



APRIL - JUNE,
1986

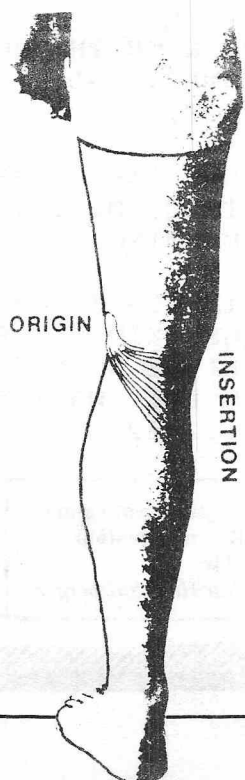
FREE TFH LOGOS
WITH BOOK ORDERS

IN TOUCH FOR HEALTH

Lets Get Muscling ... POPLITEUS ...

FUNCTIONS/INDICATIONS

This muscle turns the foot and knee in and flexes the leg. Many knee pains can be associated with popliteus weakness. There may be hyperextension of the knee (knee pushed too far back) and bending the knee may become difficult or painful. Gall bladder conditions, jaundice, shingles, one sided headaches, constipation and feeling sleepy after eating fats may be related to this. Sometimes the weakness may come from the lower three neck bones being "fixed" or stuck together. Exercising the neck gently may help, and holding lightly on the point where the collar bone meets the breast bone, but chiropractic adjustment may be necessary if the popliteus does not respond to these treatments.



 Touch For Health Association Victoria
NEWSLETTER
SUMMER
Secretary, 3 Trafalgar Street, Brighton, Vic 3186 Ph (03) 592 8984

REPRINT

ORIGIN: The outside of the knee on the lowest part of the thigh bone.

INSERTION: Inside of the leg just below the knee toward the back of the leg.

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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.

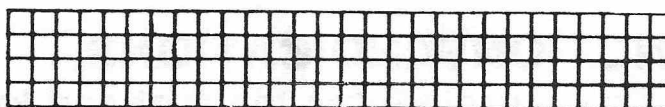
The Touch for Health Foundation is a tax-exempt, non-profit educational corporation. Publications of the Foundation include the quarterly newspaper Touch for Health Times circulated to members and all interested persons in Jan, Apr, June and Nov. Foundation membership also includes subscription to the 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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IN TOUCH FOR HEALTH

