

AUGUST/SEPTEMBER 1986

IN TOUCH FOR HEALTH



Appointment of new Advanced Leaders

After the Annual Meeting we are pleased to announce the appointment of two E-K Leaders...These are Coby Schasfoort (THE NETHERLANDS) and Barry Summerfield (AUSTRALIA)

CONGRATULATIONS are in order for our two new Touch for Health Leaders.. (left) Grethe Fremming of DENMARK and (right) Rosmarie Sonderegger of the German speaking part of (SWITZERLAND)

We look forward to growing and expanding TFH/E-K with our new addition to the International Faculty. Look toward the next issue for U.S. Faculty appointments.

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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.

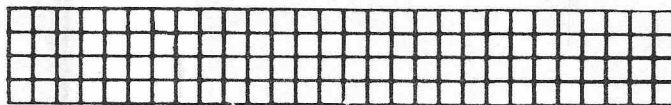
The Touch for Health Foundation is a tax-exempt, non-profit educational corporation. Publications of the Foundation include the quarterly newspaper Touch for Health Times circulated to members and all interested persons in Jan., Apr., June and Nov. Foundation membership also includes subscription to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

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Q: What Is the Ultimate Holistic Vacation?

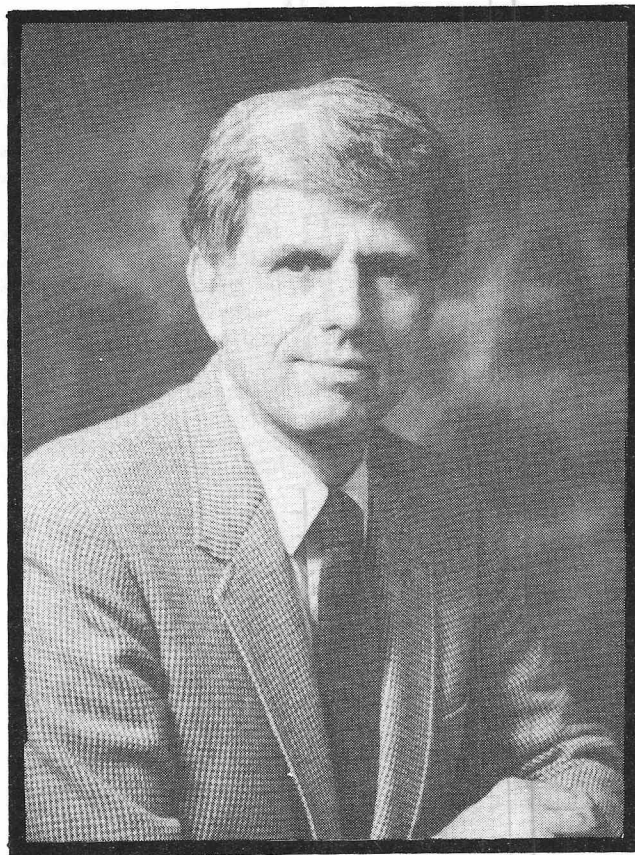
A: the new Facilitator Training In Hawaii.

It's Feb 3 - 7, so you'll have fun in the sun while the mainland freezes!

Reserve space now -

phone the Foundation on (818) 794-1181 and ask for Phillip or Scott

TAC EXCLUSIVE INTERVIEW



Tac: How did your chiropractic career evolve into the Touch For Health concept?

Dr: It would be best to start from basics. I was a bright kid and worked hard as a teenager; my parents encouraged me to direct my restless energy in this way. I was always going around finding out how things and systems worked and then I'd tell others about it. Whether it was the high school student government legal system or the squelch of facts in federal government during the fifties, McCarthy era, or the above-ground testing of nuclear devices, I seemed to want to uncover the truth and facts, and delighted in telling or teaching others about it. I probably thought myself a cross between a gadfly and St. Francis in those days. This is, however, my basic process of personal evolution, despite the particular content of my life's focus at some given moment in time.

Out of this kind of process came the natural synthesis of certain chiropractic professional information into simple safe "band-aid" modes for lay persons everywhere to use to

CONTINUED

SEE THIS PAGE 4

John Thie, D.C. Touch For Health

REPRINTED WITH PERMISSION

The American Chiropractor/September 1985

THIE CONTINUED

promote fitness and ease discomforts of both body and mind.

In 1970, I met the pioneer of conjoint family therapy, Virginia Satir, author of "Peoplemaking," etc., and teacher-therapist. Carrie, my wife, and I were attending a conference with her in Tahiti. I had the opportunity to show her what I was doing and talk with her and others of the family therapists who were there. They greatly influenced me to write the Touch For Health book.

Carrie and I had already been greatly involved in Dr. Tom Gordon's Effectiveness Programs (Parent, Teacher & Leader Effectiveness Training) so she and I began to see how the verbal and non-verbal behavior of people could make or break a relationship; add joy or discomfort to human beings. Tom Gordon's "Effectiveness" model of a caring, accepting climate lending itself to swifter and more enjoyable learning by students gave me the perfect next step into teaching people what was in the Touch For Health book. Naturally, there were many steps in between.

Tac: As the founding president of the Touch For Health Foundation, what was your primary goal?

Dr: I wanted to take the mystery out of natural health care and put the God-given truths about how our bodies are wonderfully made and function, back into the hands of the people themselves. I saw a kind of "each one—teach one" format growing into a worldwide availability of persons in every family and neighborhood around the world who would be able to deliver simple, safe, band-aid touch assistance on a sharing basis. I had hoped this would bring health costs down and solely leave the more persistent, complicated health problems to the health care professionals who usually, despite what they may say, dislike taking their time to assist someone with a really minor discomfort. Carrie and I had a kind of missionary zeal about this. We both come from service-oriented families.

