

SEPTEMBER

1984

IN TOUCH FOR HEALTH



The
TOUCH
FOR
HEALTH
Song

B/W
DO
THE
RHYTHM,
CATCH
THE
SOUND
OF

CROSSCRAWL

SEE PAGE 13

*Steven Garrick Orchestra
& Singers*

VOLUME 2 NO 6

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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.

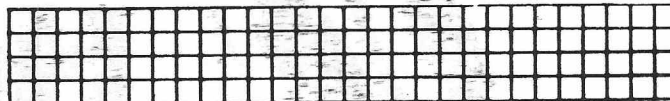
The Touch for Health Foundation is a tax-exempt, non-profit educational corporation. Publications of the Foundation include the quarterly newspaper Touch for Health Times circulated to members and all interested persons in Jan, Apr, June and Nov. Foundation membership also includes subscription to the member's newsletter In Touch for Health published in Feb, Mar, May, Aug, Sept and Oct. In July, the annual Touch for Health Journal of comprehensive research papers, training information and applications. December, members receive the Annual Membership Directory.

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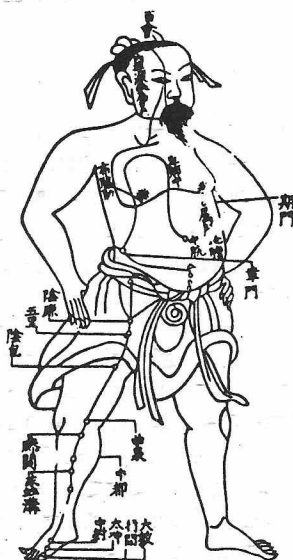
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I care for riches, to make gifts to
friends, or lead a sick man back to
health.
With ease and plenty. Else small aid is
wealth.
For daily gladness; once a man be done.
With hunger, rich and poor are all as
one.

Euripides (484-406 B.C.)
Electra. (Sir Gilbert Murray)
Line 539

Striking A Balance



Beyond TFH, a review of articles in the acupuncture energy system

JOHN F. THIE, D.C.

Several articles in the American Journal of Acupuncture, September 1984 are of interest to Touch for Health Instructors and other members using TFH. The lead article "A New Scientific Method of Pulse Diagnosis" by L.Y. Wei, who is the Professor of Electrical Engineering, University of Waterloo, Ontario Canada and C.T. Lee, a technical staff member at the Chung Shan Science Institute at Lungtan, Taiwan. What is so interesting about the article is that there is an electrical field that they call Spectral Energy Ratios (SERf). They have found that these electrical potentials can be detected by a sensor and then fed into a computer for quantitative analysis to get the spectral energy ratio SERf at frequency f defined by

$$\text{SER } f = E1f/E2f$$

Where E_{1f} = the integrated spectral energy below f Hz
 E_{2f} = that above f Hz

The tests were conducted by medical patients with known disease syndromes and normal subjects chosen by Medical doctors. There were definite differences in the pulses in the medically diagnosed diseased patients, thus establishing an objective method that can detect and analyze human pulses scientifically.

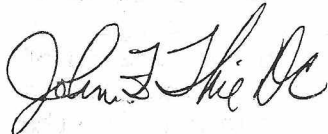
The most important concept in Chinese medicine is the Ch'i which is interpreted energy, or the field of life. Disease according to the Chinese medicine results from "insufficiency of the Ch'i." There has been no scientific understanding of this notion until now. This fits very well with the program that we advocate in Touch for Health of assuming that a weak muscle indicates a low energy and then correction of the energy by the Neuro-lymphatic, Neuro-vascular, Meridian and Origin/Insertion or spindle cell techniques. For those of you wanting to have this article reprint you may write direct to Dr. Wei

ENERGY CONTINUED

at the University of Waterloo in Ontario, Canada. The second article "A New Method for Locating Acupuncture Points and Body Field Distortions" by Laurence E. Ibadgley, M.D. of 370 W. San Bruno Avenue, Suite D, San Bruno, California, relates to Touch for Health in that it talks about "the electromagnetic fields of the acupuncture system are continuous with the bioplasma field which surrounds the human body. Natural quartz crystals, and magnets can be used to precisely delineate the form and direction of the flow of energy fields inside and outside the skin envelope. The consequences of natural quartz crystal and magnet transduced energy beams which intercept the body fields are indicated by the readout of the vascular autonomic signal (VAS), which has been described by Dr. Paul Nogier. The external bioplasma field surrounding a region of internal disorder is usually a vortex of spiraling energy. The vortex efflux can be dissipated by appropriate acupuncture therapeutics. The dissipation of the vortex efflux is correlated with symptomatic improvement of the patient." This also fits with when we find the energy field is balanced by using the basic muscle testing techniques and find no energy imbalances. We then often find an improvement of the symptomatic complex of the person who has been balanced.

