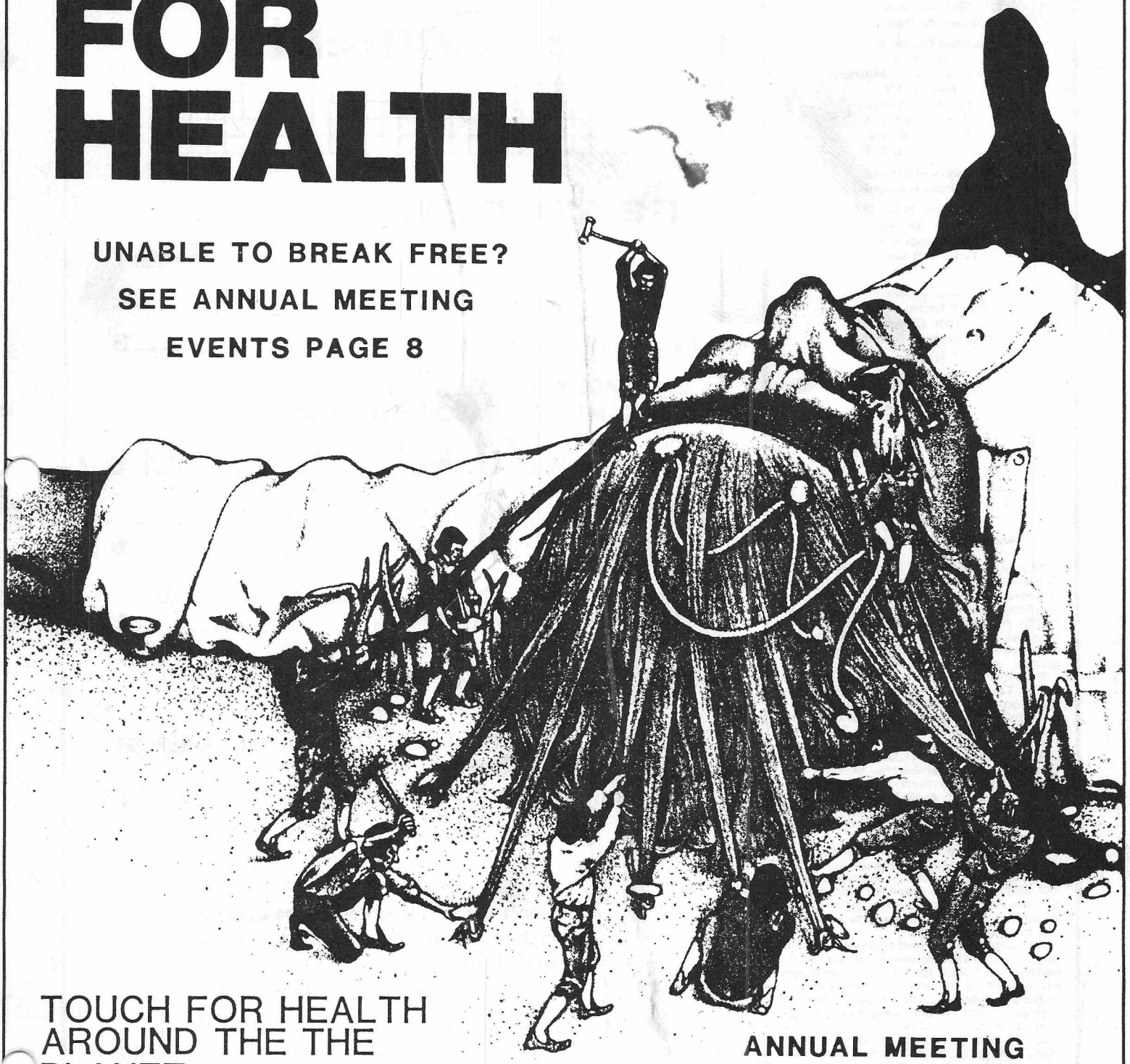
IN TOUCH FOR HEALTH

JUNE 1984

UNABLE TO BREAK FREE?
SEE ANNUAL MEETING
EVENTS PAGE 8



TOUCH FOR HEALTH AROUND THE THE PLANET

A REPORT FROM DOWN UNDER

PHILLIP CROCKFORD
TFH TRAINER

ANNUAL MEETING
REGISTRATION FORM
PAGE 13

IN TOUCH FOR HEALTH VOLUME 2 NO. 3

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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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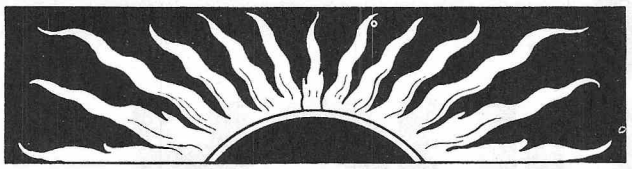

