

# TOUCH FOR HEALTH

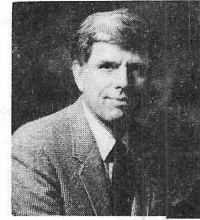
May/June  
1987



June, 1987

Volume 14 Number 3

## TFH BEHIND THE IRON CURTAIN



John  
F.  
Thie, D.C.

**A**bout one year ago I was invited to present a workshop or paper on Touch For Health and Family Therapy by Virginia Satir, Ph.d., past president of the AHP, and president of the International Family Therapy Conference, in Prague, Czechoslovakia, May 9-15, 1987. I decided that this conference which was expected to have an attendance of well over a thousand professionals from all over the world (and in fact did have over 1700 from the East and West) would be a worthwhile place to introduce Touch For Health. It

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## Join us at the 12th Annual Meeting!

July 14-19, 1987

More details inside.

### FIVE ELEMENTS: BASIC PRINCIPLES

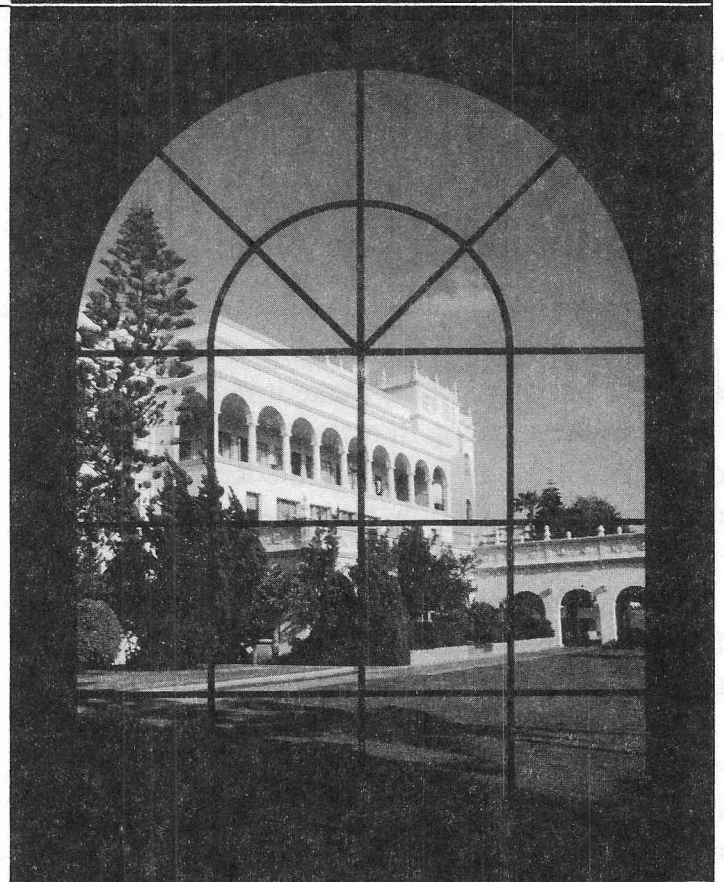
—by Richard L. Harnack, M.Rel.

This begins a series of brief articles on the Five Elements. Each article will provide a brief outline of the major correspondences for each element. This particular article will focus on the two major flows in the five Element model — the Generation Cycle and the Control/Mitigation Cycle.

The Five Elements are called more appropriately the Five Phases, or the Five Stations. The reason for this are the two main connecting paths between each stage. Neither one of these paths stops at any one phase, each continues one to another phase.

The Generation/Creation Cycle flows clockwise from one phase to the next phase. Thus, it goes from Fire to Earth, Earth, Earth to Metal, Metal to Water, Water to Wood, Wood to Fire, and so on. Each phase gives birth to the next phase. Fire burns down leaving ashes which become part of the Earth. Earth embodies and gives up of shape. Metal, in the form of minerals and rock,

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## A Letter From the Coordinator

Hi!

Anyone else ready for a great time at the 12<sup>th</sup> Annual Meeting? Lots of registrations are already in, and we'd like to embrace and share with all of you.

Kim Vieira and I took a look at the facilities. The brand-new activities center, (just next to DeSales Hall), is beautiful - a big, lovely, well-equipped room for presentations; a soothing balancing room; and even a light airy room for the bookstore. Plus a huge new cafeteria with some seating on the patio! You're going to love it!

The program of speakers looks exciting. Lots of wonderful presentations. Lots of new faces and plenty of old friends.

Join our fun and don't forget to sign up for the Friday night cruise, or star in our Saturday night talent show! Or just come and enjoy! You can even call before the meeting and let us know what skills you would like to contribute to the auction, (we sure love the Touch For Health computer which was made possible through the Annual Meeting auctions!).

Let us know if you'd like to assist during these final weeks before the meeting, or during the meeting itself. The more the merrier.

Come and share your light, your laughter, your joy and your love with like minded people. We'll be there!

Love,  
*Lorraine Osborne*  
Lorraine Osborne  
Coordinator

COME to the Annual Meeting and see the material that didn't quite make it into the TFH courses: food testing in restaurants, how to cross-crawl like an Egyptian, the Readywhip meridian trace, and how to get balanced while standing on your head.

On Saturday night you will entertained by Captain James T. Jerk, Mr. Spocklitz, Bones, and the rest of the T.F.H. Enterprise crew in the adventures of "Star Touch IV." And don't miss the spine chilling thriller "ELF Busters" (Extra Low Frequency). Also a special guest appearance will be made by the band *Cross-crawl DMC* singing their hit song, "We Be Healin." Here are a few verses from the song.

You may want to write some of your own lines and you, too can be a star!

