



Keeping...

In Touch

The Newsletter for the North American
Touch For Health Association

Spring 1991

Volume 2

Issue 1

The 1st International Annual Meeting of Touch for Health Associations

'COMING INTO THE LIGHT'

*"DEDICATED TO THE CELEBRATION OF TOUCH FOR HEALTH'S
SUCCESSFUL TRANSFORMATION, THE SUN'S LAST SOLAR ECLIPSE
IN THIS CENTURY, AND THE HEARTFELT MOTIVATION TO WORLD PEACE"*

A SPECIAL FOUR-DAY CONFERENCE

**with many activities,
muscle-testing
techniques, energy
balancings, therapeutic
touch, and of
course fun in the
California sun with
the Touch for Health
global family and
caring friends.**

July 10-14, 1991

**University of
San Diego, USA**

Dear Touch for Healthers,

Happy 1991! We wish each of you the happiest and most fulfilling year you have yet to experience! Unfortunately, the war and hostilities had clouded our new year thoughts, and we are grateful the war has ended.

We are joyfully looking forward to the upcoming events in 1991. The new, forward moving Touch for Health Associations show great promise for us all. The camaraderie and new information shared is always wonderful and refreshing and has stimulated our enthusiasm and excitement for planning the Annual Meeting. As plans develop we often think of each of you, and how valuable each of you are to this world-wide movement of using touch, self responsibility and new resources for the well being of each other, and those about whom we care.

Let us all make the Annual Meeting an absolute priority.

We will be back at the University of San Diego! (Murieta Hot Springs closed its doors this past January). We feel that because of the positive energy of this great location: the international airport, beaches, *SUNNY SAN DIEGO* and the facilities of the University, it is best to go with the best. This will be the last time for a number of years that the Annual Meeting will be held in North America. The next TFH Annual Meeting in 1992 is tentatively planned for Holland, Europe.

This year's Annual Meeting will continue with the great tradition of the TFH Foundation by instituting workshops, movement exercises, balances, quick fixes, and joyful recreational activities. This newsletter will have highlights for further inquiry.

We look forward to seeing you and continuing the relationships that TFH provides. Keeping in touch,

KIM and ALICE VIEIRA

Learning to walk!

by Robert A. Aboulaché, M.A.

This is our second newsletter as an Association. Just a few months ago we were struggling with getting everything organized -- everything was still in the formative stages. Now we are beginning to pick ourselves up; we're actually starting to rise and stand on our own!

It was a major transformation we underwent this past July (1990) when the Touch For Health Foundation metamorphosized. The birth of the TFH Association in North America demonstrated the Will of life, of Goodness, and of Holism. In the past six months we have grown to rely solely on our membership's dedication, fiscally and physically. It is the resourcefulness of the TFH community that inspires our Will to rise and walk alongside the other TFH Associations in our world.

We have organized an Annual Meeting. This has motivated us to pool our creativity, our finances, and our member resources. In order for the TFH Association in North America to function as it learns to balance its growth and movement, the Annual Meeting *must* prove successful. Success for an organization such as ours is financial stability and membership support. By *you* attending the Annual Meeting, *you* create the support for the TFHA to succeed. It is through *our* coordinated efforts that the TFHA will stand on its own, and walk into the next millennium.

The greatest attribute of the TFHA is the heartfelt caring each of its members embody. This is evidenced by our Will to help ourselves, our loved ones, and our planet through Holistic means. This is exactly what *you* receive when *you* attend the Annual Meeting -- people sharing their gifts, their love for life, and their Willingness to help coordinate the TFH synthesis' evolution. This newsletter contains a page dedicated to the Annual Meetings agenda. Take time to look it over and register -- TFHA *needs you* for it to celebrate its first birthday, and its success in learning how to walk across North America.

Once again this newsletter is a manifestation of our membership's dedication to TFH. We have articles from every generation of TFH's past: Dr. Thie, Gordon Stokes, Paul Dennison, John Varun Maguire, the Barhydts, and of course myself (to mention a few). Again, we have spanned across the USA and Canada to realize that the Will of life is alive in TFH.

As we continue to grow, to learn how to walk as a decentralized organization, we look forward to new networks of information. The TFHA is modernizing by networking its regional centers with computer modems. We are becoming more efficient and closer knit. With our continued support, we will eventually "run" an organization that is excellent not only in content (the TFH synthesis), but in overall structure as well. See you in San Diego this July.

Keeping in touch,

Robert A. Aboulaché

TFHA Chairperson

By Robert Waldon

Our Touch For Health Association continues to expand and grow in many ways. Thanks to all of you for your on-going support in the form of membership, vision, contributions of time, energy and money, and your continued use and expansion of your Touch For Health skills.

At this year's Annual Meeting (July in San Diego), there will be two important pieces of business which would benefit from your participation. First, there will be a review and ratification of the by-laws for our newly incorporated Association. The by-laws include such items as Purpose, Membership, Dues, Voting and Elections, the Board of Directors, and Duties of Officers and Directors. Thanks primarily to the diligent coordinating efforts of Bill Cook, the articles of incorporation and by-laws accurately reflect the wishes and desires directly expressed by the membership last July as well as input relayed through the Regional Directors over the last 8 months.

Second, the Annual Meeting will again be a time to make your desires known relative to who you would like to have representing you on the Board for the 1991-1992 year. The by-laws propose a 12 member Board, a 3 year term for each with one third of the Board retiring each year. There will be either one or two directors elected from each region by that region's membership with the balance of the 12 elected by the membership at large. In addition to electing new Board members to bring the current Board up to 12, one third of the current Board will retire this year and another third next year to phase into the 3 year rotation.

Now is the time to contact your regional representative or write directly to the Association Headquarters with nominations for new Board members. You may nominate either yourself or someone else, with their permission. It is our intention to publish the initial slate of nominees in the June newsletter in preparation for the Annual Meeting. Advance notice serves everyone. Nominations will also be accepted at the Annual Meeting itself.

Give to the source of your Good. Let us know how you feel and what you want. If the Touch For Health synthesis and this Association are supporting you in the expansion of your aliveness and the enhancement of your well being, see what of yourself you are called to give to support its expansion. There are many opportunities. Taking an active role in the leadership and direction of the Association is one option for those who are called to serve in this way.



