



**Keeping...**

# **InTouch**

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The Newsletter for the North American  
Touch For Health Association

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Fall 1991

Volume 2

Issue 3

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## **Touch for Health in the Soviet Union**

Wayne Topping, Ph.D.

During July 1990, I had the great pleasure of meeting a holistically-minded Soviet medical doctor, Dr. Michael Lazarev, and some of his professional colleagues while they were accompanying a group of Soviet children to Bellingham, Washington. Dr. Lazarev is Director of the Children's Rehabilitation Center, in Moscow, where they specialize in working with children diagnosed with asthma. He was very interested in the Touch for Health techniques I shared with them and invited me to come to the Soviet Union to teach. Rather than going in by myself, I decided to share the experience by opening it up to other Touch for Health instructors. This issue of "In Touch" describes that experience and its subsequent developments.

Ambassadors International (AI), a Bellingham organization that specializes in Soviet-American exchanges, bought Dr. Lazarev to the United States. AI made the travel and accommodation arrangements and contracted a Soviet company, Fitex, to handle touring, cultural activities and translation services within the Soviet Union.

At first it appeared as though we would have a very international group. However, mainly political reasons caused TFH Instructors from West Germany, Denmark and Switzerland to pull out. Finally, on February 3, a group of ten Canadians

and Americans, undaunted by possible terrorist attacks on planes because of the Gulf War, and unfazed by the unrest in the Soviet Union, flew out of Newark, Los Angeles, and Seattle on SAS bound

gong to team-teach four days of Touch for Health in Moscow. The Touch for Health I curriculum was divided among TFH instructors Jan Cole (Colorado), Norma Harnack (Missouri), Camille Hetherington (British Columbia), Arnette Hildreth (Iowa), Judy Levin (California), Irene Yaychuk (Ontario), Wayne Topping (Washington), and the Three-in-One Facilitator Carol Hontz (New Jersey). The two non-teaching members of our group were Dawn Speck-Hughes, Director of Ambassadors International and entrepreneur Joel Kronenberg (both of Bellingham.).

During the remaining two days we planned to teach selected topics from Touch for Health II and III and to split the participants into three groups: a medically-oriented group, a teachers group, and an athletic group, drawing from more specific information found in Educational Kinesiology, the MAPS course, etc. However, we emphasized the need for flexibility as we had no way to know how many people would show up for the seminar. The numbers and backgrounds of the participants would determine what was to be taught on the third and fourth days of the seminar. Our primary goal was to

give the Soviets techniques and information that could be applied immediately in their work places.



**Touch For Healthers'  
entering the Kremlin**

for Helsinki, Finland. We all met on February 4 in Helsinki at the Ramada Presidentti Hotel. Here we had our orientation meeting to discuss our itinerary, Soviet customs, and how we were

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## From the Editor

Welcome to the Touch For Health Associations Fall newsletter. This issue marks a turning point in our evolution as a member-run organization. We have survived our first year -- YEAH! And, not only did we survive our first year, we grew, expanded and cohesified our personal talents to produce a network of dedicated, good hearted people. Representative of our growth is the quality of this newsletter; we have a larger selection of articles and a higher quality paper (recycled) and ink (biodegradable).

This issue is filled with information that you can use today, from John Varun Maguire's article on nutrition to Mary Louise Muller's article on balancing emotions. Take the time to read through the various articles on health.

Especially exciting is the Touch For Health Associations expansion into the Soviet Union (cover story). With all the major changes happening in the Soviet states, we are proud to be part of their (r)evolution. We are now bridging our Western Associations with our newly formed Soviet Association and are inspired by the enthusiasm of all participating parties. Our family of Touch For Health Associations are in every first and second world nation except Japan and China -- and we're working on those even as you read these words.

The Touch For Health Foundation, the research arm of the TFH synthesis, has joined this publication to inspire us with testimonials and updates on Touch For Health. We know that having Dr. Thie with us as our Association matures can only complement our growth. We are indebted to him always.

So have fun and read on, and, always keep in touch.

Robert A. Aboulaché  
Editor-in-Chief

## From the TFHA President

Here we are entering our second year. Our successful first year is the result of the dedication, love and hard work of many people.

When John Thie handed the opportunity for our own organization to us, we started from scratch. In the past year we've set up a national headquarters, created new by-laws, a newsletter, an 800 phone line, a bank account, an outstanding annual conference, a journal and more. To all the people who contributed -- thank you from the bottom of our Touch For Health heart.

One area we are continuing to work on is creating a strong financial base to support the functions of the office and the Touch For Health network. Your membership fees are a major contribution to this. We appreciate your continued support.

As a board, we've also created another avenue in relationship to instructors. Certificates are now provided by the national office (very beautiful ones too!). We request a \$10 fee per student to cover the cost of the certificate, mailings and other network functions such as the 800 phone line. We are wanting to create an organization of strong mutual support.

Financial and other contributions to the organization are always welcome, as are any suggestions to help us with fundraising.

This is a year to create community cooperation and growth. Please keep in touch with suggestions, appreciations, and needs. Let's support each other and the growth of Touch For Health. Support John Thie's request for research, the financial base of the organization, the conference in St. Louis (followed by IASK). As we share our love and support, it will only return to us and grow.

Let's have a great year and then - "Meet me in St. Louis" so we can celebrate. Love,

Mary Louise Muller  
President, Touch For Health Association

## Touch For Health Association logistics

### Board of Directors

Mary Louise Muller	President
Sharon Promislow	Vice-President
Robert A. Aboulaché	Treasurer
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Joe Bassett	Member
William Cook	Member
Judy Levin	Member
John Varun Maguire	Member
Kim Vieira	Member

Norma Harnack	Executive Director
Robert A. Aboulaché	Editor

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**1-800-466-8342**

### Membership Rates

Lifetime Member	\$1000
Sustaining Member	\$500
Contributing Member	\$250
Instructor Member	\$100
Individual Member	\$50

### Advertising Rates

Whole Page	\$500
Half Page	\$250
Quarter Page	\$150

### Membership Directory

Members	\$25
Non-Members	\$50

### Membership Labels

Mailing labels are available to instructor members.

General Membership	\$.15
Inquiry list	\$.10
Instructor label	\$.25

Minimum charge of \$25

## Creating A Local TFHNetwork

Sharon Promislow

The Pacific Northwest Region of the Touch For Health Association is a wonderful example of how like-minded kinetic students & practitioners have bonded together for fun, education, mutual support and professional credibility. (See Regional report) Sharon Promislow here outlines suggestions how you can spearhead a similar growth in your area. Available from National Headquarters will be a packet containing copies of press releases, cover letters, and presentational material to support you in a first meeting in your area. Below is a copy of a sample group ad run by a group of local Touch For Health instructors (in *italics*). More regional templates will follow!