## OUR INTERNATIONAL FACULTY

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### UNITED STATES

Phillip Crockford

Richard Harnack

John V. Maguire

Dr. John F. Thie

## "WE BE HEALIN"

by John Varun Maguire

We be healin ourselves rubbing neurolymphatics  
When it comes to Touch For Health, we all be fanatics  
We do the brain buttons, and check for water, too  
We hook up our cook's, then we do it all for you

We're the integrated rappers of the Touch For Health Foundation  
We be teaching touch healin everywhere across the nation  
We teach facilitators, and make 'em come alive.  
We certify instructors, now that ain't no jive.

Reactive muscles, they don't stand in our way  
We be spindle celling them every night and every day.  
When we get our letters backwards, we be doing lazy eights.  
When we're feeling tired and weary, we just tighten up our gaits.

Now we don't mean to brag and we don't mean to boast  
We be teaching touch healin from coast to coast.  
You got no need to worry, you got no need to fear  
If you'd like some integration, step on out and get it here.

Once again Duke Pasquini cheerfully takes on the gargantuan task of organizing the annual cruise. Every year Duke's labors have made it possible for the rest of us to loll lazily, listening to the waves lapping as we watch the moonlight shimmer off our dance partner's smiling face.

After the intensity of a week of lectures and workshops, and taking in all that new information, a person could be pretty wound up or exhausted or both! Touch For Health has a way to balance that out too. It's called Dr. Dewe's Moonlight Cruise and we do it every year, and every year it gets better and better. Join the TFH Crew for a

DR.  
**DEWE'S**  
**MOONLIGHT CRUISE**

— Innovated by —

**"Duke"**  
**PASQUINI**

memorable evening of dancing and laughing and generally loosening up as we sail out over Mission Bay. There will be a live band, snacks and drinks available. Join us for a great time and

find out why this trip is one of Dr. Bruce Dewe's favorite prescriptions to relieve "meeting malaise and conference confusion!" Make your reservations early because space is limited and this is a very popular event!

Fill out the form provided (inside back page) and send it to the Foundation with a check, MC, or Visa number for \$20.00. Hurry and order your tickets, as the price goes up to \$25.00 after July 3.

## Brush up on your old skills and learn some new ones with the International Faculty at the 1987 Annual Meeting!



### ENTER THE RAFFLE!

### YOU COULD BE A WINNER!

With the purchase of every \$3.00 raffle ticket, you not only help to support the Foundation, you increase your chances to win a beautiful, portable massage table made available by THEnterprises. The drawing will take place on the last day of the 1987 Annual Meeting. You don't have to be present to win but wouldn't it be great to be there when your name is called?

Enclosed is \$3.00 for my chance to win the MASSAGE TABLE.

NAME \_\_\_\_\_  
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PHONE \_\_\_\_\_

Enclosed is \$3.00 for my chance to win the MASSAGE TABLE.

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# Make The Transition With TOUCH FOR HEALTH

## By Participating In Our New Programs!

### Facilitator Program

July 8-12 9am - 6pm

The Facilitator Program is the premier workshop of the exciting new Touch For Health curriculum. You will experience a highly motivating process of instruction in the basic and advanced skills of TFH and Educational Kinesiology. At the same time you will expand your ability to communicate in the healing relationship. Where the ITW emphasized technique, the Facilitator Program focuses on the dimension of empowerment and increased personal effectiveness.

#### PREREQUISITE:

Be able to do a 14-muscle balance in 15 minutes using the Touch For Health Book.

#### TUITION: INSTRUCTOR:

Individual	Phillip Crockford
\$465	
Couple	
\$750	
Deposit	
\$100	

**INSTRUCTORS!** If you have not yet heard that you are entitled to a scholarship for attending this class, please contact the Foundation for information.

Preceding the Annual Meeting and immediately after we will present special workshops to give you the opportunity to make the most of your visit to San Diego and fully participate in the new Touch For Health programs.

### Educational Kinesiology Instructor Update

July 20-21 Begins 1pm after lunch

Want to be sure your students really learn what you teach?...Take this workshop with Phillip Crockford who has produced a solid track record of success in teaching Educational Kinesiology. He will share the secrets of giving clear answers and explanations. Sharpen your skills, do lots of hands-on practice, and balance for success! Participants in this workshop will receive California State Certification to teach Educational Kinesiology.

#### PREREQUISITE:

For TFH Instructors: a basic Educational Kinesiology Class.

For Educational Kinesiology Instructors: a basic TFH Class.

#### TUITION:

\$195

Deposit

\$50

### Kinetic Education Consultant Workshop

July 20-23 Begins 1:00pm

The Consultant Workshop explores the realities of setting up an educational consultancy using the TFH/Educational Kinesiology methods for health enhancement. In addition to a comprehensive legal perspective, you will receive valuable additional skills in advanced kinesiology, coaching in clear communication, and suggested formats for giving private teaching sessions in TFH/Educational Kinesiology. If you are committed to expanding your facilitation of individuals, and need training in how to plan and structure your work, this program will build your confidence.

#### INSTRUCTORS:

Phillip Crockford &  
John Varun Maguire

#### PREREQUISITE:

*Facilitator Program*

#### TUITION:

Individual

\$550

Couple

\$790

Deposit

\$80

Dear John:

The Facilitator Program in Akron far surpassed my expectations. It was more than taking in information; it was a great experience in which wonderful things happened to each of us. I hadn't been able to run for years and it was simply due to reactive muscles -- something I had long wanted to learn about without suspecting that I needed a little balancing myself. I also needed all that reprogramming in many areas of my life. Thanks to all of you who put together five wonderful days of instruction and experience.