A WORD FROM DR. JOHN F. THIE

When I read the reports in our new newsletter, I feel deeply indebted to all the people around the world that are sharing the TFHS (TFH Synthesis) techniques and using them so effectively.

The meeting of the North American Touch For Health Association has been changed back to the University of San Diego. The committee planning this meeting met Saturday - January 19th. The Annual Meeting committee has 23 planners who shared a great time working together. It will be a wonderful meeting to attend.

We have been adding contributing editors, as you may have noticed. You do not have to be a contributing editor to send in your materials. What we are gathering are case reports, best case studies, and anecdotal materials that will give us ideas on what in the TFHS should be researched further.

We have great evidence that what we do in the TFHS makes people feel better. We do not fit into the "scientific model" of research which defines the human body in terms of biochemical reductionism and mechanization. We fit more into the vitalism, meridian philosophies of the "energy models" which are rejected by some scientists. The "energy model" postulates that life is affected by "energy or a vital force" which is not easily measured by current machines. Homeopathic methods, accupressure, and TFHS, believe that the emotions, the body, and the mind are all affected together.

We are interested, at this time in gathering reports from people using the TFHS. We want to know the outcomes of the methods being used. We are not looking for explanations of why the results occurred; we are interested in the results of the TFHS techniques. In other words, what we want to know is: what was the complaint, how was it affecting their life, what was specifically done to the person with the complaint and what were the outcomes — immediate, and long term. The reports included in this newsletter are the type that you could share out of your experiences. It takes some time to write them down, but it is really worthwhile for everyone to have this information. For example...

Today a bookkeeper came to me with a wrist pain which has been causing her difficulty for the past 10 days. Her wrist hurt when she did computer entry. My approach was to do a TFHS muscle balance, that is, test and balance one muscle for each meridian plus the Hamstrings, Gluteus Maximus and Sacrospinalis. I then tested one Opponens Pollicis, balanced and tested for the supinators and pronators of the hands. I then gave her instructions on not hyper-extending her hand while using the adding machine or computer. She said it immediately felt better. I saw her four hours later at a meeting and she told the entire group how much she appreciated getting her wrist fixed after suffering for 10 days without help (even after taking medication).

I have been using the TFHS techniques in my chiropractic practice for the past 25 years. I am constantly excited by the rapid results that often occur. It was the simplicity of the techniques that led me to write the TFH manual with its continued benefit to people around the world. I am continuously encouraged to bring the results to the widest possible group of people.

If you are not now a member of one of the world-wide TFH Associations I urge you to consider membership.

Keeping in touch,

Dr. John F. Thie, D.C.

'COMING INTO THE LIGHT'

July 10-14, 1991

University of San Diego, USA

It's 1991, and it's the Touch For Health Association of North America's first birthday. Come join us; celebrate, eat cake, play games, and... learn some new things about healing, living, growing, and having FUN!

There is so much to be said about TFH Annual Meetings, and this year's is truly a special one. For the very first time we will have an international meeting that has been completely developed by the people and for the people of the Touch For Health Association.

This year there are numerous reasons to attend. Below are brief descriptions of what's to come. A special Annual Meeting Flyer will be sent to you. If you need another one, for yourself or a friend, call the Association; we'll be more than happy to oblige. See you in San Diego!

AGENDA

WEDNESDAY, JULY 10

3:30 pm Registration
Check-in
Dinner
Opening Ceremonies

Keynote Speaker -

John F. Thie, D.C.

THURSDAY, JULY 11

TFH Sessions
Speakers/Balances/Quick Fixes
Exhibitor/Bookstore opens
Speakers

Keynote Speaker -

Sheldon Deal, D.C., N.D.

FRIDAY, JULY 12

TFH Sessions
Speakers/Balances/Quick Fixes
Skills Auction & Raffle
Dr. Dewe's Moonlight Cruise

Keynote Speaker -

Bruce Dewe, M.D.

SATURDAY, JULY 13

TFH Sessions
International Faculty
Speakers/Balances/Quick Fixes
Banquet - Awards & Presentations
Saturday Night Live

SUNDAY, JULY 14

Closing Ceremonies

Call for Papers

GUIDELINES for Preparing Journal Papers:

Papers should not exceed (10) double spaced typewritten pages. We are unable to accept papers which are handwritten or single spaced. A MacIntosh or IBM diskette accompanied by a copy of your paper would be greatly appreciated. Sending the text on a disk without formatting commands (ie, ASCII text) will facilitate that process of papers. Please telephone if you have any questions -

(314) 647-0115

1. "Technique" papers should include full descriptions of the procedures involved in easily understood English.
2. A bibliography of relevant reference material should be included at the end of the paper.
3. Footnotes are to be numbered and put at the end of the paper before the bibliography.
4. Due to the time involved in publication we will be unable to guarantee a paper's publication if received after the deadline. All papers must be post-marked before **April 30, 1991.**
5. Artwork and graphics are to be "camera ready" in black and white.

If you intend to speak at the Annual Meeting, or have any questions please notify the TFHA.

WORKSHOPS

Pre & Post Conference Workshops will be made available. Below is a listing:

PHP 1 Mary Louise Muller
July 6-9 \$450

KEIT Richard Harnack
July 3-8 \$785

Instructor Update John Maguire
July 7-8 \$225

Spiritual Connections Frank Mahony
July 9 \$60

Best of Hyperton-X Frank Mahony
July 9-10 \$170

Kinesiology Research Workshop
July 14-16, \$275 Bruce Dewe, M.D.

PHP 2* Bruce Dewe, M.D.
July 22-26 \$525

PHP 3* Bruce Dewe, M.D.
July 28 - August 1 \$525

To sign-up for a workshop call the TFHA at **(314) 647-0115.**



*Workshop will be held in Anaheim

Business Hint #1

By Paula Oleska

Would you like to attract more clients and teach bigger classes? Would you like to communicate more effectively about TFH? Then consider the following suggestions:

The key to effective communication is asking questions and listening. We tend to respond to questions with too much information, which can overwhelm the inquirer. Instead, ask the person questions back, like: "What made you interested in Touch for Health?" "What caught your attention on my flyer?" "What problems are you looking to solve?" etc. Then LISTEN!