**ATTENTION, ALL KINETIC PRACTITIONERS AND STUDENTS - THE TOUCH FOR HEALTH ASSOCIATION OF NORTH AMERICA, CANADA PACIFIC NORTHWEST REGION - IS HOLDING ITS CHARTER MEETING! JOIN US WEDNESDAY OCTOBER 3, 7-10PM. LONSDALE QUAY HOTEL. \$10.** *We are creating a non profit network where kinetic practitioners & students can meet and share, and be a part of a vibrant International Association. Attend this meeting and be updated with some great techniques from the 1990 and 1991 International meetings! CALL 922-8811 for info. (Ad run in alternative newspaper event calendar)*

*...Wednesday, October 3rd, we are holding our first meeting of the Canada/ Pacific Northwest region, Touch For Health Association of North America. The Touch For Health Association provides the ideal networking umbrella for all kinetic practitioners and students, as its mandate is simply to be an association of laypeople dedicated to the benefits of touch healing. I have attended the International Conference for the last 3 years, and have met the most wonderful, interesting people from all over the world, their area of kinetic training springing out from Touch For Health to Edu-kinesthetics (Brain Gym), One Brain, Biokinesiology, Chiropractic, Naturopathic etc. This is the one place we can come together and share knowledge from all the K's!*

*So please come! This is for everyone - practitioner and beginning student alike- a chance to meet all teachers in our area, and to expand your awareness of what is available in the area of kinetic education, and the exciting developments worldwide. The intention is to have the Touch For Health newsletter carry the course listings of all area teachers. Become a member of Touch For Health! (You don't have to have taken the course!) Remember, this is a non-profit association, and any monies generated by our meetings or activities will go back into future events and communication!" (exerpt from cover letter, Sept, 1990)*

Thus began the TFH Pacific Northwest/Canada Region: a small ad supported by a mailing to local kinetic contacts and the Touch For Health Association mailing list, plus phone calls to interested parties. From that ensued a core first meeting of about 20 people, with others expressing their desire to participate at a later date. The Pacific Northwest (British Columbia in particular) has a number of active teachers, and therefore a good initial base for interest. With

## Report of the Pacific Northwest Region

Sharon Promislow & Michael Delory

The Pacific Northwest Region has had a productive year. Starting with an information meeting in October, we have moved through a wonderfully bonding Facilitator program of 20 students in late November, followed by a dynamic Kinetic Education Instructor's program in December that created 18 new high caliber Touch For Health Instructors, of whom are developing full time kinetic practices. A group ad was created, and a regional newsletter has been published.

A slate of officers was elected at a well supported Pacific Northwest Region Event Day held on April 20. (see article on forming a local organization for breakdown of position duties).

Membership in the National Association is actively being sought, coordinated locally and submitted to national headquarters. The support from the national office has been fantastic: with advice, printing and distributing of our regional instructors' schedule, supply of certificates membership directories etc. You wonderful Harnacks!

A group of TFH instructors had a booth at the Vancouver Psychic Fair in March, and introduced over 600 people to TFH. Inquiries are now being made re our Association having a Tune-up booth at local marathons.

John Varun Maguire returned last April, with the Instructors Update and Professional Health Provider 1 workshops. He participated in our April 20th Event Day and John will return April 19-22, 1992 for PHP1, followed by an Instructors Training in November. Bruce and Joan Dewe will be presenting PHP 2 and 3 in Vancouver, August 1-9, 1992.

Local instructors have an active schedule of all Touch For Health classes, plus Brain Gym, One Brain Bio-Kinesiology, Hyperton-X etc.. We encourage all member regional instructors (Oregon, Washington, Idaho, Montana, B.C., Alberta & Sask.) to submit their teaching schedules to the regional office for inclusion in our regional class list. Class certificates are also available through our regional association. We also encourage all kinetic practitioners to join us for:

### **TFH Canada/Pacific Northwest Regional Meeting and Event Day Sunday, November 3, 1991**

Learning! Sharing! Networking! Special Surprises!  
All kinetic instructors are welcome:  
TFH, Edu-K, One-Brain, Bio-Kinesiology...

Westminster Quay Hotel  
New Westminster, B.C.  
Member \$15, Non-members \$25

**To register call:  
Micheal Delory (604) 685-8066, or  
Sharon Promislow (604) 922-8811**

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# 10 Steps to creating a local TFH Network

*Continued from previous page*

various courses and activities ongoing scheduled to peak interest, more and more contacts are coming forward, and nine months later a solid sense of community has coalesced. Our intention is to make it easier for you to do the same in your area, here are ten easy steps.

**Step 1 - Contact national headquarters for information packet** on promotional letters and materials, plus an outline for an introductory meeting. There is no point in recreating the wheel! Request contact with active Touch For Health Members in your area, but remember anyone interested in the self help model for improving their health and happiness can be interested in joining you. Contact your regional director if there is one handy for further support.

**Step 2 - Run ad or get listing in coming events column.** Send out press release to Community Service Announcement (Public service depts.) of newspapers, radio and TV stations.

**Step 3 - Have a meeting and share knowledge** even with one other person if that's the only person interested now. Use sample materials (meeting agenda and overhead templates) to empower yourself to enroll others into your vision of a kinetic community. Enlist at least one other person beside yourself to become a member of the Touch For Health Association.

**Step 4 - Teach. Sponsor. Empower.** If you want kinetic playmates, and you don't have them in your neighborhood, create them! If you are not a certified teacher, become one. Then teach. Your students can become your kinetic colleagues! Consider sponsoring advanced workshops into your area (KEIT and PHP). Encourage the teaching of the whole family of TFH workshops, including Brain Gym, One Brain and the other courses that have sprung from the TFH synthesis. The people who will be most interested in supporting your dream of a kinetic community will have the vested interest of accessing or providing further training. The momentum you create together assures a usage and interest in the networking your association can provide. In our region, the KEIT created

18 new Touch For Health Instructors, and the new visibility and excitement about our work is palpable. Truly a win-win situation for all involved.

**Step 5 - Submit class schedules to your regional representative or national office.** Make sure all local teachers and all available classes are available on a list. In that way, when inquiries come into the National office, they can mail out a cohesive updated list. The national office can possibly help you arrange insertion of regional schedules in your region's newsletter mailing.

**Step 6 - Submit completed student lists if you are an instructor.** Submit your list of TFH students to the National office, and each student will receive a free copy of the Touch For Health Newsletter and further networking from the Association. This adds to your credibility as a certified teacher representing an international organization.

**Step 7 - Divide and conquer,** empower others to take office and responsibility. There is no real ownership of the concept of a kinetic community until other people are willing to actively participate. Many hands make for a light load, and also give participants the further growth experience of executive office! Here are some suggested TFH regional council positions (Adaptable to a local chapter too!)

Regional member to national executive: Holds National responsibilities

Regional Coordinator: Supervises regional board.

Correspondence Coordinator: Is responsible for keeping minutes of regional meetings.

Treasurer: Controls regional monies, and fund raising ventures.

Membership Coordinator: Connects with active instructors to encourage enrollment in national organization and encourages instructors to send in class rosters for follow up by national. This person also contacts past T.F.H. Members. Phone follow up from notification from national headquarters for renewals.

Regional Meeting Coordinator: Coordinates regional networking events and meetings.

Additional Volunteers may be required.

Publicity Coordinator: Keeps the association in the public eye, and to work with membership chairman to assure good attendance at activities.

Marketing and Communications Coordinator: Support instructors to follow up on their classes with follow up letters, mastery sessions etc. Encourages membership networking. Marketing and Promotional tools to support teachers in our region. Regional templates will be provided to coordinator.

Research and Case Study Coordinator: To encourage regional membership to support national research projects, develop local ones, and to have members document case studies and testimonials to add further credibility to our work.

**Step 8 - Plan an event evening or day, or other activity that serve as a group (no matter what the number).** The whole point of your involvement is to learn, have fun and to promote your own ongoing interest in the Touch For Health Synthesis. Go for it! Take a table at a Health Show, a Community Fair, a Tune Up Booth at an Athletic event. Let your imagination go, and share your inspiration with the National Office, and our newsletter. Remember, you have the National office and other committed Touch For Healthers behind you, even if it feels lonely where you live!

**Step 9 - Attend the TFH Annual Meeting.** You are guaranteed to be delighted and inspired by the people that you meet, plus the sense of being supported by friends world-wide when you return home once again.

**Step 10 - You are already building a local network!** If you feel all you can do right now is speak to others about the good results you have had with the Touch For Health Synthesis, encourage them to give it a try, and refer them to the National office for more information, you are slowly but surely impacting the world you live in. You are laying the foundation for a local kinetic community.

## Eating to Win

John Varun Maguire

Ask yourself this question: "What do I most want to accomplish in my life and how does optimum health and fitness help me to achieve that?"