Karen Sorensen



## NEW PROGRAMS CAUSE EXCITEMENT

Since we did the first trial of the program last December in San Francisco, it appears that the new direction is going to be very successful indeed. The reports are coming in from Vancouver, Hawaii, Wisconsin, Minnesota, Ohio and Oregon that the *Facilitator Program* is an amazingly powerful and valuable experience. Participants report that they are able to go out and make an impact and see results immediately in their touch healing work and teaching. The program is grounded in the philosophical and spiritual distinctions which underly our work. This means that many people with additional training in other healing modalities get additional benefit from the *Facilitator Program*. They can draw their work together into a more effective, unified whole.

The Touch for Health Facilitator Program was everything it was promised to be and more. I am truly awed by the rejuvenating power of the human hand when put to knowledgeable use.

M'lou Ishmael

Several people attending, (notably TFH instructors), expressed a concern that there would be no real value in the program because they had "already learned all those techniques so there would be nothing new". We are happy to report that their fears were groundless. As one instructor put it, "The *Facilitator Program* far surpassed my expectations. It was more than taking in information; it was a great experience in which wonderful things happened to each of us."

The essence of the *Facilitator Program* is communication. What is available in the *Facilitator Program* for those who already have great expertise with the techniques is a greatly expanded and refined ability to communicate and talk about the possibility of our work in such a way that their clients and students can benefit to a much greater extent.

This is the information age, we are continually deluged with new information and new techniques are being invented all the time. In the information

age, the real power belongs to those not who create new information, but who are able to articulate it clearly, put it together powerfully, and communicate it meaningfully. This is what the *Facilitator Program* focuses on. Many people will go on after the *Facilitator Program* and learn additional techniques in various schools of kinesiology. They will have already uncovered the key to using the things they have learned effectively—communication.

**Remember** that if you are a Touch for Health Instructor, for the rest of this year you can get a \$250 scholarship to participate in the exciting, new *Facilitator Program*. If you are an active instructor and have been teaching recently, enroll some of your students with you. You will receive an enrollment bonus discount, which you can use for yourself or pass on to your student.

"Transformations" as a title for the new Touch For Health information booklet conveys the reality Touch For Health offers. A really fine job was done on designing and writing this promotional piece for the Annual Meeting.

## "A ONE-TIME SPECIAL EVENT"

### Advanced Kinesiology Intensive

FEATURING MEMBERS OF THE INTERNATIONAL FACULTY

July 19-20 Sunday: 1pm-10pm, Monday: 9am-12 noon

This unique, one-time program will feature the International Faculty of Touch For Health. With so many kinesiology systems developing these days, it's difficult to know which system will best suit your needs. One solution to this dilemma is to take an intensive workshop with The Best of The Best! The members of the TFH International Faculty are widely acknowledged as some of the best kinesiology instructors in the world. They have a broad overview of many systems and will be presenting you with their choice methods.

In their countries they have successful kinesiology practices and the techniques they will teach will be especially chosen for effectiveness in everyday applications. This workshop will take place in two half-day sessions, Sunday p.m. and Monday a.m. to allow you time to participate in other Touch For Health post-conference workshops, if you wish to do so.

PREREQUISITE: None  
Cost: \$175 Deposit: \$50

# LEADER'S PROGRAM

Phillip Crockford

If you are an experienced instructor looking for more of a challenge, consider the *Leader's Program*. The *Facilitator Program* is enjoying increasing success and popularity and within one to two years the present faculty will not be able to meet the demand. We want to train additional faculty and have prepared the *Leader's Program* to do this. You need to have the following qualities and abilities:

- Experience in teaching and enrolling Touch For Health/Educational Kinesiology (rosters sent to the Foundation, please).
- A clear knowledge of what is Touch for Health and what is not.
- A deep commitment to the ideals of Touch For Health and to making touch healing widely available.

The program consists of attending the *Facilitator Program* in each of the following capacities: first as a participant, then as a course assistant and finally as a co-instructor. In addition you need to complete the *Kinetic Education Instructor Training* and a training workshop designed specifically for *Facilitator Program* leaders. The *FPL Workshop* will be held once a year, the next one being this winter. Upon completion of these steps, you contract as a provisional *Facilitator Program Leader* for one to two years, during which time you produce a track record with successful enrollments and teaching.



Two new programs are being launched in Pasadena. *The Mastery Sessions* are an opportunity for you to get yourself balanced and practice your Touch for Health skills. They will be offered at the Foundation two evenings a month from 7:30-9:30 and cost \$5 per session. If you would like the schedule or some coaching on organizing sessions in your own area, contact Varun at the Foundation.

*The Assistants Program* offers you a structure in which you can expand your Touch for Health techniques and develop skills in communication, computer technology, management and leadership. By participating in this program, you can be an integral part of the development of the Foundation and make Touch For

Health your own organization. You do not need to come in to the Foundation to participate in this program. Find out how you can contribute to people locally, nationally and internationally through the work of TFH by contacting Varun at the Foundation.

**A BIG THANK YOU** goes to assistant Rd Plasschaert, who entered all of the Annual Meeting Papers into the desk top publishing program to give us a top quality Journal, and assistants Jacklyn Lewicki, Sharon Hutchison, Dan Legacy, Heather Armstrong, and Andrew Morris for their work on the data base and at the Cleveland Chiropractic College Children's Health Fair. You really make a big difference!