When it is your turn to talk:

- Address the person's individual needs (e.g. "Many people experience relief from backpain using TFH," or "TFH is excellent for preventing injuries and improving your running time," or "You can expect to have more energy in just a few sessions").
- Avoid professional lingo. ("Balancing energy", "Muscle Testing", "Meridians" do not mean much to most people).
- Talk about WHAT they will get out of the class/session, not HOW you will do it unless they ask. If they do, then use language they can relate to. For instance, if the person has explored some other holistic disciplines, you could use concepts that TFH has in common with them, e.g. Shiatsu or Chiropractic. If, however, the individual is used to a more medical approach it would be better to use a more general language like; "Procedures based on contemporary research about the brain/body connection," "Improving a muscle response so we can perform better, and so on."

Please let me know if using these suggestions helped you. Be more convincing and reach more people. I am interested to hear about your results.

Teaching Hints

By Vicki Fletcher

Let students share what they are learning:

Personally, when I can begin to explain a technique, I'm on the way to getting it myself. Then I keep it by giving it away.

It's always the teacher who learns the most. So I would like all of my students to share some of these joys.

Before the workshop, look for qualities and abilities your students may be able to contribute. Enthusiasm, knowledge, sense of humor, imagination, etc. Their background and experiences in certain areas could make your workshop very powerful if you can orchestrate it appropriately. Assign students in advance a muscle system from the manual to explain. "Demonstrate cross crawl." Or use two persons for a demo and facilitate the balancing between the two instead of doing it so perfectly yourself. The more involved people get in sharing, the more powerful they become, especially when realizing they can make a difference without getting it perfectly.

With the anticipation of sharing information, they may take more responsibility for their learning while enhancing their creativity and spontaneity. In the future such a situation may present itself and it may not be so uncomfortable.

Some people are already speakers and teachers; let them show their stuff. I have learned new ways of explaining by letting others do the teaching. I also get to relax a little more.

When I learned TFH there was one teacher in particular whom I admired, and I still do. I was so impressed by his presentation, I felt a bit inadequate until I realized...People need to understand that they are much more powerful being them, than trying to be you. Give individuals the opportunity to appreciate their own style and power as soon as possible, and they will teach you a thing or two.

TWO WORKSHOPS BY PAULA OLESKA, M.A.

Steps to Success

Do you want to:

- Have more clients? • Teach bigger classes?
- Make more money?

This workshop will teach you an effective way to reach these goals through:

- Finding the right market
- Designing flyers that work
- Personalized plan for success

and much more...

EASY * PRAGMATIC * FUN

Healing Your Inner Child

For emotional individuals who want to go beyond positive thinking to develop creativity, playfulness, and peace of mind.

STEPS TO SUCCESS:

New York: Sat. & Sun., April 6 & 7, 10-6 PM
San Diego: Wednesday, July 10th, 9-5 PM

HEALING YOUR INNER CHILD:

To bring this workshop to your area, please contact PAULA OLESKA, M.A. (212) 864-4507

Kinesiology A La Mode

By Mary Louise Muller

The flowing expressive fingers of the traditional Indian dancer strikingly move from position to position. Each hand posture makes a forceful statement. Exactly what, my mind does not know, but my eyes are riveted. The dance is a tradition passed from generation to generation carrying its non-verbal message.

In yoga, hand positions are called *mudras* and are used to connect and activate specific energies and circuits. The power of hand positions can be experienced in the feelings evoked when we see hands praying, gestures for peace, anger, greeting, beckoning, parting, and the "Touch for Health" hand pictured on the book.

The finger modes are a non-verbal communication which in many ways is the essence of all kinesiology. Through kinesiology, we can "talk" with the body-mind-emotion-being. We go beyond words to discover things otherwise unsaid.

Finger modes are an organized method of scanning and accessing priorities needed in a balance. Alan Beardall, DC was a pioneer in this area and is well known for his research and the dramatic results he had in working with people. Edu-K has four basic finger modes. Three In One Concepts has about seventeen and PHP uses more than 200. These modes give us an efficient and powerful access in communicating with various levels and aspects of the being.

My students continually ask me how to integrate all the systems and tools they've learned. PHP does this. Each step of the balance, we scan all 200 modes and confirm whether there is more to clear. The modes are simpler than the number may lead you to believe. There are six major categories and systematic subcategories which for the most part follow a basic pattern.

Where do these modes come from? I asked Dr. Bruce Dewe how he had developed them and he shared that they have a more than arbitrary basis. In a sense each hand position has an energy of its own and will consistently be "found" by a number of people before it is placed on the mode chart.

Becoming fluent with finger modes makes a kinesiology balance become more and more a dance of healing. The conversation flows from one non-verbally stated need to another until the system demonstrates the completion of its new balance.

For all of you who would like to learn to dance through your balances, information on PHP classes can be obtained through Mary Louise Muller, 39582 Via Temprano, Murrieta, CA 92362. (PHP instructors, please send me your class flyers so I can refer people to your classes. Thank you.)

TPCS Distributors

T P C S The Products of Choice & Service since 1945 T P C S

343 E. Orange Grove Blvd., Pasadena, CA 91104 - 3857 Birch St., #313 Newport Beach, CA 92660

Call for our Catalog many other health products too! (818) 792 - 8000 - (714) 760 - 0772

Kim Vieira is the new owner of TPCS Distributors, a health & food supplement company originated by Dr. John C. Thie (86 year old father of Dr. John F. Thie of TFH). Dr. Thie Sr., originated 57 formulas that have not been replicated. The TPCS products focus on the maximum cleanliness and vitality of human functioning. To date purchase of these products have been available to doctors only, now they are available to you.

**The evolution of products that
ensure a cleaner, more vital &
energetic inner environment**

IOAQUASOLL - (IO for iodine - AQUA - for Water - SOLL for Solubility) - For the thyroid - Non Toxic liquid iodine for internal use - 1 oz. bottle or 8 oz. bottle

LOALSAN - (LO - for Lower - AL for Alimentary - SAN - for Sanitation) - For feminine Hygiene. Pine oil, marjoram and chlorophyll. A little LOALSAN in the bath is also refreshing. 8 oz. liquid concentrate.

UPALSAN- (UP for Upper - AL - for Alimentary - SAN - for Sanitation). For Upper Alimentary Sanitation Laxative that Flushes the Bowels (Easy convenient dose packets)

CHARCOLOIDT - (Charcoal & Colidal Minerals) For Filtering Stomach Distress. (Tablets)

DENTILL - (DENT - for Dental - Ill for Ills) For Stronger & Healthier Teeth & Gums. (Powder packets)

VERUFAKT - (VERU for little bumps on the skin - Fakt for factor). Amino Acid, L- Methionine plus herbs.