Whether you are a worldclass athlete or just want to live life to its fullest, possessing optimum health and fitness is essential for your success. Only then will you have maximum potential to accomplish your goals, and the greatest capacity to experience the joy and satisfaction of your achievements.

When you are in your best condition physically, mentally and spiritually, you are able to experience love, happiness and enthusiasm. You have the power to overcome fear and worry, to gain confidence and become a winner in your relationships, your profession and your personal projects.

What you eat and drink is the fuel for your success. By eating foods that enhance your energy and avoiding foods that deplete it, you can eat to win, rather than eat just to gratify your taste buds.

Nutrition is the process by which food is utilized by the body. By being in tune with your nutritional needs, you can choose the foods that will help you look, feel and perform at your best. *Start listening to your body!*

### High Energy Foods

As a general rule, relatively whole foods have more nutritional value than highly processed or refined ones. The closer a food is to its live, whole state the more energy it has for you to assimilate. Organic produce is much higher in nutritional value than regular commercial produce.

The most effective nutritional programs advocate eating at consistent times and eating a wide variety of foods combined in simple meals. Usually steamed or lightly cooked vegetables, raw and cooked fruits, steamed and boiled grains, cultured foods like yogurt, and poached, baked or grilled seafood and fowl are the best selections. Be sure to create a relaxed atmosphere for your meals and eat slowly, enjoying your food and chewing it thoroughly.

Ideally you want to get 60-70% of your caloric intake from complex carbohydrates, 10-20% from proteins and no more than 30% from fats. Note that fat by weight has roughly *twice* the calories of protein and carbohydrates.

Good sources of complex carbohydrates include fresh vegetables and fruits, and whole grains. People vary in what protein sources are best for them. Experiment with what feels best for you. People who prefer a vegetarian diet can get their proteins from mixtures of grains, legumes, cultured dairy products, nuts and seeds.

Your best sources of essential dietary fat come from unsaturated oils. You will find these in oily fish, such as salmon, mackerel, halibut, sardines, and tuna, and in the following vegetable oils: canola, safflower, sunflower, olive, sesame, flaxseed, and black current seed. Avoid eating fried foods and any fats or oils that have been heated excessively or hydrogenated. Olive oil at low heat is your best choice for cooking.

### Discover Your Energy Gaining Foods

An excellent way to listen to your body is through muscle testing. To discover which foods are depleting your energy, find a clear indicator muscle, such as anterior deltoid, and make sure it stays strong as you or the testor touch the transverse process of C1 (the side of the top bone in your neck) with two fingers. Then put the food that you want to test "in the circuit". To do this most accurately put the food on your tongue. Other methods, such as holding the food on the midline or on the jaw, smelling or looking at the food or thinking about it, are more convenient, though not necessarily as accurate. If a strong indicator muscle switches off you know that there is something about that food that your body currently finds depleting.

When you are in better balance, or after you have not eaten a biocidal food for a while, you may get a switched on response when retesting it. This says that your body is in a state where the food is now not a problem. So if you find

a food that you eat daily tests biocidal, avoid eating it for a week then retest. If it now tests fine, eat it every third or fourth day and you will probably have no energy drain from it.

### Discover Your Energy Draining Foods

A simple procedure to determine foods that are energy enhancing (biogenic) is to find a switched off muscle. One that frequently tests off, or a muscle on a priority meridian in a five element approach, are good choices.

Put a food that you think may be energizing in the circuit (as mentioned above) and see if it makes the previously weak muscle test strong. If it does switch it on then test an indicator muscle while you do the above procedure for biocidal testing touching C1. If the indicator stays switched on it means that this would be energizing for you. If it switches off it means that even though it strengthens the switched off muscle, there is something in the food that another part of your body does not respond well to.

### Take on a Winning Challenge

I challenge you to muscle test all of your foods for one week and eat only those that test favorably. My wife, Nancy, and I are doing this and our energy level has improved dramatically. The next time you go out to eat, think about what you're about to order and muscle test your selection. The benefits are terrific *and* you'll have fun doing the testing!

You may think, "I can't do all this!" Take on at least one change this month that you think will make a big difference in how you look and feel. Once you make it three weeks you will have broken the old pattern and it will be much easier to stick to the new habit!

Eat foods that will fuel your success to "win" in your relationships, profession and personal goals. Focus on the positive benefits your choices give you. You'll have a base of success to develop other habits that will support your optimum health and fitness.



## Emotions and PHP

Mary Louis Muller

From the beginning of PHPI a new emphasis begins on "emotional clearing". In each step of each correction or balance we identify the emotional charge and then do the correction.

The significance of this is demonstrated by first doing a correction without finding the associated emotion. Everything checks clear.

Then we find the emotional charge and have the person think of it as we check again, the balance should not hold. As soon as the emotion is activated, the imbalance is retriggered. This time we put the emotion in circuit first and then clear. When the person thinks of the emotion, the imbalance should no longer return.

Bruce and Joan have developed a Five Element Emotion Wheel which is based on the acupuncture elements and their associated qualities. The beauty of this chart is its scope and clarity in offering alternatives of emotion choices. Two meridians which frequently come up in balances are Central which includes issues like self respect, overwhelm, success and shame; and Gallbladder with such issues as rage, love, anger, self righteous indignation and choice. The Dewes also suggest that other resources may be helpful here, such as Three In One Concepts' Emotional Barometer, the Fruits of Life from the Bible, and any other systematic listing of emotions.

The constant use of emotional clearing was precipitated by Bruce's puzzling about balances not holding over time. As he thought of various reasons, emotional retriggering was a possible key. As he experimented with in-depth emotional clearing, he found a definite shift in the holding ability of balances. For those of you who want long lasting and deep reaching balances, make sure you are clearing the emotions behind the various issues.

5 Element Emotion Charts may be obtained from the T.H.Enterprise Store. Course information may be obtained from Mary Louise Muller, 39582 Via Temprano, Murrieta, CA 92362, 714-677-0652

### KONA, HAWAII

October 14-21, 1991

\$895

**Includes:** Flight, Hotel (6 nights, 7days), Car rental, MAPS course, and much much more...!

### MAPS Course

Kona Coast, Hiawaii

October 15-17, 1991

#### Course Objectives:

- Maximize athletic performance and potential
- Learn strategies for excellence
- Learn how to create peak states of physical, emotional and spiritual well-being.

### IRONMAN TRIATHALON

Kona Coast, Hawaii

October 18-19, 1991

The beautiful coast of Kona, Hawaii will be the home of the Ironman Triathlon. And, Touch For Health plans to be there, come and join us!

For greater details, or to make reservations call:

**1 (800) 756-5757**

## 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**

*This info. has never been offered before in a workshop format*

### 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: November 4, 1991  
after east coast IASK

#### HEALING YOUR INNER CHILD:

New York: November 23-24, 1991  
PAULA OLESKA, M.A. (212) 864-4507

## Touch For Health in the Soviet Union

*Continued from page 1*

While a primary focus of the trip was to teach Touch for Health, another purpose was to visit Soviet hospitals to learn about their health care system. Accordingly, we visited a very profitable privately-operated hospital or polyclinic (where the second half of the seminar was taught). The Moscow Children's Hospital, and the Children's Rehabilitation Clinic for asthmatic children operated under the direction of Dr. Lazarev. Jan Cole and Carol Hontz were particularly excited to be able to visit schools to compare and contrast education in the U.S.S.R. with that in the United States.

Tours to Zagorsk, a center for the Russian Orthodox Church in the Soviet Union, Red Square, the Kremlin, Arbat Street, etc. introduced us to the Soviet way of life and its history. Visits to the Moscow Circus and evenings of folk and modern dancing were scheduled for relaxation, pleasure and cultural awareness. Other members of the group will be describing these experiences in this issue of "In Touch."

