

# IN TOUCH

SPRING 1985



HELLO,

I live in central London closely surrounded by several million people, some of you live in small towns, some in country cottages. We all have very different, different loves, different work, different experience, and we all have at least one thing in common - a desire to maintain and improve the wellbeing of ourselves and others (if that were not so we wouldn't have come to TFH in the first place.)

So, we are all different, and we all have something in common ..... So, what?

I don't want to sound as if I'm making a soapbox sermon but one thing I have so far discovered in this life is -- ..... you gotta have friends.

A human being is a social creature and there are few of us who would not wither and die if we were cut from society. Society provides us with stimulation, communication, education, and appreciation - each of receive and contribute in equal measure to this mass of human experience.

The reason I am saying all this is because I am asking myself how can Touch For Health, our Association, and this Newsletter, effectively provide more of our needs and wants.

COVER ILLUSTRATION by NOMI LONGMAN.

#### WELCOME TO NEW MEMBERS

We extend a very warm welcome to the following new members who have joined us since the last issue of In Touch.

#### INSTRUCTOR/PRACTITIONER MEMBERS:

Coby Schasfoort, Bosweg 4, 7854 TE Aalden  
The Netherlands. 5935-245

Pamela Eileen Wilkinson, 76 Parkville Road,  
Withington, Manchester M20 9TZ,  
061 445 7199.

#### GENERAL MEMBERS:

Tony Abbott, 47 Whalley Road, Read, Nr. Padiham,  
Burnley, Lancs. BB12 7PN.  
Home: 0282 72935 Work: 0282 78134

Birgit Brødsgaard, Ellinorsvej 19, 2920  
Charlottenlund, Denmark.  
01-64 39 20 01-64 18 04

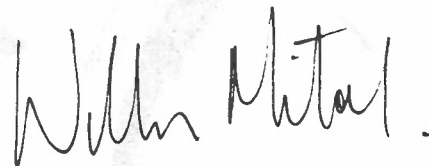
Ann Childs, 167 Big Barn Lane, Mansfield, Notts  
NG18 3LH.

The British TFH Association has contacts with people all around the world, and perhaps more of interest, all over Britain, and I would bet there is someone who lives just around the corner from you who has learned TOUCH FOR HEALTH - or more importantly, would benefit from hearing about it, and by meeting the kind of people who are attracted by TFH.

We have a lot to share - not only what is strictly known as TFH, but anything at all about anything from cooking brown rice to growing geraniums, fixing a car to buying a typewriter (I am in desperate need of a good, inexpensive electric typewriter - so if anyone out there can help?)

MAY 12 - SPRING GATHERING/SHARINGDAY.

There - I finally got around to the whole point - Many of us feel the need to share and be shared with - Come along - it can only do you good!



WILLM MISTRAL  
13 Purbeck House  
Bolney St SW8  
tel. 01 - 582 53 83.

#### THE BRITISH TOUCH FOR HEALTH ASSOCIATION

Founded in 1982 the British Touch for Health Association exists primarily as a central organisation to co-ordinate and promote the continued growth of Touch for Health in Britain, and to liaise with other Touch for Health groups through the world.

#### ARTICLES

If possible please type all articles in columns maximum line length 100mm or 80mm, single spaced, with subheadings, and a clean finish. We will print handwriting if it is large, black, solid. Line drawings are welcome.

#### ADVERTISING

IN TOUCH accepts advertising subject to editors discretion. The rates apply to ready-to-print copy, are double if we have to work from a rough copy.

Full page	£ 14.00
Half page	£ 7.00
Quarter	£ 3.50

#### CHANGED ADDRESSES

Lori Forsyth (Hilary Turner) Balloch Farm,  
Cottage No. 3, Balloch, Inverness IV1 2HE  
0463-790 599

Kay Loechel, 6 Merrydown Way, Chiselhurst, Kent  
467 2209

Ian Miller, Five Farthings, 3 Hilgay Close,  
Guildford, Surrey GU1 2EN.

# **BRITISH TOUCH FOR HEALTH ASSOCIATION**

## **SPRING CELEBRATION**

### **SUNDAY MAY 12**

**10AM TO 5PM**

**£3**

The B.T.F.H.A. is no longer a baby - it's a toddler!! Like all toddlers it's growing fast & this day is about deciding together HOW we want it to grow. It's also about sharing our experiences, skills, moans & miracles, & it's about just being together, balancing eachother & enjoying ourselves.

During committee meetings we have been asking ourselves a number of questions & coming up with some ideas which we want to throw open for discussion. For example: How we develop TFH in the regions all round Great Britain, perhaps having regional representatives? What do general members need from the Association & what do they want to give? What aspects of encouraging the growth of TFH do the members want the central committee to concentrate on?

This day is open to EVERYBODY who wants to be involved in any way with TFH. If you are not a member you are especially welcome - perhaps the day will help you decide whether you would like to become one.

With this copy of In Touch you will find enclosed a flier with a booking slip attached. Please book in advance if you can, it will help us a lot. The idea of a pot-luck lunch is that everybody brings something which we lay out in a sumptuous buffet for us all to share.

We will be on the 2nd floor of the Community Health Foundation which is two minutes walk from Old St underground station(northern line.) On Sunday there is also plenty of parking space in nearby side streets.

We anticipate that the next B.T.F.H.A. sharing day will be held in a different part of the country, but this time we are expecting the 12th of May to find Touch For Healthers descending upon London in their droves!!

Get your diaries out folks.....  
Looking forward to seeing you then,

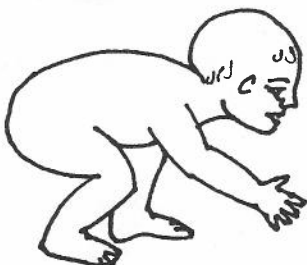
Lot's of love

*Isobel Stevenson*  
committee member.

## **COMMUNITY HEALTH FOUNDATION**

**188 OLD ST**

**LONDON EC1**



# WE WANT WHAT YOU HAVE GOT!

Hi, I'd like to encourage you to contribute to In Touch. We are widening our horizons, last edition Willm invited you to participate by sending in snippets of info. words of wisdom, suggestions, letters etc. We really do want to hear from you anything from how to sprout beans to running a marathon. You are all involved in life and living so there must be something you can share with us.