Tac: How is the TFH foundation different than AK colleges?

Dr: Actually, there are no AK colleges. There is, however, an International College of Applied Kinesiology which exists to promote AK information for those who have the appropriate health licenses that say they may diagnosis and alludes to the owner's competence in giving therapy to sick people.

The basics of this fund of knowledge are, as the father of AK, Dr. George Goodheart, would say, "Simply intricate and intricately simple."

The TFH foundation exists to teach people the ABC's of touch methods of balancing the body's natural recuperative energies. In no way does it prepare people to be therapists or confer such certificates. The foundation teaches people to help people help themselves, and trains teachers to continue this work.

Tac: What conditions and injuries can TFH methods help or fix?

Dr: We need to first consider the difference between TFH and the usual western method of diagnosing a particular disease and/or condition and then treating that disease and/or condition.

TFH uses manual muscle testing to determine if the energy flow (innate) intelligence is moving to a particular area of the body. Then, touch reflex points, discovered by chiropractors, osteopaths, acupuncturists, other scientists and lay people, need to be stimulated. Rechecking the manual muscle test determines a change in the facilitation of the muscle. TFH tests muscles related to all the meridians and several other reflex

points discovered by chiropractors. With the muscles facilitated, the posture or the relationship of the body parts one to another, is improved. With this improved posture, the natural recuperative, self-healing, self-regulating, processes of our bodies are enhanced. So, you could say, TFH does not diagnose or treat any condition or injury or you could say it might be beneficial for any condition or injury, or rather, to the person experiencing said discomfort there are benefits.

In this sense, it is like the chiropractic premise and like the meridian traditional premise, i.e., it is impossible to treat disease. One can only treat the person who has the disease or injury; separating the person from his complaints and treating the complaints is the practice of medicine. I believe that this separatist practice is part of what Morton Kelsey, Ph.D. calls the "superstition of materialism." This is the assumption that man and woman do not have a spiritual aspect that affects the densest part of ones self—the physical body. The new physics as espoused by Fritz Copra, Ph.D., in his book, "The Tao of Physics," explains my feelings and knowings much better than I can as to how the body is greater than just skin deep, or "skin-in." Reading "The Body Electric" by Becker is an eye opener on this.

Tac: What are TFH methods and techniques?

Dr: The techniques of TFH are the basic AK modes that were taught to me by Dr. George Goodheart in 1965 to 1970 when I was assisting him in teaching AK in California. I used these methods in a very practical way in which my patients could utilize the simple things in their home care and I adopted them in my personal treatment as a chiropractor because they were simple, powerful and available. This became the basis of the TFH manual. The TFH manual covers the use of reflexes such as neurolymphatic, neurovascular, golgi and spindle cell. Manual muscle testing of 42 of the major postural muscles, Emotional Stress Release, Cross Crawl and a few other techniques that I felt would give lay persons safe, effective, fundamental tools of practical AK; a simple system that almost anyone could read and follow.

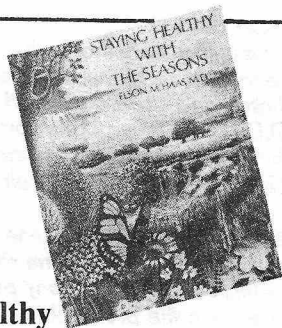
Tac: What are its background principles?

Dr: The background of TFH is my own personal background, to a great degree, as I evolved as a chiropractor, a people helper and a caring human.

My father, John C. Thie, was a naturopath, chiropractic physician, and manufacturing pharmacist. My mother, Mary Thie, was a born teacher. So, it was probably destined that I would combine my knowledge of ways to promote health and a desire to teach into some kind of system that could be duplicated by others. At USC I learned the usual rigors of disciplining self to learn and to explore for more knowledge. I used that know-how in my studies at the chiropractic colleges I attended: Cleveland for 16 months and LACC on through graduation as a D.C. So, it is from a chiropractic perspective that I evolved the principle of structure governs function.

This perspective is also evident in the "Ancient Yellow Emperors Classic" of 3000 years ago, which relates the body energy flow pathways outlined as they then knew them to exist. We also follow the principles of the Mid-day, Mid-night law and the law of the five elements of Oriental origin.

In addition, I have added some principles of nutrition which relate to the function of muscles and energy flow. So, the principles of TFH could be the ones I have adopted and used and found to be effective for everyone to add to their armamentarium to reach optimum health.



Staying Healthy With the Seasons

by *Elson M. Haas, M.D.*

A creative health program that helps each of us redefine healing and the healer. Dr. Haas advocates taking more responsibility for yourself and shows a natural path to heal from within. A wonderful and valuable integration of ancient eastern healing methods and a modern western view of prevention and health care. *Staying Healthy With the Seasons*, paperback, 242 pp., \$9.95.

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The world is just beginning to awaken to the dramatic breakthrough that has been made in understanding God's wisdom in designing our bodies to be self-healing. In the 60's and 70's the marriage of Oriental physiology and Occidental orthopedic know-how came about. This union gave birth to the discovery of our bodies natural feedback mechanism. Soon we were able to see that if one understood the energy system of the body, we could utilize muscle testing to indicate the condition of that energy. Next step, use our information about reflexes of the body to make positive changes in our energy states. Then, test a muscle again and presto! We have a feedback loop completed and a highly accurate indicator of the bodies current well being.

Tac: What kind of layman usually takes your program, nurses, physical therapists, etc.?

