

NEWSLETTER

Vol. 1

Issue 1

1992



NOTES FROM JOHN F. THIE D.C.

In this issue of the newsletter we have a number of anecdotal reports which again show the marvelous results people have using the TFHS. We need to have thousands of these reports. Do you care enough? I believe that you do and will take the time to write your reports on the outcomes of your TFHS interventions.

There was an interesting article in the sociology section of the *American Medical Writers Association Journal*, September 1991, where the author, Soheir A. Morsy Ph.D., "...recall[s] parts of the book, *Surely You're Joking, Mr. Feynman*. ...the author, a Nobel Laureate in physics, discussed the trials and tribulations of interdisciplinary communication.

Anthropologists find it hard to relate to this dilemma — we believe that we've solved the problem by incorporating the knowledge domain of many disciplines into one (e.g., a 'holistic' approach)." I think sometimes that when I speak to people who have been using the TFHS and studied all of the various branches of the TFHS Tree they do not realize the trials and tribulations that will be encountered when trying to articulate what they are doing to others in the "medical community." Anthropologists and TFHers all look at the multitudinous causes of energy imbalances and recognize that environmental factors as well as individual responsibilities can be the cause of malfunction and poor performance of the human being.

As we take our places in our communities as planners for the future, we may be considered, as are "independent-minded anthropologists, a necessary annoyance that must be tolerated in order to plan the future with a facade of cultural sensitivity."

We may need to point out that "Studies of the social production of sickness range from the health effects of expanded agribusi-

ness" or other environmental hazards are really items that need to be addressed and with our abilities to see the immediate effects and allow others to become aware.

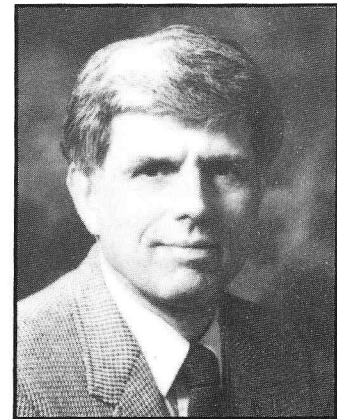
We have a social responsibility as well as an individual responsibility.

Battery Watch Survey

Chaffer, a homeopath and TFH instructor from Pymble, Australia, wrote to me telling me of an article he was submitting to an Australian health magazine. In the article he describes the negative effects he has found in people that wear battery powered watches. He states that they cause energy imbalances which show up as excessive fatigue after exercise, chronic recurring aches and pains, incoordination. He has made these observations in his practice of homeopathy in which he uses the TFH methods of muscles testing.

I would like to have you send your observations and outcomes of working with students, clients, patients when you find a battery powered watch did or did not have an effect on the results you were obtaining. I have not found the same results in my practice. I wonder if I haven't seen the type of person that is effected by battery powered watches. Will you help me in this survey?

continued page 6



- **Dr. John Thie has been elected to the California Council on Self-Esteem. He will represent you as the secretary of this State Council. As you know, self-esteem and self-worth are very much a part of good health and a person's well being. California is a key in the recognition and action in building a healthy concept of SELF. Touch for Health principles naturally assist individuals to build a healthy sense of worth and well being.**

- **The TOUCH FOR HEALTH FOUNDATION has moved. Please note the new address. 1200 N. Lake, Suite A, Pasadena, CA 91114-3744. Our phone remains the same. (818) 794-1181 FAX (818) 798-7895 Voice Mail (818) 568-5955 (Ext. 5)**

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International Kinesiology College
 Stiftung P.O. Box 3347
 Ch - 031 Zurich, SWITZERLAND
 41-1-272-45-15

Associations for TFH are forming in many nations all over the world. Please contact IKC (41-1-272-45-15) or TFH Foundation at (818) 794-1181 USA, for more current information.

If your association is not listed, please send documentation of your work to TFHF so you can be included in this worldwide movement of TFH Synthesis.

ANECDOTAL REPORTS

The August 1991 issue of "BALANCE SHEET", the publication for Touch for Health of West Sussex, England includes a testimonial from Beryl Barton.

NINE YEARS AGO I was a mess and heading for life in a wheelchair. I had osteoarthritis in both big toes, right knee and hip. My GP told me after three years of local hospitals, physiotherapy, etc. that I would have to learn to live with it. Because it was so painful I had to sell my lovely Spitfire sports car. I walked very slowly and had to time crossing the road very carefully.