What about that those Touch for Health points that you have found help with slimming, headaches, improving eyesight, toothache, whatever, share it.

You can do it. I'm going to start right now.

I've been involved with TFH since 1977 and an instructor since 1979, I took my instructor training workshop in America. At the end of 1981 I decided to take a rest from using and teaching TFH and my only contact with TFH was through serving on the committee and working at exhibitions

Now I'm back teaching at a local MIND centre, as a ten week evening class where I'm employed by ILEA and I'm thoroughly enjoying it. On average I have ten to twelve people each week, new faces were appearing up to the fifth week and its working out that I have a regular of people and others who appear now and then and it really doesn't matter. Everyone is learning something and my main purpose is to teach them something they can use effectively at home with their friends, family and on themselves. I want to see TFH used even if they only use TFH points to help a headache rather than take a pill I think thats Great!

Half of my class are unemployed and in Greenwich they have an excellent way of making it possible for the unemployed to attend classes. At the beginning of this years session of evening and day classes Sept 84- June 85 as an unemployed person you paid £1 and could join as many classes as you choose. I have two people on my course who are attending 6 or 7 classes a week and I think that is so much better than sitting around, sleeping, watching TV, getting depressed or frustrated, some of you will have experienced unemployment at first hand so you'll know what I mean.

I have already told the class about our sharing day and will be mentioning it my exercise classes as a way of being introduced to TFH. They are strangers to TFH apart from snippets I've told them and the fact that I use cross crawl movements in my routines.

There I've done it and so can you. You will be hearing more from me and it won't all be about TFH. love a light Ann.

ANN HOLDWAY 78 Castlewood Drive 856-7717  
London SE9.

## RICHARD UTT

### RICHARD UTT

of California presents an  
Introductory Talk on -

and APPLIED PHYSIOLOGY  
BALANCING THE TMJ

Richard will speak on the new concept of testing muscles in the opposite direction to the normal TFH testing positions to locate any hypo/hyper malfunctioning in the antagonist muscles, and how APPLIED PHYSIOLOGY deals with Under/over energies with the frozen and paralyzed hypo/hyper muscles.

He claims that regular muscle testing misses about 65/75% of these problems.

He will be describing how the TMJ (Temporomandibular joint connecting the lower jaw to the skull) can be thrown out by teeth grinding, a blow to the jaw, a result of a birth defect, or whiplash. Symptoms can be clicking jaw, muscle spasm, shooting pains to head, neck & shoulders, effected hearing, ringing in ears, & dizziness.

DENTIST Jack Marteney, a specialist of disorders, estimates that 25/30% of the US population - children and adults - have TMJ-related problems.

DOCTORS with "DIFFICULT TO CORRECT" patients refer them to Richard, and his work has been so effective that Dr. SHELDON DEAL, of Swan Clinic, Tucson, says,

"In Utt's work on TMJ evaluation, his method has often enabled him to solve the most difficult of TMJ syndromes. I highly commend Richard Utt to therapists in their work with difficult type patients."

DATE: WEDNESDAY 27th MARCH

LOCATION: LONDON AREA

TIME: 7.00 p.m.

CONTACT: BTFHA - 01-328-7690  
or - 01-856-7717  
for further details

ENTRANCE FEE: £2.50.

# HEADACHES: relief without drugs

Headaches may come from many different causes.

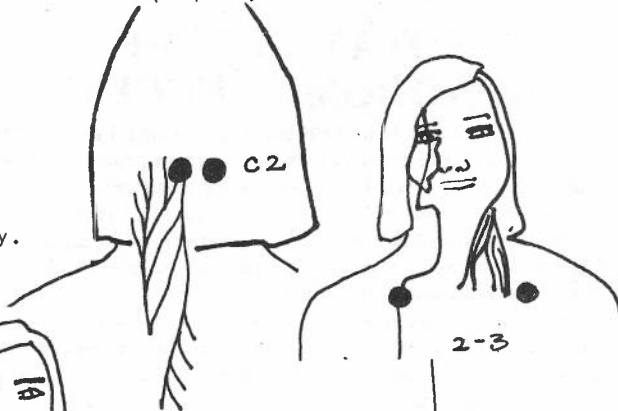
If we are to avoid continually suppressing the symptoms with painkillers, we have to investigate what imbalance it is in ourself, in our lifestyle, that is resulting in this painful symptom.

We have here a short list, by no means complete, of different types of headaches, and some ways in which you can seek relief by massaging different Neuro-lymphatic points.

Should these points be painful to the touch, it is a good indication that they need to be worked - massage should be firm yet gentle. Lymphatic flow will be stimulated to certain areas and begin to cleanse the blockages that may be causing head pain. Free flowing lymphatic system means more nourishment to all the cells of the body.

## TENSION HEADACHE:

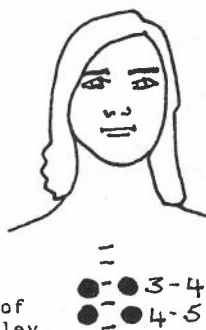
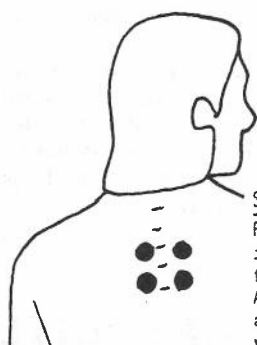
Accompanied by tense neck and shoulders. If the front neck muscles become weak it causes the head to balance improperly on the spine.



## SICK HEADACHE :

Related to dietary indiscretions, and eating fats.

Avoid these rich foods and eat non-fat sources of vitamin A - carrots, parsley, other green and yellow veg.