Dr.: Yes, yes, yes, to all of the above. Our youngest student was about eight years old and our oldest was over 90 years of age. We have parents, coaches, sr. citizens aids, special education teachers, cooks, architects, divers, and on and on. People of all professions and people of all vocations and jobs are students of TFH. There are no barriers because all humans have a desire to learn about the "mysteries of their bodies" and how to stay healthy and ease discomforts.

Tac: How many chiropractors are involved in the TFH program?

Dr: Countless are involved in the mode itself, practicing it everyday in their practices. Many have taken our courses. Much fewer are actually members of the TFH Foundation. They would rather hold out that they are part of the professional organiza-

tion, ICAK.

Tac: How do people learn about the Touch for Health program?

Dr: People learn from show and tell, hands on experience, best if the learning happens in a climate of acceptance and trust. Our classes are designed to do just this and the exuberant positive feedback we get from students tells us we are on the right track.

Tac: When these students finish the courses what AK capabilities have they learned?

Dr: If a student finished our four courses which take approximately 100 hours, they will be able to teach what is in the TFH book.

After TFH I, a student would be able to use one muscle related to each meridian and use the four corrective techniques for facilitating those muscles; in addition, they would learn about Cross Crawl exercise and the Emotional Stress Release.

In TFH II, they would be able to use the rest of the 42 muscles, and their correction, and learn how to utilize the Mid-day, Mid-night Law.

In TFH III, more skills would be gained in the testing of the 42 postural muscles, visual inhibition, aricular exercises, and they would learn the law of the 5 elements and its application in TFH.

Course IV is our instructor's training class which is 60 hours and is taken in 8 days. There a person learns how to teach the materials and concepts in all three courses (I, II, III) to others. We use our Teaching Effectiveness Training model in this teacher-training program most enjoyably and successfully and we keep everything basic and simple and practical.

If a chiropractor wanted to add a part of basic AK to his practice he could do it by taking TFH I and II. He would become proficient in the fundamentals of TFH/AK as I utilize them in my own practice.

We also offer one other course in AK called Basic AK. This is a class taught by Sheldon Deal, D.C. past chairman of ICAK, where diagnostic AK is taught to professionals only. This is a 12 hour class where additional techniques of AK are simplified for a quick practical application for the busy practices.

Tac: Has there been international interest in TFH?

Dr: Enormously! In fact, I would say that the percentage of response in other lands compared to that of the U.S. far exceeds our stateside interest, healthy as it is. An example would be New Zealand, where interestingly enough, there is a high number of MD's who are active advocates of TFH, where classes are popping up all over the country. Many other countries have much freer health care options also and they can be quite creative and useful with TFH among their people.

At the moment, TFH has been taught and received well in 22 countries and the TFH book has been translated into 12 languages, including braille. I think that's impressive for a rather current paperback.

Tac: How does TFH fit in chiropractic's effort to educate the public about chiropractic?

Dr: Beautifully! I don't think that there is any better way to demonstrate graphically and kinetically (how you feel something) why the spine, brain, nervous system and the parts of the body are all very much one. What better way to show how every

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THIS CONTINUED

part of the body is interconnected; that our Creator created us with great practical ways to help ourselves and to help one another. All of which is part of the wonderful health system, called chiropractic.

Tac: Tell us about your plans for TFH teaching centers?

Dr: I personally have no such plans. I have been disengaging from any controlling influence of the TFH foundation, much like a parent who sees ones child through infancy and adolescence and then must "Let go and Let God" and stand by as solely a consultant; watching the unique new adult emerge.

The individuals who make up TFH around the world will decide the where, when, how of centers, retreats, schools, etc., that may be created.

Tac: Tell us about your book the Touch for Health manual.

Dr: The Touch for Health manual is a sharp visual aid and explanation of How To! It is not meant to be a scientific treatise. It was a labor of love. Those who helped fashion the final copy were caring, sharing people who believed in the philosophy behind the Touch for Health system. I believe our dedication to inform and inspire the lay public to better self-care methods comes through because of a commitment to be authentic and assistive.

Tac: What are your goals for the future?

Dr: I want to do more assisting of people on a one to one basis through my chiropractic practice than I've made time for in a while. For me, there is no greater calling that God could give me than to make me a channel for His Holy Spirit to touch and inspire and help people in their self healing.

I have been blessed with a varied career and as important as Touch for Health has been in my life it is one part of the satisfying whole. I am making time to be with Carrie, my true love of more than our married 32 years. I want to spend more time with our 3 sons, lovely daughter in law and two gorgeous grandchildren. Now is the right time in my life to give myself these pleasures.

Tac: What are the wider implications of Touch for Health?

Dr: Early on in the evolution of Touch for Health our good friend, Dr. Leonard Duhl, M.D., Professor of Public Health, UC Berkeley and former head of US Mental Health Services, who served on our Touch for Health Board of Directors for some time, predicted that the basis of the entire Touch for Health system is really a "Populist movement" much in synch with the greening edge of the 70's push to put the power of the people back in the hands of the people. This kind of social consciousness was high profile for many of our nations disenfranchised peoples of that time; blacks, poor whites, youth, women, handicapped and many more. This "rage release" of our people definitely impacted the health care systems of our country. The time was ripe for new approaches to solve old problems. Touch for Health was seeking to be part of the solution and not another problem.

At this moment we can honestly say that Touch for Health has helped immensely to put previously unknown information of basic body facts into the hands of scores of people in this country and many more around the world. I believe Touch for Health has served a vital purpose in the furthering of public education about the human bodies' function and care. It truly has been as Duhl predicted, "a Populist Movement" and an idea whose time had/has come.