Repetitive Muscle Stress

by Elizabeth and Hap Barhydt

Repetitive Muscle Stress (or **RMS** for short) is turning out to be a major problem of the budding 1990's. This is being triggered by the rapidly increasing computer key board usage, causing such problems as numb fingers, painfully stiff wrists (often diagnosed as "carpel tunnel syndrome"), stiff and sore shoulders, and more.

Actually **RMS** has been around for a long time. Ask the beauticians who can't hold their arms up at the end of the day or comb their own hair or brush their teeth. Or ask the grocery checkout clerk who can't put on a pullover sweater. Or ask the meat and poultry packers who find themselves in such pain that they are unable to continue working and find themselves on disability unemployment. Or ask the dentist who works limited or half days because his arms and wrists go weak when he works too long. The list goes on and on.

The increasing occurrence of **RMS** with its very debilitating symptoms is resulting in increasing legal action, employees suing employers, and increasing statutory regulation by the state and federal governments. This is resulting in an increasing morass for businesses large and small that mostly translates into more forms, more fines, and more bucks.

Most efforts to reduce the effects of **RMS** center around reducing the repetitive activity impact. These efforts include "optimal" work station design, braces and splints, frequent rest periods, and job rotation. They all do help to reduce **RMS** but often at a cost of significant loss in productivity.

However these efforts are not really dealing with the basic problem, which is restoring the loss in muscle balance and strength triggered by the repetitive activities. Major factors in **RMS** are **Reactive and Frozen Muscles**. Also involved are **Muscle Knots** (localized muscle spasms) and limited **Range of Motion** (due to overly tight muscles fibers). In some cases **Structural Imbalances**, deriving from the muscle imbalances, may also be an important factor.

We have been helping people with **RMS** for over 8 years balancing Reactive and Frozen Muscles, easing Muscle Knots and limited Range of Motion, and correcting Structural Imbalances with techniques derived from Touch for Health and Applied Kinesiology.

Until we discovered the **Reactive Muscle Basic Balance** and the **Frozen Muscle Basic Balance** in 1988, such balancing required considerable skill and time because the layers of specific reactive and frozen muscle combinations needed to be identified and balanced in priority order. Now the **Basic Balance** routines eliminate the need to identify the specific muscles involved, making it easier for the therapist to achieve effective results quickly and opening the door to simple **self-help** routines.

An important aspect of controlling **RMS** on the job is doing the **Basic Balance** exercises on the job. The **do-it-yourself** aspect of our **Basic Balance** exercises makes it possible for workers to do this balancing on the job without the assistance of a muscle balancing therapist.

RMS is also a factor in many athletic activities. We have seen these balancing exercises together with our **Five Finger Quick Fix** improve basketball, golfing, hiking, and aerobic exercise performance, and we would expect significant improvement in most other athletic and dance activities.

All of the Balancing Exercises and Muscle Testing routines required to balance **RMS** are described in our book, **Self-Help for Stress and Pain**, available for \$10 (plus sales tax, shipping, and handling) from the T H Enterprises book store or directly from us.

For those interested in hands on instruction and practice, we will be presenting our 2-day class based on our book **Self-Help for Stress and Pain** on Saturday and Sunday, July 6 and 7, just before the TFH Annual International Meeting. See you there!

Elizabeth and Hap have recently purchased a home on the edge of the Stanislaus National Forest in the Sierra Nevada just 20 miles from the Big Oak Flat entrance to Yosemite National Park. Their motor-home is parked in the driveway ready for their next trip. Their current address is: 22625 Ferretti Road #15, Groveland, CA 95321. Phone: (209) 962-HUGS

Developing a Healthy Fitness Program

by John Varun Maguire

As Spring approaches it's time to think about venturing into the great outdoors to do your favorite sports and fitness activities to trim away that extra layer of fat that you may have put on to insulate you from the cold winter weather. Even if you are at your ideal weight, you may want to consider the benefits of developing a physical fitness program if you are not currently working out. These include: increased energy and endurance, better skin and complexion, improved posture and immunity, increasing your life span, looking and feeling your best, and just having fun.

Before beginning an exercise program it is a good idea to get an evaluation from a physician to make sure that the extra physical stress of a workout program will not cause any problems. Once you have the green light, there are a few things to consider to determine the right program for you.

Physical fitness is composed of three elements: Cardio-vascular, Flexibility, and Muscular Strength and Balance. Cardio-vascular fitness is considered the most important of these so we will focus on it in this issue.

Cardiovascular fitness means a strong heart, elastic arteries with a large circumference and healthy lungs. The best evidence of this is a slow resting pulse rate, usually under 65 beats per minute. Another indication of a fit cardio-vascular system is rapid recovery to the resting pulse rate after exertion.

Enhancing your cardiovascular fitness is achieved through aerobic exercise. Aerobic means "with oxygen", so aerobic exercises are done at a pace in which your breathing resupplies your body with oxygen at the rate it is using it. Most types of exercise can be aerobic or anaerobic depending on your heart rate. Doing an activity such as running, biking or swimming at a lower heart rate makes it aerobic, while doing the same activity at a higher heart rate makes it anaerobic.

Some activities, such as weight lifting, are always anaerobic. Racquetball, tennis, basketball and similar sports are usually anaerobic. These activities are good for developing strength and muscle tone and are best incorporated into an exercise program after an aerobic base is developed.

By enhancing your cardiovascular system through a healthy aerobic exercise program, you improve your overall health, weight, fat metabolism, enhance your athletic performance and more effectively deal with any health problems you may have.

In aerobic exercise fats are used as the energy source. Therefore if you want to lose body fat, you want to make sure that you are keeping in your aerobic target zone. By using more fats for energy the blood sugar is stable. This stability means moods will also be stable due to the brain's reliance on blood sugar as a primary fuel.

Another benefit of a cardiovascular fitness program is that your metabolism is increased to cause more calories to be burned not only during the activity but also during the several hours that follow. This means that exercise is a more effective way to lose weight than dieting.

