

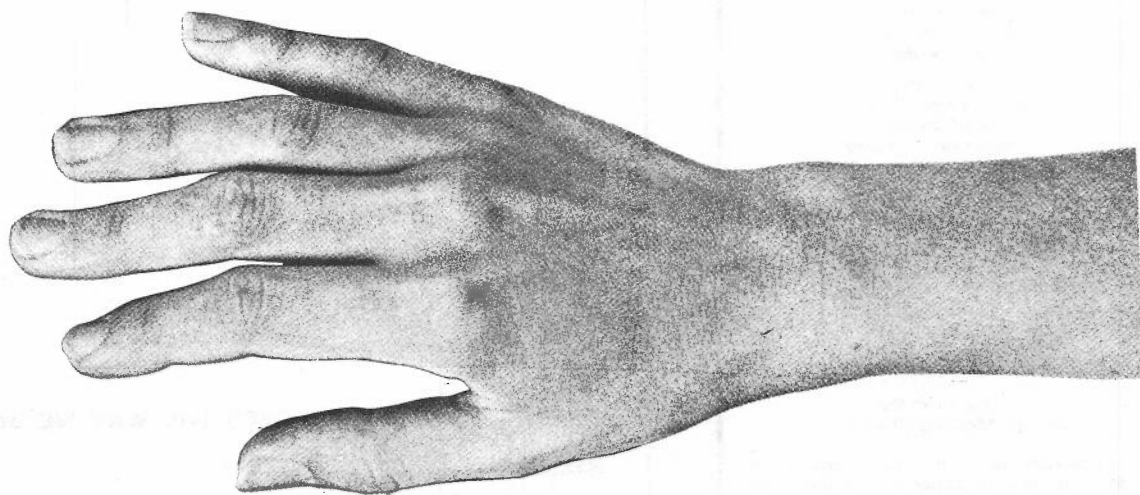
FEBRUARY 1984

**NETWORK OF INTERNATIONAL
NURSING ISSUES**

JEAN BONDE, R.N.

**INSTRUCTOR
TRAINING
CALENDAR**

IN TOUCH FOR HEALTH



THE GIFT OF TOUCH

**How Physical Contact Improves
Communication, Pleasure,
and Health**

HELEN COLTON

**THE EQUATIONS THAT FIT
JOHN THIE D.C.**

**TFH AUTHOR COMES
TO OUR LAND
DAG GALTELAND**

**ANNUAL MEETING
REGISTRATION FORM
PAGE 13**

IN TOUCH FOR HEALTH VOLUME 2 NO. 1

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Kim Vieira

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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.

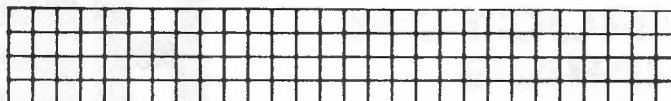
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"The body is intricately simple and simply intricate. If you produce the right measure for the right condition, you get the right response."

— George Goodheart

"THE EQUATIONS THAT FIT"

JOHN F. THIE, D.C.

**"TOUCH" HAS BEEN
CONSIDERED A
RISKY PRACTICE**

Sometimes I read something that "just fits" on how I feel about a subject. This is the case in Jules Older's book *Touching is Healing*. Dr. Older says that his intentions are to legitimize the use of touch as a healing agent; to describe the therapeutic uses of touch over a broad spectrum of the healing arts; to convey the skill of those who are gifted in the use of touch etc. I felt he was writing about Touch For Health. In a way he is. These are also some of my goals as well. I see that these goals are being realized in ways that I had not envisioned were possible when I first decided to publish *Touch for Health*. You who now make up the Touch for Health family are teaching and reaching people in areas where previously "touch" has been considered a risky practice. An example of this is what you are doing in the field of education. It is exciting for me to be part of Touch for Health. Instructors all over the world who are helping people and sharing the wonderful benefits of massage, stroking, light touching, proding, poking, stretching, and even the tickling aspects of therapeutic touch. Touch for Health continues to be a way a to open the doors to other self-help models of wellness.

The self-help models of wellness is in sharp contrast to the present model of disease care, also known as the medical-model. The medical model is based on today's western science. William A. Tiller, Professor at Stanford University puts it quite well in his article in the Spring/Summer Issue of the *Journal of Holistic Medicine*. He states, "Until recently, science and traditional western medicine have considered living organisms as operating largely by the means of the following sequence of reactions:

Function = structure = chemistry

"Whenever an organism was not functioning properly, one looked for structural defects in the system arising out of chemical imbalances. One recognized that homeostasis at the chemical level was probably dependent upon some connection with a deeper level energy structure in the organism, but no clear discrimination of this connection had been made. More recently, a growing awareness has developed of the interaction between chemical states and electromagnetic fields. Studies in neuro-psychiatry show us that small electrical currents between specific brain points give rise to the same behavioral changes that are observed with certain specific brain-stimulating chemicals ...such studies have been extended to enhance fracture healing in animals and in humans. Thus, although we do not yet understand the detailed pathways whereby electric and magnetic couple into the cellular metabolism, it is clear that the equation should be replaced by:

Function = Structure = Chemistry = Electro Magnetic Energy Fields

He further points out that the second equation has further defects, "...in that it takes no account of the mental effect. Under hypnosis, the human body has exhibited truly remarkable feats of strength and

SEE EQUATIONS PAGE 4

**ONE OF THE REASONS
TOUCH FOR HEALTHERS
ARE AN ANNOYANCE
TO SOME OF THOSE
PRACTICING THE
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LAY PERSONS
TO BECOME AWARE
OF THE SUBTLE
ENERGY IMBALANCES.**

endurance attesting to an unconscious mind/structure link. In Aikido, Zen and Yoga disciplines, we see a conscious link between mind and both structure and function."