The more we learn about acupuncture and the scientific validation the more convinced I am that our teaching of these basic principles to as many people as possible will result in much less suffering of mankind.

Be well, be alive, be loved



DR. JOHN THIE LECTURING

FOR THE RECORD

In the August issue of *In Touch for Health*, we forgot to mention Richard Harnack as our residential Instructor Trainer for the Touch for Health Foundation in Pasadena. He was approved by the staff as a member of the faculty at this years Annual Meeting.

a letter or a phone call to get in touch:

TOUCH FOR HEALTH FOUNDATION
1174 North Lake Avenue
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We welcome your participation in our vision.

(818) 794-1181 *a non-profit educational foundation
dedicated to research and teaching*

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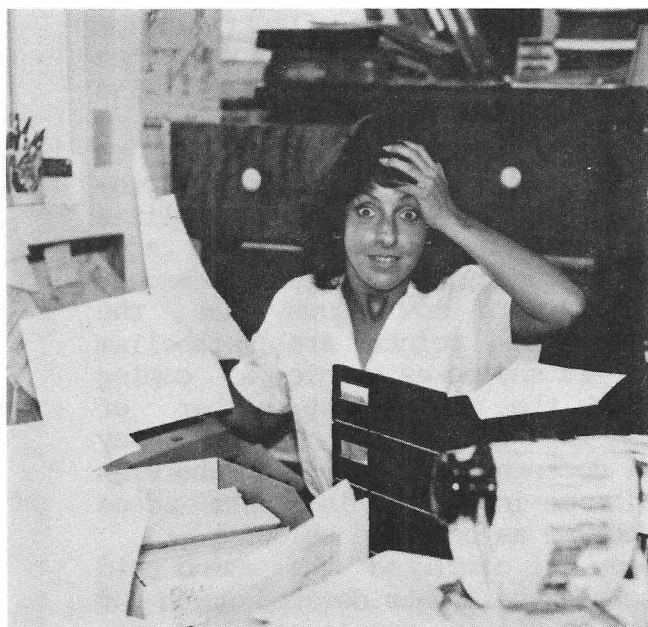
Irene Gauthier
Southfield, Michigan

Peggy Maddox
Redondo Beach, California
Video of TFH in School Sports
to TFHF and recording time.

Sue Bohrer
Encinitas, California

Mary Gooch
England
A full scholarship for
TFH basic I class

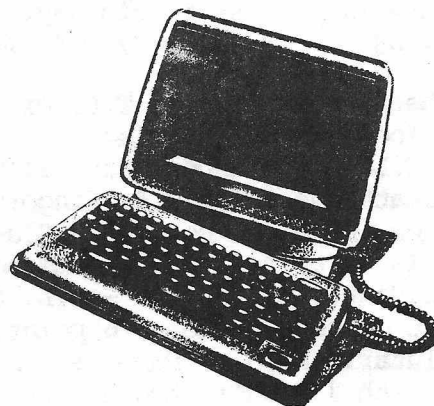
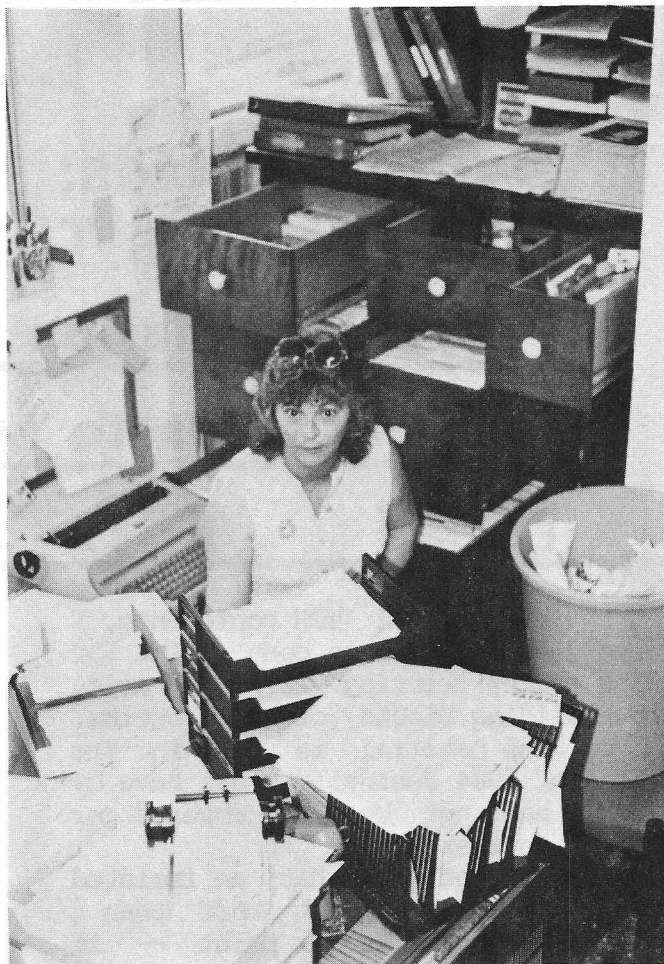
Bill Pennington
Dallas, Texas
A considerable donation to
TFHF to help in the purchase
of a computer.