The return rail trip to Helsinki included a stop-over in Leningrad, the Venice of the North. Here we could be typical tourists, visiting the Hermitage art gallery, St. Isaac's Cathedral and other facilities to get a taste of the vast cultural wealth of this city. A final night in Helsinki to discuss our shared experiences, then on February 17th we flew back to North America.

We all had a wonderful experience and learned much. But how successful was it in terms of Touch for Health? Very successful! We did make an impact! Our work was featured in Soviet newspapers, part of our workshop was shown on Moscow television, Wayne Topping was interviewed by Radio Moscow, and articles are going to be written by some of the Soviet participants. Before we departed, a Touch for Health Association of the Soviet Union was formed, with 17 committee members from some of the various organizations represented at our seminar.

Since our trip in February much has happened. Dr. John This has given permission for the Touch for Health book to be translated into Russian and this project was about 30 percent completed as of the beginning of April. Touch for Health is being used in some of the Soviet hospitals and many of the therapists have integrated it with the methods they were already using.

In April, Carol Hontz and I were back in the Soviet Union

to give presentations at an International Conference on "Pedagogy of Peace: Issues, Trends, Innovations" held in Dubner about two hours from Moscow. Most of the participants were from the various Soviet republics with a smaller number from Japan, Italy, England, France, Denmark, West Germany, etc. Carol and I had been invited to speak because part of the conference was directed at innovative new ways to teaching. Carol presented Brain Gym (Educational Kinesiology/One Brain) exercises and talked about Montessori education. I taught the emotional stress release technique and showed many applications to the classroom environment. In a separately organized mini-workshop for about 60 people - medical doctors with some teachers - I again taught various stress release techniques based on muscle testing.

Prior to the conference, Carol taught three days of One Brain in Moscow. After the conference, I taught a 20 hour class in Moscow reviewing what we taught in February and adding the Touch for Health II and III procedures we didn't cover at that time. Over 100 people participated, including many more doctors than we had on our first visit.

In April plans were laid for John Varun Maguire and myself to go to Moscow to teach an Instructor Training Workshop in June where it was expected that we would be able to certify 20-40 Touch for Health Instructors for the Soviet Union. Scheduling difficulties

caused a postponement and this Instructor Course is now planned for mid-October.

The Soviet Union is currently undergoing difficult times economically and politically with an uncertain future. "You can give a man a fish and you feed him for a day, or you can teach him to fish and you feed him for a lifetime." The Soviet Union is so immense, its difficulties so immense, and its needs so immense, however, through teaching them Touch for Health, a relatively small group of us, representing you, have given them a gift and taught them a new way to fish that I am sure they will treasure greatly and use extensively.

A big thank you to each of the participants for a wonderful, profitable shared experience and to Dawn Speck-Hughes and Ambassadors International for their part in making this event happen.

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***Our trip was very successful! Our work was featured in Soviet newspapers, part of our workshop was shown on Moscow television, we were interviewed by radio Moscow, and before we departed, a Touch For Health Association of the Soviet Union was formed.***

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# My Soviet Adventure

Carol Hontz

The full impact of this statement was realized on the first day of our kinesiology workshop for educators and health practitioners in Moscow. As I asked individuals if they would like me to show them how to test the muscle just demonstrated, the appreciation and love which shone through their eyes brought tears to mine.

The Soviets I met are an extremely warm, loving, kind people. Although they are faced with many challenges now, they are free in so many respects. They are now in the process of letting go of belief systems that were programmed into their society for a very long time, including those dating back to the rule by the Czars. As they let go of those conditioned belief systems, they are free falling until their government and their society restructure another system. They are frustrated now that the rules seem to change daily.

One of my dear new Soviet friends asked me (as he was viewing the newspaper about the Balkans), "Is there any help for my country?" My answer to him was: "If each person in your country takes responsibility in becoming the very best that he/she may become, clear out the negative belief systems and unleash that beautiful, inherent, creative potential which now lies dormant and blocked within many of you, you will create a gateway for prosperity, love, abundance, happiness and peace." Unblocking and unleashing that creative potential is the theme of my work.

On the first day in Moscow our group was served tea and delicious pastries by the children in Dr. Lazarev's asthma clinic. They sang many songs for us about health which were composed and accompanied by Dr. Lazarev. They have amazing results using music, combined with dance, exercise and relaxation in therapy at the clinic. (These teenagers also attended our workshop.)

In the first two-day workshop, Touch for Health, we taught 140 doctors, psychiatrists, physical therapists,

**"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born."**

..Anais Nin

dentists, teachers and others the techniques to switch the energy flow on to the brain/body connection and to release stressors that have been programmed in on a cellular memory level.

Many of the Soviets speak English, but we had translators because of the technical terminology. These techniques were important, but an even greater healing was taking place as we learned, laughed, sang and cried together.

After instructing Touch for Health for two days, I was invited by Galina Doyla, an outstanding teacher, to be her weekend guest in the city of Dubna, a three hour train ride from Moscow. The reply was an immediate yes. Going with a complete stranger of two days ago to an unheard of (to me) Soviet city and staying in a Soviet home would be an exciting and profound adventure.

Dubna is the center for scientific research and was closed to all foreigners until five years ago. The scientists were not permitted to correspond with the outside world. My host was a physicist and presented me with a map of New Jersey in Russian and found our local towns on it for me. He didn't travel - but he certainly knew geography!

**"The people I met were very open and receptive to new ways of thinking and being. They are very ready for new, positive changes in their government and society. Above all, these people were very committed to peace on the planet."**

Galina Doyla, my teacher-hostess, took me to her school on Saturday and had all her students come to school so I could work with them. I first did stress defusion with the headmistress of her school and then taught her classes some brain integrating techniques. The younger children (Ages 7, 8, and 9) as well as the as the older students (Age 14)

were all fluent in English and may have known more about America than many of our students. Galina's classrooms were bright and attractive and her rapport with the students was loving and very special. She has written a new book for teaching English to the Soviet children, combined with music, poetry, etc. She has presented it to Mrs. Gorbachev and it is being printed for use throughout the Soviet Union. It is far different from the old one still in use today.

Galina has visited the United States. On her first trip to the supermarket, she told herself: "Now Galina, this is just another museum. It isn't real!"

Teachers in the Soviet make \$50 per month; doctors make about \$100 per month. Social status based on your profession does not appear to be a factor in their society.

My dinner hostess in Dubna was a doctor who had attended our workshop in Moscow. Her husband, a computer expert, drove us around the area to see the local sights. At the enormous statue of Lenin, there were two wedding parties laying flowers at the base of the statue, a local tradition. When they found out that I was an American, they invited me to share in their celebration with champagne. While touring a church, we met an elderly woman. When she heard that I had been an American teacher, she invited me to her home for tea. She had been a teacher from 1930 until 1972.

After finishing dinner with our doctor friend, we went to another home for a party. We had a feast laid before us again. The scientists, teachers and friends here wanted to know exactly what it was that





**Front row: Norma Harnack, Judy Levin, Ivan (interpreter). Back row: Joel Kronenberg, Camille Hetherington, Irene Yaychuk, Wayne Topping, and Jan Cole.**

I did. At 2:30 I completed the final stress defusion of the evening to resume at 9 a.m. the following morning. I worked with ten people and two classrooms of children in less than twenty four hours!

On our train trip back to Moscow, an announcement was made requesting a doctor. There was a woman on the train who was suicidal. The doctor who had come forth said he could not help her since it was all in her head. My friend, Galina, asked me if I would work with her. I used our stress release techniques with her as she poured out her sad life's story which Galina then translated to me. Natasha had graduated from the Academy of Music as an outstanding student. Because of many negative experiences and situations in her life, she no longer wanted to live.