In Touch For Health we see that link being dramatically illustrated when we balance the fourteen muscles and then, by the recall of past events, see previously balanced muscles become weak.

Tiller also states that "modern psychotherapy shows us that certain chemical treatments influence mental states and that certain mental treatments influence chemical states." "Mental fields" must then be taken into account in the reaction chain and added to the equation. Other fields, not yet clearly understood, also appear to play part in this reaction chain. Tiller labels them all under the heading "subtle energy fields" and rewrites the equation as:

$$\begin{aligned} \text{Function} &= \text{Structure} = \text{Chemistry} = \text{Electro-Magnetic Energy Fields} \\ &= \text{Subtle Energy Fields} \end{aligned}$$

"The third equation is a reasonable representation for a living organism, a cell or a membrane. Each item in the reaction chain maintains its condition of homeostasis via immediate support from the item on its right. The development of serious imbalance in any particular item in the chain leads, in time, to obvious disruption of homeostasis for the item to the left. Thus if we wish to develop an early warning system concerning the chemical homeostasis of a biological system, we must look to a device that monitors the electrical nature of the biological system."

This, in my opinion, is what you are doing with the early techniques of Touch for Health. It is not a complete early warning system. It is however a way of being aware of the system and its early malfunctions and awareness of the subtle energy fields within ourselves. In addition, it is a way of bringing into active awareness imbalances in the electromagnetic and subtle energy fields while other treatments of the physical, chemical and functional parts of the body are also being treated.

One of the reasons Touch for Healthers are an annoyance to some of those practicing the traditional medical approach is that we are teaching lay persons to become aware of the subtle energy imbalances. This emphasis is on health rather than disease. Muscle testing does not necessarily show physical pathology which can be measured in the traditional medical methods. Conventional allopathic medicine deals directly with the chemical and structural components of the physical body on a gross level. On this level direct laboratory evidence is available to support the physio-chemical hypotheses. We notice changes in the muscle strength on a level that is not easily measured by machines or in the laboratory. As a matter of fact, the type of muscle weakness that we test for is within what orthodox medical practitioners classify as normal, i.e. the muscle can move the part through the normal range of motion against gravity and with some resistance. The subtle energy imbalances that are easily detected are not yet explainable in the "scientific medical model." The energy we are dealing with is the energy that is effected by the mental and emotional processes of human beings. It can be effected by the intention of the participants. Up to now "intention" is not part of the medical model and therefore not part of the scientific evaluation

process. Such phenomenon as the placebo effect is just recently been added to the medical community as an important factor in getting people well.

When science used a placebo in place of the component to be tested it was found that some people got well on the placebo. This made the scientific community sit up and take notice of a person's power of intention to get well. What we are doing with Touch for Health is to attempt with our touching techniques, our intentions and mental activities to encourage ALL PARTS of formula three to be part of the equation, leaving nothing out that is in our power to encourage health.

There is a story told about Henry Ford. It is said that the Chicago Tribune called him an "ignoramus". Ford sued, challenging the paper to "prove it". During the trial Ford was asked dozens of simple, general information questions: "When was the civil war? Name the Presidents of the United States." And so on. Ford, who had little formal education, could answer very few. Finally, exasperated, he said, "I don't know the answers to those questions, but I could find a man in five minutes who does. I use my brain to think, not store up a lot of useless facts."

A similar story is told about Einstein. Someone once asked him how many feet are in a mile. "I don't know," Einstein is reported as saying, "why should I fill my head with things like that when I could look them up in any reference book in two minutes?"

These two giants of the century knew that just having a lot of facts about things was of little value. This is the case when you are "looking up" Touch for Health information in healing yourself and others. The basic techniques used with intention, caring and confidence will do more than all the other things that you can add. Professionals are available that can take care of unusual problems that they can easily spot and correct with chemicals and or structural adjustments. Utilize the professionals when their help is needed, and utilize the Touch for Health principles when the body is not at it's full potential. You do not need more trivial data. You need to use what you already know.

Keep up the good work. I appreciate being part of all of you who make the world a healthier place. ■

**THIS MADE THE
SCIENTIFIC COMMUNITY
SIT UP AND TAKE
NOTICE OF A
PERSON'S POWER
OF INTENTION
TO GET WELL.**

John F. Thie D.C.

a letter or a phone call to get in touch:

TOUCH FOR HEALTH FOUNDATION

1174 North Lake Avenue

Pasadena, California 91104

(213) 794-1181 during business hours

We welcome your participation in our vision.