Managing records—Drowning in data? Help is on the way/

Thanks to our loyal TFH members who have donated funds ear-marked for the computer.

The non-profit TFH Foundation



will eventually have a computer, perhaps, as early as next march with your help. Public Relations Theresa Van Ornum (left) and Elizabeth Gunn, Administrative Assistant (Upper right) are now swimming in the present filing system. Specify your donation to Touch for Health Foundation Computer Fund.

Amino Acids: *To Know Is To Serve Well*

New information to map amino acids to specific points

At the 1984 Annual TFH conference, I discussed my research on body point (or Riddler reflex) testing for amino acids -- the building blocks of all proteins. Some of the material is not in the magnificent 1984 Journal you all have by now and has not been discovered or published anywhere else.

The main point is that an isolated Riddler point can be much more than a vitamin or mineral reflex point -- it can be a point whereby an entire metabolism can be assayed. I have found that amino acids and related metabolites are particularly easy to test this way.

The following is a summary of my findings.

L-Tyrosine Therapy localize or T.L. with 4 fingers at Iodine Riddler point.

L-Lysine - T.L., 4 fingers at Iron point. L-Glutathione - T.L. 4 fingers at the trace mineral point. L.Glu-

tathione - is a tripeptide (3 amino acids) antioxidant. L-Cystine - T.L. 4 fingers at tip of tongue and B 6 point.

Alpha Ketoglutaric Acid - Same as L-Cystine but, with 3 finger touch. This substance is an amino group acceptor and it is being found to be crucial for the low-energy and/or very allergic patient by clinical ecologists.

The 4 finger T.L. is based in part on a suggestion from S. Alan Roll, D.C. a professional TFH member and Instructor to whom I have shared my research findings.

I have also recently discovered that a weak response after a pinch or Melzacak-Wall test while testing for an amino acid means that it is not properly

metabolized in the body. Abnormal, possibly toxic metabolites will be created from it and the proper ones won't. You can verify this as I did with 24 hour urine assays for amino acids. You will get the same info with a pinch test on R. Utt's points.

I have not completed an entire mapping of amino acids. With the help of the guidelines in my article in the Journal and a knowledge of nutrition or bio-chemistry the path is now wide open for all you TFH'ers - go for it! I also believe that it is possible with my guidelines to use body point testing to assay hormones, neuro-transmitters, prostaglandins, etc. that are metabolites of the vitamin, mineral or amino acid points all ready known. Always remember that this work now shows that the Riddler reflex points are metabolism points. It may be as simple as coming up with the appropriate number of fingers for the new substances. Any medical doctors or biochemists who wish to join me in researching these ideas can reach me as depicted below.

I have not completed the amino acid mapping because I have devoted much of my time to getting people well by re-establishing the proper human ecology. My 2-day seminar, Human Ecology: Balancing Sciences HE:BS), is all about the latest in amino acid and allergy testing, truly hypo-allergenic supplementation and balancing the body's energies so that the opportunistic micro-organisms, Candida Albicans (yeast) and Progenitor Cryptocides (Bacteria?/Fungus?/Virus?) can be eliminated

DID YOU KNOW ABOUT OUR TFH MEMBERS?

A SURVEY REVEALS

In one of our surveys, we were curious on what percentage of our TFH Instructors use common items, products and services. We think the people in the TFH movement are unique. We are curious on what makes us bond so well together as evident at the Annual Meetings, ITW's and perhaps even your basic TFH class experience. Well, here is the results of the survey.

NATURAL FOODS

69% Use a natural shampoo, soap or cosmetic every day.

56% Drink herbal teas everyday. 19% twice a week.

12% Raise their own crops for food. 25% raise some crops.

64% Use vitamins daily. 12% some of the time.

BOOKS

83% Read every day to gain knowledge.