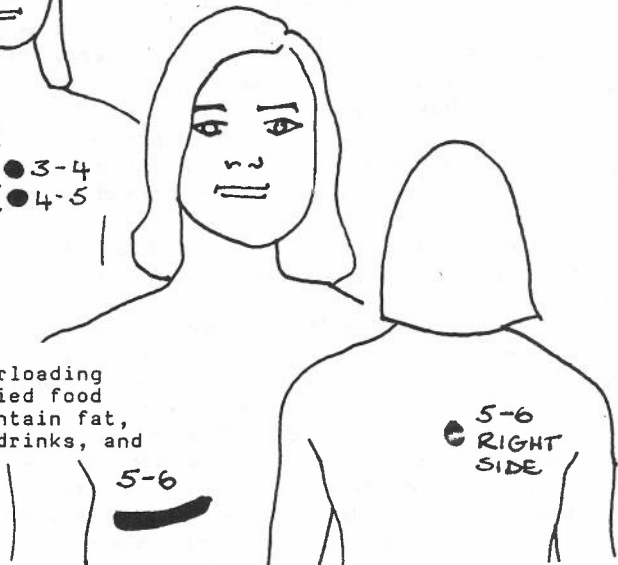


## ONE-SIDED HEADACHES :

May come from the three lower neck bones being stuck or fixed together - massaging the neck gently may help, chiropractic or osteopathic adjustment may be necessary.

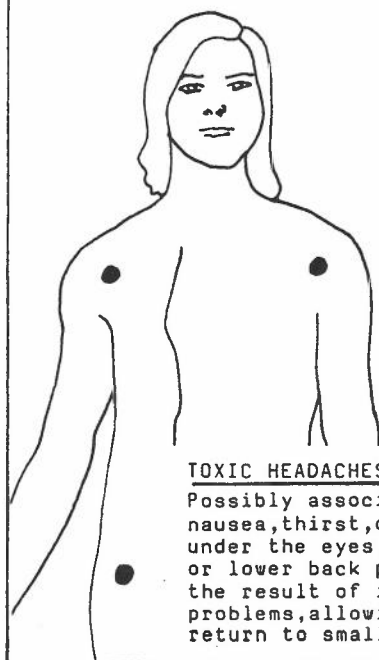
## CHRONIC HEADACHE :

Can result from overloading the liver - avoid fried food and sweets which contain fat, alcohol, carbonated drinks, and caffeine.

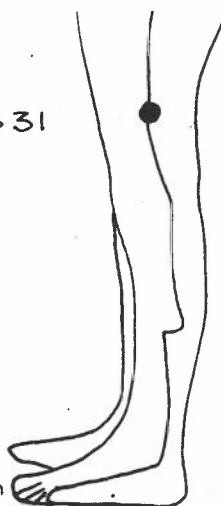


## TOXIC HEADACHES .

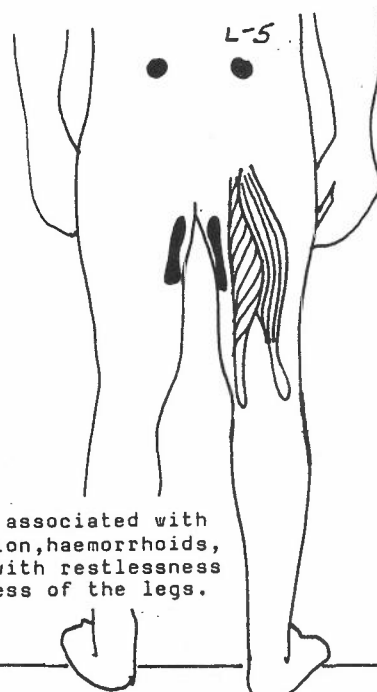
Possibly associated with nausea, thirst, dark circles under the eyes, maybe shoulder or lower back pain. Can be the result of ileo-caecal valve problems, allowing bacteria to return to small intestine.



GB 31



B) Headaches associated with constipation, haemorrhoids, colitis, with restlessness and weakness of the legs.



# VICTORIA AUSTRALIA

## ROTATOR CUFF SYNDROME SUCCESS

COURTESY of VICTORIAN TFHA.

Having completed a basic TFH course at Geelong, I was eager to try out my new skills and convince myself that it really could do some good. I was discouraged when I had only minor results with my husband Peter's lifelong asthma, as I was convinced it could fix itself 'Hey Presto' as in the newsletters I had read. I had a great experience myself when a TFH friend found my weak trapezius and banished the constant headaches I had learned to live with.

Always on the lookout for other bodies to practise on, I had heard about Joan, my local pre-school teacher who had a sore shoulder. Over a long period of time it had been worsening with constant lifting, and Joan loosely described it to us as "tennis elbow" in the shoulder.

Armed with my green book I plucked the up the courage to go and tell her about my TFH course, ready at any moment for the strange looks which inevitably followed. I was dismayed when I saw she had the arm in a sling—she had been told to rest it completely as it was "ROTATOR CUFF SYNDROME"! What had I got myself in for?

Luckily Joan was in so much pain that day that she said, "I'll try anything!" so with great difficulty she crawled up on a bench. The shoulder and elbow were completely stiff and painful and her hand became immobile too.

I set to work on the fourteen muscle balance, testing muscles only on her good side, guessing where I thought the other side would be down. As I was fixing only the second weak muscle (Teres Major) she began to report something happening. Massaging the Neurolymphatic points made her feel something 'pulsing across' just to that shoulder, and as I held the Neurovascular points she could feel a "warmth" moving into the joint. (It made me feel a whole lot better too, I can tell you.)

As we moved along, I decided that almost all the muscles in the upper body had to be weak because they couldn't even be tested. The fixing points for most muscles brought an immediate reaction—she felt a "whoosh" go into her shoulder and down to her elbow, the warmth was moving down her arm, she could even feel a tingling spreading down to her fingers. By the end of the balance, Joan could move her fingers again and bend her elbow slightly. The most remarkable and gratifying effect

was that of a total relaxation. She almost alighted from the bench, and her face had lost its pained expression. The other staff later told me she appeared to float for the whole afternoon.

The next day I tested her with a surrogate, and by day four the arm was strong enough to test most muscles on her sore side. I balanced her again on day seven and by this stage her body had healed itself enough to have almost total mobility again. Some soreness still remains, and I have advised her to see one of our Touch For Health instructors who will be able to test other muscles as well.

For myself the experience was truly amazing and most rewarding. I needed proof that TFH actually worked, and I was fortunate to obtain such startling proof so soon after my course. My advice to other beginners is to keep working at it until you too are convinced.