I gave up Yoga classes. The tutor was a Reflexologist and I had twelve treatments, which didn't work. During this time she was attending a TFH class and anxious to try her new skills. We changed to TFH. As well as getting a weekly balance, I was continuously monitored for food sensitivities and remember standing in the middle of Waitrose and wondering, what could I eat?

Results: I can if necessary walk for four hours and I can drive comfortably again.

Additional benefits: No more festers on my face or boils on my bottom. My catarrh is 90% better. Best of all I go circle dancing every Wednesday (square dancing with no comers!)

To summarize: TFH has done what no conventional treatment could have achieved.

The same publication in their February 1991 offers two additional outcomes.

FIRST, DIANA COLLINS WRITES: Imagine being 35 years old, not a day's illness in all those years, three lovely children and a wonderful husband, to be told a few days before Christmas that you probably have a tumor around and behind your right eye and the only way it can be treated is to have it removed as soon as possible.

It was a bleak Christmas. Early in the new year I went to Moorfields Hospital in London for the operation. Moorfields was the only hospital that had doctors capable to deal with the possibilities which could ensue. The operation over, I was told that the tumor was benign although it had extensive roots as it had probably been growing for a number of years and the chances of it growing again were 50/50. "We were very lucky," the consultant told me!!

I am back on the road to recovery now, although the operation had left me with double vision, terrible headaches and a dreadful ringing in my ears. "All this will pass," I was told by several doctors.

Eighteen months later, it was all getting worse and now I also had a sore throat to

contend with and I struggled through each day any way I could. My best friend was now getting increasingly worried and joined me in a search for a cure, determined to find light at the end of this very dark tunnel.

"Touch for Health," she shouted down the phone one morning. "Kinesiology," she exclaimed! "I'll phone these people, you need a balancing." I thought she had gone mad but a phone call to a lady called Sheila and a few enquiries later, an appointment had been made. I was to see Sheila Hawkes and Joan Brownrigg a few days later.

Not knowing what to expect, along we went. Sheila and Joan were the two most caring people I have ever met. They explained that Sheila would be a surrogate for me and they would try to unravel the mystery of the illness... That day was really my turning point. Although I was very tired I had a very calm feeling and gradually I was coming back to life.

I have seen Joan and Sheila several times since that day and each day I go from strength to strength. Without their help my friend and family were not sure that I would make Christmas and we would all like to thank both Joan and Sheila and Touch for Health for the wonderful work that they are doing. I am now looking forward to Christmas 1991 and the new year and the future which a few months ago was surely slipping away from me. THANK YOU.

ADIE JONES REMINDS READERS: "My daughter is at present in her second year of a course at Art College. Although a capable artist, her bent is towards the practical side and she finds it sometimes difficult to think and draw imaginatively enough. Yes, she is left brain dominant. Not ideal for a budding artist! It occurred to me that perhaps if we switched her in to her right brain when she had a particularly great amount of work to do or was perhaps just not feeling 'in the mood' to draw/paint, it might be of some help. Certainly nothing was to be lost by trying. So, with fingers of left hand on top lip, fingers of right hand on bottom lip, Fae went into Pause Lock, then held her ESR points. I tested to establish that she was indeed now in her right brain and left her to her work.

Result: Not only did she admit to finding the work easier (i.e. she was more able to apply herself) but I felt the work she produced was very much better - it had more 'flow' and depth of feeling. The body does, of course, revert to its more natural dominant side, so we just repeat this when and if necessary."

DIRECTOR'S DIALOGUE

—Forrest Turpen

Here we are, well into 1992 and what has been accomplished that has lasting value? Each one of us individually needs to look back to see what goals we have set for ourselves for 1992. Now evaluate your progress over the past 10 - 12 weeks. Are you somewhere along the continuum to achieve the individual goals you set?

I like to think about setting goals by areas of my life. Family relationships are a high priority. Business and work goals are foundational. Health and wellness are very important along with setting yearly spiritual goals for my life.

It is true that all of these are interrelated and interdependent. Reaching our own personal goals simply means every area of our life is important to each other and impacts the whole.

Touch for Health and the TFH Family are very similar in many respects. Our goals at the Foundation will impact every member of the TFH family. Reaching your goals as a member affects the whole of TFH.

The major goal of the Foundation is to serve you and stimulate health promotion through TFH Synthesis.