## JOHN VARUN MAGUIRE JOINS THE U. S. FACULTY AND TFH STAFF



WE ARE PLEASED to announce that Varun (pronounced Va-roon) has moved from Ohio to Pasadena to take on managing office operations and leading courses at the Foundation and around the country. For the past seven years he has used Touch for Health as an integral part of his full time practice as a licensed massage therapist. After completing Dr. George Goodheart's 100 hour course in Applied Kinesiology in 1982, he attended one of Gordon Stoke's ITWs and began teaching workshops every month. Gordon best remembers him for his outrageous comedy routines that he continues to bring to the TFH family. Along with his background in the health field and performing arts, Varun has extensive training and experience in whole-brain learning, Neuro-Linguistic Programming, and business management and promotion. Varun's vision for the Foundation is to bring the work more into the mainstream of society and to expand support to instructors and the membership. "My commitment is to create a national network with communication systems between members who are active in bringing the work into schools and institutions, doing research, and interfacing with health and education professionals and organizations. I want to give people more ways to participate in sharing touch healing in ways that makes such a great difference in the quality of so many peoples lives. I'd like to see us have two Annual Meetings per year, one in the East, as well as California. I invite you to play big on the team with us and to be in communication. Write or call me at the Foundation and share with me your vision, ideas and plans." Along with developing systems on the computer to tie us closer together and increase the quality of the programs, Varun is working on some film projects to take TFH into the living rooms of America. Who knows, maybe you'll turn on MTV one night and see the band *Cross-crawl DMC* singing their hit song "We be Healin".

# CERTIFICATION:

## WHAT DOES IT MEAN?

by Phillip Crockford



Many people have inquired at the Foundation in recent months about becoming certified so that they can "do" Touch For Health legally or properly. Other people have said that they really need to take classes so that they can qualify to "do" Touch for Health and Educational Kinesiology. These inquiries reflect a nebulous understanding of the situation, both legally and ethically. In all Touch For Health Foundation workshops, participants have always signed a declaration that they recognize that Touch For Health is not a cure or treatment for any disease or condition, and they will not be licensed to diagnose or treat any particular symptoms.

Of course, if you are already licensed to practice, you may use Touch For Health as an extension of your professional skills. But Touch For Health training, Educational Kinesiology training or any of the other vocational trainings do not qualify a person to treat people. The law in your jurisdiction may be different, but in California, the law includes any type of treatment, for any condition, including low energy or postural imbalance.

In recent years there has been a movement among bodywork professionals and kinesiologists to push for

the establishment of a new profession that is recognized and is able to operate with third party insurance claims, etc. It is not the Foundation's policy to support such a move. We believe the health/disease care system in this country is already overburdened and has difficulty serving people properly, because of the inherent imbalance in the treatment model.

Licensing and certification often works in the reverse to what was originally intended. The "official" nature of the license ends up as a protection for the incompetent practitioner, rather than a protection for the so-called "gullible public."

The certification that the Touch For Health Foundation offers is a California State Vocational Educational Certification. The Touch For Health Foundation is officially a vocational school training people for the vocation of Touch For Health Instructor or Kinetic Education Instructor in the State of California. The Certificate is not necessarily valid in other states or countries.

Your certification to teach Touch For Health also gives you the opportunity to promote your classes as a certified TFH instructor, demonstrating that you have had qualified instruction and can grant certificates of completion to your students.

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Lorraine Osborne

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 and its members.

The Touch For Health Foundation is a tax-exempt, non-profit educational corporation. Publications of the Foundation include the Curriculum Catalogue (published twice yearly and circulated to all interested persons), and "In Touch For Health," (published in Feb., Mar., May, Aug., Sept., and Oct. and sent to all members. Members also receive the "Touch For Health Journal" of comprehensive research papers and training information and applications. The Journal is published in July of every year. December, members receive the Annual Membership Directory.

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## IF YOU ARE FLYING...

Let Jelarco Tours/World Travel Bureau Inc. handle your flight arrangements. Call them at the appropriate number below and save up to 70% off Coach Fare or an additional 5% off Special Saver fare, whichever is lowest. Call them and mention that you are attending the Touch For Health Annual Meeting. Tickets will be mailed promptly and prices are guaranteed at the time of ticketing. The Foundation will receive notification of your arrival time so we can pick you up at the airport if you arrive on registration day.

### RATES:

Here are some geographical samples of weekday travel round-trip rates to San Diego.

Chicago .....	\$226
Dallas .....	\$188
New York .....	\$264
St. Louis .....	\$207
Vancouver .....	\$341

Be sure and call Jelarco for specific rates when you are ready to make your plans.

Within Minnesota: 1-800-642-3860  
Outside Minnesota: 1-800-533-2012  
Outside the US: 1-507-281-1014



## IRON CURTAIN

—CONTINUED FROM FRONT PAGE

was wonderful for me to know that my workshop was one of the first filled.

I had an opportunity to put on a second one as there were so many who did not have the opportunity to attend the first workshop. The workshop was conducted in English and nearly everyone at the conference spoke English, as the only other language used there was Czech. There was a book of the abstracts of each of the presentations so that people could

decide which to attend. It was exciting to see how many people from behind the Iron Curtain were vitally interested in Touch For Health. I brought ten *Touch For Health Books* with me and was able to get them placed in medical libraries in Czechoslovakia, Hungary, Russia, and Yugoslavia. The majority of the books were given to the Czech Medical Association, Family Therapy section, to be used in a lending library.

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Speaker

**P**EGGY MADDOX has been very busy over the past 10 years teaching Touch For Health at Loyola Marymount University, Harbor College, El Camino College and UCLA. She has lectured in China, The Soviet Union and East Africa. Peggy's presentation will focus on The Difference Between Disease and Illness and will be followed by a slide presentation on health care facilities in Kenya.

Speaker

**M**ARJORIE RAGON, a Touch For Health Instructor since 1977, has studied Applied Kinesiology not only to pass on to others, but to help herself overcome severe TMJ difficulties. In the process of curing her own illnesses Marjorie has developed a self healing system she calls Marjorobics. Testing the alarm points in the finger mode X and correcting by Cross Crawling with Indicator Muscles are just a few of the interesting techniques involved in Marjorobics. Join us for a new kind of workout!

Speaker

**N**ANCY DOUGHERTY, a researcher and practitioner in New Jersey will bring us a Report of Findings From the Electromagnetic Kinesiology Research and Educational Center.