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TOUCH FOR HEALTH AROUND THE PLANET: A REPORT FROM DOWN UNDER.
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Don't worry about having to make a right decision. Make it and then work to make it right.

Charlie "Tremendous" Jones

MESSAGE FROM JOHN F. THIE, D.C.

Dear Friends,

The talents you have as Touch for Health Instructors are unique and special. They are something that only you can offer. You have valuable skills that you can share with people who really need it or they can be used just for yourself! Are you developing them to the fullest? Do you enjoy the sense of accomplishment when you share information that really helps another human being?

TAKE A PERSONAL GOAL INVENTORY

Have you taken stock of what really makes you happy? DO IT! I have had to take this inventory. I have found that teaching and healing make me happy. Touching others is what "makes me tick" and "tick" happily. When I allow other than those priorities interfer with those goals, I get bogged down, I do not enjoy the sense of accomplishment that I, we deserve.

Touch for Health Instructors write me on positive feedback they receive from teaching their Touch for Health classes. The feelings of offering a powerful self-care package for family, friends and practitioners is a natural high and very rewarding. They too get that sense of accomplishment that makes them feel happy. Do you fit into this category? If you can answer "yes" to this I salute you! If the answer is "no", then I suggest that you take stock, do an inventory, take some time for yourself. I share with you what seems to make a difference in those instructors (and myself) who are leading nourishing lives and those who are not. The answer is (1) taking an inventory; (2) making a plan; and (3) following that plan. For example: Instructors who have classes scheduled for a full calendar year usually are the most successful (even if some of the classes don't fill). When you know what you are about, you know how to get there!

Take a quiet hour, in a pleasant place, to listen to the voice within you. Listen and hear what your special talents are and what will be the most nourishing for you. Many Instructors are so busy that they don't take time for themselves. Remember that you too are special and deserve renewal and rejuvination.

If you are unable to attend the Annual Meeting for renewal and rejuvenation, promise me that you will take time for yourself, to take an inventory, set your own personal goals and do what you need to do to experience that sense of accomplishment and happiness that you deserve.

If you are able to come to the gathering, I want you to know that what is the highlight for both my wife, Carrie and myself is meeting with all the TFH Instructors. That's why we value the Annual Meeting so much. Hearing how you have taught people and to hear about your case histories of individuals who in turn help their families, friends and patients is an incredible experience.

Before I close I want to tell you about some of my experiences when we went to Europe to teach Touch For Health. I became convinced, more than ever, that Touch for Health is one of the most exciting discoveries in health care in the

SEE MESSAGE PAGE 4

I BECAME CONVINCED, MORE THAN EVER, THAT TOUCH FOR HEALTH IS ONE OF THE MOST EXCITING DISCOVERIES IN HEALTH CARE IN THE LAST 25 YEARS.

last 25 years. People using TFH all over the world - speaking numerous languages - gave me the sense that part of my mission in this life is being fulfilled. Did you know that the **Touch for Health Manual** is now printed in Dutch, Danish, Swedish, Polish, German, French and even in Braille and that we are anxiously awaiting the Spanish edition and the Portuguese proposal has just been initiated?

Let me share two experiences, of the many that Carrie and I observed while in Europe: **TFH IS ACCEPTED AND USED BY MEDICAL PROFESSIONALS**

In Copenhagen, Denmark, we were invited to speak and share with hospital physiotherapists at the home of a woman who is chief physiotherapist from the University of Copenhagen Hospital. On this lovely afternoon we heard how many patients were experiencing results not possible before the use of Touch for Health. Our hostess told us of an orthopedic surgeon whose knee problem had been treated by surgery and physiotherapy without success. He felt nothing more could be done about his pain. After several sessions of using TFH techniques he was totally free of pain.