When we reached the train station in Moscow, we went to the medical emergency area to continue the work. After releasing the stress on many issues going on in her life, her fears were gone and she was calm and out of her depressed state. She was reluctant to part company, however, I told her she could stop by the clinic where I was teaching the next day and I would check if she needed anything further.

She arrived at the clinic with flowers for me, looking radiant and lovely. I worked with her on removing the blocks keeping her from returning to her music. Our host for the conference wanted us to relate her story to the group of 140 professionals attending the sessions. I watched the reaction from the stage of

the Soviet people as Galina told the story of Natasha's life and the stress defusion of the previous day. At the close of this, Natasha went to the piano and played beautifully. There was not a dry eye in the room. With the physical, emotional and mental blocks now removed, Natasha is at choice in her life, realizing her creativity and her fuller potential.

When our American tour guide was in the Soviet Union some time ago, she asked if at the hotel she could have scrambled eggs that were not burned. Her hostess replied that in the Soviet, there are no choices, just options. She could have the option of eating the burned scrambled eggs or not eating them.

It is a very exciting time to be a part of the reconstruction of the Soviet Union, as the citizens are now being offered choices in their lives. As free enterprise is opening up, the people there will have many choices to make. The people I met were very open and receptive to new ways of thinking and being. They are very ready for new, positive changes in their government and society. Above all, these people were very committed to peace on the planet.

The Soviet committee of the movement "Educators for Peace and Understanding" have asked me to lecture at their international workshop in April. I will also be teaching courses, and working with individuals with stress defusion.

On March 1, fifteen Soviet students and three teachers will arrive for a 3 week visit in our area. We have an exciting full schedule of activities planned — to share our culture with them. It is a special gift to us to host them and be a part of extending the peace and understanding among humankind.



**Norma Harnack doing a demonstration**



## Soviet Medical Facilities

Arnetta Hildreth

Dr. Lazarev heads the "Children's Rehabilitation Center" in the Soviet Union. The children performed for us, with song and exercises, for the respiratory problem they are there for (mostly asthma). The children are expected to live at the center during the treatments as well as attend school. The Mother is allowed to stay with the younger children in the early part of their treatment.

We were invited to go to a Healers home. The man works much like our chiropractors and uses many exercises to reinforce the work he has done. The woman does Therapeutic Touch as Delores Kregier has brought to the U.S. A daughter reads the auras for diagnostic purposes. Specific exercises are prescribed.

***Their techniques  
are far behind us  
in all areas.  
I am guessing maybe  
forty to fifty years,  
but they are more  
accepting of all  
alternative  
techniques  
of healing.***

Dr. Moissev gave us an overview of how he developed his clinic and how it is operated as a business like the U.S. - it supports itself. It earns a profit. He said if someone does not do his share of the work he can be fired, something unheard of in Russia. He has contracts with 139 companies that pay his clinic a per capita fee for each worker each month. A kind of insurance.

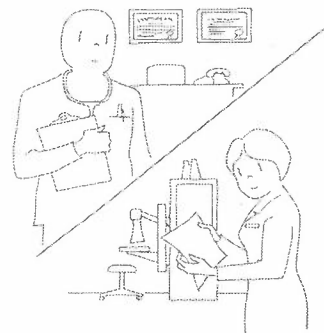
The clinic has all aspects of diagnoses and treatments, as well as minor surgical facilities. The clinic houses twenty-four alternative and traditional departments of different specialties - designed for consultations and care for nearly every branch of medicine. Dermatology, proctology, bacteriology, blood and urinalysis, urology, gynecology, hydro-therapies for nervous disorders, colonics, liver-gallbladder-and kidney stone treatments, blood vessel and circulation investigation, uncomplicated surgeries, dental services, eye-ear-nose-and throat care, psycho-neurology, counseling, biofeedback, ultrasound, EKG's, and x-ray facilities for lung, kidney, liver, broken bones, and mammography. Ambulance services are a part of the clinic.

We met the head of the Psychiatric Center for Mental Health who was there consulting with complicated cases for the poly-clinic. Treatments include thermal baths, fragrance bathes, ultra-

violet light, sound, radiation, chemotherapy, many of the same things we use. The wages are much higher here than any other place. The going wage for nurses in the clinic is 150 to 180 rubles a month. Doctors receives 400 to 500 rubles a month. The average wage we were told is 100 to 180 rubles a month. Doctors said they do not pay rent on the building, it is owned by the government, they pay rent on the land and pay utilities. They can alter the building, add to it, change the internal structure (add cabinets, shelves, change carpet, etc.) He stated they had enough to raise everyone's wages but wanted to add to the equipment and expand so the wages would stay the same for a while, also inflation is a factor.

At Central Hospital the children's area had 60 beds, and had 30 children housed. Half of the department is used for children. This is one of the largest hospitals in the Soviet Union. 1200 children are being treated for neurological illness. We were asked to do a demonstration. The staff of this hospital were enthusiastic and wanted more information. This is a unique hospital in our eyes as the mother stays in a room apart from her child in the hospital, yet is involved in the care of her child. When the child goes home the mother knows what to do for her child. After our demonstration, mother's were lined up in the hall with their children wanting our help.

This hospital had a lack of equipment such as we have in the USA. Their techniques are far behind us, in all areas. I am guessing maybe 40 to 50 years, but they are more accepting of all alternative techniques of healing. We did get to see a few seconds of a surgery procedure that later we were informed was not to have been seen (VERY limited in equipment for major surgery) The staff wanted us to stay for an additional 2 months and teach them. I have high hopes they will soon have the teaching and use TFH and all the things that have been born because of TFH.



## Congratulations!!!

### John Varun Maguire has become the first North American PHP II instructor

Now that Bruce and Joan dewe are no longer leading PHP II (Professional Health Provider) workshops in the U.S., they have authorized John Varun Maguire to teach the course. John has a PHP practice in Los Angeles and has been actively teaching PHP I workshops for the past year.

If you work with clients and have not taken the PHP series you will be amazed at the results you get, even with difficult casss, by using the PHP approach. You will become proficient at working with emotional blocks and stress management. By learning the finger modes presented in PHP II, you will know what to do, what is needed and when to do it!

There are currently several instructors around the U.S.

who are offering PHP I classes, contact John at (213) 457-8405 for an instructor near you. John will be teaching PHP November 15-18 in Detroit, January 17-20 in L.A., and April 19-22 in Vancouver. He will be offering PHP II in Detroit March 7-11 and in L.A. June 16-20.

The Dewe's will be coming to L.A. to lead PHP III June 22-26 and their new course, PHP IV June 28 - July 2. They will also be in Vancouver, Canada July 30 - August 3 for PHP II and August 5-9 for PHP III.

Attention graduates of PHP! Remember that you can repeat any PHP workshop for half price. If you would like to receive The PHP Newsletter, give John a call.

### MEET US IN ST. LOUIS!

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For the Touch For  
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### The Jones' after last years annual meeting



"WE TRAVELED 4000 MILES FOR THE SUN  
ECLIPSE, BUT WE WERE CAREFUL NOT TO  
LOOK AT IT."