**(L TO R) WALTER TRUMAN-COX AND ITW
TRAINER BRIAN BUTLER, INTRODUCE
DR. JOHN THIE AT A LECTURE IN ENGLAND**



COSMOPOLITAN

WHY WE TOUCH OURSELVES THE WAY WE DO

REPRINTED FROM THE JUNE 1983 ISSUE
WITH PERMISSION OF AUTHOR

HELEN COLTON

In your mind's eye, get a mental image of what you do with your body when you are upset. What are your "stress gestures"? Do you play with your chin? Pull at an ear lobe? Chew on a fingernail? Do you rub fingers back and forth across a necklace, push and pull a bracelet up and down your wrist and forearm, twirl a button on your jacket, pick lint from your clothes, wipe and wipe your eyeglasses, pat the back of your head, rub your forehead?

These are typical tensional outlets. Often we are not aware that we're doing them. No matter how calm we may think our outward appearance is, we show our inner turmoil by such self-touches. They may be saying, "I'm insecure. I'm uncomfortable. I'm feeling inadequate. I'm irritated. I'm bored. I'm angry."

Our self-touches are of two types - voluntary and involuntary. We choose whether to engage in a voluntary touch, such as applying makeup, smoothing creams and lotions on our bodies, adjusting our clothes, relaxing parts of our bodies by self-massages, and so on. At this instant, I am resting my head on my left hand while my bent left elbow is resting on my desk, my left hand is massaging the back of my neck, and my right hand is writing this sentence. By holding myself this way, I am supporting

tired neck muscles as I bend over my work.

But our self-touching is mostly involuntary; it is a reflex action arising from our autonomic nervous systems. You are on a trip, let's say, and you arrive at a hotel and unpack your suitcase. Suddenly you realize that you forgot a special dress you wanted to wear. Involuntarily, you give yourself a slap on the cheek: "Oh, damn it. I forgot the dress!" With your self-slap you are saying, "I'm so mad at myself. How could I have done such a stupid thing?" You are punishing yourself for being careless.

Or you are walking along the street and you see a youth on a skateboard come sailing down a driveway and almost into the path of an oncoming car. Involuntarily, you clap a hand to your mouth. You have two feelings. One, you would like to scream out a warning. Two, you have undergone a lifetime of conditioning that makes you reluctant to create a spectacle by screaming in public. And so you gasp out a warning and clap your hand to your mouth, a gesture that expresses your shock and yet stifles a loud scream.

If we were to monitor self-touch, we would find that our need to relieve stress triggers by far the greatest number of our touches. We touch ourselves many times a day as we displace our anxiety and tension from internal to external expression. When you massage your neck, shoulders, or lower back, are you really saying that a person or a situation is a heavy load or a pain in the neck? Do you rub your forehead to wipe away the "headache" you feel from someone or something, a responsibility or a burden you don't want? Do you keep pulling off and putting on your wedding band? Are you really saying that you are ambivalent about getting rid of or holding onto your marriage?

Stress gestures are actually healthy outlets. Nature wisely forces us to engage in motions that help work of the adrenaline coursing through our blood. Adrenaline prepares us for "fight or flight," a major motor activity. Most of the time, we can not fight or take flight - we may be behind the wheel of a car, sitting in a business conference, standing in a slow check-out line at the market. Nature helps us to get rid of some of our pent-up tension with the small motor activity of touching ourselves. Desmond Morris, author of *Intimate Behavior*, calls these "displacement" gestures.

But while we are relieving our own tension with repeated motions, we could be creating tension in someone else! When I see a woman on a TV talk show who repeatedly tosses her long hair away from her face, and before the gesture is completed, tosses it away once again, it triggers peculiar annoyance in me. I get impatient, believing that it is wasteful for anyone to engage in nonproductive acts over and over; when that happens, it is sensible to change one's behavior. I wish she would wear barrettes or bows, let her hair dangle, or get a haircut.

A personnel manager observes the displacement habits of job seekers and will not hire an otherwise qualified person if she believes his nervous gestures will cause tensions in co-workers and customers. In an employee evaluation, a department manager has written, "I don't know why-he's competent enough-but I'm uncomfortable around him. "I know why," the personnel manager says. "It's because of the employee's constant mannerisms of adjusting his tie, hitching up his pants, rubbing his finger up and down the side of his nose. You feel like grabbing his hands and yelling, 'Stop!'"

To help people see how they

appear to others, our society has spawned a new industry of image makers, who run workshops in which they videotape people at activities such as sales presentations and job interviews, while conducting conferences or chatting at business luncheons or at cocktail parties. The purpose of the taping is to make an executive aware of stress gestures and other mannerisms and of how he or she is making others nervous with them.

Image makers teach participants to displace their displacements. If, for example you nervously poke at a cheek or scratch a knee or press your fingertips together-all visible gestures-they teach you to displace your visible self-touches with invisible ones. Instead of pressing your fingertips together to form an arch, you learn to keep your hands quietly on your lap or at your sides while pressing your thumb and forefinger hard together, so nobody else is aware of what you are doing. A public speaker controls her visible gestures on the platform, but inside her shoes she is rapidly curling and uncurling her toes, working off tension. When I speak I like to wear a skirt or trousers with pockets, so I can dig my hands into my pockets and press hard against my thighs. It comforts me to be able to discharge tension with this hard pressure and yet not have it show.