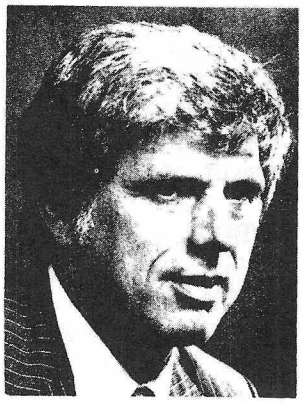
TOUCH FOR HEALTH TEACHERS REPORT SUCCESS

We heard stories like this over and over again - reports of people helping others with problems they had resigned themselves to "live with." In Norway I was told about a marathon runner preparing to enter an international race. She had a hip problem and was not responding to medical treatment. Two weeks before the competition she was told that her hip problem was so severe that it would prevent her from competing. A physiotherapist using Touch for Health techniques worked with her. Not only did she enter the race, but she came in first!

Whereever you are, whatever you do, COME IN FIRST! I wish this feeling for you. ■

Love,

John F. Thie, D.C.



TFH WILL MISS A FINE FRIEND

Our deepest sympathies to Linda Jimenez de Olmos who lost her husband Ricardo in an automobile accident in Mexico last January. Ricardo, a vibrant Touch for Health Instructor and friend was creating the Spanish version of the Touch for Health book for distribution in all Latin American countries. He will be missed greatly as he contributed to the betterment of life in many ways.

SELF-MADE CASSETTE PROVIDES A VALUABLE RESOURCE TO STUDENTS

STAYING IN TOUCH CASSETTE HAS LONG LASTING WARMING EFFECT! One of the best things about the Touch for Health beginning course which I recently completed was the chance to get in touch with other people who are seeking better ways to live inside this marvelous body we call home. There was a lot of net-working during and after class as the students and instructor shared information on various aspects of wellness, news of upcoming seminars on holistic health, referrals to doctors and clinics for those with special needs - all interspersed with a lot of laughter, caring and trust.

Of course, we learned our meridians, pressure points and muscle testing too, thanks to the enthusiasm of Touch for Health Instructor, Peggy Maddox. She was not only an inspiration, but also a deeply caring, committed, and one of the finest teachers I have ever known.

One of the innovative tools which Peggy introduced to us was her cassette tape recording she had made for our home use. I found this extremely valuable to me. It made practicing fun instead of fumbling, and helped speed the routines up and lift them out of the drudgery category. The tape consists of Peggy guiding you through the cross-crawling warmup (set to good dance music), followed by the 14 meridians and the mini-meridian "brush". Then she in-structs in the use of techniques which we can use on ourselves, without a partner, stressing the Neuro-Lymphatic and Neuro-Vascular points and their application to certain body conditions which are problem areas for most people.

The cassette tape is profession-ally prepared and recorded. This is one cassette that I will be using for many years. I'm hoping more will be available for home use, as it definitely helps me honor my commitment to PRACTICE. I'm so very grateful to Touch for Health, its philosophy, techniques and beneficial influences... and a very thanks to Peggy Maddox for making the course so informative and enjoyable. She spread a special warmth amongst us all. ■

Mindy Chesney-Baziw

SHARE "MORE" OF YOURSELF WITH A CASSETTE

Dear fellow TFH Instructors:

I want to share with you the fact that your students will love to hear a tape made by you with your voice on it giving TFH tips. I had them made up and am selling them at my classes with great success. If you'd like to have a copy of my tape, call or write the TH Enterprises book store. It sells for $8.98, and members can deduct 10% more from the price. If it needs to be shipped add $1.50, California residents only add 6.5% tax.

If you live in an area that does not have duplicating facilities you may drop me a line and I will be happy to send some information.

Peggy Maddox
627 Camino De Encanto
Redondo Beach, CA 90277

Anterior serratus/lung

TFH TIP - ANNUAL MEETING M.C.

GLEN LOCKHART

There's a little hole in the back - - heres help in finding it... While working in New York teaching various disciplines I was asked to hold a few Touch for Health courses. One of these was in a little town called De Kalb Junction. This lovely little upstate New York town is home for Lillian Turnbull, RN, a long time holistic health advocate and practitioner. Lillian wanted to add Touch for Health to her reflexology and acupressure work. She invited us to teach a class to she and her local friends.