Contents



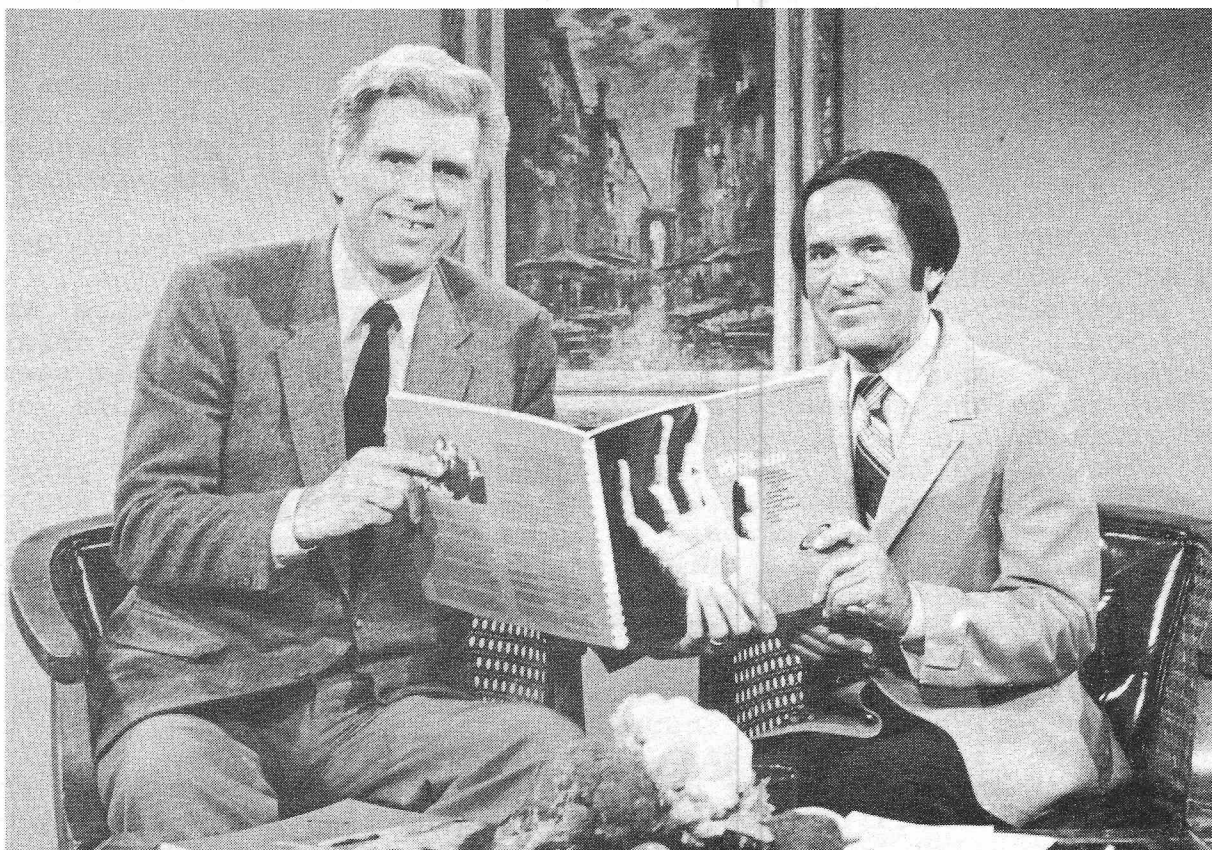
VOL. 13 NO. 3,4,5,

FEATURES

REPRINT FROM THE VICTORIA, AUSTRALIA TFH ASSOCIATION ...COVER	
PRESIDENTS MESSAGE,	
DR. JOHN F. THIE.....3	
TFH RATED X?.....5	
NOTES AND HAPPENINGS.....6	
BOOKREVIEWS, RICHARD HARNACK....6	
NEW FOUNDATION ROSTER FORM.....10	
REPORT FROM BRIAN H. BUTLER,	
REPRINT FROM IN TOUCH, ENGLAND...10	
FOUNDATION MESSAGE TO INSTRUCTORS AND SPONSORS...12	
APPLYING TFH AT HOME & ON THE JOB,	
CAROL GINZLER-GOTTESMAN....13	
TFH - A UNIQUE CONCEPT,	
BRIAN H. BUTLER...15	
11TH TFH INTERNATIONAL ANNUAL MEETING	
INVITATION JOHN F. THIE, D.C.....16	
1986 INTERNATIONAL MEETING	
SCHEDULE.....17	
TFH TOUR TO AUSTRALIA/NEW ZEALAND FOR	
THEIR ANNUAL MEETINGS, KIM VIEIRA.....19	
TFH - A PROFOUND "CHANGE AGENT",	
A FAREWELL NOTE FROM ELLY WAGNER....20	
NEWSLETTER SPONSORS....22	

Obviously, a man's judgment cannot be better than the information on which he has based it.

Arthur Hays Sulzberger



DR. THIE (LEFT) & DR. PIKE ON THE NATIONALLY VIEWED T.V. SHOW.
 "VIEWPOINT ON NUTRITION"

Syndicated - TV - Radio Series

Academy of Nutritional Sciences

JOHN THIE, D.C.

When I decided to share some of the techniques of applied kinesiology with the lay public I was criticised severely by a number of people from the professional community. Some said that Touch For Health was being used for commercial gain only. Others said that I was promoting a system that did more harm than good! The main objection seems to be the "fear" that the lay public would be practicing some form of medicine without a license.

As a matter of fact, our contract with each instructor after the Instructor Training Workshop (ITW) states that they will operate in a manner consistent with the legal regulations and guidelines of the jurisdiction which they operate if they are utilizing TFH as therapy. Some of our instructors do work as "practitioners" in alternative health care. Are they breaking the law? I personally doubt it but on the other hand we at Touch For Health do not feel responsible to either police any illegal practices, if there are any nor to judge their practice in any way. That is not our focus. Let me shed some further light on this subject. **SEE THIS PAGE 4**

THIS CONTINUED...

In a report, College of Health Report on Alternative Therapies, Heather and John White of England, discuss this topic. They distinguish between medical practice and alternative health care. On the one hand alternative health care focuses on the enhancement and maintenance of health and on the other hand medical practice focuses on the relief of infirmity or disease. They base this distinction on the World Health Organization's definition of health:

"HEALTH IS THE PHYSICAL, MENTAL AND SOCIAL WELL-BEING OF A PERSON, NOT MERELY THE ABSENCE OF INFIRMITY OR DISEASE."

Alternative health care offers something positive for physical, mental, social well-being. Medical practice offers relief of and/or the cure of illness or disease. This seems clear to me and is what I believe we have been saying since our beginnings.

The United States has struggled with this issue for years. One good example of the struggle is in the field of Chiropractic. At one time Chiropractic was considered alternative health care. Now The California State Chiropractic Association has asked the State Board of Chiropractic Examiners to define Chiropractic as the practice of medicine except for the use of drugs or surgery. Chiropractors have recognized that as they become more part of the medical system of payments, workers compensation, medicare and other private medical insurance coverages that they too by definition are becoming part of medical practice, i.e. offering relief of and/or the cure of illness and disease, more than the enhancement of health. It is certainly true that as infirmity or disease is alleviated or eliminated health is enhanced but it is not the primary goal of the treatment.

Touch for Health techniques were developed to be shared with lay persons for the primary purpose of enhancing health, not the relief or cure of disease. We offer to train people to be a help to themselves, friends, family and to enhance the skills of practitioners. According to the White's report, TFH would be in alternative health care, joining such categories as preventive medicine, preventive health care, public health, environmental health and community health.

I believe that we know what we are doing and why we are doing it. We strive to share and encourage the people that we are working with to maximize their health potential and teach with the utmost competency. We strive to have as much energy on our own to share with the widest majority. We know our focus. If others criticize us for this sense of purpose out of ignorance or fear we must keep our focus in clear vision.

One way to keep us united and positive is to be together. I look forward to seeing you at the Annual Meeting in San Diego, California. With our focus in mind I want to confer with you as to your goals and objectives. I want to share mine with you. Please write me about your dreams. I value your input and treasure your experiences.

In addition we are planning to revise the TFH book. If you have suggestions as to what those revisions might be and /or additional material that should be added, please write your ideas before the July Annual Meeting. That is our deadline for suggestions. We look forward to this new Touch for Health book in 1987.

Love

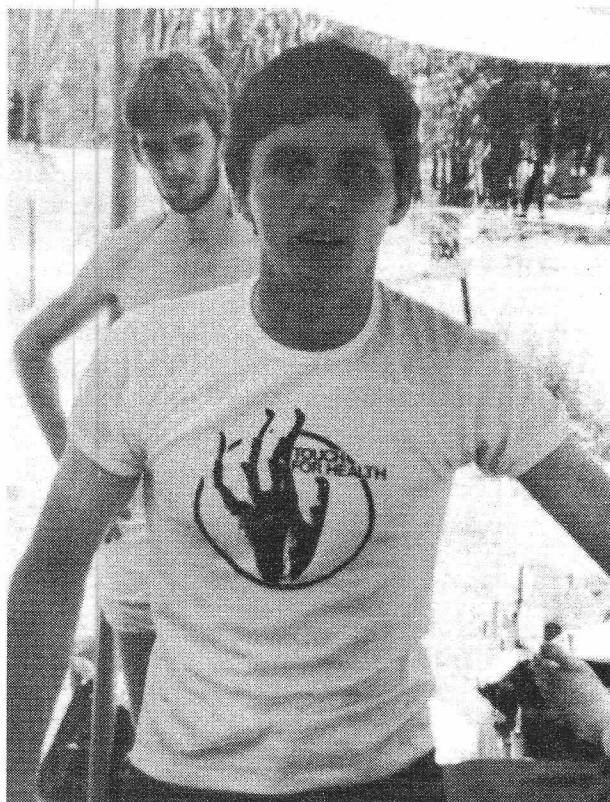


TFH RATED X?