During anaerobic exercise muscles convert glucose (sugar) into energy, whose by-product is lactate. Lactate is a waste product that becomes a toxin if the body can't get rid of it fast enough. Therefore, if you are overdoing it with anaerobic exercise you may experience general muscle soreness the day following a workout, due to high blood lactate levels. This can also produce recurrent injuries, panic attacks, PMS, an abnormal increased heart rate, muscle cramping, shortness of breath and an inability to exercise at an aerobic level.

There are formulas to compute your aerobic target zone and heart rate monitors to help you stay in your aerobic range. The simplest test is that if you can talk with reasonable ease while you are doing the exercise, you are aerobic. Increase the intensity of the exercise until talking becomes difficult and then ease back to a comfortable level.

To be most successful in developing an exercise program start by building an aerobic base. This consists of exercising for a period of two to six months doing aerobic workouts only, without anaerobic activity. Doing any anaerobic activity during this time may jeopardize the building of the aerobic base.

Some of the possibilities for aerobic exercise include cycling, cross-country skiing, fast walking, running, skating, swimming, climbing and rowing. Aerobic exercise can incorporate the legs, arms or both, which is certainly preferable.

For aerobic workouts to be effective they should be at least 12 minutes long and up to an hour. Be sure to warm up and warm down before and after the aerobic period so that your heart rate does not jump or slow dramatically.

Most of your potential can be achieved in five 30 minute workouts per week, though good cardiovascular fitness can be achieved and maintained with three 20 - 30 minute workouts per week.

If you build and keep a good aerobic base, you can enjoy the benefits for years to come. It will burn off excess fat, improve your immune system, give you more energy and help you look and feel your best. Next issue we will explore more aspects of physical fitness. Until then, have fun and live a life of balance!

John Varun Maguire is a member of the International Faculty of Touch for Health and the director of Ultimate Performance Technologies, a seminar company dedicated to athletes, therapists and executives achieving excellence in health and fitness. He has a private practice in Malibu, CA where he lives with his wife, Nancy.

If It Lasts, It's Learned

By Paul Dennison, Ph.D.

Paul Dennison, Ph.D., has pioneered the development of a language of learning, a method to test brain dominance preferences and to apply the knowledge of developmental skills to any new learning situation whether it is in the classroom or office or on the sports field. Dr. Dennison's work has revolutionized Applied Kinesiology by focusing on the integrated individual within his environment as opposed to addressing segregated elements of functioning. The following article explores the meaning of integrated learning patterns within a balance.

"How long will this balance last?" may be the question most often heard by professional kinesiologists around the world. "How long will I remember what I have learned today?" may be a similar question asked in the classroom, a question that would startle and surprise most educators.

The apparent inappropriateness of this second question suggests a primary difference between the educational and non-educational models of growth. In the non-educational model, the client or patient presents himself with a condition to be "corrected," just as some learners might patiently wait for the new knowledge or skills that will be addressed that day. In the educational model, the student knows he is responsible for his own learning.

Learning is not complete until it can be meaningfully applied. In Educational Kinesiology, we define education as "drawing out potential." Movement is our model for accessing the natural physical skills that make all types of learning attainable. If the student should ask, "How long will this balance last?" we know the answer depends on how well the student has learned. If transfer of learning has taken place, from the Edu-Kinesthetics balance session to the life of the individual, the learning will last indefinitely.

We may forget names, dates and facts. We might forget teacher-directed lessons which are abstract, intrusive or irrelevant and, therefore, not integrated into our lives. We do not forget what we learn how to do with our kinesthetic intelligence, i.e., learn to ride a bicycle, to swim, to ski or whatever. Fifty years can pass without doing the skill, and it is still available and remembered by our kinesthetic intelligence.

The Edu-K process is effective because it assists the learner in identifying goals and knowing why, where, when and how he is going to apply his new learning. Edu-K recognizes the unique process of each individual while identifying basic physiological tasks common to all human experience. Brain Gym®, the Edu-K menu of movements for reinforcing new learning, is based on the concept that all learning requires physical skills. Brain Gym is built upon the research in child growth and development which suggests that kinesthesia (muscle and movement awareness) is necessary for tasks such as hand, eye or whole-body movements and also is primary for the more abstract visual, auditory and motor skills (like reading, thinking or planning an action).

Edu-K is based on the concept that, at any age, auditory, visual and motor skills are best learned through three-dimensional kinesthetic experiences. Learning through whole-body activity like movement and play is automatic to the young child. Two-dimensional activities like reading, drawing, writing or watching television require more refined binocular skills. Denied a foundation of concrete operational experience, the learner's strategies are stressful, meaningless and must depend upon rote memorization or mnemonic devices. Edu-K provides permanently changed behavior by reestablishing or repatterning for a stress-free kinesthetic foundation upon which to build integrated cognitive skills and logical thought.

All stress, pain or dis-ease is simply the inability to learn. The student ultimately contacts the Edu-K Educational Therapist for a private session because he is dissatisfied with his ability to learn. The Edu-K professional skillfully delimits the task which is blocked and targets the movement experiences necessary to access the learning more efficiently, automatically and permanently. The session involves releasing compensatory patterns and replacing them with integrated developmental experiences.

How long will it last? If the student learns the lesson fully, he will never be able to forget it. When appropriate goals are made with the learner and for the learner and achieved by the learner, the question is, "What can I learn to do next time?"

Dr. Dennison is President of the North American Educational Kinesiology Foundation, a non-profit organization offering professional training for individuals interested in the vocation of Educational Therapist. For more information, contact the Edu-K National Network 1-800-356-2109, or write Educational Kinesiology Foundation, P.O. Box 3396, Ventura, CA 93006.

Imagine what would happen if the motivation in each individual was not for self preservation — but instead was the **MOTIVATION TO CREATE**?

What would it be like if every person's heart sparked with a spiritual awareness called **INSPIRATION**? Think of how we could put all this to work in our everyday life. What would happen if a family, a relationship, a company or business operated under these conditions? It would be near perfection!

Let's take a look at an "organized" organization (you could say the same for an "organized family" or "relationship"). Control takes away our responsibility — and unfortunately most of us will let, even encourage, others to control us. It's true, but most of us keep trying to escape from the freedom and the **RESPONSIBILITY** that freedom entails. It is understandable that when we ask to be controlled, (usually by not taking any action) mother, father, spouse or management feels the need to take over. It is their honest aim to help, but the effect is usually the opposite. Also think of the helpful mother or father controlling the child (for its own good). Too much control reduces endurance and hastens fatigue and a negative attitude can result. What about our control with our clients? How much do they depend on our influence? Our "insights" and "words of wisdom" for them? If you get in the way of your client making the cognition you're working at cross purposes to that person's spiritual and mental development, and if continued, it will tend to paralyze the normal processes of thought.