## Upcoming Classes

WORKSHOPS	DATE/S	INSTRUCTOR	STATE
<b>Basic TFH Courses:</b>			
TFH 1-2-3, TFHA (800) 456-8342	Monthly	Harnack	Missouri
TFH 1-2-3, M. Murray (414) 781-6988	Monthly	M. Murray	Wisconsin
TFH 1-2-3, V. Fletcher (303) 422-3731	Monthly	V. Fletcher	Colorado
TFH 1-2-3, J. Maguire (213) 457-8407	Monthly	J. Maguire	California
TFH 1-2-3, A. Brown (919) 781-2762	Monthly	A. Brown	North Carolina
TFH 1-2-3, M. Muller (714) 677-0652	Monthly	M. Muller	California
<b>TFH Instructor trainings:</b>			
Contact M. Murray or P. Oleska (212) 864-4507	Nov. 10-17	P. Oleska	New York, NY
Contact R. Harnack (314) 647-0903	Nov. 18-24	R. Harnack	St. Louis, MO
Call for dates 1-800-466-TFHA	November	B. Cook	Miami, FL
Contact R. Harnack (314) 647-0903	Jan. 18-24, 1992	R. Harnack	St. Louis, MO
Contact J. Maguire (213) 457-8407	January 1992	J. Maguire	Los Angeles, CA
Contact M. Murray (414) 781-6988	February 1992	M. Murray	Cancun, Mexico
Contact M. Murray (414) 781-6988	March 14-21	M. Murray	Wisconsin
Contact J. Maguire (213) 457-8407	May 1992	J. Maguire	Los Angeles, CA

**For classes in specific areas people can call 1-800-466-TFHA and request a calendar for their locale.**

**A Southern California regional conference will be held on January 25, for more information contact J. Maguire.**

### Professional Health Provider (PHP) Trainings:

Professional Health Provider I	Nov. 15-18	J. Maguire	Detroit
Professional Health Provider I	Jan. 17-20, 1992	J. Maguire	Los Angeles, CA
Professional Health Provider II	March 7-11	J. Maguire	Detroit
Professional Health Provider I	April 19-22	J. Maguire	Vancouver, Canada
Professional Health Provider II	June 16-20	J. Maguire	Los Angeles, CA
Professional Health Provider III	June 22-26	B. Dewe	Los Angeles, CA
Professional Health Provider IV	June 28 - July 2	B. Dewe	Los Angeles, CA
Professional Health Provider II	July 30 - August 3	B. Dewe	Vancouver, Canada
Professional Health Provider III	August 5-9	B. Dewe	Vancouver, Canada

**For PHP courses in North America contact J. Maguire (213) 457-8407**

### Other TFHS Courses:

Foot Sensors	October 18	F. Mahoney	Colorado
Hyperton-X - Part 1	October 19	F. Mahoney	Colorado
Hyperton-X - Part 2	October 20	F. Mahoney	Colorado
Spirituality Workshop	October 21-23	F. Mahoney	Colorado
Tibetan Energy & Stress Without Distress	October 29	V. Fletcher	Colorado
Self Help For Stress and Pain	November 14 & 21	V. Fletcher	Colorado
Maximum Athletic Performance System (MAPS)	November 17	V. Fletcher	Colorado
Tibetan Energy & Stress Without Distress	November 7	V. Fletcher	Colorado
Foot Sensors	December 1	V. Fletcher	Colorado
Enhanced Learning	December 5, 12, & 19	V. Fletcher	Colorado

**All listed classes in Colorado contact V. Fletcher (303) 422-3731**

## A letter from Dr. John F. Thie

Recently we received a request from Sandra Marak who is writing a text for massage therapists. She wanted permission to use some of the TFH book in her own text. Permission granted! We believe this will be of great benefit to massage therapists. Sandra is listing various methods of touch healing for named conditions.

We advocate balancing for a Goal rather than treatment of symptoms or diseases. Sandra and others work different models for which TFH methods will prove valuable. The TFH Synthesis (THFS) is something that can be done in conjunction with other methods because it does not have any side effects.

**The purpose of the TFHS, from my view, is to make our world a better place because people are functioning more effectively.**

Jim Reid, of Nevada, reports how a student of his was able to help a neighbor using methods for hives found in the TFH book. I know some of you have had similar experiences. It is my hope that you assist the TFH Foundation research projects by writing these experiences down and sending them to us.

I believe that people utilizing the TFHS by teaching people classes, even one to one will benefit this cause. The letter from South Africa, in this issue, is proving the premise that TFHS is making our world better. Continued research and reporting of anecdotal results is very important. If you would like to have a copy of a suggested format for a case report to utilize with your students/clients/patients send a self-addressed stamped envelope to TFHF, 1174 North Lake Ave., Pasadena, CA., 91104.

I recently met with major researchers in the medical field at a convention. We discussed mutual concerns about "proof" of what we are doing with the TFHS. Are we actually accomplishing what we say TFHS is accomplishing? He said it is essential for us to have written documentation of what is happening. The reports must be published in peer reviewed litera-

ture, so that students and the various professionals can access the research as it is published.

**Our first step is to gather the anecdotal reports. You are the key element in the research process so please participate by sending in your reports.**

Arlene Brown, a North Carolina Touch for Health Instructor, who utilizes different parts of the TFHS according to the needs of her clients, has several interesting reports in this issue. After reading these over I am sure you agree there is great benefit for client/student/patients to write the case history reports.

The case history reviews allow students/clients/patients to tell how they originally felt and confirms their improvements. They also think about what they had to do to get to this point of improvement. This encourages them to commit to continue doing the things that were necessary for their life-style changes. Getting people to feel better is important but helping them maintain that improvement is also a very important part of the work that we do. Giving you written reports will help them continue with their improvements.

I have accepted the invitation of Richard Harnack, the 1992 North American TFH annual meeting chairperson, to speak at the meeting in St. Louis. The IASK meeting will be at the same location so you could easily attend both meetings with travel expenses to only one. Details of the meeting are found in this issue.

At the 1992 meeting I will be giving you some of the results of the research gathering. Let me again encourage you and your clients/students/patients to write anecdotal reports.

This issue is the first combined newsletter issue of TFHF and the TFHA. We are looking forward to working together and making each issue more effective for you to help others.

John F. Thie, D.C.

President TFHF

“

**Getting people to feel better is important but helping them maintain that improvement is also a very important part of the work that we do. Giving you written reports will help them continue with their improvements.**

”



## Director's Dialogue

Forrest Turpen

Let me introduce myself and my lovely wife Judy. We have been on the job since August 1, 1991 and we are looking forward to meeting and serving you. Our goal is to join together with the "Touch for Health Family" as you reach out to help those who are hurting and need to be touched.

It's a pleasure for Judy and me to join with Dr. John and Carrie Thie in their vision of the purpose of TFH Synthesis - to make our world a better place because people are functioning more effectively. Might I add, functioning more effectively in body, soul and spirit. I believe when properly applied, TFHS affects the whole person.

Let me share something of our history. We have been happily married for 28 years. We have four children and five grandchildren. Our priorities have always been - honoring and serving the Lord, our God, then family and then the

individuals we come in contact with both directly and indirectly.

Professionally, I was involved as a teacher and administrator in public schools for twenty years. From August 1983 to the present time I served as Executive Director for Christian Educators Assn. Int'l. Judy has worked in banking, roller rink management and owner/operator of a book store. She worked with me over the past eight years at CEAL.

Enough about us. We are excited as we anticipate the growth of TFHS around the world as we seek to research the effectiveness of TFHS through compilation of your anecdotal reports. It will be a part of our task to network with you and the Touch For Health Association worldwide.

It will be my pleasure to schedule Dr. John Thie into your area as a part of the research work. He will share at

meetings and conventions as well as conduct training seminars. Please let me know if we can schedule Dr. Thie into a program that is taking place in your area.

We will work with the publishing of the TFHF newsletter and the coordination between the Foundation and the TH Enterprise Store. We will assist John with the rewriting of his book, TOUCH FOR HEALTH and the updating of supporting charts and folios for the book.

Finally, we need to hear from you! You are what makes TFHS a family and through you we are touching the world. Keep those anecdotal reports flowing into our office.

May the Lord bless you and keep you and yours.

Forrest and Judy

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## Have Stories? Write them down and send them in !!! Here's what some of Dr. Reid's clients are saying...