I arrived at the Long Beach City Hall about 2 pm, Thursday, February 20, 1986. I asked the lady at the Business License desk for an application and she asked the type of business I would be starting. I told her I was a Touch for Health Instructor and she asked what that was. I told her I taught applied kinesiology and she asked what that was. I asked if she had heard of acupressure and before I could continue anymore she informed me that acupressure was not recognized by the state of California and since I would be touching people, I would go under the category of MASSAGE PARLOR! I told her I was going to be teaching applied kinesiology and that acupressure was just one of the techniques of Touch for Health. At this point, she rudely restated that ANYTHING that did not require a state test and involved touching had to go under MASSAGE PARLOR. She treated me as if I was a massage parlor operator kind of person. After this she sent me upstairs to be approved at the Planning and Zoning department.

Once there, the gentlemen behind the desk informed me that the location I wanted was not suitable because a massage parlor indicated "adult entertainment" and would therefore be too close to a church, a preschool and residences. I was denied the application for a license on the basis of my "massage parlor" label. I was advised that for a fee of \$360 (in addition to the \$135 licensing fee) that I could attempt to fight this ruling in court. I thanked him for his time and left without my license. Despite this setback from the public sector I am going to proceed with Touch for Health.

D.P.
Long Beach, California



TOP TFH INSTRUCTOR PHILLIP
RAFFERTY, AT AN AUSTRALIAN
EXPO

**Let us know
your every
move**

~~John T. Anderson
D.J. & A. Inc.
820 Larrington St.
Los Angeles, CA 90071~~

*MOVED To:
3733 W. 48TH ST.
N.Y., N.Y. 10017*

If you're on the move or
show an incorrect address,
please send the corrected
label with this notice to:

TOUCH for HEALTH FOUNDATION
1174 N. Lake Avenue
Pasadena, CA 91104-9975

TFH RESPONSE TO NEGATIVE RELIGIOUS COMMUNITY REACTION

This year's Annual Meeting will sponsor a round table discussion to explore various misconceptions and critiques that have been raised by various conservative and/or fundamentalist religious groups.

If you have had a negative experience that you'd like us to address, or else have developed positive responses that have helped "defuse" such reactions, please write to:

Rachel Bublitz
6652 Knott Ave., #85
Buena Park, CA 90621-2622

We'll report the results of this meeting after the Annual Meeting.

Congratulations are due to Faculty member Jean-Francois Jaccard and his very active committee for putting on an excellent International European Annual Meeting this past April. The site was truly beautiful and invigorating in Switzerland. This meeting will undoubtedly be looked back upon as the watershed from which TOUCH FOR HEALTH in Europe received its' greatest impetus. Many thanks to Jean-Francois and friends for the great time!

Richard Harnack

MORE FROM THE PEOPLE WHO BROUGHT YOU NLP

Richard Bandler, USING YOUR BRAIN FOR A CHANGE 172 pp., Real People Press, 1985 - Available at TH Enterprises

This little volume is a lot of fun! Easily understood even by someone who has had no previous exposure to Neuro-Linguistic Programming. The main attraction for me of this book is the on-going dialogue between Bandler and his seminar participants. In one chapter entitled "Understanding Confusion", Bandler takes 'Bill' through a procedure of thinking on



New TFH Instructor, Ken Willer balancing upside down on a golf club while getting ready to take a full swing at a golf ball resting on Dr. Thie's nose. It was a clean stroke and no ESR was needed.

something that is confusing to him then to focus on something that 'Bill' understands. By 'Bill' comparing the two areas, he is able to now make sense of his confusion. In another chapter on "learning", Bandler makes the following statements, ".....'learning disabilities', minimal brain dysfunction', 'dyslexia', or 'educational handicaps.' Those are very important sounding words, but what they all describe is that the TEACHING ISN'T WORKING." Statements such as this abound throughout the book. Enjoyable and challenging, I recommend this book, even if you are not interested in NLP. Price \$6.50

Leslie Cameron-Bandler, David Gordon & Michael Lebeau, **THE EMPRINT METHOD, A GUIDE TO REPRODUCING COMPETENCE**, 335 pp. Future-Pace, Inc. Available at TH Enterprises.

This is the basic book in what the authors describe as Mental Aptitude Patterning. More than a technique, this is the beginning of a whole new program. The early chapters lay the ground work on establishing how you can 'reproduce competence'. The model is to first decide what you want and like, then to see if someone else already embodies those qualities, finally, to transfer to your own mode of behavior that level of competence. This summary is unfair in that I am attempting to sum up in a single sentence what the authors took a whole program and book to describe. Price \$11.95

Congratulations

Jane Rubenstein had a baby and donated \$40 in addition to her membership as a donation from her past private community college class...Idelle Weissenberg of San Diego donated 20% from a referral from Sr. Justine Withey....Dag & Eva Galteland of Norway are Life Members of Touch for Health. Thank you for your contributions to the Foundation.

Acupressurists or Touch for Health Instructors are wanted for employment at the East-West Clinics A chain of 11 clinics headed by the well known author Dr. Pedro Chan. Call (213) 721-0763 California.