I am grateful that TFH has given me the knowledge to help other people. As for Peter's asthma, I'm still slogging away . . .

B. Coleman

## RHEUMATOID ARTHRITIS

I am sixty years old, and have had rheumatoid arthritis for four years. Gold injections and D Penamine failed, and almost all my joints were affected, greatly decreasing my mobility.

I had never heard of Touch for Health but enrolled in a class, feeling I had nothing to lose. While I have been instructed in Basic and Intermediate classes, there has been a steady but dramatic improvement in my condition, both mentally and physically.

Daily, I do cross crawling, massage the toxicity points, and drink eight glasses of water. All dairy products have been deleted from my diet.

I no longer need Brufen or sedatives, taking only aspirin three times daily.

Touch for Health has completely changed my life, and I am happy to be alive again.

B. Sidebottom

## SUCCESS STORY

I am a veteran athlete 44 years old. Whenever I begin running after a break, or if I begin to dramatically increase my daily distance, I get the ilio-tibial band syndrome which causes extreme pain on the outside of my knee. This becomes so severe that I have to stop running and can just manage to walk home (very embarrassing for a runner!).

Since I have learned Touch for Health techniques I do acupressure massage points and the origin/insertion technique whenever I feel pain coming on and these methods immediately correct the situation. Sometimes during a long run I have to repeat the techniques two or three times, stopping for 30 seconds to do them, but I can run pain free and I don't have to walk home anymore - thanks to Touch for Health. Previous to all this I had to do special exercises which did not seem to help at all.

..... Cliff Broome, Ballarat





**Topping International Institute**

## **BIOKINESIOLOGY WORKSHOP**

Presented by: Wayne Topping, PhD, LMT

Biokinesiology is a school of applied kinesiology developed by John and Margaret Barton of the Biokinesiology Institute, Shady Cove, Oregon. It differs from other forms of applied kinesiology in that there is a heavy emphasis on emotions. In this 35 hour workshop you'll learn the basic techniques of Biokinesiology, sufficient to be able to make use of the books "Which Vitamin? Which Herb Do I Need?", "Be Your Own Chiropractor," "The Quick Ready Reference," and "The Atlas," by the Biokinesiology Institute.

### **IN THIS WORKSHOP YOU WILL LEARN:**

- Therapy localizing imbalanced tissues and organ reflexes.
- Determining what nutrition will correct tissue or organ imbalances.
- The Brain Response Test: a way of determining whether the nutrition will be in harmony with the entire body.
- Therapy localizing and Brain Response Testing through use of a surrogate.
- Biokinetic exercises: a passive way to restore muscles, tendons, ligaments, and fascias to balance.
- Energy Center (or chakra) testing. Correcting such imbalances by using Flowline massage, acupressure points, and emotions.
- Flowline massage: another way to restore most muscles and tendons to balance.
- Using emotions to correct organ imbalances.
- How to prioritise the organ imbalances and to determine which tissue imbalance needs to be corrected to balance that organ.
- Developing emotional programs off imbalanced tissues.
- Testing for allergies/sensitivities to pollen, animal hair, colors, foods, nutritional supplements, etc. Using emotions, nutrition and biokinetic exercises to overcome such imbalances.
- An introduction to Brain Programs.

**PLACE:** EAST WEST CENTRE, OLD STREET,  
LONDON, EC1.

**DATE:** APRIL 7 - 11, 1985.

**TIME:** 9.30 am to 5.30 pm.

**COST:** £110 if paid in FULL by 24/3/85.  
£125 thereafter.

A £25 deposit is required (non-refundable) for each person attending. The balance of £85 to be paid by 24/3/85 or £100 at the workshop. A workbook at nominal cost will be available. Make checks payable to: BODY BALANCE U.K. Ltd.,

**MAIL TO:** Body Balance U.K. Ltd.,  
147A Lynton Road,  
London, W3 9HN.

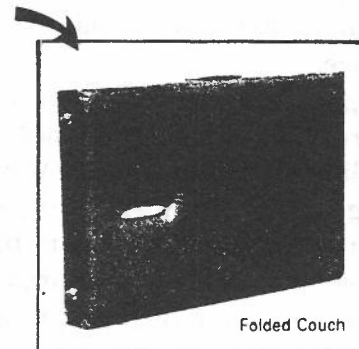
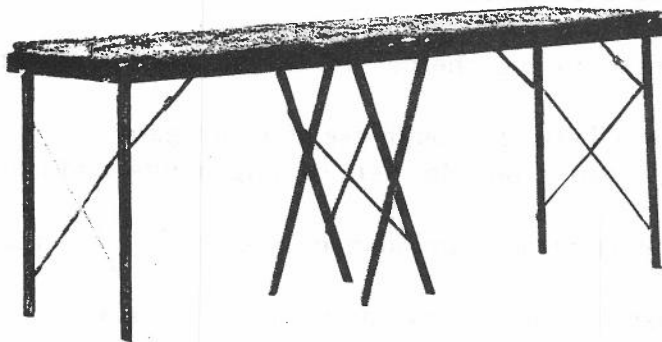


Dr. Topping is a Biokinesiology Instructor and certified by the Biokinesiology Institute of Oregon, and has taught Touch for Health and Biokinesiology classes extensively throughout Washington, Oregon, California, and Europe. Wayne is author of the Book, "Balancing the Body's Energies," was formerly an associate practitioner at the Bellingham Family Health Clinic, and has recently founded the Topping International Institute to increase the focus on *Health Through Education*.

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Contact: Michael G. Mann B.Sc.(Eng.), M.F. Phys.  
Alternative Medicine, MGM Dedworth Road, Oakley Green, Windsor.  
Tel: 63609



# faculty column

## FACULTY COLUMN

I first want to say how happy I was that our new editor of "In Touch" did such a fine job in putting together his first newsletter. It was really impressive. When I compare it with some of the very unprepossessing journals that come through my letterbox, I think we are most fortunate to be able to produce such a fine paper.

The purpose of "In Touch", I see as two-fold. Firstly it provides the BTFHA members with as much information as we can muster about what is happening in Touch for Health. This keeps people informed about what classes are being taught where by which instructors. It also is a forum for letting others know what TFHers are doing with each other.