Our major reason for touching ourselves is to deal with stress, but we touch ourselves for other purposes as well.

Cleansing. Every time we bathe or shower, we stimulate our nervous systems as we stroke our bodies in the process of lathering and rinsing. We are inhibited about stroking ourselves "on dry land" as we do when we are bathing. Our conditioning says, "It's okay to be intimate with our own bodies for the noble purpose of cleanliness but not for the base purpose of

SEE TOUCH PAGE8

pleasure." We are willing to insert a finger into our body orifices as part of cleansing, but we resist doing so for pleasure.

Unrefined though it may seem, we even find pleasure in cleaning out debris from our noses. Putting a finger inside a nostril can be comforting and may feel good, but it is acceptable to do so only in private. How confusing this can be for a small child. He puts a finger up his nose because it feels good and is told, "Stop that! That's not nice!" But wrap a tissue or a handkerchief on the finger and put in the nostril, and this self-touch becomes socially acceptable. Matt Thomas, a teacher of self defense, teaches college women how to ward off would-be attackers or rapists. He advises them that in some situations they should pick their noses. In the Los Angeles Times, a Stanford University coed reported that this tactic works: While waiting alone at a deserted bus stop at night, she began picking her nose. Quickly she began picking her nose. The pair looked disgusted and left.

I decided to try this. As I was driving home alone late one night, a car drew up next to mine at a stoplight on a lonely street. The driver looked over flirtatiously at me. Instantly, I stuck my finger up my nose. The driver, probably revolted, roared off, and I doubled over with laughter. Now, when I leave for a late night out alone, my lover may say playfully, "Remember, if any guys approach you—" and he sticks his finger up his nose as a loving safety reminder. I am taken with this line of poetry by Dylan Thomas's widow, Caitlin: "A lot of warm vulgarity is incomparably preferable to a little bit of pinched niceness." Paraphrasing, I tell women, "Better some protective vulgarity than dangerous refinement."

Expression of joy. A classic

World War II photo shows a small boy in a foreign country ecstatically hugging himself because he has been given a pair of new shoes. Like this child, you may throw your arms around yourself when you are feeling euphoric. Or you may spontaneously clasp both hands, one on top of the other, in the center of your chest, your gesture saying, "I can't believe this wonderful, marvelous thing is happening to me." Men consider this gesture of joy to be feminine; a man is more apt to punch one hand into the other or clap his hands against both sides of his head.

I am a folk-dance enthusiast. Sometimes when I finish a dance such as a polka, whose lively pace I especially enjoy, I break into childlike clapping. I can't help myself. What am I applauding? Not the record that just played or the other dancers. I'm saying, "Wow! Yippe! That was great. What joy I'm feeling!"

Healing. Interestingly, the gesture of hugging ourselves as an expression of joy is also used to heal ourselves when we are sad or depressed. When a friend was overwhelmed with despair, she would wrap herself in her own arms and rock back and forth. The rocking and self-hugging were her way of saying, "I'm all I've got." She had done exactly that when her mother abandoned her at an orphanage as a small child. She was trying to comfort herself and heal her grief. Nature came to her rescue making her engage in self-touches and rocking motions to stimulate the secretion of brain chemicals that could make her feel better.

That's psychological healing. We are also constantly using self-touch for physical healing. We bang an elbow or stub a toe. Instinctively, we grab the injured part, rub it, and press on it to relieve pain. Napoleon, in his familiar gesture of keeping a hand

inside his jacket was actually massaging himself to ease the pain of a stomach ulcer.

In the past decade or so, in the United States, since the greater acceptance of Oriental techniques of acupuncture, we have seen the growth of self-healing techniques through self-touch. In 1971, James Reston a New York Times editor, had an emergency appendectomy while touring China. Impressed with the effectiveness of acupuncture in relieving postoperative pains, he wrote a series of articles that set off an avalanche of Western-world interest in acupuncture, done with needles, and acupressure, done with fingers. Now we have acupressure, do-in, jin jin shitsu, and Touch for Health, all forms of touch-healing, and more recently, reflexology, in which touch-pressure is applied to zones on the soles of the feet. Some of these, including Touch for Health and reflexology, may require some touching by another person, but all these methods are being taught in the holistic-health movement as self-healing techniques.