One strategy to achieve this goal is the collection, analysis and distribution of anecdotal research. It is obvious that TFHF can not achieve this goal without your participation. *You are needed!*

Please plan in 1992 to send the Foundation at least three anecdotal reports. Dr. Thie has mailed you a health research model report form, our brochure has the research form in it and the form has been printed in the 1992

THEnterprises catalog on page 39. In the next nine months, would you covenant with us to send at least three anecdotal reports?

Another strategy is to provide you with updated and revised materials. Dr. Thie has completely revised the *Folio*, which is advertised in this newsletter on page 5. A new feature with the *Folio* is a pocket/purse size that can be carried with you. Please note the many endorsements of the *Folio* by the TFH family in this issue of the newsletter. Added to the new *Folio* is a completely revised reference chart. It has some additional elements not found in the *Folio*. It is hot off the press and available at special discounts until April 15, 1992.

One more item in the planning stages is a total revision and updating of the *TOUCH FOR HEALTH MANUAL*. Look for this in late 1993.

We hope to add several other useful tools for you as we promote better health through Touch for Health Synthesis.

Your feedback is not only welcome but important so keep those anecdotal reports coming, suggestions and comments flowing and the telephone ringing!! We are in touch so you keep in touch.

• *Japan and the Orient are but a few hours by air from California and Dr. Thie is thankful for fast airliners. He has been invited by the Japan Chiropractic College to lecture/demonstrate Touch for Health principles in Tokyo. This is a great opportunity to introduce Touch for Health in this part of the world. John will be presenting at the college on May 3rd, 4th and 5th. Please pray for health, safety and open doors for the growth of Touch for Health worldwide.*

• *Several networking meetings have taken place with the anticipated results of developing a model Touch for Health program for nurses on a college campus. Associated with this is TFHF joining Health Ministries Association to work with parish nurses throughout the U.S.A. These nurses are working directly with churches and synagogues in order to promote better health through their congregations.*

"A TOUCH OF CLASS" TFH CENTRE

30 Sudley Rd, Bognor Reges
West Sussex PO 21 1ER ENGLAND
Tel(0243) 841689

Welcome news came from the Charity Commission on May 22, 1990 that the TFH Centre had submitted satisfactory documentation for charity status. With a formerly adopted constitution, the Centre began a new phase of service in health promotion. This sounds like old news, you say? True, but significant because it charted a new beginning and healthy growth for the TFH Centre. Aims of the association are:

- i) to relieve sickness by the practice of TFH and other methods of natural healing and therapeutics designed to relieve human suffering and distress.
- ii) to educate the public in TFH and other methods of natural healing and therapeutics.
- iii) to establish or secure the establishment of a resource centre to maintain the same in furtherance of those objectives.

From the wonderful beginning under the leadership of Pat Herington, President, good things are continuing to happen. Pat states, "I don't see TFH as being something you 'do' to people. To me, it is a way of helping the person get in touch with their own problems and to take responsibility for themselves. It gives them something they can take home and use to continue the healing process."

It appears that a "Touch of Class" has come to stay in West Sussex.

COMMENTS

—Wayne Topping

Thoughts from the Readers Digest (January 1992) regarding touch from an article entitled, "The Sense That Shapes Our Future".

"Can touch help prevent some ills? In hospitalized patients, the caring touch of nurses and loved ones can relieve anxiety and tension headaches. "Human contact makes people feel better'."

Generally, successful and self-confident people feel freer to touch others than shy, unsure ones. Research done by Michael Meaning of the Douglas Hospital Research Center at McGill University in Montreal, discovered that when baby rats are handled during the first to third weeks of life, they develop many more receptors that control the production of glucocorticoids. Glucocorticoids are powerful stress chemicals that can cause muscle shrinkage, loss of insulin sensitivity, high blood pressure, elevated cholesterol, impaired growth and damage to brain cells."

Reprints of this amazing article on touch are available from:

*Readers Digest, Box 406,
Pleasantville, NY 10580
10 copies \$6.00, 100/\$40.00,
500 /\$80.00 and 1000/\$130.00.*

Wayne Topping comments on the new Touch for Health brochure. We appreciate his feedback. He comments:

Healing then, must ultimately come from God. However, there are three different forms of healing which we shall consider interim.

First, **natural healing** is that which happens without conscious thought. God designed the body to be self-healing. Thus when we cut ourselves, the body heals itself automatically whether or not we understand how this healing occurs.