*In '84 we said, "What more?"
Now in '85 we're glad to be alive,
Because we've been completing and healing the past,
So we could get married at last —
On October 20 — a glorious day
While sailing on the San Diego Bay!*

*We've also continued as athletes —
Both of us winning medals swimming in ocean races
And B.J. accomplished a major feat:
Not only by winning 1st and 2nd places
at the L.A. and San Diego United States Triathlon Series races,
But also, in only 2:07.36 at Hilton Head,
By winning his age group (35-39)
He is the 1985 U.S.T.S. National Champion!
Can you imagine our smiling faces?*

Bob and Carol Janis

Q - My church is giving me static. Is there scriptural evidence for the need of Touch for Health?

Betty Rankin,
Salem, Oregon

A - We all have a mission in life given to us from God. Healing is one of the gifts of the spirit. All healing comes from God, and God created everything in heaven & earth. Touch for Health is a way of doing healing. Touch for Health used for God's purpose of healing the sick and preventing sickness is Biblical.

John Thie, D.C.

Available from the Touch for Health Foundation is a presentation from the Vineyard Ministries about the Bible and Healing. Send a self-addressed envelope with 56 cents for postage and we will send you a copy.

HEALTH PROS***

What are you Nurses, Physical Therapists, M.D.'s, R.M.T.'s and Chiropractors doing with TFH? How are you using TFH? Are you or have you documented any work that you have done? If so send a copy to the Foundation. There is a need by all the health research professionals, Insurance and Legal fields to review documentation on your TFH work. By having your copies on file at the Foundation will help TFH and the alternative health movements response to attacks as health care is becoming so fiercely competitive. Congratulations are in order to our 11th year as a educational self-care program!

WON'T YOU PLAY A SIMPLE GAME WITH US?

TUNE - "WON'T YOU PLAY A SIMPLE MELODY?"

WON'T YOU PLAY A SIMPLE GAME WITH US, LIKE WE PLAYED WHEN WE WERE KIDS. ONE WITH GOOD OLD-FASHIONED HARMONY, IT'S SO SIMPLE - HERE'S THE KEY - OH -

BALANCING MUSCLES IS QUITE A GAME, IF YOU CAN GET IT DONE BY SOMEONE WILLING TO GIVE YOU A HELPING HAND. IF THEY WILL TOUCH ALL THE POINTS AND HOLD YOUR HEAD FOR AWHILE YOU'LL KNOW HOW GREAT YOU CAN FEEL AND THAT'S SIMPLY BECAUSE YOU'VE GOT YOUR MUSCLES SWITCHED ON!

Marjorie Norcross
New York

Phillip Crockford's ITW



I began taking TFH when I was seven months pregnant, continuing class until delivery. The cross crawl patterning is not only the child's first means of mobility, it is essential for hand, eye coordination and is actually a pre-skill for reading. The acupuncture massage has relaxed her, helped relieve her teething and tummy aches. Touch for Health is also very helpful with my husband Robert and will be applied in my care of patients, being a registered nurse.

Mary Frances Lukowski

Thankyou for the donation from Mary Laird as she donated 16 shares of stock to the SHELDON DEAL NATURAL CARE RESEARCH FUND C/O THE TFH FOUNDATION...We are sad to find out that Wilmot Griffith, an Instructor passed away....Congratulations are to Kristi Raithel who recently married and is now Kristi A. Williams.

Thanks are in order to our new "Medical Coordinator", Linda Gabriele, R.N.. She has been very instrumental in being a liason with what the medical field is doing and where we need to be updated in this changing health field.

Our first criteria for the State of California Nursing credit has been revised. The ITW has 40 contact hours in the 60 hour course. The Foundation's 12 hour course is 8 contact hours. The formula is = to for every hour of lecture you can administer 1 contact hour. For every three hours of workshop you can give 1 contact hour.



SOUTH PACIFIC TRAINER, BRUCE DEWE, M.D.
"DOWN UNDER" AT A HEALTH DEMONSTRATION

PRE-CONFERENCE WORKSHOP

University of San Diego Advanced Touch for Health – Instructor Training Workshop

Bruce Dewe, M.D. and Joan Dewe
June 27th, – July 5th

REGISTER WITH TFH FOUNDATION TO RESERVE YOUR SPACE

BE REFRESHED & LEARN: - Be updated from our very special Trainers from New Zealand. Dr. Bruce Dewe and his wife Joan are exceptional group facilitators and have pioneered TFH throughout Australia and New Zealand as the resident Trainers.

OUT OF FORMS?

We have a new standard roster form, reproduced to the right. It is important to us that you begin using this in all your classes, as we have been getting many rosters lately with no zip codes, no area codes... no ADDRESSES. As your Basic Class students are new blood for the Foundation, we would appreciate it vastly if you will use this form, filling it out completely, and sending it promptly to Foundation Headquarters.

Please use the page to the right and have it copied for your use. If this is not practical for you, we will send you a bunch free as you request.

BRIAN H. BUTLER
ENGLAND, TRAINER

SUPER-NENDAZ SUPER SUCCESS!

Talking with Jean-Francois Jaccard, and with others who attended the first ever European Meeting held for the benefit of the Touch for Health fraternity from all over the world, I learned that the meeting was a huge success.

Dr. John Thie and his wife Carrie were there to encourage everyone to spread the word about TFH. I look forward to reading the firsthand report from those who were there from Britain in In Touch

MY SLIP IS SHOWING!

Unhappily I was unable to attend the meeting in Switzerland, for since I fell over on the ice on March 1st, (would you believe whilst putting some TFH books into my car!!) I have been unable properly to use my right arm.

When I fell, I did not realise the extent of the injury. I went along to the doctor a month later in connection with some insurance, and he insisted upon my seeing a specialist, and told me I would be very unwise to travel and risk further complications.

They wanted to operate, but I have declined, and am relying on balancing, physical therapy and a lot of love from my friends to help it get right. However, it now looks as if I may never regain full use of the arm, so I would appreciate your positive thoughts.