A "controlled" person has never been able to compete with a free person in occupations with a free person in occupations requiring a high degree of initiative, resourcefulness, and persistence. This has been proven time and time again. What job requires these attributes more than "living our lives?"

Let me give you an example of what happens when people allow the stifling of their own creativity. They become unhappy and discontented when the existing authority does not control "properly" and this can include parents, spouse or boss. They imagine everything will be all right if they change to a new authority, one that would really make them prosperous by leading them hand in hand, step by step. So, they change jobs, relationships - even dream about "how much better life would have been for me if I had different parents." What they really need is a taste of trust in themselves, of using their own individual creative potential, so they will have the confidence to make their own without all the false security they feel they need. When the realization comes that they alone control their human energies they'll be in **POWER**.

Many years ago I went to the tramway in Palm Springs, California and spent a beautiful day at the top of the mountain wandering through the forest, watching the wildlife. I was asked by the forest rangers not to feed the blue jays that were there in great abundance. The reason for not feeding them was they become dependent upon the people in the summer who share their lunch with them. When winter comes, their dependency on the picnickers makes them very ineffective in finding their own food and they starve. The blue jays become dependent on an "outside authority" for their survival and allow others to stifle their own creativity in providing for themselves.

I believe that growth and initiative develop faster when we have resistance to overcome. When life gets "too easy" because we have won in the struggle, we tend to forget the creativity we used to bring about the "**WIN**".

People prosper and progress in proportion to individual initiative. Nothing is more valuable than an individual who accepts the responsibility that goes with freedom. This individual plans and executes these plans, dreams, and then make dreams a reality; conceives of beautiful things and goes about creating them.

In creating this atmosphere in families, relationships or organizations, everyone gets involved in serving one another and lifting each other up mutually. Creating and building together, on their **OWN INDIVIDUAL** initiatives, will secure equally in the relationship or organization.

We, as helpers, staying out of the "authority" role and keeping the authority where it belongs — with the people who come to us for help — are giving them what they really need. We are giving them trust in themselves and the confidence to make their own way.

Keep Clients Responsible

By Gordon Stokes

LETTERS

Rt. 4 Box 82
Callahan, FL 32011

Good morning-

Just a quick note to let you know I leave for Saudi Arabia today with Naval Reserve Fleet Hospital. (I'm a lab tech and they decided they needed me!).

So - please send me referrals that need a quick response. If my tour is only 90 days I'll return in April. If I am extended I don't know when I will return.

I'm taking my TFH book!! I guess we can now say we have an instructor in Saudi Arabia??!

Sincerely,

Rita Woods

February 11, 1991
6212-C Antigua N.E.
Albuquerque, NM 87111

The prayers of all the members of the TFH Association were with Rita and all our military. Welcome Home!



Dear TFH Association,

I have some questions not fully answered by the Winter 1990 "Keeping In Touch" just received. Since I work out of my home, I usually am available at the above telephone number (9a.m.-9p.m. MST)-- so, if it's more convenient for you, please call me collect with any replies.

I've been teaching TFH 1,2, and 3 under the new 1990 format proposed by Jim Reid (rosters sent in).

1). Re: Richard's article, "Join the Leadership Team I would like to continue teaching TFH 1,2, and 3 with my class "students" getting credit toward possible certification as TFH instructors if certification in the USA again become possible. Richard's article refers to eligibility for the Leadership Team including co-teaching

with a current Team member these 3 classes. If this is a requirement then at this time I won't submit an application for joining the Team. Also, I'd opt out if I should be referred to take any "update" course (I've Had PHP 1,2,3, MAPS). Will you let me know just what is required please? Most of my TFH -type activities have to do with 1-on-1 work to educate clients (just had my best year ever).

2). It's not clear to me whether "students" who had, or will have had , TFH 1,2,3, KEIT can yet get certified as TFH instructors in the USA. What's the latest on this (I've interested class attendees who want to do this).

Thanks for this info.

We all appreciate the great work you are doing with the TFHA in Maplewood!

Love & Light,

Cliff Garner

Dear Cliff,

The U.S. Leadership Team consists of persons who are on the Faculty and are approved to teach Instructors, Facilitator's, Instructor Updates, and other advanced level workshops. Those persons wanting to teach these workshops may call Richard Harnack at 314-647-0903.

The current requirements for persons wanting to become Touch For Health Instructors are:

1. Pre-Requisites: Completion of Touch For Health 1,2 & 3 OR Touch For Health 1 and the Facilitator's Program.

2. The completion of the K.E.I.T. (Instructor's Training).

If you would like to attend an Instructor Update to become current with the Touch For

Health 1, 2 & 3 format the next ones are scheduled

(See Dates From Calendar). For more information contact John Varun Maguire at 213-457-8407 or Richard Harnack at 314-647-0903.



Dear Richard,

Thanks for sending the suggested curriculum for TFH 1,2,3. I'm glad to notice how closely I am still aligned with your thinking as to course contents. I also see a few things I don't recognize.

After speaking with you and reading the suggested course content, I'm left with the following beliefs about the requirements to qualify for the KEIT

(Touch For Health Instructor Training).

Requirements:

1) Knowledge and familiarity with all 42 muscles and muscle checks (be able to do a 42 muscle as-you-go balance in 20 minutes or less).

2) Knowledge and familiarity with As-you-go, 5 Element, and Wheel balancing formats (with both 14 and 42 muscles).

3) 48 hours of instruction (class time) with a TFH instructor with equivalent to suggested TFH 1,2,3 curriculum.

Sincerely,

Gabrell Carroll

Box 464

Bountiful, Utah 84010

Ph. 801-292-6007

Below are the suggested Course outlines for TFH 1-2&3. It is strongly recommended that you have a strong background in the areas you mentioned. The Instructor Training is designed to teach you how to construct and teach classes.