In the class as we were learning test positions and range of motion, everyone was having trouble on finding that perfect spot at the bottom of the scapula that you hold whilst you pump for oil on the arm. (Anterior Serratus, Lung) Looking across the room of arms being pumped up and down you'd have thought you were on Signal Hill in California on a busy day. Well no one was satisfied about being able to easily find that exact spot at the bottom of the scapula bone as we stooped for the day. The following day Lillian professed she had been thinking about the matter and wondered if we'd all like to try a little experiment. She had all of us hold our students arm at 90 degrees to the prone body. Then rather than pumping for oil, that is moving the arm toward the head and back she had us push the arm ACROSS the body, all the while feeling in the general area of the bottom of the scapula. Sure enough there is a hole created by moving the arm thusly. A few trys by the class and all agreed that this was a fine way to locate that little exact spot. Try it. Just push the arm across the body. When you've found the spot at the bottom of the scapula then position the arm in the "hitch hike" position and test. Lillian would love to hear from any of you on this if you find it useful. Write her at Rt. 1, De Kalb Junction, NY 13630 ■

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TH ENTERPRISES STORE IS NOW AVAILABLE AT ALL HOURS OF THE DAY TO TAKE YOUR PHONE ORDER>

We have added an answer machine to our Store staff. Due to world time zones and our many Touch for Health members who are usually on the run, we are making it more convenient to place your order. You have as much time as you wish to leave your message on the tape. Your order will be processed as you requested the very next working day. Be sure to let us know the quantity, the items, the shipping address, area code and phone number and payment. Visa and MasterCard has been especially the most effective International transfer of funds between all countries. No extra service charges either.

CALL (818) 798-7893 ANYTIME

AT THE ANNUAL MEETING, WE WILL CLOSE AT 3:00 PM ON SATURDAY JULY 14

MAINTAIN TFH CONTACT FOR BEST RESULTS

I have been using a 13 cent post-card size write up to help promote review sessions and let students know we care after a seminar is over. The end of a dynamic work-shop like Touch for Health is really a new beginning for many people. Encouragement helps.

Dear Touch for Health Graduate,

I am sorry that you have been unable to attend scheduled review sessions or refresh a basic Touch for Health workshop. Those who did attend are telling us that it was absolutely invaluable in reinforcing the theories and techniques learned, as well as providing them with more creative ways of utilizing the skills to their fullest potential. Our next scheduled course is:

Weekend Workshop /or/ Review Session

I can't emphasize enough the importance of your participation. I am sure you are finding it easy to get off track. Our goal is to provide you with the resources we have to insure that you remain able to use your knowledge.
If you are not able to attend, remember to ask about it, so we can send out a 1984 (whole year) schedule to you. Please call to reserve a space for a healthier you!

Sincerely,

Pepper Brydon, 831-2224

NATIONAL BEST SELLER

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- What foods you should eat to excel in the sport of your choice
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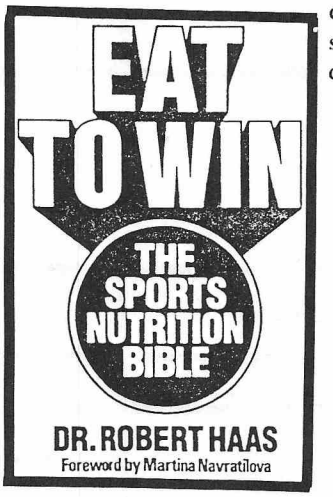
- How the right food helps athletes build muscle while burning fat
- How diet can help speed healing of sports injuries
- What to eat before, during, and after competition
- The truth about the Salt Myth, the Protein Myth, the Sports Drink Myth, and the Fasting Myth