CONTINUED FROM PAGE 12

organization. It is unfortunate that such an organization was not founded 75 years ago, as so much of the documentation of the professional history has been discarded and the real pioneers have joined D.D., B.J., Carver, Langworthy, Ratledge, etc.; even second and third generations are no more. With them has gone much of the history and now it is difficult to separate myth from fact.

The advantage of being on the scene of "many great beginnings" has been by virtue of being the representative of one or other of our colleges, rather than any personal contribution to be made. These were the prerequisites of office.

Tac: Would you hit some of the highlights of the many awards that you have received?

Dr: Honorary president of the CMCC branch of the Canadian Legion and my F.I.C.C. in 1954 were two of the early awards. Dean Emeritus of CMCC in 1961 has been personally gratifying, although one of the few that had no plaque or certificate and very little acknowledgement over the years.

The combined effort of WSCC, my one alma mater, and CMCC to award the LL.D. degree was particularly significant in that the presidents of both colleges, Dr. H. J. Vear of WSCC and Dr. D.C. Sutherland of CMCC, had been students of mine, each had worked with me while I was president of CMCC, and I was teaching at WSCC under Dr. Vear at that time.

The honour memberships in the ACA and AHC are gratifying and financially helpful. No dues!

My gratitude goes out to a group of the CMCC alumni who established a small annuity, since no pension is received from my 37 years of effort in chiropractic education.

There have been many others, both chiropractic and naturopathic, which awaken memories and appreciation each time my eyes rest on the tangible expressions.

Tac: What do you see ahead for the chiropractic profession?

Dr: My crystal ball seems to be filled with more of the past than the future. It would be my hope that our professional organizations would turn their efforts to educating legislators and the public that chiropractic is an equal and unique school of generic medicine and not merely an ancillary to allopathic medicine, a method of manipulating for somatic problems, particularly low backs. Chiropractic physicians must be primary health care providers, in fact, as well as by lip-service. The public needs an alternative to allopathic medicine and is becoming increasingly aware of the "wholistic approach," and requires the leadership of the chiropractic profession, steeped in the principles of D. D. Palmer with a renewed conviction of the import of manipulative surgery (adjusting) to normalize neural function. Research is demonstrating what the "old-timers" of the profession have been preaching for these 90 years, that the nervous system controls both in health and disease.

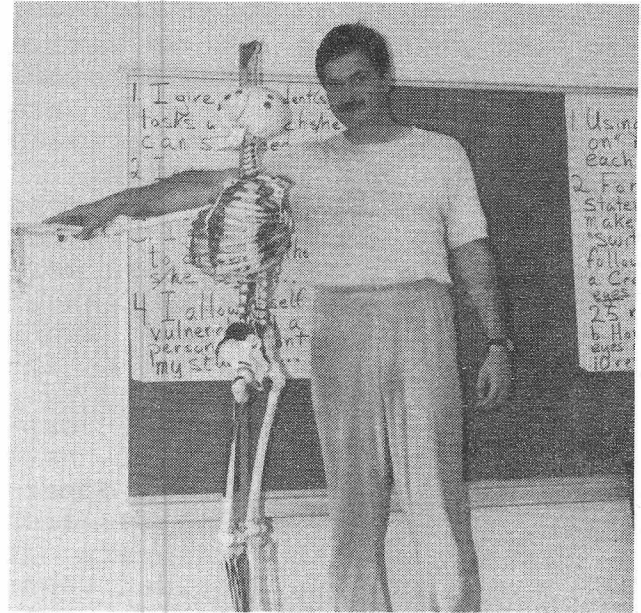
The opportunity to be in the vanguard of the "wellness" movement is challenging, but is justified by the basic principles of our science and art, as well as 90 years of proof that the methods "work," in a broad spectrum of health problems. Environmental stress must be removed or minimized and structural correction for the restoration of neural function accomplished. There is a potency to the exact three dimensional direction of a corrective chiropractic thrust and Impulse of a chiropractic adjusting that is not duplicated by general manipulative force. The Art of adjusting is deserving of our closest attention and research, rather than attempting to devise more techniques.

Tac: What are your personal goals for the future?

Dr: I have no personal goals for the future. My years of usefulness have run their course and the younger generation has the responsibility now.

ANNUAL MEETING 1986

Memories - Thankyou



MARK THESE DATES DOWN

WEDNESDAY JULY 8TH -

SUNDAY JULY 12TH

1987

UNIVERSITY OF SAN DIEGO, CALIF.

E - K REPORT

E-K Orange County, California

E-K in Orange County is growing as fast and sprawling as Orange County itself. Peggy McConnell is teaching E-K and Touch for Health classes at Chapman College. Betty Gilliland just finished an E-K for Kids class at Orange Coast College. I have been switching on an entire school; Kindergarten to eighth grade plus teaching the teachers. We are all keeping busy with private instruction and E-K/TFH classes.

Peggy, Betty and I were among some of the first E-K trained Instructors. Although we were certified under the "E-K Granny Clause" we now have all completed our ITW's and are full fledged TFH-E-K Instructors under any clause!

Many exciting things are happening in Orange County. I have been given extraordinary opportunities lately to do E-K research with maximum security prisoners at Chino State Prison, Suicidal teenagers and adults, and abused women and children> I will be writing soon on the results.

With love in Touching and Switching-On,

Marilyn Lugaro

DONATIONS - Helping hands

Proceeds of 16 shares sold of Dupont Stock donated to Dr. Sheldon Deal's Natural Health care Research Fund. \$985.53

From Mary Laird

In addition to her membership renewal Jane Rubinstein donated \$40.00 from her past private class at the Community College. She also had a baby earlier this year.

\$25.00 was donated as recommended by Sister Justine Withey from Idelle Weissenberg's private TFH class. Idelle donated 20%.