WELCOME FIVE NEW INSTRUCTORS.

We held the spring ITW with five new zealots, plus one repeater, who all wanted to refine their testing and teaching skills. We had a wonderful week that included a couple of real "miracles".

We had the privilege of having a young teenage girl come along for a balance. She had not walked properly and had been in continuous pain for two and a half years. She had missed an entire school term, having to stay in hospital for over two months. Had had two operations on her knees, and had been on crutches for so long, when she tried to walk without them she could not. She hobbled into the room.

Her father sat and watched open mouthed as we first of all gave her a fourteen muscle test and balance, and checked with her how the pain was. She said it had reduced considerably.

Next, the gait test and correction, and her father remarked about how her foot which had been flopped out, had turned in to a proper position. Again the pain was reduced.

Then, we did the figure of eight test and corrections, balanced a couple of other muscles, and the young lady said that the pain had completely gone for the first time since she could remember!

TOTAL NUMBER STUDENTS
THIS CLASS ROSTER

MEMBERSHIP #:

STATE: ZIP:

PHONE NO. FOR REFERRALS AND LISTINGS:

Only certified member instructors who submit student rosters and/or current class schedules at least twice per year will be listed in our published and Headquarters referral service printouts.

I do not want referrals.



My class schedule is as follows:

SCHEDULE DATES

TYPE OF CLASS

LOCATION

T.F.H.1 T.F.H.2 T.F.H.3 E.K.2

Here is my roster of students completing..... T.F.H.1 T.F.H.2 T.F.H.3 E.K.2

(PLEASE: ONE ROSTER FOR ONE TYPE OF CLASS - CIRCLE ONE)

Basic Class Roster

SEND FOUNDATION AND ADVNACED CLASS INFORMATION TO THESE STUDENTS...

ALL
or check individual students

Name _____

Address 7 Apt. #

City/State/Zip

area code/Phone#

[illegible]

PLEASE: Be sure to check this form to verify that *all* names, addresses, zip codes, and telephone numbers are complete. Additional students may be sent on further roster forms or on the back of this one. *Thank you for communicating!*



Touch for Health Foundation

1174 North Lake Avenue • Pasadena, California 91104 - 9975

(818) 794-1181

INSTRUCTORS CAN EARN MORE

Dear Instructor:

In the course of a day at the Foundation Headquarters I and the staff talk to a lot of instructors. These conversations have made us aware of an appalling lack of instructor awareness regarding some of the financial benefits of encouraging basic students to go on to take the Foundation-Sponsored 8-Day Intensives, the natural next step after the Basic 2 class. PLEASE DO ENCOURAGE THEM.

DO YOU KNOW THAT - For each individual you register for an 8-Day Intensive (you get commitment and send his/her deposit) we will send you \$27.50 upon student's completion of that workshop?

DO YOU KNOW THAT - We will send you \$10 for each of your Basic Class students who attend an 8-Day Intensive if they appear on a roster you sent in? This means that you receive \$37.50 for each of your own students who you sign up.

DO YOU KNOW THAT - If you generate twenty or more students for one workshop you will receive 10% of the gross from that workshop?

Now you know! Aside from the personal rewards of teaching Touch for Health, and the immediate income from your basic classes, there is more!

We make every effort we can afford to make the 8-Day Intensives available in your area, and I am sure that you make every effort to keep up with the news of advanced workshops nearest you (which we constantly send you in the form of In Touch for Health, the Course Catalogues, and circulars pertaining to specific areas. You always let your students know about these, don't you?

You don't have to wait for us, however. You know your students, your area, the local attitudes better than we do. Please send us suggestions as to when and where you think an 8-Day Intensive would be successful.

If you are interested in sponsoring an 8-Day Intensive, let us know. We would also like to build a list of those who would like to be our contacts when we go outside Southern California. This involves helping us promote the workshop in your local area, being available to answer people's questions when they call you and to sign them up if you can. When you do register a caller, the rewards are the same as listed above.

Thank you for your continued membership support, and for your attention to this matter.

Sincerely,

C.W. Scott Rubel

P.S. We are encouraging the use of a standard roster.

APPLYING TOUCH FOR HEALTH AT HOME AND ON THE JOB

BY CAROL GINZLER GOTTESMAN

John, this is in response to your letter in the Sept./Oct. 1985 issue of In Touch For Health regarding how we are applying touch for health techniques in our own lives for fitness. I think the most significant technique is one you can apply to yourself quickly whenever and wherever you need it. Ever since my instructor training workshop in 1980 where I saw Nancy Joeckel testing and balancing herself every morning at breakfast using the opponens pollicis longus as her indicator muscle I have utilized this technique. I can even challenge my corrections by putting the hand being tested over the points I have just worked while using my free hand to do the testing. I work out on Nautilus machines and I have found testing and balancing myself between machines to be quite beneficial and informative. First, I test for a YES/NO response. Then I ask whether all my meridians are in balance. If the answer is NO, then I proceed to check individual meridians to find the imbalance. I balance myself before each machine and afterwards I know which muscles I'm blowing by the ones that are weak. This also protects me from injury by resetting my circuits before going on to the next machine. Many times, especially when I raise my weights I find I'm overworking muscles other than the ones I should be using. I find that the next time I use that machine I relax the inappropriate muscles and give the correct muscles the workout. When I can go from machine to machine without blowing out muscles I know I'm ready to raise my weights.

Another way I use self testing is in the area of nutrition. Recently I went on a juice fast. I found that I could determine which vegetables or fruits my body was in need of at the time by muscle testing. I could also determine how much of a particular vegetable to put into my juicer and how much of the mixture my body needed at the time. I've transferred that

principle to regular meals, testing for which foods my body needs on a particular day, (mentally thinking of a food and testing) and periodically testing during the meal to determine when I've had enough of a particular food (I then test weak for that food). I also use this for testing for supplements and amounts. I've found that when I eat what my body needs I'm much more satisfied and don't have cravings for junk foods.