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ANNUAL MEETING REGIS

	TUESDAY JULY 10	WEDNESDAY JULY 11	THURSDAY JULY
		YOGA, AEROBICS, MEDITATION AND MC	
6:45 AM			
7:00		BREAKFAST	
7:30			
8:00		TFH TRAINER TFH FACULTY	
8:30		BRIAN BUTLER, INTERNATIONAL TFH TRAINER, ENGLAND HOW TO GENERATE CLASSES TEACHING TECHNIQUES PUBLIC SPEAKING	GORDON STOK THE NEW & T USING STRUC HAP BARHYDT
9:00			
9:30		PHILLIP CROCKFORD, INSTRUCTOR TRAINER FILLING YOUR TFH CLASSES TESTING TOUCH FOR HEALTH STANDING UP	NANCY JOECKEL, INSTRUCTOI SHORT TERM EFFECTS ASKING THE BODY QUESTIONS
10:00	**1984 Touch for Health** JULY 10-15, 1984 ***9th INTERNATIONAL ANNUAL MEETING*** *University of San Diego, California*		
10:30		SKILLS AUCTION	DR. JOHN THIE, INSTRUCTO ADVANCE PAIN CONTROL
11:00			
11:30			
noon		LUNCH	
12:30 PM			
1:00			
1:30		FREE TIME	FREE TIME
2:00			
2:30	REGISTRATION & RECEPTION IN BALANCING ROOM		
3:00		NANCY DOUGHERTY REACTIVE MUSCLE REVIEW TO ELIMINATE REACTION	
3:30			
4:00		JOE GODGES PHYSICAL CONDITIONING FOR PREVENTION	GARY BIANCONI 42 MUSCLE TESTS MA
4:30		CAROL HITZ SWITCHING ON WITH "SELF TFH"	BONNIE EPSTEIN PURPOSE OF TFH - AN INTR PRESEN
5:00			
5:30		DINNER	
6:00			MATT STRICHERZ & GENEVA FAY EMOTIONAL STRESS RELEASE & M
6:30			ROMY PAYNE A SPECIAL TFH PRESENTATION
7:00			
7:30	OPENING CEREMONY	BILL KELSEY THE USE OF TFH IN ATHLETIC TRAINING	BREAK
8:00	IDELLE WEISSENBERG TFH OLYMPIC STARS, TORCH BEARERS,	SKILLS AUCTION	STEVEN ROCHLITZ AMINO ACID DEFICIENCIES ALLERGY RELATED HEALTH
8:30		PEGGY MADDOX TOUCH FOR HEALTH IN SPORTS	
9:00	DR. JOHN F. THIE TFH WORLD WIDE	DR. PAUL DENNISON HOMOLATERAL MUSCLES MERIDIAN BLOCKAGES TO LEARNING	REV. RICHARD UTT ACCUPUNCTURE ENE S COMPLETE MUSCLE TESTI
9:30			
10:00 PM			

RATION FORM ON PAGE 13

	FRIDAY JULY 13	SATURDAY JULY 14	SUNDAY JULY 15
LANNED BY THE ENERGY COMMITTEE			
7:00 - 8:00 AM			
ESENTATIONS NSTRUCTOR TRAINER) OF EMOTIONAL STRESS RELEASE (ESR) UNCTION IN TEACHING ER, REACTIVE MUSCLES		DR. GRACE HALLORAN VICTORY IN SIGHT	CHECKOUT
NER	RICHARD HARNACK, INSTRUCTOR TRAINER REACTIVE MUSCLES POSTURAL AWARENESS	BARBARA EHLERS GETTING YOU STRAIGHT ABOUT SCOLIOSIS	BRIAN BUTLER, INTERNATIONAL TFH TRAINER,
		AWARDS FOR ACHIEVEMENT	DR. RICHARD BYRNE A SPECIAL COMMUNICATION PRESENTATION
NER	BREAK	DR. MICHAEL ALLEN TMJ SYNDROME: HOW IT RELATES TO OTHER DISORDERS	CLOSING CEREMONY
	JOY LINDSEY BALANCING MIND/BODY ENERGY FOR READING/WRITING AND LEARNING		
noon - 1:30 PM			
	FREE TIME	FREE TIME	
	MARY JO BULBROOK & CHRISTINE WAY		
Y RY	DR. WAYNE TOPPING SPECIAL TFH PRESENTATION FROM WASHINGTON	DAVID NICKEL ACCUPRESSURE & ACCUPUNCTURE IN SPORTS MEDICINE	
5:00 - 6:00 PM			
E IMAGERY	PETER SZIL MERIDIAN MASSAGE REVISITED		
ENGLAND	MONTE KLINE OLYMPIC TRAINING WITH TOUCH FOR HEALTH	FRANK MAHONEY BALANCING THE ATHLETE -	
	BREAK	JULIE FRENCH TOUCH FOR HEALTH, MENTAL & EMOTIONAL	
MS		CHARLES LANG SPECIAL TFH PRESENTATION	
	DR. SHELDON DEAL NATURAL HEALING RESEARCH	ENTERTAINMENT	

SPECIAL POST-CONFERENCE WORKSHOPS

USING THE EIGHT EXTRA MERIDIANS OF CHINESE ACUPUNCTURE

Presented by: Wayne Topping, PhD, LMT

AND

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(EDU-KINESTHETICS)

"THE HOLISTIC APPROACH TO DYSLEXIA"

DEVELOPED AND TAUGHT BY

PAUL DENNISON, Ph.D.