Dag and Eva Galteland of Norway are Life Members of TFH

Kristi Raithel, a TFH Instructor recently got married, and is now Kristi A. Williams.

Judy Turnbull is thrilled with the arrival of baby Benjamin this past January. Recuperating in the hospital Judy traced her meridians and Benji's too. Congratulations and may health be with you all!



NOTES FROM A BOARD MEMBER

TOUCH FOR HEALTH ANNUAL
MEETING TAPES REVIEWED
ALICE VIEIRA< PHD

The 11th Touch For Health Annual Meeting was the best ever! If you were there I am sure that you agree. If you missed any of the sessions or if you were unable to come to this year's conference there are tapes available of all the sessions which are a treat for you. Since I was only able to attend the last half of the conference I ordered all of the tapes and have been listening to all of the sessions while I am driving. These tapes are amazing. They are a catalogue of the new directions that

Touch For Health-EK is taking, with its new developments and problems. It is an excellent update. As I shared my enthusiasm with Kim regarding the information I was getting from the tapes he asked that I share a bit of what I got from them so that if they are something that you want to know more about you would be able to order them from the tape company (address below). Also, the majority of the papers that were presented are in the TFH Journal.

Last year I listened to all the tapes as well. I realized this year how much I missed some of the people I heard last year. One in

For your Information (FYI)

CAMBELL ACT

Approved by the Governor of the State of California September 26, 1978, this act sets a precedent for all states to follow with regard to the issue of nutrition and nutritional advice. The bill reads in part:

"Section 2141.5 Section 2141 shall not be construed to prohibit any person from providing nutritional advice or giving advice concerning proper nutrition. For purposes of this section the term 'providing nutritional advice or giving advice concerning proper nutrition' means the giving of information as to the use and role of food and food ingredients, including dietary supplements."

Healthcare Rights Advocate-Issue 4, June 1986

This means that there should not be any one profession that has the sole control of the field of nutrition and/or food.

RAFFLE

Our first Touch for Health Raffle made nearly \$1000.00 for the Computer Fund. There were two prizes offered and an extraordinary outcome happened. Norman F. Crabb of Northglenn, Colorado won the \$395 face-hole massage table with leg extensions and the second prize, a \$50.00 certificate from Idelle Weissenberg's Jewellery Store in San Diego. His raffle tickets were drawn by Deja Deal, Daughter of Dr. Sheldon Deal. The energy of those tickets among over 200 other raffle tickets were definitely "switched-on".

TAKE NOTE

Fiscal advisors say there are some short-term solutions to ease the tax bite.

"If you give \$2,000 a year to charity, you might want to give \$4,000 this year, because this year the deduction will be worth 38.5 cents."

AUSSIE VENTURE

The last couple of months have been rather busy for TFH and E-K Instructor Trevor Savage and his wife Jacklyn as they had the pleasure of sponsoring Dr. Paul Dennison and his wife Gail to do the first Advanced Educational Kinesiology seminars in the Northern Territory of Australia.

The first seminar had 53 people and was very well received. After hopping in the "E-K mobile" (car and camper trailer) the Dennisons' and Savages' headed 600 miles south to Sydney where Don and Sylvia Davies coordinated another E-K Instructor Training class attended by 33 people. Barry Summerfield of Adelaide had 28 people eagerly waiting to attend, while Trevor was doing a basic E-K class of 44 in Melbourne.

Barry Summerfield and Trevor Savage have been very impressive in their abilities that the Foundation has urged them to apply to the Touch for Health Foundation in order for them to be on the International E-K Faculty.

After the arrival to New Zealand, Touch for Health Trainers' Bruce and Joan Dewe hosted another E-K class of 25 and a lovely dinner which was attended by all. The group was a very warm and close group. Many remained there to continue learning. It seemed as if every major city was represented at this E-K gathering. This was a real credit to the TFH Faculty members in New Zealand.

Trevor and Jacklyn would like to thank everyone who was involved in the E-K tour. Trevor said "personally this venture has been the biggest and most rewarding thing in my life."

Those who give money to a charity might want to place a huge sum into a private foundation, taking a tax deduction for the entire amount but doling out the gifts over several years.

Los Angeles Times, August 20, 1986

LETTER

Dear Dr. Thie,

I am writing to thank you for having started the TFH Foundation. It has made a great difference in my life.

I am a hydrocephalic and at the age of two and a half I was operated on to have a shunt put in from my head to my chest. I am partially paralyzed on my left side and legally blind. I cannot walk without someone holding me.

Finding TFH and an Instructor to work with has made my life so much more fulfilling, fun, interesting, and challenging. Cross crawls are my greatest pleasure, I do more than one thousand every day. After doing them it's as if a cloud is lifted off my head and I can see the sun. I began working with Cary Rothenburger four years ago and it's been like a rebirth for me. Working together, we have accomplished so much that Doctors and Physical Therapists could not do. Not only do I feel incredibly better after working with Cary, he also gives me homework from the book. I have a goal of completing TFH class I soon.

Some of the things that TFH and Cary have helped me with I still cannot believe. Many times while I am being worked on I sit straight up with a start, wondering what has happened. For instance, how I could lose a pain in my hip from a fall off my bicycle three years ago, in just a few minutes. I used to get headaches and be constipated. Now I just rub the sides of my legs and I'm fine. Sometimes what happens to my body is hard to see right away. I used all the different methods he has shown me and felt pretty good. Then when he returned, and I started getting balanced, my mother, my grandmother and others were telling me how much better my balance was. After I get balanced my system comes together and all the parts are talking to each other to make my entire body work better.