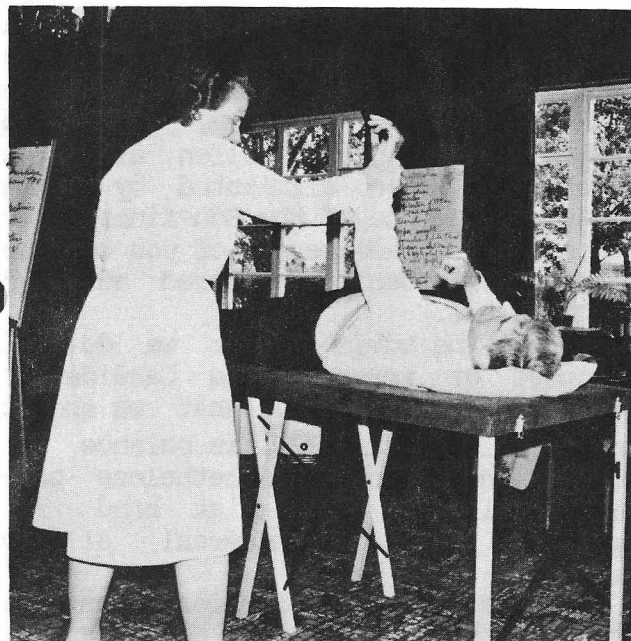
35% Read a holistic publication.

76% Prefer paperbacks to hardbound books.

67% Other than the Touch for Health books, usually purchase more than 10 books a year.

28% Purchase more than 30 books a year.

19% Belong to a book or a record club.



**DR. THIE DEMONSTRATING
A BALANCING TO A PERSON
WHO DOES NOT KNOW THE
TECHNIQUE**

SELF-CARE

57% Meditate everyday. 6% some days.

70% Exercise daily. 12% Exercise weekly.

ELECTRONIC EQUIPMENT

83% Have a cassette tape deck machine.

19% Have a video tape machine.

GENERAL INTEREST.

— Occupations were too diverse to list.

41% Have changed careers in the last two years.

— Hobbies were too diverse to list.

92% Own therapeutic equipment.

AMINO CONTINUED

from the body. (Many M.D.'s believe that overgrowths of these organisms can lead to chronic, degenerative and immunological illness, including multiple allergies.) For me, I have had severe chemical and pollen allergies which have been eliminated by being balanced by one of the Edu-Kinesthetic techniques. I advise all of you to take the Touch for Health sponsored advanced EK class too.

Please be advised that we do not diagnose or treat for a Candida or Cryptocides infection. What we should do as always in TFH, is balance the bodies energy only. Nonetheless complete wellness is now at hand for myself, including universal allergy reactors--I WAS one.

For further information contact: Steven Rochlitz, Box 1134, Setauket, NY, 11733 Phone (516) 689-9776

Editorial comments are greatly appreciated on all articles appearing in issues of IN TOUCH FOR HEALTH

INSTRUCTORS MEET IN ENGLAND.

WHAT A WIN!

I am sitting in a tube train. It is Monday and I am just putting down a few thoughts about yesterday. 26 Touch for Health Instructors met at Coburg for an update/get together, and what a wonderful day we had!

I was personally thrilled to have such a good turnout on a blazing hot summers day. It takes dedication and interest, willingly to go down into the underground Queensway suite with no windows! That is a third of all the TFH Instructors in Britain! It really was a thrill that so many made the effort to be there. Many others wrote and said they would like to have come, but for reasons of prior engagements could not make it.

SEE WIN PAGE 9



WIN CONTINUED

Anyway, as people arrived we soon forgot what the weather was outside as we created our own climate. A climate of our own special brand of warmth and sunshine that all those who are together. We had an opening circle, and the positive energy that was generated was amazing as each person described their wins with TFH and introduced themselves. Many had never met each other before, and this was an inspiration to each of us to realize that there are lots of other people all over the country doing the same things, and achieving the same fantastic results.

The message that emerged was the same as came out so strongly in San Diego's 1984 Annual Meeting this year...that the simple things in TFH...work, and not only that, they WORK MIRACLES just as well. I gave a report on the TFH Annual Meeting, and summarised some of the presentations that had been most valuable for me. Again it was the basics which were stressed this year, meridians, ESR, Cross-Crawl, and the 14 muscle test and balance, fix as you go, with gait and 8 if you've got time.

Then in the middle of the day, we had lunch together in the park. It was such a lovely day for a picnic. So we spread the food out, and opened the bubbly sparkling cider and people helped themselves from the eight foot long row of dishes of salads and quiches to the sound of popping corks! The wonderful harmony between everyone there was so evident as groups and pairs circulated and recirculated, engrossed in animated conversation.

New friends and contacts were made, all of which helps to counteract the loneliness that many of us seem to experience from time to time. We get on with spreading TFH, often miles away from anyone else doing it, and long for the occasions like these when we can give and draw mutual nourishment and recharge our batteries. After an hour and a half break, we went back to the Coburg for more stimulating and creative ideas which came from the TFH'ers who gave presentations at San Diego this year.