ANNUAL MEETING: TAKING CARE OF LOOSE ENDS

The seconds are ticking down to the annual event. The 1984 Touch for Health Annual Meeting. These are things you may need to do. So take note. By the way the weather expected in San Diego the week of July 10th to the 15th is, warm and sunny with perfect temperatures off the pacific ocean of 70 to 85 degrees.

AWARD NOMINEE'S ARE

If you have someone including yourself that has put their heart in contributing to Touch for Health in any capacity then drop a letter off today. The Touch for Health Foundation would like to know and acknowledge your accomplishments. The Awards featuring major contributions to Touch for Health throughout the world will be announced the last day of the Annual Meeting.

WRITE TO:
PEGGY MADDOX
627 CAMINO DE ENCANTO
REDONDO BEACH CA 90277

DONATIONS TO TFH FOUNDATION

HELPING HANDS

MARJORIE RAGON,
SAN BERNARDINO, CALIFORNIA

PEGGY MADDOX,
REDONDO BEACH, CALIFORNIA

BERNICE MCCULLOUGH,
STRONGSVILLE, OHIO

FRANCES TIBBETTS,
FARMINGTON, NEW HAMPSHIRE

1984 OR 1985 PAPER'S

Is your 1984 Annual Meeting Paper or Touch for Health Publication still not planned?

Well here is a plan sheet for getting you started on being the writer!

Plan sheet for Touch for Health

1. What is the primary purpose of my paper?
2. What is the second purpose of my paper?
3. What do I want the reader or audience to know how or do?
4. Why?
5. Points to be covered in my paper. List at least four.

FIVE STEPS TO PREPARE YOUR PRESENTATION FOR IN TOUCH FOR HEALTH

1. Investigate the sources of information.
2. Take notes.
3. Experiment and analyze the results.
4. Make an outline.
5. Write the paper, present it preferably typed or printed.

The Call for Papers committee and editors will do the rest. Please note that the deadline for the Annual Meeting speaker's papers has past. But **JUNE 10th, 1984 is the deadline for the PAPERS to be PUBLISHED in the 1984 TOUCH FOR HEALTH JOURNAL - July Member Issue.** This will be handed out at the Annual Meeting so you may have it prior to the different lectures. For those not able to attend, your issue will be mailed to you as part of your TFH membership.

OLYMPIANS do it better with TOUCH FOR HEALTH

TOUCH FOR HEALTH FOUNDATION BUMPER STICKER NOT ACTUAL SIZE $1.00

OLYMPIC THEME CONTEST WINNER ANNOUNCED FOR 1984 TFH INTERNATIONAL ANNUAL MEETING.

No less than 48 entries were submitted by TOUCH FOR HEALTH FOUNDATION Members for the slogan to be chosen in connection with the Olympic Games theme of the 1984 International Annual Meeting to be held in San Diego, July 10-15.

The selection of a presidential nominee for 1984 might be an easier task compared to the hard choice Annual Committee members had to make a few weeks ago in Pasadena, California.

The slogan of Dr. Wayne Topping, popular Touch for Health Instructor who formerly was a resident of New Zealand and now lives in the state of Washington, was the unanimous choice of the ten-member committee.

The slogan? OLYMPIANS ♥ TOUCH FOR HEALTH IN THE PURSUIT OF EXCELLENCE. The award? Lucky Wayne wins a scholarship of $150 off the Conference Fee. In other words, his registration fee to the 1984 Annual Meeting is pre-paid by the TFH Foundation! Congratulations, Wayne Topping!

Names of the slogan contributors were withheld from the committee until after the winning one was chosen. The 1984 bumper sticker selection "Olympians do it better with Touch for Health" was also submitted by Wayne. (His name was unknown to the committee during the selection process).