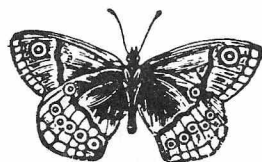
Speaker

**J**ERRY A. GREEN, ATTORNEY AT LAW, practices in Mill Valley, California. He will speak to us about Establishing and Maintaining Integrity in a Wholistic Practice. Mr. Green has a lot of valuable advice to offer us about what is legal and what may be illegal when it comes to setting up a practice.



**R**ICHARD L. HARNACK, Touch For Health Faculty Instructor, has taught the ancient Japanese art of Aikido for many years. There are many relationships between martial arts and the practice of Touch For Health and Richard will give us some insight into some of them.

Speaker



## 5 Elements

continued from front page

mitigates Wood in that it sets boundaries of growth for Wood and plant life. Wood mitigates the Earth phase by holding Earth in its' place. Earth modifies Water's abilities to flow freely by providing banks and channels, thus giving Water shape and form. Water checks the wanton spread of Fire by "cooling" it.

Each of these cycles is important by itself, and even more so in combination with the other. If growth and creation remain unchecked, life could easily die of over-abundance. If everything were tightly controlled, then life would die for lack of growth. Together the two phases work in a dynamic interchange and flow. Neither cycle pre-dominating for very long over the other. Each cycle having its' unique effect on the system as a whole, then relinquishing to the next.

This concludes this brief synopsis on the Five Elements. The next article will be on the Fire Element.

For additional reading:

Connelly, Diane, *Traditional Acupuncture: The Law of Five Elements*.

Kaptchuk, Ted J., *The Web That Has No Weaver*.

Matsumoto, Kiiko, *Five Elements and Ten Stems*.

**F**ranks Mahony, researcher and developer of Hyperton-X, a body mind integration technique, will present new information entitled, *Balancing the 14 Muscles with a Hyperton-X assist*. This interesting approach to balancing the body takes into consideration various muscle states that basic Touch For Health doesn't usually recognize. Frank has a reputation for being an immensely amusing speaker. You won't want to miss his sense of humor!

Speaker

## You Can Heal Your Life

Each chapter is a complete lesson in changing ineffective patterns and negative self-concepts into ones of loving and health. The book includes exercises, affirmations and healing treatments, and reading it is like having your own personal session with Louise.

"Mrs. Hay guides us with unconditional loving, step-by-step past suck blocks as unwillingness and resistance to change into a bright new life of love, joy, productivity and peace of mind...The author's own poignant life story and her personal triumph bolsters our faith that we can *heal our lives*."

—Donna McIntyre  
The Movement

Softbound, 224 pp., \$10.00 available at  
THEnterprises. Use form on page 12.

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### Upcoming HYPERTON-X

Workshops with

### FRANK MAHONY

Complete mind-body integration  
for dyslexia, sports, physical,  
self-help, etc.

DATES	PLACE	FOR DETAILS, CONTACT
July 20-23 Basic & Advanced July 25 & 26 Basic	Riverside	Gini Burns (714) 371-5020
July 11 & 12 Basic August 8 & 9 Advanced	San Diego	Theon Cross (619) 588-8173
August 22 & 23 Basic August 29 & 30 Advanced	Los Angeles area	Jorge Calderon (213) 434-4143
December 6 & 7 Basic	Seattle, WA area (Bellingham)	Wayne Topping (206) 647-2703

Speaker

**W**AYNE TOPPING, Ph.D., along with his lovely wife, Bernie, has established The Stress Release Center in Bellingham, Washington. Dr. Topping always has interesting and informative presentations and this year he will tell us about Two More Muscle Tests For the Heart Meridian.

Speaker

**D**R. ALFRED BARRIOS is a Clinical Psychologist and Director of The Self Programmed Control Center. He will share from his experience working with a stress management and positive direction program dealing with self actualization and substance abuse.

Speaker

**S**ARA AEIKENS, therapist and counselor for the Lutheran Social Services of Minnesota and member of the International Transactional Analysis Association will enrich us all with the ABC's of Meditation (Ahh Being Seeing for the Child Within Us). This will be an experiential presentation using a myriad of the body's senses, sight, sound, movement and touch to prepare for a visual trip through the Earth's seasonal cycles.

# KIM VIEIRA RESIGNS

May 19, 1987

Dear TFH Member:

I have been re-considering my position as Director of the Touch For Health Foundation since the last Board Meeting in July of 1986. As of May 15<sup>th</sup> my resignation as Director has been accepted by John Thie, D.C. The Foundation staff is following directions from John Varun Maguire and Phillip Crockford until a new Director is appointed. The decision to resign the TFH Directorship has been most difficult. I regretfully must make some decisions which will give me more time to reach other goals. One of those goals is to achieve a national ranking in mens' tennis. To this end I have recently won the mens' 30 age division singles and doubles titles, including the Southern California Sectionals title this May. I will be maintaining my position as manager of T.H. Enterprises.

In another matter of importance, the editorial committee for the *Touch for Health Book* has decided on John's suggestion that a new book is needed rather than another revision. The reprinting is badly needed to supply those who are continuing to teach TFH classes. We are continuing to work on the material for the new book and have a tentative title called *Basics of Health Enhancement*. John has a new graphic which will be introduced at the Annual Meeting.

I am looking forward to seeing you in San Diego this July. Thank you for your association and friendship.

Sincerely yours,

Kim A. Vieira

**M**MARGARET SHEEHAN, graduate of The Institute of Psycho-Structural Balancing, specializes in the areas of body psychology, movement therapy, circulatory, lymphatic and deep tissue massage. She is a consultant to many professional and amateur athletes. Margaret will speak to us about Touch For Health, Fitness, and Athletes.