Of particular interest was the very simplified form of EK. (Edu-Kineshetics) which one lady is using with great success in schools. Kids reading and writing improve visibly within, just using some of the simplest things in TFH.

I am going to present some "minis" as Gordon Stokes calls them. He promotes and then puts on 3 hour courses. Just one evening on one topic, like ESR, FST (food sensitivity testing) or dyslexia for instance. They are apparently very popular still.

We concluded the day with some of the concepts and ideas from Richard Byrne, a member of the board, and a fine inspirational speaker. If you need a lift in life, he is always worth listening to.

In the closing circle, it was really lovely to hear all the expressions of exuberance and joyfulness experienced by everyone during the day. Looking forward to when Instructor Trainer Nancy Joeckel comes to give a day on stress management.

Best wishes and HUGS!

Brian H. Butler.



BRIAN BUTLER - FACULTY

T.E.N.

TFH Edu-Kinesthetic Network

Joy Lindsey our 1985 Annual Meeting Chairperson has had considerable feedback on experiences with Edu-Kinesthetic techniques. Since they flow so well with TFH here is a couple of letters that Joy has received.

In Touch for Health Volume 10, No. 2 you invited TFH Instructors to tell about our experience with EK. Usually I am working with 7-8 people every day, and half of them are children. Almost everyone has a significant change. The most remarkable case was a man about 50. He came with a swollen leg, but I had learned from his mother that he had problems with reading since he was a child. His mother was sure it was dyslexia, but his teacher in school would not agree. After one session with EK the man can now read and understand translations from T.V. A month ago he started reading newspapers, and today to my surprise, his mother told me that he is reading books even faster than she is. That awful pain in his head when he tried to read earlier is gone, his eyes are changed too, and he feels much happier.

E.K. IN SCANDINAVIA

Housewives which have been shuddering for years for some special work, are coming back telling me they have done the job, and that it was no burden at all - it was real fun!

I enclose copies over some of my cases since I started to use EK. If you could make an article out of this to put In Touch for Health, I would be very thankful. I want TFH Instructors over the whole world to learn this magnificent technique.

My husband Dag is doing EK in addition to all his TFH workshops here in Norway and Denmark. We are both convinced that we are selected to do this job here in the cold part of the world. Our work gives us so many friends and thankful people.

Love from Eva Galteland
Norway

CASE HISTORY SUMMARY: 9 year old girl

A young woman has severe dyslexia, unable to even understand what she reads. It was a problem to test her due to hyperactivity. She could not be still or quiet for a moment.

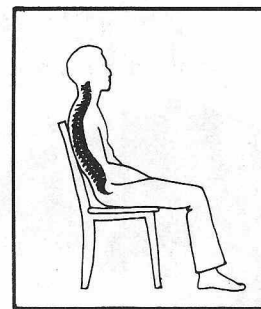
Through numerous sessions she can read much better and understand what she is reading. She is no longer awkward in her movements, her arms and legs are cooperating much better. She is now able to do a lot of things on her own that she has never attempted to do before.

She has problems using the knife and fork at the same time when eating. In this European style of eating she is training and we will manage to overcome this in a short time.

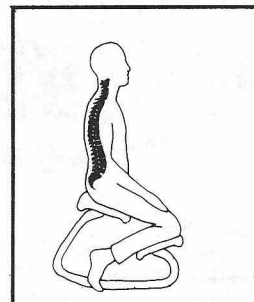
Her mother has noted the significant progress in her daughter. She has become so interested in Touch for Health and Edu-Kinesthetics that she has gone through all 3 TFH workshops.

CASE SUMMARY: Boy 7 years old
This young boy was like a tornado. When he came into a room everything was turned upside down. He could never sit quiet. Reading, writing and math were not such a problem yet, but when he should be doing his lessons he started crying and yelling. He also had very poor coordination.

SEE T.E.N. PAGE 12



The BackSaver



TFH ON TELEVISION

Southern Californian T.V. viewers saw Touch for Health on the "Eye on L.A." show in the hour break in between the Olympic games on ABC, Channel 7.