The second function of "In Touch" is to provide a small "window" through which members of the public may look to see a little bit of what Touch for Health is all about. The primary purpose of Touch for Health is to teach practical health care to "ordinary" people.

### TOUCH FOR HEALTH IS FOR EVERYONE

Mr. & Mrs. Everyperson need simple, safe, yet powerfully effective tools to **"ATTAIN, MAINTAIN, AND PROTECT** their health by natural means.

All around us, from the stratosphere high above the clouds, the rain, the air, the soil, the seas, all are being polluted. Instead of our beautiful planet being a safe protective haven in which to reside, it is fast becoming a hazard to health.

It is now no longer really possible to find food totally unpolluted. We now have to do the best we can to find foods that will nourish our bodies. With Touch for Health among the many techniques, we have the wonderful mechanism of simple food testing procedures to help us define our individual needs.

## FOOD SENSITIVITY TESTING

There are many wonderful tales about the spin off from food testing. So many people suffer from allergies these days. It is incredible how much this accounts for people's lives being made an absolute misery.

Just recently I heard of a case of a young lady who had been feeling so ill, she had not been able to work for nine months. All the health professionals she had been involved with had not been able to find out why she was tired, depressed, or why she suffered so much discomfort after eating.

Most people had concluded that it was "all in her mind" and that nothing could really be done unless she "snapped out of it". She happened to meet someone who knew the Touch for Health method of food testing.

Within moments the main cause had been identified, she reacted badly to wheat. She had been consuming quantities of "good wholemeal bread" convinced that it would bring her health. It was the one thing she did not need! She immediately ceased eating bread and was careful to avoid all manufactured foods which contained flour and carbohydrates derived from wheat.

### HER HEALTH "ATTAINED" AGAIN

Within four weeks she was a different person. She found she had more energy, and the pains she used to have after eating went. Once again able to work, she is now fast regaining the self-confidence which months of ill-health had leached away.

She had really got to the end of her tether, and was almost to the point of accepting that it was her lot in life to feel constantly unwell.

Now in just the few moments it took to test in their may be a problem food, she was able to take responsibility for helping herself back to health.

### Her health "MAINTAINED"

She is now determined to avail herself of the opportunity of being "balanced" regularly. Once in reasonable good health, balancing helps maintain our most precious commodity.

Balancing involves the simple muscle testing procedures learned in the Basic Course. When slight imbalances are found in the distribution of body energies, they are quickly and easily rectified. The person then usually feels better although they may not have had any discernable symptoms or discomfort in the first place.

### Touch for Health helps PROTECT Health

Certainly it is wise to take active steps to protect our state of well-being, and enhance it where possible. Just because we have no reason to consult a health professional, does not mean we should neglect our health.

Sadly too many do. Many people neglect to maintain their cars, only to find that when things do go wrong, it is expensive to put right. Sometimes the only sensible thing to do is to trade the car in for another. You cannot do that with your body.

The young lady in our story has made a decision. She vows she will not let herself get unwell before she makes specific plans to take sensible care of herself.

She has decided she wants to take a Touch for Health course herself. Her mother is so impressed with the change in her that she wants to take the course as well. They have already got the textbook and are beginning to read it.

Touch for Health's strength is in its simplicity. It is truly preventive. The whole point of the classes is to let people know more about these wonderful bodies we live in - and how to take better care of them.

### THERE ARE TFH CLASSES IN YOUR AREA

If you cannot see a class near you in the schedule section of this journal, simply contact me, and I will put you in touch with someone who is currently teaching classes closest to your area.

### TFH ANNUAL MEETING 1985

After several letters and some discussion with Pasadena, I have decided to go again to San Diego for the Annual Meeting this year. There is so much going on that I need to keep up with, and it does present a very important opportunity to meet with the other Faculty.

The Faculty meetings were so very productive last year. For the first time, they were much more international in flavour as more Faculty members were added for Switzerland and other areas.

Accordingly I would be very grateful if you would let me have any stories, wins, ideas, things you think I should bring to the attention of the Foundation. One of the things the largely American group loves to hear about is how others around the world are getting on with TFH. So once again I am asking for your input. Please do send me some.

### PRACTICE EVENINGS IN CENTRAL LONDON.

Finally, I have decided to launch a series of practice evenings on the 3rd Tuesday evening of every month, from 7 p.m. to 9.30 p.m., fee £3, at the Columbia Hotel, Lancaster Gate, London W. 2. There will be a charge of £3 for the evening to cover the room hire.

Put the first date in your diary **February 19th**, If you have done a course at any time please come. However, it is not necessary to have taken a course to attend. If you are just curious, come and find about a bit more about TFH. I will be there to advise, answer any questions, and help with balancing problems.

Brian H. Butler.

# SIMPLE NECK-STRETCH

## and N.L. RUB

### Using NLs for Neck Pain and Tension

Here is a way of using neurolymphatic reflexes to relieve neck pain and tension. It can be done quickly with a large group of people in a small space, and therefore does not involve teaching muscle testing. Instead, simple neck exercises are used. The attached diagram shows schematically what happens.

In the first exercise the hands are clasped behind the head allowing the head to sink forward and stretch the muscles at the back of the neck. It is not necessary to pull on the neck, just allow the weight of the relaxed arms to stretch the muscles. Then taking the hands away, the head moves back in the counter stretch. It is particularly important to pay special attention to how the muscles feel in the stretched positions.

Repeat the forward and backward stretch several times and then massage the neurolymphatic points for the neck flexors and extensors. Finally check how the neck feels after the massage by doing the exercise once more.

For the second exercise turn the chin towards each shoulder in turn, rotating the head from side to side as far round as is comfortable. There are no NLs for this exercise but you might like to do the ear massage for the aural lock with it.

For the third exercise fix the eyes on a point in front of one and place the right hand on the left side of the head and over the left ear. Drop the right ear towards the right shoulder using the weight of the arm to stretch the muscles on the left side of the neck, again paying special attention to how they feel. Then swop over and do the other side.

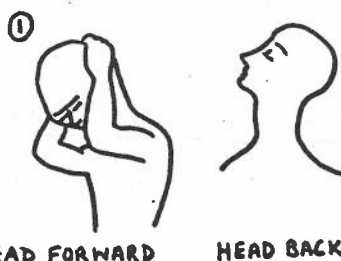
Repeat the exercise several times and then do the NLs for the Upper Trapezius. Check how the muscles feel after by redoing the exercise.