Practicing TFH has brought me out

of my shell and I feel more positive about myself. Part of this is because it has helped me lose weight. Everytime I get balanced I find something to add to or take out of my diet. I feel lighter, I move more easily, and my grandmother even says that I am easier to push in my wheelchair.

I would like to ask you for help on some of the things that Cary and I are still working on. I have a drooling problem, I am never sure when I am doing it. I also have a problem urinating and I'm not able to control it all of the time. My eyes do not focus properly, and my left arm shakes uncontrollably. If you have any suggestions, I would greatly appreciate it.

Thank you very much for all that you have done. I hope that one day you will be able to come to Massachusetts and I could meet you.

Sincerely,

Doreen Cavanaugh

TFH members, if you have any suggestions to her requests, the Foundation will gladly forward them on to her.

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CASSETTES CONTINUED

particular is the tape by Grace Halloran on her RP. I was so moved by her talk that I had to pull off the road and hear the rest so I could cry and not worry about seeing the road. I have shared that tape with my clients who were told they would be blind from RP. I don't know how long this company keeps the tapes, but if you haven't heard Grace tell her story, I recommend it.

The Opening Ceremony tape set the stage for me to get excited about all the conference. Gini Burns as Chairman of this year's conference is very professional and warm, Mary Marks and Kim are personal and let you know the future direction of the Foundation and the conference. I may be prejudiced on this one but it is one of my favorites. The faculty tapes are a must. Phillip has several tapes and if you are teaching or want to teach they are essential. The best buy if you are only going to get one of Phillip's tapes is the one with Brian Butler, who is one of the clearest speakers and "down to the basics" for understanding in reviewing Touch For Health techniques. Richard Harnack and Peter Szil are on another tape which is excellent. Richard gives a nice history of the development of Touch for Health and the EK relating to how there are many more questions than there are answers. He proceeds in a very thought provoking way with a quote from Victor Frankl's, "feeling can be much more sensitive than reason can ever be sensible". It is well worth listening to Richard and reflecting on this point. Peter describes a new idea of a preliminary Touch For Health class to introduce TFH to a group, give them confidence

and some basic techniques that they can be successful with and then sign up for TFH I. He calls it TFH Zero. I feel that it is an excellent addition to the overall competency of our new TFH program. Colby Schastfoort and the Dewes are on a classic tape. Colby shares herself with us in an unforgettable way - that of dealing with healing, sharing, being with ones own family when we are "experts" with the world. Bruce and Joan demonstrate Goal Balancing, an incredible new direction in Touch For Health/EK.

EK is the newest direction for Touch For Health. Patty Stevrer-Lenk and Colleen Carroll do a wonderful job on their E.K. For Kids Wonder Balance. They introduce the new Brain (Gyms book and give a real flavor to the excitement of where EK is going. Glenda Flatchell's tape called Marketing Health Seminar Programs is really far from that title. It is her story about why with all the new teaching techniques for teachers, that kids aren't learning any better. She tells about the amazing results she is having teaching EK to teachers and is available to teach EK for credit in schools and universities. The bonus on this tape is that the second part of the tape is a panel discussion with Joy Lindsey, Paul Dennison and a group of who Joy calls TEN: (Touch for Health/Edu-Kinesiology Networking). Paul talks about excellent research done with significant results showing the effectiveness of EK with children. The panel shares all that people are doing with TFH/EK all over - with an especially interesting discussion of hyperactive children on Ritalin. Two tapes that I just happened to hear,

ANNUAL MEETING CASSETTE REVIEW

NEW TOUCH FOR HEALTH PROGRAMS

Phillip Crockford, Training Director

Kim Vieira, the director of the Foundation, together with the staff and the U.S. Trainers, (Richard Harnack and myself) have recently been conducting an evaluation of our present systems. We have had a lot of input from instructors across the U.S. and Canada, and have seen the need for overhaul in certain areas. One is the Instructor Training Workshop. The I.T.W. has been recognized as one of the best trainings available to anyone in the Holistic Health field. At this time we are developing the three most essential and powerful features and processes of the present ITW:

1. the intensive experience which provides deep healing and builds self esteem and communication
2. development of real expertise in order to start and build a private educational practice.
3. training in group facilitation and presentation skills to teach, market and support classes.

From these we are creating three new programs:

TOUCH FOR HEALTH FACILITATOR TRAINING

New super-learning technology and better teaching by basic class instructors has allowed us to reduce the length of the intensive training from 60 hours to 48. It can now be completed in a five and a half day workshop or 2 intensive weekends. This is a real breakthrough, as the quality will be maintained and yet the course is more convenient (and less expensive!) to participate in. The training will include all the techniques in the TFH book plus pain tapping, postural stress release, communication skills, repatterning and balancing for goals, a thorough grounding in the distinctions of the educational and clinical models and lots of hands-on practice to perfect skills.

Entrance requirements: Anyone who has taken a Touch for Health 1 or equivalent type of class and can do a competent 14 muscle balance will be able to attend the new program and it will be geared to people entering at this level. Touch for Health 2 & 3 are still recommended courses, but are no longer mandatory. The new entry requirements will be effective as of January 1st, 1987.

Implementation: From January 1st 1987, the new TFH Facilitator Program will be scheduled throughout the U.S. and Canada. Participants will receive a Certificate of Completion.

KINETIC EDUCATION CONSULTANT & KINETIC EDUCATION INSTRUCTOR

We are developing these programs for introduction during mid-1987:

The KINETIC EDUCATION CONSULTANT program is for all the Touch for Health and E-K professionals (as well as people whose primary work is with other Kinesiology) who want guidelines for doing individual work. The course will provide extensive practice at coaching in the educational model, legal guidelines and forms, and information about setting up a part-time or full-time educational practice using TFH and E-K.