TOUCH FOR HEALTH 1, 2, & 3

Suggested Course Overview

Touch For Health 1

(16 hrs. Min)

Balance As You Go

Demonstration

14 Muscles

Switch On

Supraspinatus

K27 Top/Bottom lip;

Coccyx & Navel

Teres Major

Central Meridian Check

Pectoralis Major Clavicular

Water Check

Latissimus Dorsi

Basics in muscle testing

Subscapularis

Neurolymphatics

Quadriceps

Neurovasculars

Peroneus

Meridians

Psoas

Origin/Insertion

Gluteus Medius

Emotional Stress Release

Teres Minor

Food Sensitivity Testing

Anterior Deltoid

Posture Awareness

Pectoralis Major Sternal

Simple Pain Technique -

Running meridians

Anterior Serratus

Surrogate Testing

Fascia Lata

Goal Balancing

Auricular Exercise

Visual Inhibition

Cross Crawl for fun

Touch For Health 2

(16 hrs. Min.)

Use of Charts

5 elements

Workbooks

14 Muscles

Balancing Using the Wheel

Neck Flexors

Yin/Yang

Neck Extensors

Alarm points - Over Energy

Middle & Lower Trapezius

Acupressure Holding Points

Abdominals - Rectus only

Golgi/Spindle Proprioceptors

Sacrospinalis

ESR - Past & Future

Iliacus

Balancing with Foods

Piriformis & Adductors

Cross Crawl for Integration

Sartorius

Meridian Walking for Pain

Popliteus

Circuit Locating

Rhomboids

Cerebral-Spinal Technique

Deltoids

Balancing using the Five

Elements

Quadratus Lumborum

Time of Day Balance

Touch For Health 3

(16 hrs. Min.)

Five Elements (review)

14 Muscles

Facilitation/Inhibition

Levator Scapula

Circuits

Brachioradialis

Reactive Muscles

Abdominals

Oblique/Transverse

Gait Testing

Anterior/Posterior Tibials

Posture Analysis

Upper Trapezius

Goal Balancing with Emotions

Gluteus Maximus

Pain Tapping

Gracilis & Soleus

Pulses

Gastrocnemius

Balancing with Sound and

Color

Coracobrachialis

Fixing Lower Back & Knees

Diaphragm

Acupressure Holding Points

Theory Hamstrings

Postural Stress Release

OPL & Triceps

42 Muscle Head-to-Toe

Balance

CERTIFICATE COURSES

TOUCH FOR HEALTH-1

Basic introductory course.

16-20 hours of instruction.

TOUCH FOR HEALTH-2

Intermediate level course. 1-

20 hours. Pre-requisite TFH-1.

TOUCH FOR HEALTH-3

Second intermediate level

course, 16-20 hours. Pre-requisite TFH-2.

ENHANCED LEARNING 1&2

Builds on the TFh base, but focus is on emotional learning issues. TFH-1 recommended. 16-20 hours.

ADVANCED SKILLS WORKSHOP

Intensive course covering TFH 2-3+ skills. 20 hours. Pre-requisite TFH-1.

TOUCH FOR HEALTH INSTRUCTOR TRAINING

Instructor training course for TFH. 60 hours. Pre-requisite TFH 1,2,3 or TFH 1 & Adv. Skills Workshop.

PHP-1,2,& 3

Series of 3 courses which builds on TFh base adding additional skills. Pre-requisite TFH 1-3 or Equivalent. 40 hours each.

CALENDAR

Dates	Location	Course	Instructor	Phone
MARCH				
1,2,3	New York	TFH	P. Oleska	212-864-4507
7 to 23	St. Louis	TFH	R. Harnack	314-647-0903
9,10	Los Angeles	TFH Update	V. Maguire	213-457-8407
	Edina MO	TFH-1	G.Horst	816-397-3566
16,17	Sherman Oaks	TFH 1	R. Aboulache	818-509-0205
	Akron, OH	Power Fitness	V. Maguire	213-457-8407
19,20	Troy, MI	TFH Update	V. Maguire	
21,24	Troy, MI	PHP 1	V. Maguire	
23,24	Raleigh NC	TFH-1	A. Brown	919-781-2762
	Edina MO	TFH-2	G.Horst	816-397-3566

APRIL				
4,9,16	Denver	TFH 1	Miller-Weber	303-443-8213
4 - 25	St. Louis	TFH	Harnack's	314-647-0903
10-14	Tarree NSW	PHP 2&3	Dewe	64-9-9338
13-14	Malibu	TFH 3	V. Maguire	213-457-8407
	St. Louis	TFH	Harnack's	314-647-0903
14,21	Denver	TFH 2	Miller-Weber	303-443-8213
16	Arlington, VA	TFH 2	Dee Oldham	703-243-3253
17	Vancouver	MAPS	V. Maguire	213-457-8407
18-19	Vancouver	TFH 2&3 Up	V. Maguire	" "
19-21	Union City	TFH-1	M. Moore	517-278-6260
19-21	St. Louis	Instr. Update	R. Harnack	314-647-0903
21-24	Vancouver	PHP 1	V. Maguire	213-457-8407
27-28	St. Louis	TFH Int.	R. Harnack	314-647-0903
	Winston-Salem	TFH-1	A. Brown	919-781-2762
27-30	Bismarck	PHP 1	V. Maguire	

MAY				
3 - 5	New York	TFH-3	Paula Oleska	212-864-4507
4-5	Raleigh, NC	TFH-1	A. Brown	919-781-2762
4-10	Los Angeles	KEIT	V. Maguire	213-457-8407
4 & 11	St. Louis	Basic TFH	Harnack's	314-647-0903
19-25	Florida	KEIT	R. Harnack	314-647-0903
			or Bill Cook	305-667-8201
14-28	Denver	TFH 2	Miller-Weber	303-443-8213
16-19	Los Angeles	PHP 1	V. Maguire	213-457-8407
17-19	Raleigh, NC	TFH-2	A. Brown	919-781-2762
1620	St. Louis	TFH Int.	Harnack's	314-647-0903
18-19	Sherman Oaks, CA	TFH	R. Aboulache	818-509-0205
25-26	London	Power Fitness	V. Maguire	

JUNE				
22 - 29	New York	K.E.I.T.	P. Oleska	212-864-4507
27-30	St. Louis	K.E.I.T.	R. Harnack	314-647-0903

JULY				
3-8	San Diego	K.E.I.T.	R. Harnack	
10	San Diego	Steps to Success	P. Oleska	

Please Contact these Instructors for a schedule of classes in these areas:

San Pedro CA	Linda Goode, P.T., M.P.H.,	213-514-1577
Carlsbad, CA	Joseph Emmett	619-431-7578
Bountiful, Utah	Gabrell V. Carroll	801-292-6007

ADVERTISING RATES

The Touch for Health Association is seeking sponsors/advertisers to help offset the costs of producing the newsletter and the membership directory.