Touch for Health, which combines the Western theory of physical manipulation with the Eastern theory of acupressure channels, was created by John Thie, a Pasadena chiropractor. It was inspired by George Goodheart, a Detroit chiropractor, who discovered that when energy is blocked in major acupressure channels, certain muscles are weakened. By massaging appropriate spots we unblock the energy, and the strength of our muscles is restored. We do need another person to help us test our muscles and, ideally, to do the follow-up massage of points on our bodies; but we may also massage these points ourselves and feel positive results. As part of preventive medicine, practitioner-instructors in twenty-two countries are teaching lay people to strengthen weak

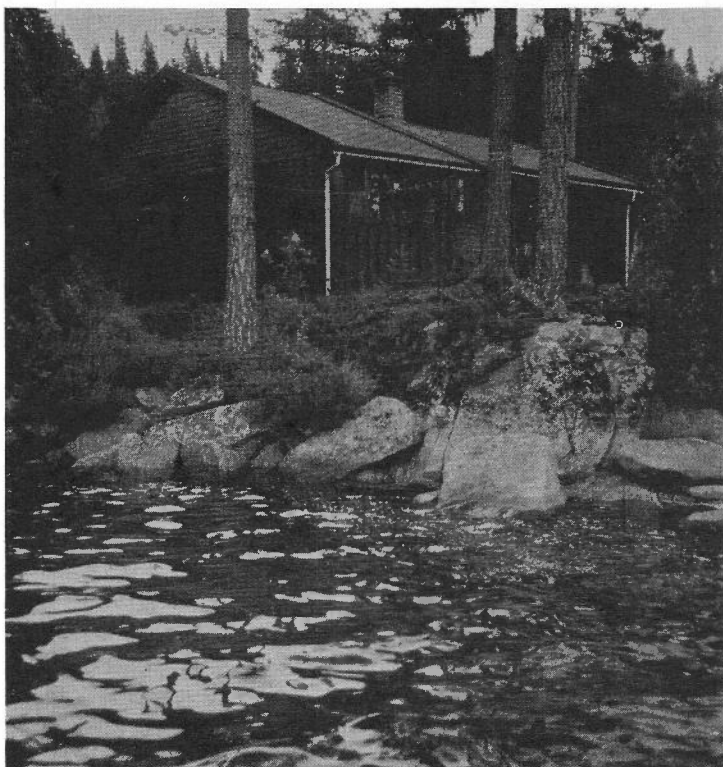
muscles, help alleviate pain, and reduce physical and mental tension by balancing the chi energy that the Chinese believe flows through every living thing.

I once volunteered for a demonstration by Dr. Thie on a television program. He suggested I think of a sad experience in my life. I thought of the day my daughter moved away from home to enter college. Dr. Thie asked me to hold my right arm straight in front of me with my thumb pointed toward the floor and to resist his pressure on my arm; He pressed. I tried resisting. I had no strength in my arm; it went down instantly. Dr. Thie massaged an acupressure point between my ribs on the left side of my chest. Then he lightly held his fingertips against my forehead, between the eyebrows and the hairline, for about a minute. Once again I held my arm out in the same position. He pressed. But this time, miraculously, my muscles were strong, and I was able to resist, my arm did not go down. And my sadness was gone. Now, whenever I'm especially tense, I self-massage those two spots and I feel better. (That experience was a powerful lesson for me in how our minds affect our bodies.) ■

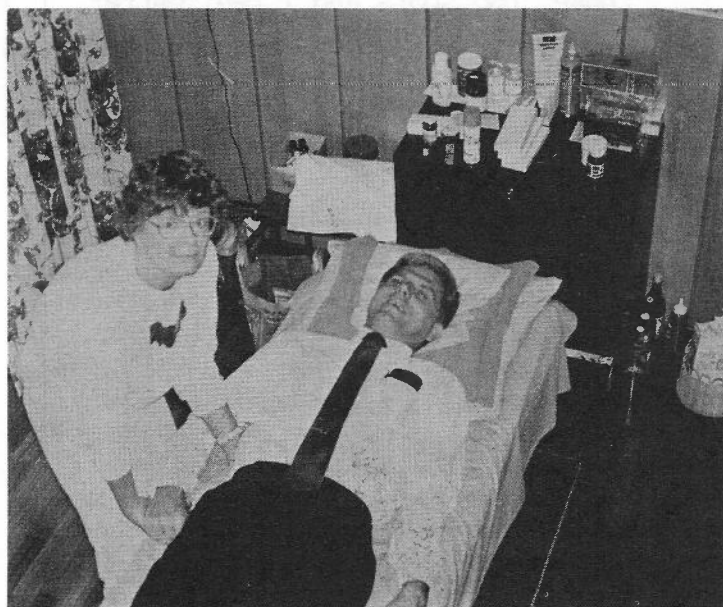
**Don't make
your mail
come looking
for you.**
**Let everybody
know
where you're moving to.**



TFH AUTHOR COMES TO OUR LAND



THE CABIN WHERE TFH INSTRUCTORS, DAG GALTEND AND BEGAN THEIR BASIC CLASSES.



EVA BALANCING DR. THIE AFTER A LONG LECTURE TOUR IN NORWAY.

We had been looking very much forward to having Carrie and John Thie, DC here in Denmark and Norway. Lots of letters were sent to friends telling them that the author of Touch for Health and his wife were coming. The assembly hall "Osterbrogaarden" in Copenhagen, Denmark was way too small for all the people who wanted to meet John. Many had to return later to the assembly hall because there were not any places left. John made a great impression on the people in an outstanding performance which lasted nearly 2 hours.