Speaker

**E**LIZABETH AND HAMILTON BARHYDT bring us Important Considerations in Muscle Testing for Foods and Supplements. Basic muscle testing techniques will be reviewed and possible difficulties and misindications which may be encountered will be discussed, followed by a revised testing procedure to compensate for these possible difficulties.

Speaker

### States May Regulate Medical Practice But They May Not Deny Access To Alternative Forms of Health Care

In declaring unconstitutional that part of the Texas Medical Practice Act, and regulations promulgated pursuant thereto, which limited the practice of acupuncture to licensed physicians, U.S. District Judge Gabrielle McDonald outlines the various options available to States to deal with alternative health care therapies:

**C**AROL ALBEE will share with us Developmental Affirmations for Self Esteem and The Wheel of Emotions. These relate to childhood developmental stages and themes which recycle throughout our lifetimes. Ms. Albee can help us to make changes in our destructive attitudes and behavior.

Speaker

"So long as it does not significantly interfere with the decision to obtain the treatment, the State of Texas is, of course, free to deal with acupuncture as it chooses. It may accord to acupuncturists, as it does to chiropractors,

full independent professional status. It may allow acupuncturists to practice independently of licensed physicians, but require diagnosis by or referral from such physicians. It may establish appropriate minimum standards of skill and knowledge to be met by those who practice acupuncture. It may even, if it considers such a framework feasible, require acupuncturists to practice under the supervision and control of licensed physicians....It may choose to regulate acupuncture in some entirely different fashion, or not at all. What it may not do, what it has done in the present case, is to unnecessarily render acupuncture treatment essentially unavailable. That the Constitution prohibits."

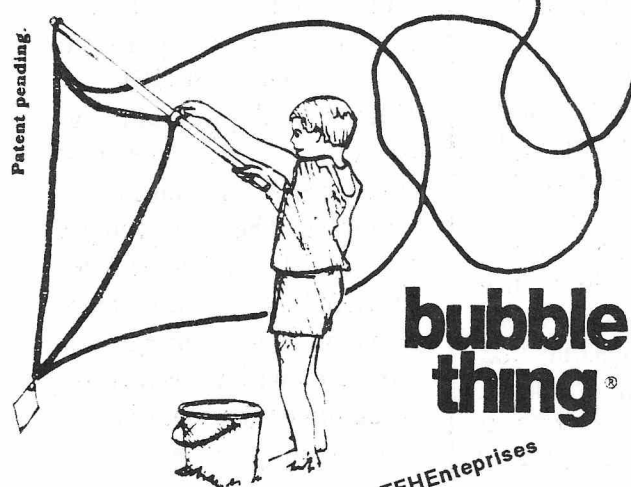
**Andrews v. Ballard, 498 F.Supp. 1038, 1056-57 (S.D. Tex. 1980).**

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— The New Yorker



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### A VERY SPECIAL THANKS

To long-time member/instructor **Carl Downing** who walked into the Foundation headquarters not long ago and handed Dr. Thie a check which not only bought Carl a life membership, but goes a long way towards paying for our wonderful new computer system.

Thank you, Carl!!!

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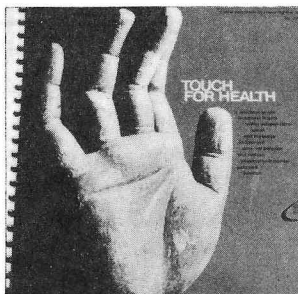
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— by John F. Thie, D.C.

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formation, well presented for the layperson to use in reducing physical/mental pain and tension. Over 300 photos, illustrations and charts clearly show how to use basic Applied Kinesiology for improved health.

Spiral bound, 11 x 11, 132 pp, \$13.95

# TOUCH FOR HEALTH REFERENCE CHART

This large (43 x 29) color-coded chart combines all of the Touch for Health treatment points (without the written text), nutritional information, muscle tests, etc. on one easy to read chart. Attractive and convenient, the chart is a valuable time-saving tool to facilitate use of the techniques. Available in paper (\$15) or with a durable, flexible plastic lamination (\$20).

**S**TEVEN ROCHLITZ, M.A., Ph.D. Cand. is a physicist, former college professor and researcher in the field of nutrition. He is responsible for the creation of HEBS, Human Ecology Balancing System. Steven's presentation is titled, "Toward a Complete Theory of Integration and Beyond-Meta Integration." He will also share some more heart integration exercises with us as a continuation of the material he developed last year.

Speaker



## Alternatives to Orthodoxy Yield Progress

In a frequently quoted passage from Chief Justice Rose Bird's dissenting opinion in the *Privitera* laetrile case, the writer succinctly states the position advanced by alternative health practitioners who are challenging restrictive controls at the hands of state medical societies:

*To require state approval before advising — prescribing — administering — a new treatment modality for an informed consenting patient is to suppress innovation by the person best qualified to make medical progress. The treating doctor, the clinician, is at the cutting edge of medical knowledge.*

*To require the doctor to use only orthodox "state sanctioned" methods of treatment under threat of criminal penalty for variance is to invite a repetition in California of the Soviet experience with "Lysenkoism." The mention of a requirement that licensed doctors must prescribe, treat, within "state sanctioned alternatives" raises the specter of medical stagnation at best, statism, paternalistic Big Brother at worst. It is by the alternatives to orthodoxy that medical progress has been made. A free, progressive society has an enormous stake in recognizing and protecting this right of the physician. People v. Privitera, 23 Cal.3d 697, 591 P.2d 919, cert. denied., 444 U.S. 949 (1979) (Bird, C.J., dissenting).* reprinted with permission from Vo.1, No.1 of "Alternatives," published by the Health Alternatives Legal Foundation (HALF).