Recently I pulled a muscle in my shoulder. I used the 42 muscle testing and balancing and reactivities morning and night for the first two weeks with progressive success. I was able to continue to work and when I woke up in the night due to pain I could get rid of the pain and go back to sleep. During the first two days I did approximately 30 sets of reactivities but as time progressed there were less reactivities and I balanced more easily. I actually tested the muscles on myself where possible and went through the range of motion as an alternative technique, using the opponens pollicis longus as an indicator muscle as the last resort. I was very surprised that although the pain was in my shoulder it took many sets of reactivities in the lower body before I finally moved up to the shoulder area and into the specific area of discomfort. By six weeks I was back to Nautilus and the people there were very surprised that I was able to cure myself without medical help. I think I'm even better than I was before because I've rebalanced and realigned my whole body. Before I was over-using my right side and now I'm developing more equally.

I use touch for health daily as a first aid kit to relieve tension before it wears me out. I have found that when I'm physically uncoordinated or mentally foggy so that when I get to the end of a sentence I can't remember the beginning anymore my energy is switched. Correcting for switching clears my thinking. I teach Psychiatric Nursing and my students and I are under a great deal of mental emotional stress, not to mention the

clients. I can't test and balance them but as an alternative I have created an exercise class using the muscle dance to take them through the range of motion of the muscle tests. Those movements done slowly (yoga style) have an energizing and relaxing balancing effect. We also do cross crawl with them. I start this with the students their first day on the clinical unit. I also do emotional stress release with them in their sessions following talking with the clients to help prevent burnout. They are amazed how well these techniques work but don't really understand the significance of energy balance until the third week when I teach them to test and balance one another and they actually feel the results. We do some food testing and I teach them to trace meridians. Then I explain the principles behind why these techniques work and we talk about ways to apply these principles in giving nursing care. Since I have been teaching touch for health techniques to both students and faculty for the past five years I am now finding more acceptance of the principles and more openness to trying various applications.



CAROL GOTTESMAN

TOUCH FOR HEALTH – A UNIQUE CONCEPT

I caught this vision ten years ago, and I still have it burning as brightly, or even more brightly than ever before in my heart. To me, John Thie's inspirational address to those of us at the Annual Meeting put his finger on the pulse of what we so badly need. We need **health consciousness**.

Not the sort that has got all the commercial people dyeing white bread brown to sell more, not the chemical wizards who come out every day with another different vitamin pill to fix your dandruff or your athlete's foot! Nor do we need the whacky exercise extremists who finish up crippled!

We need to express the love and caring for each other in a specific, disciplined way which is orderly and works according to the laws that govern our bodily health, through touch. We need to do it **PREVENTIVELY**, not wait until we are hurt or feeling unwell. We need to balance out all the minor imbalances that we all incur during the course of a normal life.

Brian H. Butler. 15



REACHING ACROSS
THE UNIVERSE....

11TH ANNUAL TOUCH FOR HEALTH MEETING

UNIVERSITY OF SAN DIEGO, CALIFORNIA
Tuesday, July 8th - Sunday, July 13th, 1986

An Educational, Relaxing and Energizing Opportunity

Dear Friends,

The Touch for Health Foundation is pleased to present the International Conference in sunny and warm San Diego, California. The strength of our meeting will give you new enthusiasm for helping yourself and others. Our Faculty, Board of Trustees, Annual Meeting Committee and Staff are all excited about making this meeting that will be filled with practical TFH methods to motivate people to be well, to heal and regain lost health.

We can learn so much from each other. This Annual Meeting is a wonderful opportunity for professionals, paraprofessionals and lay people to discuss successes, dreams, problems, research, programs, and ideas-united by the common goal of Touch for Health reaching across the universe.

You are invited to come, share with us, and gain new insights, fresh ideas, renewed enthusiasm, new professional contacts, make new friends, be intellectually stimulated, join a network, and shape the health model of the future. We will all be glad that we attended.

See you there,

John F. Thie, D.C.
President



June 27th - July 5th 1986
 Joan & Bruce Dewe, M.D.
 Touch for Health Instructor
 Training Workshop, University of San Diego
 Space limited!

1986 INTERNATIONAL ANNUAL MEETING SCHEDULE

Tuesday, July 8th

1 - 5 pm Registration
 at the University

5 - 6:30 Dinner

7:00 - Opening Ceremonies
 Virginia Burns, Chair
 Kim Vieira, Director

Film - Mary Marks, D.C.

7:30 - Special performance

8:00 - Dr. John Thie, President

Wednesday, July 9th

6:30 - 7 am Yoga

7 am Breakfast

8:30 - FACULTY UPDATE

Richard Harnack, USA
 TFH Techniques

9:15
 Peter Szil, Sweden
 Touch for Health Zero

10:00

Brian Butler, England
 Teaching the Neuro-Vascular
 Strengthening Technique

11:00

Phillip Crockford, USA
 TFH Update

12:00 - Lunch

1:00 - 3 pm Free time

3:00 pm

Trevor Savage, Australia
 Edu-Kinesiology

Jan Cole, Colorado
 Her story of being a teacher victimized
 in "witch hunt" by fundamental
 religious group.

3:30

Peggy Knorr, California
 EK Research

4:00

Wayne Topping, Ph.D., Washington
 Subconscious Reprogramming
 use of the Emotional Stress Release
 with eye rotations. (hands on time too)

Dorothy Carroll Lenk, Ed.D., Pennsylvania
 Re-Discovering Learning, The new E-K
 Consultant's manual and workshop.

5:00 - Dinner

7:00

Joan & Bruce Dewe, New Zealand
 Goal Balancing

8:00

Patti Steurer Lenk, Iowa
 Colleen Carroll, Colorado
 Edu-Kinesiology

Torbjorn Hanson
 Using syndrome differentiation
 based on the 8 principles of
 acupuncture.