In the same afternoon we caught a flight to the Kjevik airport just outside Kristiansand and arrived at my home in Vagsbygd. The temperature was about 45 degrees, a temperature we believe Carrie and John were not used to. John seemed weary from the tight schedules of traveling and lectures throughout Europe. He came down with a "cold". My wife Eva and I were happy to use what we learned from TFH to balance John, which seemed to help him since he had a lecture in Oslo, Norway the next day. This time the assembly hall was large enough, but unfortunately the organizer in Oslo, Norwegian Society for Psychic Study and Information had forgotten to advertise that the speech would be translated to Norwegian. Many more people would have attended. The next stop for Carrie and John was Stockholm and Goteborg in Sweden for more lectures in Touch for Health.

My first experience with Touch for Health was in the summer of 1977. I learned TFH in Norway and had up dated my self with workshops in 1978 and 1979 with different American chiropractors. I had my ITW with Mary Marks and Phillip Crockford in Pasadena 1980. The next year Eva had her ITW in Del Mar, California with Gordon Stokes.

The very first TFH Class that we did using muscle testing was in our



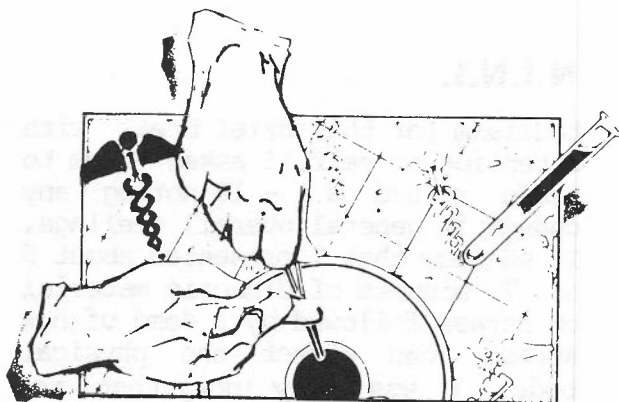
**DR. THIE AND TRANSLATOR SPEAKING
ON TFH IN COPENHAGEN, DENMARK**

cabin up in the mountain. We trained for hours every day. The adults were very sceptical, but all the children around really loved it. From this rather little beginning up till today when we are running TFH Workshops almost every second weekend, so many wonderful things have happened. TFH has been like a marvelous key, that opened up opportunities that we never could dream of. Helping people to take care of them selves, and coming to San Diego, California (ANNUAL MEETING) to meet new friends from all over the world, which was Utopian some years ago!

Sitting here on a stormy and rainy day at this cold part of the world making a resume of Carrie and John's visit, is like a fairy-tale. Had somebody told us this a few years ago, we would have said that they were liars. But it is not a dream and not a fairy-tale, the pictures you see proves it!

Dear Carrie and John, thank you for coming! ■

Eva and Dag Galteland
Vagsbygd, Norway



Network of **I**nternational **N**ursing **I**ssues

JEAN BONDE, R.N.

HELLO FELLOW ITW'er,

I'm so excited about several WINS that I wanted to send you all a big hug and share with each of you.

First, today was my presentation on "STRESS MANAGEMENT" to the staff of an alcoholic treatment program in our area. This was the focus of my 5 minute presentation at our ITW. I want you to get the full picture. We have had 5 straight days of cold dreary rain in the D.C. area. Most people are in a low, drained emotional space. A sort of cabin fever atmosphere. I was asked to present to the staff of 15 persons at 3:00 p.m. Understand they have been in staff meetings since 9:00 a.m. and arrive with only a few minutes break to have yet another presentation from me, an unknown. They are scheduled to stay until 5:00 p.m. but, I am told they would like to finish early and can then leave to go home.

I took one look at these "zombies" who were already so stressed out, said a quick silent prayer, and plunged in. I gave my own "story" on how I got into TFH and also my credentials. Apparently they were accepted because they were still with me after the initial five minutes. At this point I asked them to take a pencil and rate their overall well being on a scale of 1 - 10 (high). Next I asked them to stand up and just stretch. There was general en-

thusiasm for this brief break with attention to self. I asked them to again record a 1 - 10 noting any change in general overall feelings. It was now that I presented about 6 or 7 minutes of didactic material on stress followed by a demo of how stress can affect the physical body. I was very lucky that the director of the program volunteered to help me evaluate and show the group how the body responds to stressful thoughts. This demo went like a text book example of the new paradigm as TFH Instructor Phillip Crockford presented to us. They really came alive and most wanted to feel and experience the ESR once I shared that piece. At 4:15 I pointed out the time but they wanted to have more. Following a cross crawl demonstration with applications to everyday life (Sound familiar from our ITW presentations. I learned so much from each of you) Once again I asked them to rate their overall feeling on 1 - 10 scale. Each and every one reported an increase in their self rating and verbalized they had insights from this "simple" example to use in daily life. This was probably the point at which they really bought into TFH as useful for them to take the time to learn!

One woman staff member had a very painful shoulder (she gave it a 9 on the 1 - 10 pain scale). To the amazement of everyone in 10 minutes of basic balancing, she was really a changed person with a slight discomfort of 2. At this point the group was like popcorn out of an ITW. One idea ignited another, and another, etc. Finally at 5:20 I called halt and promised to teach a basic course for the staff as soon as the details can be worked out. The director went so far as to brainstorm how to get CEU's for alcoholism counselors, for a TFH course. In Maryland they must have 20 hours per year and she thinks she can get this approved. Having the nursing CEU's will be an assist in getting this discipline to approve for their professionals. Thanks to each of you for your feedback and encouragement at the ITW to go through with this presentation.

