
They listen and remember all my joys and tears.
When I'm in charge of my thinking they follow my command;
But without present time consciousness they get out of hand.
Then they don't care what's wrong or right, or what is false or true.
When I don't have PTC toward living their acts may be askew.

John Thie, Sr. father of the author and founder of
Touch for Health has just celebrated his 78th birthday.
Here's to many more years of super health!

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."

INSTRUCTOR TRAINING CALENDAR

PASADENA, CALIFORNIA

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

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1984

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