Rates for the Directory and Newsletter are as follows:

Whole Page	\$500
1/2 Page	\$250
1/4 Page	\$150

Sponsorships of any amount are gratefully appreciated and will be acknowledged in the newsletter.

Membership Directories are available for sale:

Members	\$15.00
Non-members	\$25.00

Call the Touch for Health Office with your questions and ideas.

ADDITIONAL SERVICES

Mailing labels are available to instructors. You define the area desired, for example Southern California.

General Membership	\$.15 per label
Inquiry List	\$.10 per label
Instructor List	\$.25 per label

To have your announcements published in the calendar please call:

TOUCH FOR HEALTH ASSOCIATION

7167 Manchester Road
P.O. Box 430009
Maplewood, MO 63143
(314) 647-0115

CALENDAR

For information regarding on-going classes in your area please call the area coordinator or the National Headquarters.

REGIONAL COORDINATORS

SO CALIFORNIA

Mary Louise Muller
Murietta CA
714-677-0652

Kim Vieira
So CA TFH Assoc.
714-760-0772

WISCONSIN

Marge Murray
Butler, WI
414-781-6988

NE/E. CANADA

Paula Oleska
New York, NY
212-864-4507

NO CALIFORNIA

Robert Waldon
Pleasant Hill CA
415-946-0645

Joy Bradley
San Jose, CA
408-978-3647

COLORADO

Vicki Fletcher
Wheatridge, CO
303-233-3838

SOUTHEAST

Bill Cook
Miami, FL
305-667-3784

NW/CANADA

Sharon Promislow
Canadian TFH Assn.
604-922-7815

MIDWEST

Joe Bassett
Toledo, Ohio
419-531-7815

UTAH

Ilse Jakobovits
E. Salt Lake City, UT
801-272-6808

Arlene Brown
Raleigh, NC
919-781-2762

Mark your calendars for PHP 2 and 3 classes in the USA

July 22 thru 26 - Anaheim CA
July 28 thru August 1 - Anaheim CA-
Kim Vieira, 714-760-0772 Contact person

August 3 thru 7 - St. Louis MO
August 10 thru 14 - St. Louis MO
Richard Harnack, 314-647-0903 Contact person

ANNUAL MEETING WORKSHOPS

WORKSHOP	DATE	INSTRUCTOR	ST
KEIT	July 3-9	Harnack	CA
PHP I	July 6-9	Muller	CA
Self Help for Stress, Pain & L.D	July 6-7	Barhydt	CA
ITW II & III Certification & Update	July 7-8	Maguire	CA
Spiritual Connection	July 9	Mahony	CA
Steps to Success	July 9	Oleska	CA
Best of Hyper-Ton-X	July 9-10	Mahony	CA
Research Seminar	July 14-16	Dewe	CA
PHP II	July 22-26	Dewe	CA
PHP III	July 28-Aug 1	Dewe	CA

EARLY BIRD PRICES Before May 21, 1991

For information contact:

John Varun Maguire 213-457-8407
or Mary Louise Muller 714-677-0652

OTHER PEOPLE OTHER PLACES OTHER WORKSHOPS

Transformational Kinesiology (TK) is a deep understanding of the process of attracting energy for a specific purpose.

Grethe Fremming and Rolf Hausbøel are the founders and directors of the Danish School of Kinesiology. They are instructor trainers in Touch for Health, Edu-K, Stress Release, Personality Traits and Bio-Kinesiology Workshops.

The Gro Institute, APS
Tranevej 16
2400 Copenhagen NV
Denmark
(Phone 38332670)

JUNE

19-24 TK3
Institute for Visionary
Leadership

26-July 1 TK3
Linda Clark

JULY

5-7 TK1
Light on the Bay
P.O. Box 27385
San Francisco, CA 94127

31- Aug 5 TK3
Star Fire Institute

AUGUST

9-16 TK Instructor
Institute for Visionary
Leadership

4th Annual IASK
Conference

July 28-21, 1991
U. of San Francisco, USA
Lee Wasserwald
(818)762-5217

The EDU-K Gathering
July 25-28, 1991
Colorado Springs, CO USA
Edu-K (800) 356-2109

You Can Make A Difference!



Enhanced Learning in "The Land of Enchantment"
Joan Lehman, Samantha Pennala, Richard Hamre,
David Lindemuth, Margie Donde, Shannon Lydick



Graduating Class of July 1990 San Diego



"Super Lymph" to the rescue! Super lymphatics, that is.
Left to right-John Varun Maguire, Sharon Promislow, Loral Anderson
(Super Lymph is 5 mos. pregnant) and Gary Gallagher.



Graduating Class of December 1990 Vancouver

Become a Touch For Health Instructor

INSIDE THIS ISSUE

Coming Into The Light	1
Learning to Walk!	2
TFHA Chairperson	2
Dr. John F. Thie	3
Annual Meeting Highlights	4
Business Hint #1	5
Teaching Hints	5
Kinesiology a la Mode	6
Repetitive Muscle Stress	7
Developing a Healthy Fitness Program	8
If It Lasts, It's Learned	9
Help Clients Responsible	10
ers	11
alendar	13
TFHA Information	16

LET US HELP YOU!

Your Touch For Health Association is committed to your success in Touch For Health. Therefore, we would like to offer services to you as an instructor and student keeping you informed about classes, seminars, and special activities regarding the Touch For Health community. We would like to offer services that assist you like brochures on Basic Touch For Health classes which you can send to prospective students, acting as a networking center and clearinghouse for upcoming courses and new ideas.

To achieve this goal, we need your input and ideas. Let us know what you need and how we can help. Keep us informed so that we can keep you informed. Hours are 10-6 (central standard time) Monday-Friday.

Touch For Health Association

(314) 647-0115

Touch For Health Association
P.O. Box 430009
Maplewood, MO 63143
(314) 647-0115

Bulk Rate
U.S. Postage
PAID
St. Louis, MO
Permit No.
3774

Judy Levin

**22636 Mobile St
Canoga Park CA 91307**