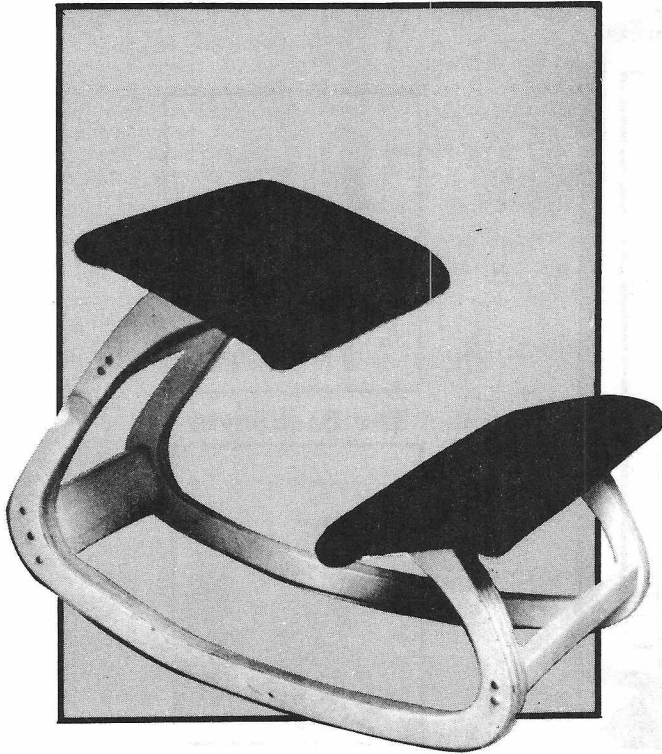
"It was exciting to see Touch for Health on a major network at prime time, 9 pm immediately following the Olympics" said an inquiry who called the Touch for Health Foundation. Several others who saw Dr. John Thie talk about how stress affects the body called in or relayed to others that "Touch for Health could not even afford to buy that fantastic spot on T.V. for less than 20,000 dollars, what magnificent timing."

We are grateful for those who wrote in and said they saw the spot on T.V. In fact, for those who came to be on the show, the fun part was when after it aired most said to the effect "three out every four people I know said they saw me on T.V. and told me so" Now that is exciting!

Even though the Touch for Health Foundation was featured for just a minute, the "Eye on L.A." people did a fantastic job in packing a lot of information in such a short period of time. Everything that they set out to do was accomplished. They wanted to show how stress can be affected by touch. Well, they certainly came to the right place to share this information. Now we wonder why they waited for the Olympic Games to do so.

And the Television media campaign is still alive.

The TH Enterprises Store was asked by the makers of the BackSaver chair if they would be so kind to allow a cable news crew in and film how the BackSaver Chair is being utilized by the consumer, office workers, and patients. Well, Touch for Health was indirectly exposed as Dr. John Thie, a nationally known



Get Your BackSaver Chair

TFH ON T.V.

posture expert demonstrated what the chair scientifically does for the back. As Touch for Health charts were on the walls behind his head he did the expected magnificent job by showing x-rays of the spine to explain how this chair could be used as a tool for helping posture.

It was reported to the Touch for Health Foundation that Dr. Thie was seen on this show in Arizona recently. We hope it comes your way.

September 11th, 1984 is our big day in the T.V. studio. We have contracted for a 30 minute show which Dr. Thie has previously appeared. Dr. Arnold Pike, the T.V. host on "Viewpoint on Nutrition" has invited Dr. Thie and the Touch for Health Foundation to do demonstrations on Touch for Health. Dr. Thie plans to demonstrate Cross-Crawl, Food and Allergy Testing and Emotional Stress Release. It is an early morning show on Sunday. We are looking forward to seeing what the reaction will be. We also feel that 1985 may be the year for national exposure for TFH. We are ready!

T.E.N. CONTINUED

His mother and father are both teachers.

Today the young boy likes to solve problems and he can be occupied with the same thing for a long time. He is much more calm and patient. His father is now going to school again to be a specialist in the background of what I have demonstrated to the son. He is so interested in the techniques that I have done that he has now taken 2 Touch for Health workshops and 1 Edu-Kinesthetic seminar. He comes here with other colleagues to learn more. He also has had his first EK technique on a 17 year old boy, which after one session went from level 1 to 3 in math. That was a famous case people talk about, because the boy is the son of a famous ship owner in this part of the world.