Thursday, July 10th

6:30 - 7 am Yoga

7 am - Breakfast

8:30 am

Jose & Henny Moniz de Aragao, Brazil
 Touch for Health in Brazil

9:30

Phillip Crockford, USA
 Touch for Health Leaders/Consultants

10:30

Coby Schasfoort, The Netherlands
 A presentation on a new
 homeopathic principle

11:30
 Richard Harnack, USA
 Touch for Health update

12:00 - Lunch

1:00 - 3:00 - Free Time

(SUBJECT TO CHANGE)

3:00

Dr. Jim Reid, Nevada
Are AK, EK, AP and TFH OF THE DEVIL?
An evangeleical christian's evaluation.

Steven Rochlitz, M.A., Ph.D. Candidate
Update on the Rochlitz Aldehyde Dyslexia
Hypothesis. Demonstration/Lecture.

4:00

Jimmy Scott, Ph.D.
Energy Flow Balancing

5:00 - Dinner

7:00

Idelle Weissenberg, California
E-K Research, Case studies & slides.

Peter Szil, Sweden
Why Test food as we do
in Touch for Health?

8:00

Connie Merrit
How to speak and influence others,
achieve in the field of marketing.

Friday, July 11th

6:30 - 7 am Yoga

7 am - Breakfast

8:30

Jean Francois Jaccard, Switzerland
Touch for Health Francophone

9:30

Gail Dennison, Paul Dennison, Ph.D. USA
Over Focus - The posture of our times
EK research/case studies & demonstration

10:30

Bruce & Joan Dewe, New Zealand
Touch for Health 4, 5, 7 & 8?
Demonstration and techniques.

11:30

Jean Francois Jaccard, Switzerland
TFH Update

12:00 - Lunch

1:00 - 3:00 - Free Time

3:00

Glenda Flachel,
How I have been succesful in
marketing health seminar programs.

Forum on the "Backlash from the
Conservative movement".
Moderated by Rachel Bublitz

4:00

Touch for Health Education Network
Moderated by Joy Lindsey.
Focus on the suceses, questions and
results in EK/TFH education.

Jimmy Scott, Ph.D., California
your own allergies

5:00 - Dinner

7:00

Alice Vieira, Ph.D., California
Change? Why some people do it and
others choose not to.

Peggy Maddox, California
Visits to various health facilities
in communistic countries. Slides

8:00

Elson Haas, M.D.
The new look at western medicine and
its future to alternative health.

10:00 - Moonlight cruise on the
San Diego bay.

Saturday, July 12th

6:30 - 7 am - Yoga

7:00 - Breakfast

8:30

Steven Rochlitz, M.A.,
Heart and Brain Integration, a new,
unified approach.

Elizabeth & Hamilton Barhydt,
Some new ideas in muscle testing and
Energy Balancing.

9:30

Frank Mahony
Are you sure that's cross-crawl?
Hyperton-X author will employ
audience participation for correction
and comparisons.

Network for International Nursing Issues
A forum on the future of TFH & Nursing.

10:30

Brian Butler, England
Space Invaders!
Teaching techniques in "touch".

11:15

Coby Schasfoort, R.N., The Netherlands
Nurses are waking up!
An appraisal of an alternative program in
nursing.

12:00 - Lunch

1:00 - 3:00 - Free time

3:00

Lorraine Osborne, California
The 14 muscle "fix everything as you go"
Rhythmic balance or Back to the basic: love

Grethe Fremming & Rolf Hausbol, Denmark
Create a better world by Touch for Health.

4:00

Marilyn Lugaro, California
E-K Alive, after three years of research and
the application of teenage suicide, E-K has
provided a new focus to the problem.

Carol Hitz, Washington
Change May be easier than you think it is!

5:00 - Dinner

7:00

Sheldon Deal, N.D., D.C., Arizona
The latest in natural health care research.

8:30

Saturday night live - Entertainment night!
Moderated by Dia Therese

Sunday, July 13th

6:30 am Yoga

8:30 - check out time

Phillip Crockford, USA
TFH 1987

9:15

Brian Butler, England
The advantages of running around in circles.
How to provide excellence in running groups.

9:45

Bruce & Joan Dewe, New Zealand
TFH Invitation to Australia/New Zealand

10:15 **RICHARD BYRNE, PH.D., TRANSITION**

1986 Outstanding Achievement Award Ceremony

John F. Thie, D.C.
Closing Ceremony.

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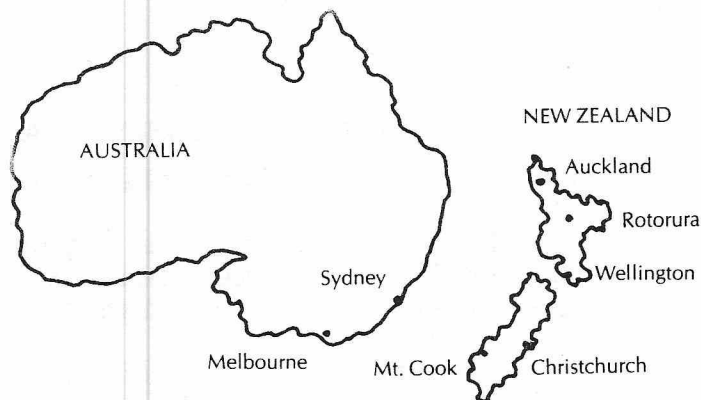
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AND AUSTRALIA FOR THEIR 1986
ANNUAL MEETINGS IN LAKE
TAUPO, NEW ZEALAND AND
SYDNEY, AUSTRALIA.