The KINETIC EDUCATION INSTRUCTOR program will provide a California State Vocational Education certificate for people who intend to make a part time or full time career teaching basic TFH and E-K classes. Participants will be trained in group facilitation, polished presentation, enrollment, marketing, and developing community support. This training will also move toward our goal of bringing E-K and Touch for Health closer together. It is also one of our goals over the next two years to make more professional trainings available as additional post-graduate courses.

More details about the above will appear in the next newsletter.

PLEASE NOTE! none of the above affects present TFH and E-K instructors' status. You will not be required to take any of the new trainings, your status and qualifications will remain as before.

NETWORKING OPPORTUNITIES: THE DEVELOPMENT TEAM

Recently a letter went out to instructors who sent in rosters during the past year, inviting them to participate in the development of new programs and structure for Touch for Health and decentralized training. From the just over one hundred letters sent out, over fifty replies were received. As a result, more than thirty people met several times during the International Annual Meeting in San Diego. They made various commitments to begin working together to expand the availability and improve the quality of Touch for Health and E-K programs across the United States and Canada. There were several areas under consideration by this group:

One was the development of new programs. There is a wide recognition of the need for improved quality assurance and standards for our basic programs. The new Touch for Health Intensive training and Kinetic Education Tutor program (see elsewhere in this newsletter), are two very positive steps towards improving quality. The development of the Basic E-K standard curriculum is another potent step in this direction.

Another possibility brought forth was the notion of an overview of all the other different kinesiology and related training options available to people once they have graduated from the Touch for Health I.T.W. Such a catalogue would allow new people coming into our field and work to choose a course for themselves that is most appropriate to their needs without having the flip from one workshop to another trying to find the right one.

Another area of paramount importance is the need for deeper and more effective networking. There was much discussion on how this could be done and Kathy Street of Oregon is to be profoundly acknowledged for volunteering to take on the job of linking various action groups with conference calls. Conference calling is a powerful technology that is being little used by our network so far and we are in a position to benefit a great deal. Two of the best ways to use the technology are:

- 1) Action Teams: groups for developing particular areas of research or materials or promotions or interest for various parts of the country to be link together.
- 2) Regional and local networking for the healing, nurturing and energizing power of simply being in touch, both on the phone and physically.

In addition to the conference calling and telephone networking, several instructors have been putting in very solid work in their areas and are developing centers. Many of these people expressed a need for a more active, committed relationship with the Touch for Health Foundation and possibilities are currently being explored in these areas.

The most important immediate task for the telephone networking is in the area of developing our data-base and communications system and developing a network and information system to empower our efforts at gaining rapid acceptance of our work in various medical, educational, and cultural institutions. For example, several people have succeeded in obtaining Continuing Education Credits for Touch for Health for dentists, nurses, and educators. There are potentially many more professional avenues to be explored this way and powerful telephone conferencing and information systems can save the need for continuously reinventing the wheel. Action teams are currently forming to exchange information and ideas about these areas. An important and as yet very underdeveloped part of our work is a data-base...that is a base of information that can empower all our work in different areas. Some of the things a data-base could keep track of for us are: - the various breakthroughs in TFH and E-K research - the increased acceptance and use of our methods around the world - the activities of all our different teachers and students.

If you want to participate in conference calling, support, local meetings or other aspects of this development work, apply in writing to the Foundation for an application.

one after the other, were like two ends of the spectrum, and each in their own way made me value, even more, what we are all about. Lorraine Osborne (next year's Annual Meeting chairman) described balancing with love, doing what feels right, not worrying about each and every detail but doing it all. Nancy Dougherty described, as she worked, in precision and meticulous detail a balancing, right before our very eyes, using Electromagnetic Kinesiology. Richard Utt made golgi and spindle cells understandable to me for the first time and will allow me to make it an integral part of my work. Why I mention it here is his delightful confession that the first time he taught it he did it the "wrong way" AND IT WORKED. The end of this talk on the Ins and Outs of TFH (ie the origin and insertion) is inspiring. The story about Leonardo deVinci is one for all of us to remember. (Steve Rochlitz is on this same tape and I am just beginning to listen to him.)

Just as Grace Halloran's tape last year I think everyone should have and listen to periodically when you feel like giving up, Jan Cole's tape, called Witchhunt, this year describing how a group of people are accusing her of being a witch because she is teaching her pupils cross crawl, ESR etc. in the classroom is a must for all of us to be aware that there are people who are so insecure that they are afraid. My heart goes out to her and my prayers are with her as she goes to court to fight this battle. Hear this one! Reverend Jim Reid calls his

balancing CK, Christian Kinesiology, and as a fundamentalist Christian minister uses the Bible in refuting the arguments against the energy balancings. What an inspiration this one is.

Peggy Knorr is a darling and the way that she talks about muscles is terrific. She describes what we would be without muscles. Wayne Topping gives a class each year. It is as if he talks to me as if the last session were yesterday. I love all his tapes. This one on Subconscious Reprogramming is more on the direction of Goal Balancing, EK etc.

Grethe Fremming and Rolf Hausbol, the new faculty from Denmark describe the growth in their country that is phenomenal. They can't find enough instructors fast enough to fill the need. Rolf describes, with caution using touch For Health in food and vitamin testing. Along these same lines, Trevor Savage from Australia describes using the phobia correction (remember Roger Callahan, Five Minute Phobia Cure from last year's meeting?) on correcting food allergies. His description of a case study of an allergic 6 year old girl is fascinating.

John's opening talk on the various kinds of Love is one for anyone's library. I think it is his best ever. Those are all I have heard so far. Enjoy them, I certainly am.