NEWS NEWS NEWS

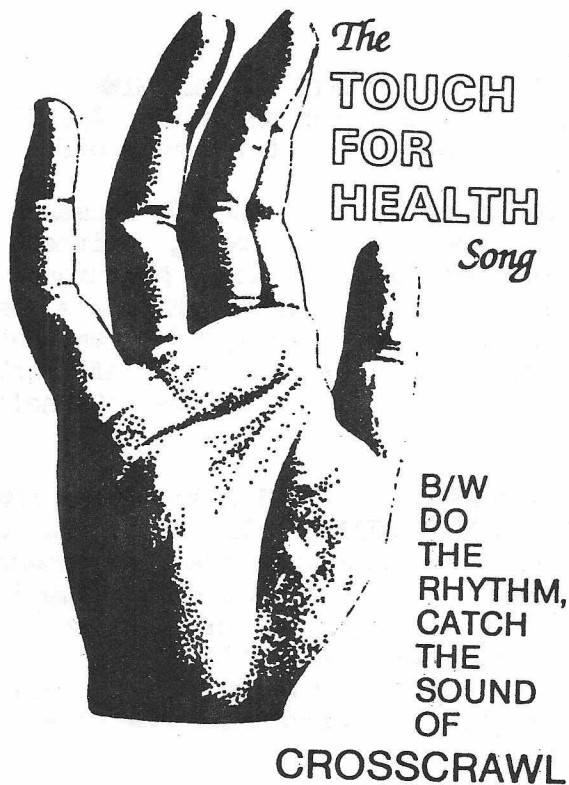
**Don't leave home
without it!**

COBY SCHASFOORT ITW TRAINER

Our new faculty member relates a story on how she made it into the United States customs.

Upon arrival from Holland, to the 1984 Annual Meeting in San Diego, California I was tired and worn from the long trip.

I approached the customs inspection area and they looked at me like I was on drugs, a hippie or smuggler. Well the customs agent after giving me the once over demanded to know what I was doing here and for what purpose. I said that I was going to the Touch for Health conference and I proudly displayed my Touch for Health Membership card. He smiled and responded "oh yes Touch for Health" and they let me proceed on my way.



*Steven Garrick Orchestra
& Singers*

Side One: "THE TOUCH FOR HEALTH SONG"

Side Two: "(Do The Rhythm, Catch The Sound of)"
"CROSS CRAWL"

Copyright (C) 1984, TOUCH FOR HEALTH MUSIC Publ.
1200 N. Lake Ave., Pasadena, CA 91104

"TOUCH FOR HEALTH *Music*"

Just released at the 1984 Annual Meeting is a cassette recording with a catchy beat and perfect for expressing what TFH is doing. The cassette with words and music by Carrie Thie, Steven Garrick and Dr. John Thie is uplifting and sincere in how you can "touch someone and someone can touch you each and every day".

The cassette is short in duration as well as the price. It retails at \$6.95 and if you are a member and buy 4 or more TFH items in any quantity, the price discount is 25% less off of \$6.95. Share with your classes, distribute them to radio stations, put the message out to the public, The Touch for Health Song.

GOOD BOOKS

GOOD BOOKS

VALUABLE RESOURCES

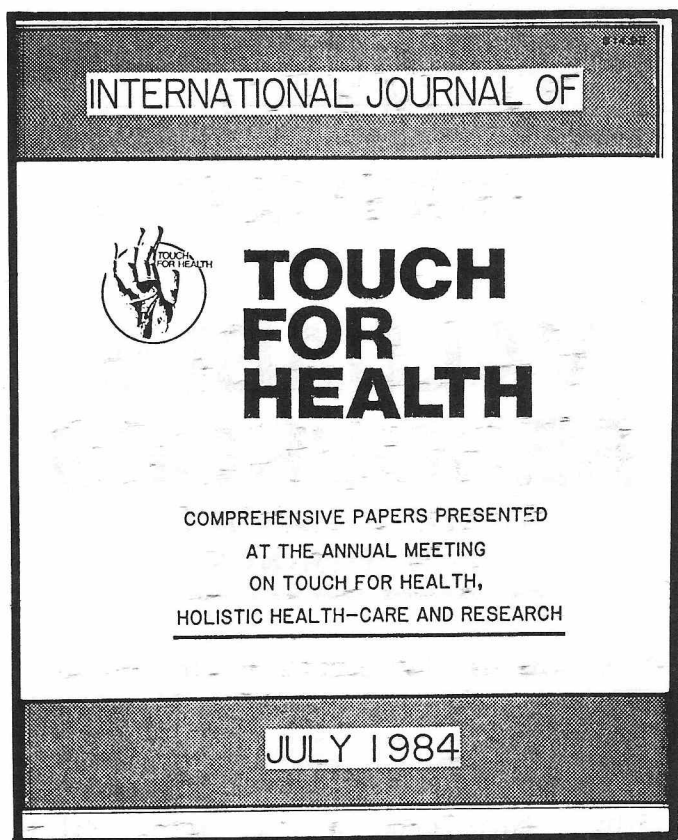
**RICHARD HARNACK
ITW TRAINER**

From time to time questions come up in a TFH class which may require an answer from outside TFH. You may not be certain where to find your answer. Below are three books on acupuncture which I have found to be of great value in teaching TFH. All three are highly readable and provide clear explanations of the principles and practice of acupuncture. If you have been grasping for explanations as to why the acupuncture energy system works the way it does, then these books will help you find your answers.

ACUPUNCTURE: A Comprehensive Text, Shanghai College of Traditional Medicine,
Translated and edited by John O'Connor and Dan Bensky. \$55.00 TFH Members may discount 10% off.