## Report Adverse Reactions

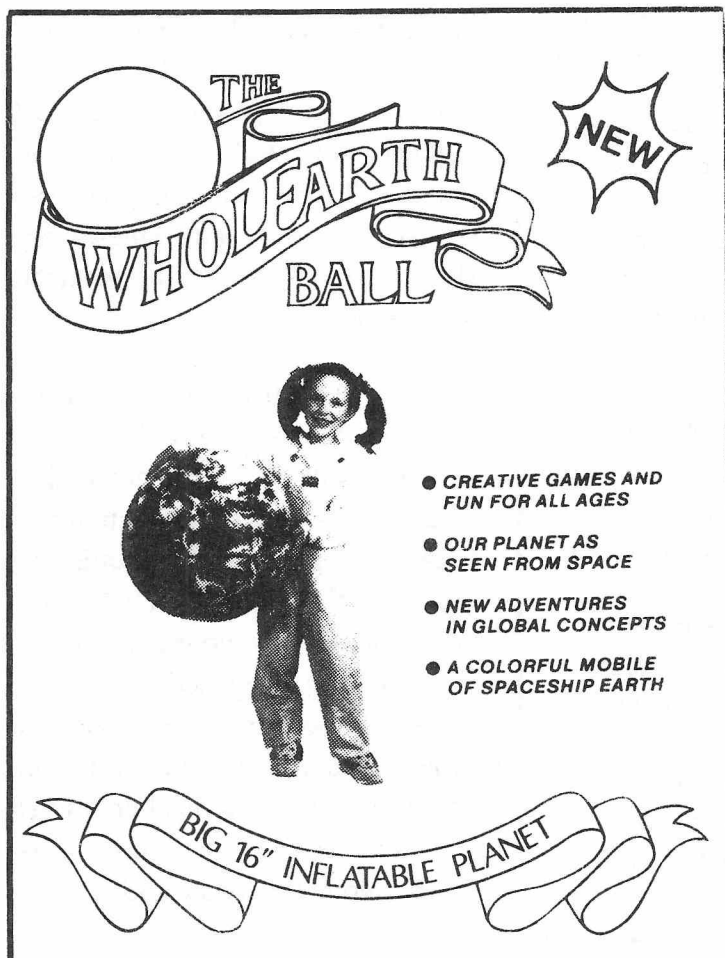
Any individual who has experienced an allergic reaction of any type to a food additive, chemical, preservative, or coloring should report that reaction in detail to the proper authorities at the Food and Drug Administration. Of course, we can all prevent these reactions much of the time by muscle testing everything we ingest. Should something happen, however, we should not suffer in silence.

Some individuals experience reactions to sulfites, aspartame (NutraSweet® is the common product name), food colorings, and flouride in drinking water. We encourage you to make your allergic reaction known by writing your report to:

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Dept. HFF-26

Center for Food Safety & Applied  
Nutrition

200 "C" Street S.W.  
Washington, DC 20204



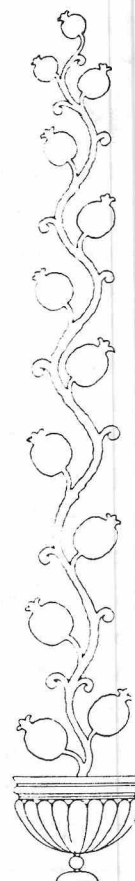
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**K**ATHY BRANNAN will teach us how to Tune Up the Tongue! This is a process which she developed while working with her son to overcome a speech impediment. Considering the tongue as a muscle, it too has positions in which it will cause stress to the body and switch off various functions. Kathy uses a xylophone in the correcting technique. This one should be interesting!

Speaker

## DR. THIE BEHIND IRON CURTAIN

continued from page 8

Three years ago a medical doctor wrote to me from Czechoslovakia requesting that I send her a *Touch For Health Book* via Vienna. I sent a copy as a donation and a study group was formed, translating the book into Czech and copying it for all its members. I was pleased to discover that the doctor and many members of the study group were in attendance at the conference. I could tell from their questions that they had thoroughly studied the materials and had been using Touch For Health techniques with no other instruction than the book. The leading acupuncture profession in Czechoslovakia was also part of the study group and was part of the workshop, giving support to my statements and demonstrations.

My presentations at the workshop were well received and I was asked when I would be willing to come back to do more extensive training in Czechoslovakia, Poland, Hungary, and Yugoslavia. I was only able to tell them that I believed I would be coming back some day and would let them know when I was available. The desire to learn more about how touch can improve communications between the cells and between humans was overwhelming. I was very gratified by the peoples' eagerness to learn more about our programs.

I also stopped by Coby Schasfoort's training center in Northern Holland. It is a wonderful place that she has for training people. She can house 24 students and hold day-time workshops for even more. It's a beautiful spot in the woods of Holland where the Huns once ruled. Thanks, Coby,

for the hospitality you gave my family.

My final stop on the month-long trip was to present at the International College of Applied Kinesiology's annual meeting in Washington, D.C. There was quite a controversy over having members teach others than those who could become members of the ICAK by virtue of the present licensure. The decision was that members could teach anyone, but it was a close vote, which I believe may be brought up again. As with our own papers the papers presented at the ICAK meeting contained many new and interesting ideas. I am sure that you will be learning about these from our Dr. Sheldon Deal, President of the International Board of Applied Kinesiology, at our Annual Meeting. It was a great trip and very worthwhile.

**R**OBERT VICK, Massage Therapist, inventor, composer, musician, and young man of many other talents is the originator and director of Stress Management Specialists in Albuquerque, New Mexico. He also happens to be blind. Due to an accident four years ago, Robert lost his sight and that's when his life really began. The loss of one very important sense gave him a greater value for life and an intense desire to dedicate himself to healing arts. His presentation will be an inspiration to us all.