"After a serious skiing accident, I lost all feeling in my right leg and had severe pain in my lower back and left leg. After an hour on Dr. Reid's treatment table, the pain was gone and the feeling returned to my leg. I would recommend Dr. Reid to anyone with any kind of discomfort."

Carol Laing, Las Vegas

"For years I have had back pain. I was diagnosed as having "stenosis of the spine." I began to have trouble walking and surgery was recommended. After only one treatment from Dr. Reid, I got immediate relief and for the first time in four years I could walk with very little pain. I felt so much better after another treatment, I haven't needed to return."

Martha Bello, Las Vegas

"Since coming to Las Vegas, I have had a series of candida(yeast) overgrowths. When I have such an overgrowth, I am tired and have no energy. Often I will have allergies as a side effect. A single treatment by Dr. Reid and a simple diet for a week kills the overgrowth and life returns to normal."

Pam Manning, Las Vegas

"In 1988 I was recovering from being poisoned. In addition to trying overcome the damage to my vital organs, my immune system was also fighting candida and several kinds of parasites. I received a "candida balance" from Jim Reid. Within a couple of hours the "die off" began. Two days later the improvement in my health was dramatic. My immune system again had the upper hand, and I was no longer experiencing a relentless fight for my life."

June Harris, Grand Junction, CO

## More Stories...

## A testimonial from South Africa...

"Recently I taught a Touch For Health I class. The class was small but enthusiastic. Glenda Hall, our baby sitter was in the class, and began immediately to use what she had learned. In addition, she began doing things I never taught her. A teen-aged neighbor developed a case of hives that could only be controlled in a hospital environment. As soon as he would return home, the hives would return. He made three trips to the hospital with the same results each time. After the third trip, he began to break out again. The neighbor asked Glenda if she could do anything to help. Glenda was willing to try. She read the TFH book and began rubbing the neurolymphatics for the adrenals/kidneys. Immediately the hives began to subside and did not recur."

Jim Reid

July 91

**If you are seeing clients, teaching classes, using the Touch For Health Synthesis in any manner, and have stories to share - we want to hear them. Send them to the Touch For Health Foundation, you will be helping us with our research.**

**TFH Foundation  
1174 N. Lake Ave.  
Pasadena, CA  
91104**

**(818) 794-1181**

August 20, 1990

### "We've started living at last"

My elder son Richard is eleven years old now. From the moment of his emergency caesarean birth until he was two years old, he cried non-stop. He had a milk allergy, gluten allergy and a sugar imbalance. This led to ear and chest problems, and bladder and kidney ailments.

In August last year I did my first Touch For Health course, and I've done as many as possible since then.

The improvement in Richard has been remarkable. I balanced him for allergies, and adhered to his body's request for a pre re-introduction "hold off" period. I phobia tapped him for his biggest stressors, school and school work I found I also had to go to specifics such as fear of reading.

He has been eating bread, cakes and biscuits for two months now, without any ill-effects whatsoever. Before, if he so much as had one biscuit he would lose all fine motor coordination and would cry miserably for two weeks.

Since then I have also been using One Brain and Advanced One Brain techniques from Three in One Concepts. His school work has improved dramatically.

He could barely read a word before. Now he is reading, his attitude to his work is much better, and his concentration has improved. He is relaxed and receptive, and he has even developed a sense of humor.

As Touch For Health is very new in South Africa, my husband and I had never heard of it before I did my first course. We find the results nothing short of miraculous.

Our family life is transformed in other ways too. My husband has had chronic sciatica for years. Every month he had to go for chiropractic manipulation to ease it. As soon as he got into a car, however, it returned.

I did the fourteen muscle balance, and then checked all the muscles of the Circulation-Sex meridian. Piriformis was very weak. The neurolymphatic point on the pubic bone was extremely painful. He rubbed that area for two weeks before the pain left. When the pain ended so did the sciatica. He has not had a recurrence since then.

I too have had a problem with my neck, ever since I fell off a horse when I was in my teens. For years I have also been going to chiropractors. My neck was sorted out at my Touch For Health two and three course. It was a reactive trapezius. I am now completely "cured". At least, the trouble is over!

Thank you very much for developing your technique and I am sure that in the future Touch For Health will go from strength to strength.

Yours sincerely,

Alice Wispew

## Arlene Brown's clients report success, do yours?...

To whom it may concern:

I had chronic pain in my jaw for over ten years. The irritation occurred more with stress, dry heat, perfumes, and a number of other causes. It became so bad, that frequently I could not sleep. One of my favorite things to do is read and I wasn't able to do so for long periods of time.

I tried many things, over the years, to relieve the pain. I used moist heat, Reflexology, and even had surgery twice to correct a deviated septum. I have seen many doctors, including TMJ specialists, ear, nose and throat specialists and allergists, in hopes of finding the cause of this problem.

Recently I was introduced to Arlene Brown who I was told could relieve my pain through wholistic healing. After one session with Arlene, I felt an absence of pain I had not felt in over ten years. I felt I had a new lease on life. After two visits I feel almost completely "cured". She taught me ways to relieve the stress which I can perform myself. With her treatments, I feel I can embrace life again and enjoy some of the things I could no longer do.

R. S. Walter

---

Dear Arlene,

"Although my marriage problems didn't disappear as a result of working with Arlene, the techniques she used assisted me in dealing with my own emotional issues both consciously and subconsciously. As a result I feel less physical stress and more in harmony emotionally."

"In the extremely stressful time during which Arlene worked with me I had no physical breakdowns - in fact, I've had but one cold in nearly two years! Remarkable!"

After three years of constant fear of thunderstorms, I experienced calmness and peace during several storms after only one private session with Arlene. Trapped in the direct path of Raleigh's

tornado several years ago and experiencing, upon impact, uncertainty as to whether or not I would live had left me with an overwhelming feeling of fear and panic during stormy weather. Combining Arlene's massage therapy techniques with her suggested positive affirmations has renewed my sense of calmness and confidence during unsettling weather conditions.

Prior to my sessions with Arlene Brown, I was experiencing chronic neck, back, and sciatic pain of such severity that I was taking up to six Advil a day just to take the edge off. I am happy to report that I have not taken Advil in months, and I am experiencing more energy and less pain than I have in a long time.

I was also quite surprised and pleased that as a result of my sessions with Arlene, my monthly PMS symptoms were greatly reduced. Needless to say, my husband is also quite pleased!

S. Mueller

---

To whom it may concern:

I came to see Arlene about sinus infections that were increasing in frequency and intensity. One session with Arlene in early April, 1990, kept me completely clear until October. This time frame included two months in Michigan when allergy season peaks. Previously, being in Michigan had created acute conditions that needed medical attention.

In December, 1990, when I was having recurrent upper respiratory problems (sinus, sore throat, laryngitis) another session with Arlene cleared those symptoms and the emotional energy that was triggering them.

After a session with Arlene I noticed increased energy, clarity of mind and a positive mindset. Arlene gives appro-

priate homework so I can continue to benefit from her work. My use of medications has greatly decreased.

I came to Arlene in January to work specifically on my anger. I would become irrationally and excessively angry over minor incidents, usually involving my five year old daughter. After an explosion, my head would feel odd for hours, i.e. my thinking processes were slower, it was difficult to concentrate, and I was even more potentially explosive. At the same time, I felt like I was in a fog. I also had experiences of disassociation during my explosions where part of me would be wondering why I was behaving as I was, but was unable to stop that behavior.

One balance and affirmation session with Arlene and all of this stopped. I rarely got angry, and when I did the anger was more appropriate and much less intense. My therapist explored anger with me for two sessions after my work with Arlene, and we moved on to other issues. I have reviewed my list of affirmations six times or fewer, yet this improvement was continued to this day, four months later.

Susan B.