This book is comprehensive. If you have ever wanted solid information and usable reference, this is the book to have. Most acupuncture texts are little more than point location guides with some explanation. This book not only is excellent in point locations but, it provides extensive explanations in the theory and practice of acupuncture. The section which summarizes current research in acupuncture is worth the cost of the book by itself. Excellent charts and clear explanations make this the best authority on acupuncture. I recommend it to all who want to add depth to their TFH background.

SEE RESOURCES PAGE 14



TFH JOURNAL: AN OUTSTANDING SUCCESS!

You probably have the 1984 Annual Meeting Journal that was mailed to all members who did not attend the San Diego conference in July. If you have just become a member of Touch for Health after July 15th, we still have on hand the collected papers. 181 pages of comprehensive research, ideas and innovations all by Touch for Health Instructors and Members of our organization. The Touch for Health Journal for 1984 is available to members at 25% off the \$14.95 price. Write to the TH Enterprises Store for your copy.

Plans now are for our Annual TFH Directory. It will take the place of the December Newsletter (In Touch for Health) Make sure your addresses are correct and your membership status is in order for 1985!

RESOURCES CONTINUED

THE FIVE ELEMENTS AND TEN STEMS, Kiiko Matsumoto and Stephen Birch \$18.95 TFH Members may discount 10% more off

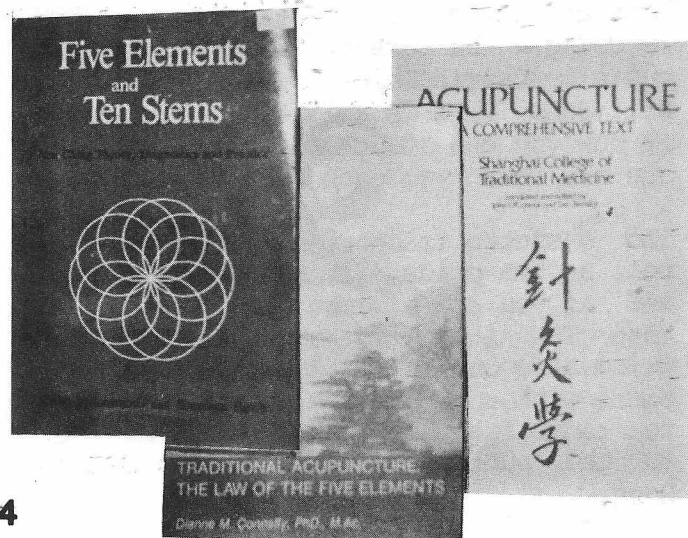
This recent book on the 5 Elements has the advantage of being written in comprehensible English. Matsumoto and Birch approach the 5 Elements as a dynamic system interdependent and inter-related. At some levels I prefer their explanations to Diane Connelly's

TRADITIONAL ACUPUNCTURE AND THE LAW OF THE FIVE ELEMENTS. This book gives good clear expositions of the relationships between the elements and the meridian system. Of particular interest to TFH'ers are the explanations of the Triple Warmer and Circulation meridians. I highly recommend this book to all who want to increase their understanding of the 5 Elements.

A LAYMAN'S GUIDE TO ACUPUNCTURE, Yoshio Manaka and Ian Urquhart. \$5.95 Members of TFH may deduct 10% more off.

For the money, this little book is one of the best overviews of acupuncture I have found. It's outstanding features are clarity of explanation, brevity, color plates and the summary charts at the end. If all you want is to have a good overview of acupuncture, then this is the book to have.

All of the above books are currently in print and available through the TH Enterprises Store.



TFH INSTRUCTORS MAKE A MARK WITH BRITISH ROYALTY

John and Heather White contributed their "win" this summer.

The Palace is in fact a busy place. And the Whites answered to a desire of Prince Charles of England. John

writes... "There is a standing role for his office to fight off the many who wish to catch his interest."

As reported in the Evening News, Prince Charles expressed an interest to be a healer. The Whites responded by a letter explaining the credibility of the training Touch for Health Foundation as an organization and hoped that the Royal Highness would "be able to join the many through the world who are able to bring this extra healing skill into family life." The Whites donated a Touch for Health book for him as a resource.



BUCKINGHAM PALACE

From: Equerry to H.R.H. The Prince of Wales

6th August, 1984.

Dear Mr and Mrs White

The Prince of Wales has asked me to thank you for your letter of 22nd July and for the interesting book "The Touch for Health".

His Royal Highness is most grateful to you for taking the trouble to write as you did and to send him this kind gift.

The Prince of Wales has asked me to send you both his sincere thanks and best wishes.

Yours sincerely
David Bromhead

Lieutenant-Colonel David Bromhead.