The Annual Committee was impressed with the wide variety of creative slogans submitted by Foundation members. Some of the entries included the following slogans:

BALANCE THE GOLD WITH TOUCH FOR HEALTH

GO "ALL THE WAY" WITH TOUCH FOR HEALTH

TOUCH FOR HEALTH - THE UNOFFICIAL STIMULANT OF THE 1984 OLYMPICS!

LEARN "TOUCH FOR HEALTH" & BE A CHAMPION!

TOUCH FOR HEALTH WILL SCORE AT THE OLYMPICS IN '84;

TOUCH FOR HEALTH - A WORLD CLASS EVENT

THE TORCH IS FOR THE OLYMPICS - A TOUCH IS FOR HEALTH

...and on and on and on.

The winning slogan will appear on all publicity letterheads, T-Shirts, etc. "We're sure you will want to keep your complimentary T-shirt as a souvenir of the year that you attended the 1984 International Annual Meeting of TOUCH FOR HEALTH during the 1984 OLYMPIC GAMES" said theme contest coordinator Elly Wagner. An additional limited quantity of the T-Shirts will be available for purchase to take back home as gifts, Elly added.

The 1984 Annual Committee wishes to express its warm thanks for the splendid entries. Wish we could use 'em all! ■

JOIN US AND MORE FOR THE TOUCH FOR HEALTH ANNUAL MEETING

BONNIE ABBOTT - Lake Worth, Florida
JIM ABRAHAMSSON - Sweden
MAUREEN ALCHIN - Australia
ELI AMIR - Woodland Hills, Calif.
ELIZABETH ANDREWS - London, England
NOUREEN BAER - Ventura, Calif.
TERI BAER - Ventura, Calif.
MINDY CHESNEY - Newport Beach, Calif.
JOSEPHINE BEWIG - St. Louis, Mo.
GARY BIANCONI - Bellingham, Wash.
FRANCES BLACKSTOCK - Pine Bluff, Ark.
JEAN D. BONDE - Potomac, Md.
PEPPER BRYDON - Mesa, Az.
JANET BUCCOWICH - Downey, Calif.
GILLIAN BUCKINGHAM - Queensland, Australia
MARY JO BULBROOK - St-John's, Nfld.
JEAN BURBIDGE - Santa Ana, Calif.
JACK CARACO - Los Angeles, Calif.
JAN COLE - Broomfield, Colorado
ERMA CRABILL - Rancho Cordova, Calif.
CAROL CRAIG - San Jose, Calif.
DOROTHY CURTIS - Lansdale, Pa.
PAUL DENNISON - Wynantskill, N.Y.
JULIANA DERRIG - Lakewood, Calif.
JOHN DOGGETT Jr. - St. Louis, Mo.
JUANITA DOGGETT - St. Louis, Mo.
DONNA EDEN - Ashland, Oregon
ROBERT ELLERBRACHT - Laguna Beach, Calif.
HELEN P. ELLIS - Berrien Springs, Mi.
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* 9th INTERNATIONAL ANNUAL MEETING *

University of San Diego, California

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TOUCH FOR HEALTH AROUND THE THE PLANET

A REPORT FROM DOWN UNDER

PHILLIP CROCKFORD
TFH TRAINER

On a recent visit back to my Australian homeland, I was thrilled to discover Touch for Health is continuing to thrive and grow. I did a series of workshops on Educational Kinesiology, sports performance, and some advanced reactive muscle work. These were all well attended by Touch for Health Instructors, and from there was news of Touch for Health throughout the country.

In Victoria, Australia's garden state, Philip and Marianne Rafferty are the nucleus of an active group. Many of the Instructors in Victoria are qualified Naturopaths and/or nutrition consultants. They use Touch for Health in their private practice, as well as teaching classes, in a combination which seems to be effective in Australia. David Bridgeman and Vic Rodriguez are both active in this respect. David, like Philip Rafferty, has had several media appearances where Touch for Health has been mentioned.

Over in Western Australia, the "State of Excitement," Mary Jane Russell and Derek deBradley continue to teach Touch for Health I and II classes, and support other Instructors in developing their skills. The Educational Kinesiology was well received and several people at the workshops indicated their intention to go into the school system to put the methods to work.