SEPT. 16TH -OCT. 7TH, 1986

Dear Health & Travel
Enthusiast,

Our 1986 travel program will
be hosted by the Director
Kim and his wife Dr. Alice
Vieira for their second trip
to New Zealand in September
out of Los Angeles Airport.
A group discount fare is
being arranged and the fun
will begin as we journey for
the 5th New Zealand Annual
Meeting on September 19-21.
There will be time to enjoy
Auckland before heading to
the beautiful Lake Taupo
resort area for the 3 day
Annual Meeting. We will
then visit the colonial town
of Cristchurch before
embarking on to the
cosmopolitan city of Sydney.
Because we believe holidays
should be relaxing as well
as exciting, each of our
groups will have the aid of
experienced tour guides and
the hospitality of our Touch
for Health Friends in these
two beautiful nations.

Write or call for our New
Zealand/Australia
price/accommodation/detail
brochure

TOUCH FOR HEALTH - A PROFOUND "CHANGE AGENT"

A Farewell Note from Elly Wagner

May 15 1986

This open letter is especially directed to my extended TFH family -- former teachers, students, colleagues, international associates - most cherished friends, all.

TFH and I met exactly ten years ago in 1976 and we immediately fell in love. As with many early love affairs I resisted and I became frustrated. I found the new "language" difficult to absorb, and with my pragmatic, Western scientific approach to matter, I found the new belief structure - dealing with invisible energies - a bit too much to swallow.

So why did I hang in there? Why did I allow myself to become a glutton for punishment, taking the basic class three times and the ITW twice? Why did I carry with me wherever I went a pad and pencil to jot down over and over and over again the names of the muscles, NL and NV points, and make myself a nuisance by tracing the meridians on captive audiences everywhere???

I guess I did so for two basic reasons: In TFH classes I became acquainted with the most intelligent, giving, witty and charming folks I'd met in a long, long time. Even more basic (if that weren't reason enough!), I followed my intuitive wisdom. "Something profound is going on here, Elly m'girl; stick around!"

TOUCH FOR HEALTH served as a profound "change agent" for me. "Change agent" is an entity - either an individual, organization, movement, idea, concept - which facilitates a major transition in one's life. It usually is identified with a change in one's mind-set, followed by a change in external circumstances.

With the enormous encouragement of my early teachers and associates - primarily Gordon Stokes, Mary Marks and Grace Baldrige (on more than one occasion their shoulders became wet from my tears of frustration) - I began to discover the keys to several doors which were to contribute to my development as a whole person:

The key to my Heart-door: Expanding my capacity to love and appreciate every aspect of Nature's wonders ...

The key to my Mental-door: Thanks to E-K, learning how to switch on and integrate my whole brain ...

The key to my Emotional-door: Overcoming two life-long Fear patterns: at age 63 learning to ride a bike and enrolling as a University student ...

The key to my Spirituality-door: Perhaps the most profound Change Agent for me: my new sense of Empowerment catalyzing an awareness of my deep Spirituality and Higher Consciousness.

In 1983 I was privileged to serve as Chair for the International Annual Meeting of TFH Foundation. Some of you may recall that the theme I chose was TOWARD BUILDING A HEALTHY, PEACEFUL WORLD! We had foreign language posters on the walls, with appropriate Peace slogans. At my request, Frank Mahony sang a most moving rendition of "I Want to Live" (John Denver). Our musical theme, with song sheets for all participants, was "Let There Be Peace on Earth."

Since that annual meeting, the possibility of the destruction of our magnificent planet is increasing at an alarming rate. Nuclear accidents, international terrorism, unabated pollution of our natural resources endanger our lives daily.

I had felt for some time that it was time for me to devote whatever energies and skills I have, toward healing the planet. We know that the well being of the individual and the well being of the planet are interconnected.

And now the Universe has provided another Change Agent for me: an extraordinary movement called BEYOND WAR. Its premise is based on the Einstein statement:

"The unleashed power of the atom has changed everything
save our modes of thinking and thus we drift toward
unparalleled catastrophe."

The action of BEYOND WAR is Education - toward a new mode of thinking: that with new knowledge we have gained in the space age, we know that We Are One; that all war is obsolete; that we are interconnected and interrelated through one support system; and that as Martin Luther King, Jr. stated, "We need to learn to live together as brothers or perish together as fools."

I have been involved in classes, seminars and lectures and am using all the tools I have learned through TOUCH FOR HEALTH. At a recent meeting at Camarillo Women's Day, the title of my lecture was WE ARE ONE: A GLOBAL VIEW OF HEALING OURSELVES, OUR PLANET. I made the connection between healing the individual through TFH and healing the planet through BEYOND WAR.

It's an enormous task we've set ourselves but our survival is worth it. If enough people say, STOP! It's our lives you're endangering - and our children's and grandchildren's - WE ARE ONE!

As a responsible TFHer, I have arranged for an orderly transition in my TFH and EK classes at the two community colleges where I have taught for the past six years. The one stipulation I insisted on with the two excellent TFH Instructors I recommended (Lorraine Osborne and Ginger Rilling) was that they maintain close contact with the Foundation by sending in rosters, etc. I shall, of course, continue to remain a member. How else could I consider myself a whole person!

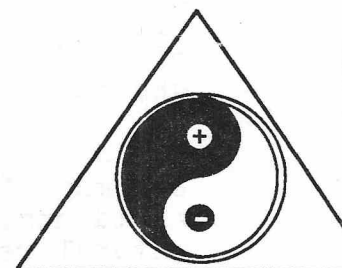
My heart is full right now. As Carl Rogers said, separations and endings are always painful - and I add, and so is birthing. With all my heart, I love all of you - and my appreciation of TOUCH FOR HEALTH is boundless! I know the upcoming 1986 Annual Meeting will be best ever.

Kelly

"The way TO DO is TO BE". Lao Tsu
Tobe Hanson's

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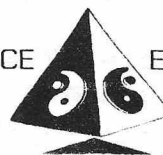
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