Next, as if I could have more WINS, was the visit and workshops with Phillip Crockford on Monday and Tuesday following our ITW. Both sessions were well attended and people want more information in learning and super performance. The lead time was very short only about 3 weeks, however I am glad Phillip was willing to take the risk and we

SEE N.I.N.I. PAGE 14

TH ENTERPRISES NEW MESSAGE TABLE PRICES EFFECTIVE MARCH 31ST

MEMBERS OF TFH TAKE NOTE \$\$\$

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JULY 10-15, 1984



There Is Strength in Numbers!

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

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

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

LEARN

New teaching skills - for Nurses, Teachers, Parents, Children, Performing Artists and the general public, with our keynote speakers, International Faculty and Instructors from all over the world.

HEAR

Distinguished members of our Board of Trustees present fascinating new material: Drs. John Thie, Richard Byrne, Sheldon Deal and the National and International Faculty: Gordon Stokes, Phillip Crockford, Nancy Joeckel, Brian Butler, Richard Harnack, Bruce and Joan Dewe.

SHARE

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

ENJOY

Our talented TFH entertainers - zestful singing, dancing and creative group activities planned for you.

SPEND

Many glorious hours in the charming resort area of San Diego, California - a delightful vacation land and only two hours away from the 1984 Summer Olympic Games in Los Angeles.

\$25 Discount if you are registered by 4/15/84
Or any new TFH Instructor who has registered by their first Instructor Training Workshop in 1984.

NAME _____ PHONE (____) _____
ADDRESS _____ CITY _____
STATE _____ ZIP _____ COUNTRY _____

Conference Fee: \$150 Members of Touch for Health _____

There is a University off-campus charge of \$7.50 per day, with no meals for those who wish to attend the conference only

\$170 Non-Members, Includes 1 year membership _____

Accommodations \$152 Multiple Occupancy (includes all meals) _____

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

TOUCH FOR HEALTH FOUNDATION
1174 NORTH LAKE AVENUE
PASADENA, CALIFORNIA 91104-3797

\$190 Single Occupancy (Limited single room availability) _____

TOTAL ENCLOSED: _____

PHONE: (818) 794-1181

CONFIRMATION AND REGISTRATION MATERIALS WILL BE MAILED PROMPTLY.

Anyone that you register for the Annual Meeting will receive a \$15.00 credit to the TH Enterprises bookstore at the conference. Register early and bring your students to this grand TFH event of the year.

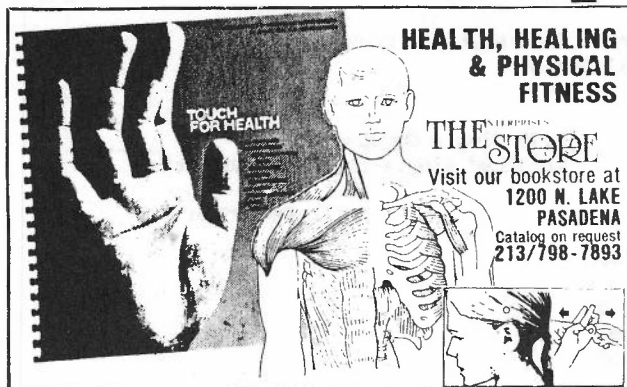
N.I.N.I.

put it together so fast. Many people are already benefiting from the "ripple effect" that begun on those two nights.

I am writing this letter as direct result of using Edu-Kineshetics. I have always had great difficulty spelling properly and as a result have refused to write. I like to present to anyone almost anywhere, but freeze at the thought of writing and having my "ignorance" be seen. I am now working on some new methods to improve my spelling; and using my ESR, have decided to put this on paper even though there may be an error or two. In addition one of my many interests has been to learn to use a computer. I have had to study up in order to write this letter. I hope you enjoy this correspondence as much as I am enjoying putting it together.

Just one more WIN for now. I had a TFH II scheduled to begin on Monday night with 7 students. I set a goal of wanting at least 10 and 14 showed up in the rain. Once again, I am reminded of the power of positive thinking and intention in this universe. Yesterday, I put a schedule of TFH I, II and III classes from now until Spring. I am planning on good results.

I would like to hear from each of you. Let me know if I can help you in any way with your teaching of TFH. I continue to be committed to get this information to as many people as possible in this next year. The universe is being very cooperative with me so far!!! A big hug and many THANKS to each one of you.