---

Dear Arlene,

I am so thankful I went to see Arlene. I am in a stressful sales management position. My father is terminally ill and in the final stage of his cancer. As if this wasn't enough stress I then had a miscarriage (my third) and I went into "overload". I couldn't handle anything. I was so emotional, couldn't sleep, and couldn't keep from crying even at the office. It got to the point I couldn't face anyone or make decisions. After one session with Arlene, I felt immediate results. I could talk without crying and I was very relaxed and had a "calmness" feeling. When I went back to the office, I was amazed at the number of people who commented on "my change". They had no idea where I had been, but I want to tell everyone because it is such a successful technique.

L.T.

## Marge Donde says...

Dear Dr. Thie,

After reading the Touch For Health newsletters from America for the past year, I thought it was time that you received news from South Africa.

I have now been a Touch For Health Instructor for a year. I have taught about seven Introductory Workshops, two Enhanced Learning Workshops, as well as a Stress Without Distress and Tibetan Energy Workshop. I average about four pupils per workshop and the interest in TFH is certainly growing and I have had many inquiries for my next one in August.

Through necessity I have also taught TFH II and III as I have three pupils who will be doing their Instructor Training in August with Tom Lilley.

I have really enjoyed teaching TFH and I am always amazed at the end of workshop that I have had such a lot of fun, met the most interesting people and still received pay for it. However I was really reminded just how effective TFH is when I was teaching a single person one evening, as she could not make the first morning session of the Introductory Workshop. As we were going through the basics of how to use the book and course outline. I had the most terrible stomach ache. So much so that I could not stand up straight but was doubled over. So what did I do? Naturally I asked for her to balance me and after showing her how, the muscle that was really out was anterior deltoid. (I had had roast chicken skin during supper - so it made sense!) We were both notably disappointed however that when the balance was complete the pain was still there. However about two minutes later it was completely gone and I felt fine. I am continuously amazed at how simple but effective TFH really is.

I have asked my pupils to write to you as to let you know how TFH has worked in their lives.

So be prepared for more news from South Africa.

Warm regards,

Margie Darde

## A testimonial from Paul Burdelosky:

The Holistic Exposition was being held in the Miami Convention Center on a Saturday and Sunday of March, 1990. These were several speakers listed and many different products available for demonstrations and purchase. Many of the products were being offered at "Discount Prices". Nancy and I were interested in attending two of the lectures and obtaining a massage table. After examining the several booths, offering massage tables, we were finalizing our choice of color, size etc. with a man named Dean Heyne.

Dean's interest in our use of the massage table became more inquisitive and his questions more detached.

Finally, we explained, our intended use was connected with Touch For Health procedures and balancing for different purposes. We purchased a table which was to be delivered in two to three weeks. We exchanged some background information which was very interesting. Dean was born on a farm in Iowa in 1952. After high school, he attended the University of Iowa and graduated in Engineering. Dean became a General Contractor and worked in the construction business in Illinois for several years. His continual battle with asthma became worse and worse.

He left the contracting business and enrolled in the University of New Mexico and graduated as a B.S. in Holistic Medicine.

Dean was now using a small portable oxygen tank and carried an inhalator everywhere he went to maintain himself during his ongoing bouts with asthma.

He moved to Miami in 1988 and purchased a 44 foot sailboat to travel the Caribbean and relax and free himself of this asthma. However, the attacks became more frequent. We now understand his interest in what we were doing with Kinesiology and Touch For Health. His knowledge of Kinesiology led him to set up an appointment with us, when our massage table would be delivered. He would deliver it to us at an appointed time.

The day arrived and so did Dean.

The table was not the one we had ordered but one he would lend to us, until ours arrived.

Dean got his first treatment. - Nancy and I worked with him for approximately two and one-half hours.

He was somewhat skeptical but greatly relieved. He called six days later. He had been at a gathering of people and there was a considerable amount of cigarette and cigar smoke in the room and he had to leave- he was becoming ill and had to use his inhalator - for the first time in the six days he had been to us.

Dean wanted to see us again.

The next day he arrived at our home, with our new table.

Nancy and I worked with him again for a considerable period of time. He felt very good and extremely comfortable with himself.

During the long conversation after the treatment he agreed to go to Grand Canyon with me as an assistant in the construction business in May.

He brought an inhalator as an emergency precaution for the trip. He used it once in two months.

He returned to Grand Canyon with me in mid-August of last year and to our knowledge has not used an inhalator or any other device for any asthmatic problem since that time.

As of our conversation and recent meeting, July 6, 1991, he is still clear of any signs of asthma.

Submitted by,

Paul Burdelosky

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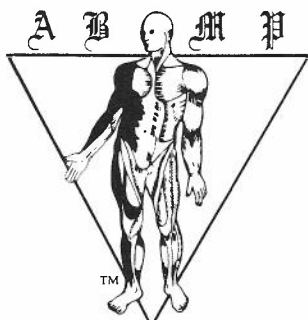
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The STORE now has a FAX machine to help make ordering easier than ever. Our 24 hour number is 818-798-7895. We've been working on the STORE'S new catalog and as usual it is hard to say, "Enough! That's it! No more new entries!" because there are so many new and exciting books coming out all the time. It is gratifying to notice that the mainstream publishing industry is now producing titles that Touch For Healthers have been familer with years. Since we like to find new books that you won't find at your local chain store, we are especially glad to see better quality coming from the smaller independants and even some self-publishers. Here are three such titles that we have recently aquired.

**THE ACUPUNCTURE PRESCRIPTION INDEX**, by Dr. Ralph Alan Dale. This quality, hard bound book references over 5000 ailments and the corresponding Acupuncture points to treat them. These points are easily located on our **TFH MERIDIAN ACUPUNCTURE CHART**, one of the best we've been able to find to date. The Acupuncture Prescription Index together with the Meridian Acupuncture Chart, will make a fine gift, or addition to any TFH Instructor's or Wholistic Health practitioner's library.

*THE ACUPUNCTURE PRESCRIPTION INDEX (ACU042) \$12, TFH MERIDIAN ACUPUNCTURE CHART (TFH19L) \$17*

Also, for all you TFH Instructors, we have been able to get "**CORRECTING CHRONIC HEALTH PROBLEMS: A DOCTOR'S MANUAL**" by Michael Lebowitz, D.C., the popular co-author of "BODY MECHANICS" with Maril Steele, D.C. CORRECTING CHRONIC HEALTH PROBLEMS includes such topics as Tonic Laberynth Reflexes, Cranial Faults, Emotional Neurovascular reflexes and more. This books sells elsewhere for \$65, however we are selling our current supply for \$40. That's more than a 30% savings for our customers.

*CORRECTING CHRONIC HEALTH PROBLEMS: A DOCTOR'S MANUAL (AK015) \$40.00*

Jennifer Weiss, a popular TFH instructor has co-written a book with Vena Burnett entitled "**COLON CLEANSING: THE BEST KEPT SECRET**". This book features 10 cleanses and rejuvenation programs and 12 of the most common colon problems and their Herbal Remedies. This subject, once thought repugnant, is now accepted by lay people and professionals as a vital step towards good health for many people.

*COLON CLEANSING (AH076) \$10.95*

And finally, we now have PHP Certificates to complement the PHP 1 book, and the PHP charts.

That's it for this time. Stock up for the ghosts and spirits of Autumn and in behalf of Alice, Virginia and myself enjoy the changing seasons and stay healthy.

Sincerely,  
Larry Arsenault

Qty	Title	Price ea.	Total
	<i>The Acupuncture Presription Index</i>	\$125	
	<i>TFH Meridian Acupuncture Chart</i>	\$17	
	<i>Correcting Chronic Health Problems</i>	\$40	
	<i>Colon Cleansing: The Best Kept Secret</i>	\$10.95	
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## 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 clearing-house 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.

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