For the last exercise face a wall square on and take the right hand to the back of the left hand side of the head. Drop the head forward diagonally towards the right hand corner of the room, paying special attention to how the muscles feel. This stretches muscles at the back outer edge of the neck. Swop over and do the other side.

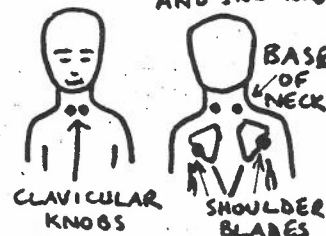
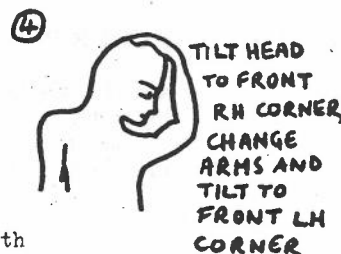
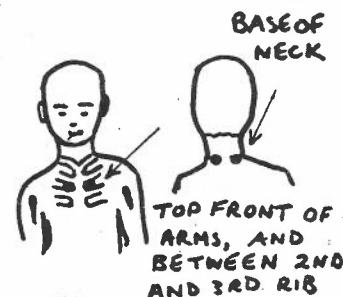
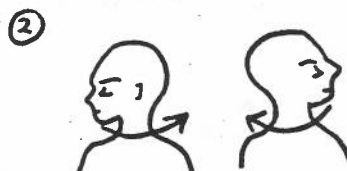
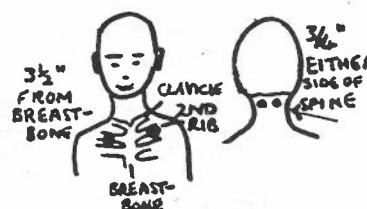
Repeat the exercise several times and then do the NLs for Levator Scapulae. Redo the exercise and check how the muscles feel.

These exercises are safe for people in normal health and should always be done gently with attention to how the neck feels. I have taught them to hundreds of people and most of them have noticed a significant improvement in mobility and ease in the neck after doing them. I also give out the attached sheet and urge people to do them at home, and again those who do so benefit.

### NECK EXERCISES



### MASSAGE POINTS



### Points to Remember

Exercises - slow and easy with great attention to the muscles

NL Points - Rub firmly. Check people are rubbing the correct position

Pay off - always check how the neck feels after rubbing each set of points.

ANGELA MARSHALL  
Taunton Farm  
Old Coulsdon  
SURREY 668-8791.

# TOTAL MIND BODY INTEGRATION

by FRANK MAHONY

## A NEW APPROACH FOR THE ATHLETE, TRAINER AND THE HIGH ACADEMIC ACHIEVER

FRANK MAHONY has established a definite relationship between the releasing of Hypertonic confused muscles and Improved Mental & Physical performance.

### IF YOU HAVE EXPERIENCED:

*Physical Activity*

*Injury*

*Illness*

*Colour and Food Sensitivity . . .*

Then you could have Hypertonic confused muscles — resulting in disorganised mind/body energy systems.

### DO YOU KNOW THAT YOU COULD PERFORM BETTER THAN YOU DO!

With the use of **HYPERTON—X**, Total Mind-Body Intergration, athletes can perform at maximum potential with immediate, profound and lasting results.

### IT IS EASY TO LEARN AND IS COMPATABLE WITH ALL THERAPIES!

FRANK MAHONY, of California, is Consultant to the Puma Energizer Track Club, the Valley Remedial Group and the Valley West Chiropractic Clinic, and is a member of The Foundation for Athletes Research and Education, founded by Dr. Leroy Perry.

Frank works with the many nationally ranked team members of the Puma Energizer Track Club, several of whom participated in the 1984 Olympic Trials. One of his greatest achievements through his work was to restore 100 metres hurdles star, Rene Felton, back to top performance in just two weeks after she resumed training from a two year absence, following abdominal surgery from Chrones disease.

**1ST GREAT SUCCESS IN THE U.K.** Hypertonic Muscle Release was used by two Kinesiotherapists and was acclaimed by the International Athletes at the Nottingham 6 Day Ultra Marathon, August, 1984.

*"The treatment was very beneficial and my performance in the next 48 hr. race will be greatly improved by it".*

*"This technique is very useful and a necessary compliment to other therapies".*

*"The calming effect was vital to the extreme stress experienced in an Ultramarathon".*

*"The help provided was a significant contribution to my performance".*

*"From a practical point of view the treatment I received was very worthwhile".*

Frank will be available for private consultations from 22nd to 24th May.  
Price: £25.00. per hour. Tel: 993 - 3374 or 328 - 7690 for appointment

### THE TWO DAY COURSE WILL BE HELD AT:

#### KENEDY HOTEL

43 Cardington Street,  
London, N.W.1.

(2 minutes from Euston Station)

**DATE:** May 25/26, 1985.  
**TIME:** 9.30 am to 6.00 pm.  
**COST:** £55 if paid in FULL by April 25th — £65 thereafter.  
**DEPOSIT:** £10 (transferable not refundable) for each person attending.  
**BALANCE:** £45 due by April, 25th, or £55 due prior to start of course.

Cheques to be made payable to:

**BODY BALANCE U.K. Ltd.,**

**MAIL TO:**

Body Balance U.K. Ltd.,  
147A Lynton Road, London, W3 9HN.

# EXPERIENCE ?

BRIAN HAMPTON  
251 Maidstone Rd  
Rochester, Kent.  
0634-401892

I am sitting here late at night inspired to write. This is in itself unusual, mostly inspiration manifests first thing in the morning. I am one of those maddening people that leaps out of bed and greets the day before it has had chance to arrive.

It has occurred to me that few people contribute to In Touch, or any other magazine, for one primary reason and that is we all feel the simple technique or observation picked up from some other activity or from our own experience of doing Touch for Health, must be known to everyone else! It's not true. If that was true why are we still finding new concepts. We all evolve and we can help our evolution by sharing the experience.