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THE STORE

Visit our bookstore at
1200 N. LAKE
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213/798-7893

DONATIONS

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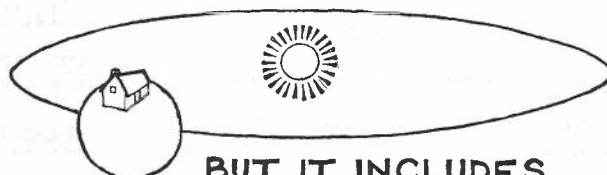
Bonnie Epstein
South Euclid, Ohio

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POT-SHOTS NO 830

Guthrie
Brilliant

**LIVING ON EARTH
MAY BE EXPENSIVE,**



**BUT IT INCLUDES
AN ANNUAL FREE TRIP
AROUND THE SUN.**

TFH INSTRUCTOR LOOKING TO RE LOCATE

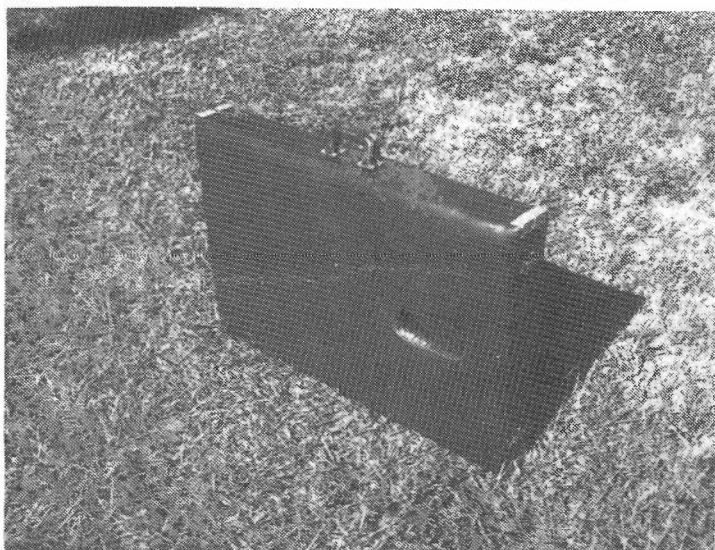
TFH Instructor, Massage Therapist, Registered Nurse, Reflexologist, Nutritional Counselor, Edu-Kinesiologist and Chiropractic Assistant who organized and operated own clinic desires position in Southwest USA. Annette R. Sensinger, 1123 Hamilton Street, 3rd Floor, Allentown, PA 18101 215/433-3916

PROPHETER BUILT IN FACE HOLE

Standard tables shown below weigh 24 pounds and can support up to 800 pounds. The Propheater oval face hole is an extremely professional tool for massage and demonstrating Touch for Health techniques. The support structures are constructed from brushed tubular aluminum and the tops are padded with one inch foam in a durable black naugahyde.

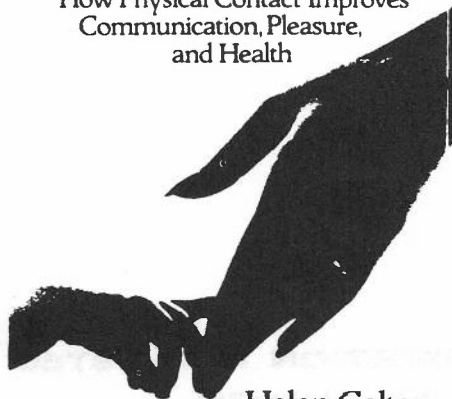
The Propheater face hole table is developed by Henry Propheater, a TFH Instructor who has specialized in creating a highly professional, light weight massage table.

Please note: TFH Member price is \$215. Increase in prices March 31st.



THE GIFT OF TOUCH

How Physical Contact Improves
Communication, Pleasure,
and Health



Helen Colton

"As a therapist working with the five senses, healing, I regard this as the definitive book on touch. A noteworthy contribution to the literature on holistic medicine, and truly a tour de force."

-William S. Kroger, Director,
Institute for Comprehensive
Medicine, author of Clinical and
Experimental Hypnosis

Available at TH Enterprises Store

\$14.95 RETAIL

Member Discount price \$11.96

Shipping \$1.50

CA Residents only - Tax .78

Total

INSTRUCTOR TRAINING CALENDAR

PASADENA, CALIFORNIA

March 23-31
April 13-21
April 27-May 5
May 11-19
May 25-June 2
June 15-23
July 20-28
August 10-18
August 31-Sept 8
October 5-13
October 19-27
November 9-17
November 23-Dec 1
December 26-Jan 4, 1985

OUT OF TOWN

March 16-24 - SEATTLE, WASHINGTON
March 17-25 - VANCOUVER, B. C. CANADA
April 13-21 - ST. JOHNS, NEWFOUNDLAND
CANADA
April 27-May 5 - GENEVA, SWITZERLAND
May 25-June 2 - BELLINGHAM, WASHINGTON
June 29 - July 7 - USD, SAN DIEGO, CALIFORNIA
July 20-28 - ESTES PARK, COLORADO
August 25-Sept 2 - GLENCOE, MISSOURI
August 31-Sept 8 - PALM BEACH, FLORIDA
September 14-22 - PASADENA, CALIFORNIA
October 5-13 - NEW YORK
November 15-23 - BRAZIL

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."

Not to fret if you prod, pat, or fiddle...self-touch is vital to our sense of well-being, so use the incredible magic in your fingertips to intensify pleasure and improve health.

By Helen Colton

Touch for Health Foundation

1174 NORTH LAKE AVENUE
PASADENA, CALIFORNIA 91104

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