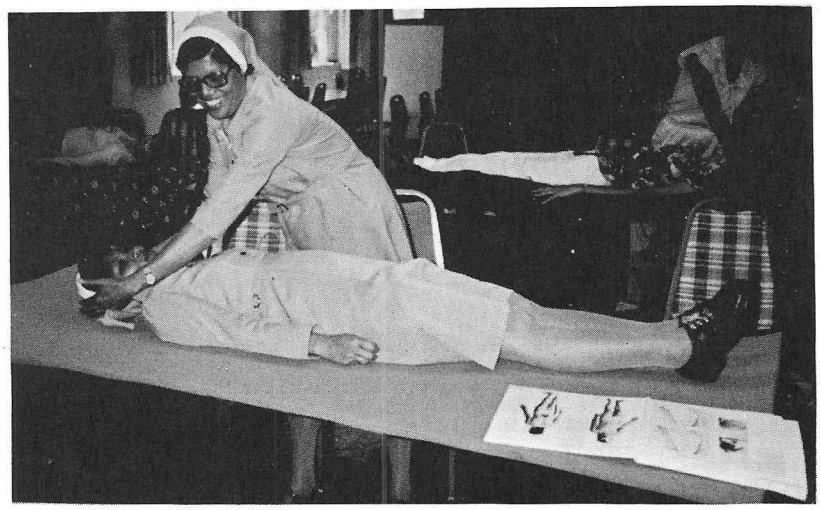
In Sydney, Allen Parker has a clinic and center from which he sponsors Touch for Health related workshops. Allen's approach is very professional and he also does stress management courses. He has just started using Touch for Health in a prison program. Richard Stelmach and Glen Braddy are two other experienced Instructors who will be joining allen in spreading Touch for Health through the vast metropolis of Sydney.

In Brisbane, Trevor Savage is a dynamic focus for the Touch for Health scene. Anna McRobert manages the local TFH Association, and she and Trevor collaborate with other Instructors in the area to keep in touch and sponsor courses. Thanks to Trevor's promotional ability, I spoke on several major TV and radio shows which resulted in over 150 people taking an Educational Kinesiology weekend course. I heard about many other Instructors and their efforts in country areas, and was inspired by their success stories.

In New Zealand, Instructor Trainers Bruce and Joan Dewe have built up a solid core of Instructors throughout the country who are sharing Touch for Health in many different ways - some by their professions such as physical therapist, Philippa Wilson, and massage therapist Auriol Hutchins, and others through classes in their communities.

It is a great privilege for me to know so many Instructors in different areas of our planet. Where ever and however you are doing in sharing Touch for Health, you can take inspiration from the fact that you are truly a member of a planetary family, and that hundreds and thousands of miles away, at this very moment, committed, caring individuals like yourself are working to make self-help through natural methods a reality for all of humanity. ■

PEGGY MADDOX'S BASIC CLASS
SR. MARIE MUYEN BALANCING
SR. MONICA PHI TRAN OF
LOYOLA MARYMOUNT UNIVERSITY



TOUCH FOR HEALTH

EXCELLENCE IN SELF-CARE

BOOTH #165 C

WHOLE LIFE TIMES EXPO 1984

Whole Life Expo
June 15-16-17, 1984
Pasadena Center
Pasadena

Touch for Health has long encouraged all that is finest in self-care education programs. In keeping with this tradition, the theme of our activities at the 1984 Annual Meeting and Whole Life Times Expo is "Olympians ♥ Touch for Health in Pursuit of Excellence." Our plans include balancings by Certified TFH Instructors, a drawing, offering a free TFH I basic class, TFH book and chart availability and a featured lecture by the author John F. Thie, D.C., his topic is **LOW BACK PAIN: HELP YOURSELF WITH TFH. On Saturday at 3:30 to 4:30 pm in room C-103 - 105.**

HIGHLIGHTS OF THE TOUCH FOR HEALTH BOOTH:

*Certified Instructor Members doing the balancings
*Instructor's class information will be available for distribution
*The June/Summer Issue of Touch for Health Times will be distributed
*Instructor's will have the opportunity to practice TFH balanicng
*Free TH Enterprises Store catalog
*Every participant will walk away with an "I've been Touched for Health" expo sticker

*For a quick muscle test to restore energy back to your meridian flow system come by the TFH Booth. The benefits are outstanding in enlisting health improvement. Suggested donation to the not-for profit booth are $1.00

TOUCH FOR HEALTH FOUNDATION LOOKS FORWARD TO VISITING WITH YOU AT THE WHOLE LIFE TIMES EXPO, JUNE 15-17. Booth #165 C