All of this is a useful digression from the original inspiration which was born out of my great good fortune to be involved with a group that I consider to be more holistic in approach than most. My wife, Pam, is a serious and competent Astrologer using this tool very successfully for counselling. She has been teaching Astrology longer than I have been involved with Touch for Health. The organiser of the Gillingham Natural Health Clinic where Pam and I both now work is principally a Metaphysician. The upshot of all this simply serves to illustrate that over the years I have been exposed to some less than usual techniques.

I can feel the purist beginning to think, what has this to do with Touch for Health?

A few days ago I had been invited to lunch with some people that my wife had met on a healing course, healing in the spiritual sense that is, on the premise that I would demonstrate Touch for Health. There were rather more people gathered than I had expected and in due course I did a simple 14 muscle test and balance on the lady of the house, who was 60 plus years old and was house-keeper to an octogenarian. When I had arrived it was the older man that I had felt most likely to benefit from TFH and I had a clear image of helping him so I was somewhat surprised to find the lady on the couch.

The balancing was, to all intents and purpose, uneventful, quite a few meridians adrift and balanced easily and quickly using the 5-Element technique. During lunch it was revealed that the lady sitting next to me was clairvoyant and had been since childhood. She was able to see auras and she had seen most clearly during the demonstration a complete merging of my aura with that of the lady. She had further observed, which is not entirely surprising considering the empathy the lady had for the octogenarian, that our combined aura had been directed at and connected to the aura of the noble older, older man who had been sitting adjacent to the couch. I was not personally aware of the force at the time, but I am quite certain the older man and the lady both benefited from Touch for Health that morning and I am incredibly grateful for the information that our technique does communicate at this higher level of consciousness.

May be this revelation is not strictly TFH but I suspect the conditions and benefits could be duplicated by most users of Touch for Health and it certainly helps me to know that our technique can be seen to be working in the spiritual plain.

Just a final thought, less than three years ago I would have denied the possible existence of anything but the physical body.

Evolution takes many forms.

Brian Hampton.

## certificates

The BTFHA is having printed for the use of Instructors, CERTIFICATES of COMPLETION, which can be given out to students at the end of each level of TFH.

These are on good quality paper and appropriately worded. Available from the Association at 10p each or 8.00 per 100.

Contact WILLM MISTRAL 01-5825383 or any member of the committee.

## i.c.v. workshop

ILEO-CAECAL VALVE &  
CANDIDA ALBICANS  
WORKSHOP  
Sat. 11 May 1985.  
9.30-5.30. £35.  
COLUMBIA GATE HOTEL  
LONDON W2  
BRIAN BUTLER  
399-3215.

### TFH IN SCOTLAND

Hallo everyone! I've just moved from Norwich to Inverness and am busy setting up a 1985 schedule of TFH classes to take place in Inverness, Glasgow, Edinburgh and Aberdeen - anywhere they'll have me in fact. So, if you have taken a class up here or know anyone who's interested, do contact me: Hilary Turner, Balloch Farm Cottage No.3, Balloch, Inverness IV1 2HE. Tel: 0463 790599

# The British Biomagnetic Association



## BIOMAGNETIC THERAPY

### HEALING WITH MAGNETS - THE EXTRA-ORDINARY WAY

A COMPLETELY NEW HOLISTIC APPROACH TO HEALING:  
ELIMINATES GUESSWORK: YOU CAN WATCH IT HAPPENING;  
OBVIATES THE NECESSITY FOR SKELETAL ADJUSTMENTS:  
BALANCES CHI ENERGY  
REMOVES PSYCHO-NEUROLOGIC AND MUSCULAR TENSIONS:  
IS SIMPLE TO LEARN AND EASY TO PRACTISE:  
NO EXPENSIVE ELECTRO-EQUIPMENT REQUIRED:  
TWO WEEKEND TEACHING SEMINARS.

INTERESTED ?

THEN CONTACT .....

The British Biomagnetic Association, 179 Fore Street, Exeter,  
EX1 3BR. Tel. (0392) 37366 for further information.

#### Comment:

In 35 years of practice I have found no other system as entirely  
holistic as this. I am greatly enthused.

T.N.D. Williams, Dr.(Ac), DO., N.D., D.Hom., MRH.



The British Biomagnetic Association



# A.K. WORKSHOPS

## with NATALIE DAVENPORT

An opportunity to workshop the AK material given out over the past two years. Brief demos will be followed by ample time to practice the techniques and share experiences.

April 20: ELECTROMAGNETIC. Ionization; centering techniques; switching; adrenal syndromes; blood chemistry; acupuncture; and a review of the Law of the 5 Elements for a greater understanding of the principles involved when using acupressure in AK and TFH.

May 4: MECHANICAL. ICV, Houston and the hiatal hernia syndrome; TMJ; cranial faults; Categories I, II and III (with blocks); fixations and shock absorbers.

June 8: MUSCLES. Reactives; strain/counterstrain; spray & stretch; rolfing; hypertonic muscles and flexibility.

June 22: RECENT TECHNIQUES. The use of 2-pointing; the 'Heart' brain; walking gait; lymphatic drainage; the 'higher vehicles' of Sheldon Deal.

Venue: Neals' Yard Therapy Rooms  
2 Neal's Yard, London WC2  
Cost: £15 per day

Please register by sending £5 deposit for each workshop to Natalie Davenport, Greystones, Three Gates Lane, Haslemere, Surrey GU27 2LE.

## A NEW LEAFLET about TFH

PROFESSIONALLY TYPESET on QUALITY PAPER - GREEN & WHITE.  
INTERIOR TEXT REPRODUCED BELOW - BOX LEFT BLANK  
AVAILABLE FROM BRIAN BUTLER - £7.50 per 100 + £1.50PP.

### What is "TOUCH FOR HEALTH"?

Touch for Health helps people get in touch with their bodies, and take more interest in their health.

Building health is the modern trend. People are wanting to take more responsibility for their own health care.

Touch for Health presents some powerful, yet safe information. It offers simple ways to help yourself, and those you love most, to better levels of health and vitality.

Touch for Health teaches ways to balance energies, and enhance well-being. It helps to solve many minor imbalances, before they can develop into symptom-producing problems. In that sense it is truly preventive health care.