"Whenever I have found that I have blundered or that my work has been imperfect, and when I have been contemptuously criticized, and even when I have been overpraised, so that I have felt mortified, it has been my greatest comfort to say hundreds of times to myself that 'I have worked as hard and as well as I could, and no man can do more than this.'"



11TH ANNUAL MEETING

JULY 8-13
1986
SAN DIEGO

QTY	CODE	TITLE/SPEAKER	QTY	CODE	TITLE/SPEAKER
_____	1TH6	OPENING CEREMONY Gini Burns, Dr. Mary Marks, Kim Vieira THE MERIDIAN DANCE Denise Bertrand	_____	21TH6	TO BE ANNOUNCED
_____	2TH6	OPENING REMARKS John Thie, D.C.	_____	22TH6	TOUCH FOR HEALTH TEACHING TECHNIQUES John Maguire TOUCH FOR HEALTH 1987 Phillip Crockford
_____	3TH6	USA - TOUCH FOR HEALTH TECHNIQUES Richard Harmack SWEDEN - TOUCH FOR HEALTH ZERO Peter Szil	_____	23TH6	OVERFOCUS: THE POSTURE OF OUR TIMES Dr. Paul and Gail Dennison TOUCH FOR HEALTH IN SWITZERLAND Jean Francois Jaccarel SPACE INVADERS Brian Butler
_____	4TH6	TEACHING NEURO-VASCULAR STRENGTHENING Brian Butler TOUCH FOR HEALTH UPDATE Phillip Crockford	_____	24TH6	E.K. FOR KIDS WONDER BALANCE Patty Stevner-Lenk and Colleen Carroll
_____	5TH6	EDUKINESIOLOGY Trevor Savage	_____	25TH6	BACKLASH FROM THE CONSERVATIVE MOVEMENT Rachel Bubnitz
_____	6TH6	E.K. RESEARCH Peggy Knorr	_____	27TH6	SUCCESSSES, QUESTIONS AND RESULTS IN TOUCH FOR HEALTH AND E.K. WITH TEACHERS Joy Lindsey
_____	7TH6	WITCHHUNT Jan Cole	_____	28TH6	ELECTROMAGNETIC KINESIOLOGY Nancy Dougherty
_____	9TH6	SUBCONSCIOUS REPROGRAMMING Wayne Topping, Ph.D.	_____	29TH6	MARKETING HEALTH SEMINAR PROGRAMS Glenda Flatcchell
_____	10TH6	THE NEW E.K. CONSULTANTS MANUAL AND WORKSHOP Dorothy Carroll-Lenk	_____	30TH6	CHANGE-WHY SOME PEOPLE DO IT AND OTHERS CHOOSE NOT TO Alice Vieira, Ph.D.
_____	11TH6	STALE WATER, HEALING THOSE CLOSEST TO US Coby Schastfoort GOAL BALANCING Bruce & Joan Dewe	_____	31TH6	ARE YOU SURE THATS CROSS CRAWL???
_____	12TH6	THE IN'S AND OUT'S OF TOUCH FOR HEALTH Richard Utt HEART AND BRAIN INTEGRATION Steven Rochlitz M.A., Ph.D. Candidate	_____	32TH6	FACULTY FORUM
_____	13TH6	SHARING TOUCH FOR HEALTH WITH THE MEDICAL PROFESSION Jose and Henny Moniz de Aragao TOUCH FOR HEALTH LEADERS/CONSULTANTS Phillip Crockford THE MUSCLE TESTING CONTRACT Coby Schastfoort	_____	33TH6	A NEW LOOK AT THE FUTURE OF WESTERN MEDICINE IN ALTERNATIVE HEALTH CARE Elson Haas, M.D.
_____	14TH6	TOUCH FOR HEALTH UPDATE Richard Harnack TOUCH FOR HEALTH INVITATION TO NEW ZEALAND/AUSTRALIA Bruce and Joan Dewe	_____	35TH6	A 14 MUSCLE FIX-AS-YOU-GO RHYTHM BALANCE Lorraine Osborne
_____	15TH6	THE 8 PRINCIPLE DIFFERENTIATION OF ACUPUNCTURE Torbjorn Hanson	_____	36TH6	CREATE A BETTER WORLD WITH TOUCH FOR HEALTH Grethe Fremming and Rolf Hausbol
_____	16TH6	TOUCH FOR HEALTH AND E.K. OF THE DEVIL - AN EVANGELICAL CHRISTIAN EVALUATION Dr. Jim Reid	_____	37TH6	Jerome Plotnik
_____	17TH6	TOUCH FOR HEALTH AND COLOR HEALING Rosemarie Sonderegger	_____	38TH6	CHANGE MAY BE EASIER THAN YOU THINK Carol Hitz
_____	18TH6	5 ELEMENTS BALANCING Richard Harnack NEW IDEAS IN MUSCLE TESTING Hap and Elizabeth Barhydt	_____	40TH6	E.K. FOCUS ON TEENAGE SUICIDE Marilyn Lugaro
_____	19TH6	E.K. RESEARCH, CASE STUDIES AND SLIDES Idelle Weissenberg	_____	41TH6	LATEST IN NATURAL HEALTHCARE RESEARCH Sheldon Deal
_____	20TH6	HEALTH FACILITIES IN COMMUNIST COUNTRIES Peggy Maddox	_____	42TH6	SATURDAY NITE LIVE
			_____	43TH6	OUTSTANDING ACHIEVEMENT AWARDS Dr. John Thie
			_____	44TH6	TRANSITIONS Richard Byrne, Ph.D. CLOSING CEREMONY

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