Speaker

### A Special Notice about Switching On

Touch for Health has received formal notice that the designation EK is a federally registered trademark owned by Eckankar, a California nonprofit religious organization. Touch for Health has decided and agreed that the mark EK should not, and will not, in the future be used by Touch for Health or any affiliate of Touch for Health.

### Certification

continued from page 7

Touch for Health and Educational Kinesiology skills are for lay people to use safely with their family, friends and colleagues and are designed to be shared as teaching, not used as a treatment. We have developed an exciting new four day intensive program, the *Consultant Workshop*. It develops your Touch For Health facilitator skills in individual teaching situations (paid or unpaid). You work in a private *educational* practice, not a treatment orientated practice. The workshop gives you an expert feel for special kinesiology skills and takes an indepth look at the legal issues.

Touch For Health Foundation certification is also intended to be viewed as an official acknowledgement that a valuable course of instruction has been completed. In other words, the value is in the course itself, what you have learned, how your understanding has been deepened, how your skills have been improved upon and expanded, and how your ability and willingness to take on challenges has been enhanced from the course. This is what your certificate truly represents.

# R • E • G • I • S • T • E • R

Please register me for the 12<sup>th</sup> World-Wide Annual Conference at the University of San Diego, July 14-19, 1987

I have circled the dates in this row indicating the conference dates I plan to attend.

FULL CONFERENCE July 14-19, 1987 I am	PART CONFERENCE Tuesday July 14	PART CONFERENCE Wednesday July 15	PART CONFERENCE Thursday July 16	PART CONFERENCE Friday July 17	PART CONFERENCE Saturday July 18	PART CONFERENCE Sunday July 19
MEMBER \$175	\$30	\$30	\$30	\$30	\$30	\$30
NON-MEMBER \$205	\$35	\$35	\$35	\$35	\$35	\$35

Write totals  
from each  
row down  
this column

Please register me for the following programs (described in more detail on pages 4 & 5). I have also indicated my housing preference in one of the rows below.

FACILITATOR PROGRAM JULY 8-12 at U.S.D. Individual: \$465 Couple: \$750 Deposit: \$100	CONSULTANT WORKSHOP JULY 20-23 at U.S.D. Individual: \$550 Couple: \$790 Deposit: \$80	INSTRUCTOR UPDATE JULY 20-21 at U.S.D. Individual: \$195 Couple: N/A Deposit: \$75	KINESIOLOGY INTENSIVE JULY 19-20 at U.S.D. Individual: \$175 Couple: N/A Deposit: \$50
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## ACCOMMODATIONS at U.S.D. in July... ↓

I plan to:

☐ Stay off campus during the following days

Thur. 16 <sup>th</sup>	Wed. 8 <sup>th</sup>	Thur. 9 <sup>th</sup>	Friday 10 <sup>th</sup>	Saturday 11 <sup>th</sup>	Sunday 12 <sup>th</sup>	Monday 13 <sup>th</sup>	Tuesday 14 <sup>th</sup>	Wed. 15 <sup>th</sup>
\$8.00	\$8.00	\$8.00	\$8.00	\$8.00	\$8.00	\$8.00	\$8.00	\$8.00

☐ Stay on campus in a private room.

Tuesday 7 <sup>th</sup>	Wed. 8 <sup>th</sup>	Thur. 9 <sup>th</sup>	Friday 10 <sup>th</sup>	Saturday 11 <sup>th</sup>	Sunday 12 <sup>th</sup>	Monday 13 <sup>th</sup>	Tuesday 14 <sup>th</sup>	Wed. 15 <sup>th</sup>
\$55.00	\$55.00	\$55.00	\$55.00	\$55.00	\$55.00	\$55.00	\$55.00	\$55.00
Thur. 16 <sup>th</sup>	Friday 17 <sup>th</sup>	Saturday 18 <sup>th</sup>	Sunday 19 <sup>th</sup>	Monday 20 <sup>th</sup>	Tuesday 21 <sup>st</sup>	Wed. 22 <sup>nd</sup>	Thur. 23 <sup>rd</sup>	Full Conf. July 14-19 \$265
\$55.00	\$55.00	\$55.00	\$55.00	\$55.00	\$55.00	\$55.00	\$55.00	

☐ Stay on campus and share a room. My room-mate preference is below.

Tuesday 7 <sup>th</sup>	Wed. 8 <sup>th</sup>	Thur. 9 <sup>th</sup>	Friday 10 <sup>th</sup>	Saturday 11 <sup>th</sup>	Sunday 12 <sup>th</sup>	Monday 13 <sup>th</sup>	Tuesday 14 <sup>th</sup>	Wed. 15 <sup>th</sup>
\$45.00	\$45.00	\$45.00	\$45.00	\$45.00	\$45.00	\$45.00	\$45.00	\$45.00
Thur. 16 <sup>th</sup>	Friday 17 <sup>th</sup>	Saturday 18 <sup>th</sup>	Sunday 19 <sup>th</sup>	Monday 20 <sup>th</sup>	Tuesday 21 <sup>st</sup>	Wed. 22 <sup>nd</sup>	Thur. 23 <sup>rd</sup>	Full Conf. July 14-19 \$210
\$45.00	\$45.00	\$45.00	\$45.00	\$45.00	\$45.00	\$45.00	\$45.00	

I request the following person as my room-mate:  
I understand that the Foundation cannot guarantee to fulfill this request.

Please reserve \_\_\_\_\_ spaces on "Dr. Dewe's Moonlight Cruise" at \$20.00 per ticket.....  
I understand that if I wait to purchase them after July 1<sup>st</sup> the tickets will be \$25 each.

☐ CHECK ☐ VISA  
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Authorizing Signature ↓

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