### THE TFH TEXTBOOK

It is a bestselling book which has reached millions. It contains a unique synthesis of acupressure massage, kinesiology and nutrition. It is the textbook for short classes teaching the dynamic process of muscle testing and balancing.

It is laid out and clearly illustrated with over 300 photographs, illustrations and charts. The text is kept to the

minimum, making it very easy to follow.

### A HEALTHY APPROACH

A healthy body is the best defence against disease. Rather than singling out symptoms, the Touch for Health holistic approach concentrates on the whole person.

The vital energies which run our physical, nutritional, and emotional aspects are interrelated.

When these energies are "balanced", many health problems, minor aches and pains, allergies, and even some acute and chronic conditions are relieved.

### BASIS OF TOUCH FOR HEALTH

It is a blend of ancient principles of Oriental medicine and acupuncture (without needles), combined with modern Western methods of muscle activation, and planned nutritional testing.

It is based on the simple rudiments of a new science used by professionals called Applied Kinesiology. (kin-easy-ology) This uses simple muscle tests to assess imbalances in body functions and reactions.

Backed by years of research, Touch for Health is highly acclaimed and well

supported by health professionals from both orthodox and complementary medicine. Also it is used now by many Olympic and world class athletes, to achieve peak performance.

### HUMAN RESILIENCE ABUSED

Most people seem resigned to accept a very low standard of general health and fitness. The human body continues to function even when continually stressed.

Suberb mechanisms partly compensate for abuses like smoking, poor diet, overwork and all the many other destructive things most of us do which prevent our maintaining vibrant health.

It is tragic that so many push these built-in safety features beyond all limits, then wonder why they are sick, tired, depressed and lose their zest for life.

We service our cars, we maintain our homes . . . yet fail to take care of the one thing we cannot replace — our incredible body!!

### TOUCH FOR HEALTH CLASSES

The classes were designed especially for lay people. The material is not complicated, nor does it require any previous knowledge or training to attend and use successfully.

Touch for Health is a wonderful way to learn more about how your body functions. You'll get back into "balance" and begin to regain what we all want, a vibrant healthy body.

In a Basic Class, people say they learn so much! Lay people often do not realise how much power is at their fingertips. Many professionals use it too. In twelve to sixteen hours, over a weekend or a series of evenings, you will learn exciting new concepts.

Ways to cope with stress, deal with overweight, restore energy levels, test for food sensitivities, methods of resetting popped "circuit breakers".

Simple ways to improve eyesight, help dyslexia, backache, release nervous tension, relieve emotional traumas . . . and much more.

### WHY NOT ACT TODAY!

All you have to do is to join in the fun. You'll have more energy, improve your posture, look better. Feel more alive, relaxed, fitter. Take a class soon!

### CONTACT:

BRIAN H. BUTLER  
T. F. H. Instructor Trainer,  
39 Browns Road,  
Surbiton, Surrey KT15 8ST  
01-399 3215.

Instructor - PENNY EDWARDS  
01- 340 3924

OASIS 72 Great North Road  
East Finchley N2

Level 1 LONDON . MARCH 2/3  
BRISTOL MARCH 30/31  
Level 2 LONDON APRIL 27/28  
BRISTOL APRIL 20/21

PRACTICE SESSION

\*1st Wednesday Every Month 7.30pm

Instructor - LINDA ROGERS  
RICHARD BEALE  
0280 - 815984

MARCH 9/10 Leicester -Basic

MARCH 16/17 Buckingham Level 2

MARCH 30/31 Buckingham Basic

APRIL 27/28 " Level 2

MAY 18/19 " Basic

JUNE 1/2 " Level 3

JUNE 29/30 " Level 2

JULY 13/14 " Basic.

<u>DATE</u>	<u>TFH COURSE</u>	<u>PLACE</u>
Mar 9/10	Basic	Dublin, Eire
Mar 15-18	Intermediate/ Advanced Combined	Dublin, Eire
Apr 5-8	Intermediate/ Advanced Combined	Leeds
May 17-20	Intermediate/ Advanced Combined	Fareham/ Southampton

TEACHER CONTACT K. McCarroll (01-328-7690)  
I. O'Hanlan (0001-875-397)

COURSE COORDINATION

Free advertising for TFH or  
related courses. Let me know  
of the courses you are teach-  
ing and we can group our  
schedules to the benefit of  
all concerned .

WILLM MISTRAL  
13 Purbeck House  
Bolney St SW8  
tel. 01 - 582 53 83

Instructor - WILLM MISTRAL  
01-582 5383

Level 1 classes  
Community Health Foundation  
188 Old St EC1 (Old St tube)

MARCH 23/24 .  
APRIL 20/21  
MAY 25/26  
JUNE 22/23.

Instructor - ISOBEL STEVENSON.  
01-359 0518

ISIS CENTRE 362 High Rd  
Tottenham N17. 01-808 6401

Level 2 MARCH 16/17  
LEVEL 3 APRIL 20/21

NEED A ROOM FOR A CLASS ?  
CONTACT LIZ ANDREWS -  
13 GUNNERSBURY GARDENS W3.  
tel. 01 - 992 8119 .

On taking the

INSTRUCTOR TRAINING WORKSHOP

Once anyone has taken a TFH I,II, &III  
they may apply to take the ITW. Not all  
who take the workshop go on to teach  
TFH, they simply use the communication  
techniques in other ways.

I have now organised my teaching  
schedule so that anyone who wishes to  
progress in TFH to Instructor level,  
may do so in a consecutive four month  
programme.

Of course, anyone who has done courses  
with another instructor may join my  
classes at any point they may find  
convenient.

My schedule for next year is as  
follows:

TFH I	March	2nd-3rd.
TFH III	March	23rd-24th.
ITW.	April	20th-27th.

TFH I	May	25th-26th.
TFH I	July	20th-21st.
TFH II	August	24th-25th.
TFH III	September	28th-29th.
ITW	October	18th-25th.

For any further information contact me  
on 01-399 3215. Brian H. Butler.

PRACTICE SESSION

3rd Tuesday every month  
COLUMBIA HOTEL Lancaster Gate W2  
7-9.30 pm £3.00 .