Second, is what we can describe as **co-operative healing**. If arteries are severed in an accident, or bones broken, we can intervene with surgical procedures to reconnect the artery, set the bones, etc. Here the health professional is doing what the body can't do for itself; then the God-designed self-healing functions of the body can take over. There are numerous ways in which health professionals can cooperate with the body's healing mechanisms including, surgery, drugs, nutrients and manual manipulations.

Natural and cooperative healing are en-

hanced through the application of Touch for Health techniques, a unique methodology for unlocking the healing energies God has lovingly built into the design of man.

Finally, we see the effects of **divine healing**. While it is true that all healing comes from God, there are those special cases and situations where healing cannot be explained but for God's divine intervention. Medical experts have documented may cases where a person was expected to die and miraculously recovers or an inoperable tumor miraculously disappears and it is attributed to divine intervention. We, in the Touch for Health family, are excited about sharing techniques that can assist people in enhancing natural healing or cooperative healing by unlocking the natural healing energies that God has built into each one of us.

OUTCOME RESEARCH BELLINGHAM, WA

"Touch for Health is a wonderful synthesis of techniques with a truly vast range of applications within the healthcare, academic and athletic areas. TFH is already being used in such diverse areas as hospitals in Russia and Ghana and by people as vastly different as Olympic athletes as well as lay people who want to remain free of pain or to learn more easily. Touch for Health promises to play a major role in our healthcare systems of the future. I am proud to promote it whenever possible."

—Wayne Topping, Ph.d., L.M.T. Author and Lecturer

DENMARK

"We have helped a lady 40 years old to stop taking eltroxin, which she had taken for 20 years. She did not feel good about taking this medicine but on the other hand she could not live a normal life without it. We balanced her 8 times. Slowly she came out of using the tablets and feel much more free and happy now. She went through some critical haling crises. At a certain point she grew a cyst at the right ovary. She came for a balance on a Monday and was going to have it operated on Wednesday. When they examined her before the operation two days later the cyst had disappeared. Her thyroid is working normally without medicine for more than a year now.

"A medicine student came to us because she had not had normal defecation for a couple of months and was thinking of an operation because the doctor could not help her. The muscle was too tight. We balanced her once and found immediately the psychological cause. We used a TK balance and the problem was solved. After a year she is still ok."

—Grethe Fremming & Rolf Mausboel of the Danish School of Kinesiology

OUTCOME RESEARCH VICTORIA, AUSTRALIA

"I'm as 'happy as a clam at high water' that I eventually got the opportunity to attend a TOUCH FOR HEALTH 1(TFH 1) weekend.

"The material covered was presented in a very professional manner. I was especially impressed with the demonstrations and approach to gaining knowledge by 'doing'. Furthermore, the use of the TFH 'green book' as a helpful beginner's guide has stimulated me to open it up and read more!

"The notion that improved posture and health leads to a richer lifestyle for the individual, family and community is soul-inspiring, even more so when its on the tips of our own fingers.

"I have longed to find a simple, practical layman's approach for finding out what is and is not good for me without having to swallow the scientific findings of nutritionists, doctors and pharmacists.

"The TFH techniques for food testing, allergy testing, emotional stress relief and 'balancing' of the body's energy for achieving any sort of goal fascinate me. I've tried some of these techniques on my family and friends, with some amazing results.

"Dave is 6'2", 3rd dan black belt kung-fu instructor and normally I'd have problems weakening his outstretched arm, even if I hung from it! Yet when I tested his reaction to cigarettes, his arm flopped like a sausage under the pressure I applied with only two fingers. A reaction to cigarettes we both expected, however, the dramatic weakening we did not. Likewise, it took him an enormous effort to hold his arm steady before it weakened again when I placed a small piece of tomato on his tongue and tested.

"Kate, my sister, dropped an ashtray on her ankle at a club last Saturday night. On Sunday she somewhat skeptically asked me to look at it. So I pulled out my trusty green book and discovered that by tracing an associated meridian whilst holding the pain area with my free hand, the pain - but not the injury - would be relieved. Within half an hour, Kate had forgotten she had limped out of bed and neither of us could believe the result! I felt really good about having helped and advised her to 'take it easy on that ankle for a couple of days!'

"Speaking to various people about TFH and its principles has revealed to me a general consciousness about oriental acupressure and other alternatives to 'western medicine'. I've been really surprised that so many people are willing to try anything out of the ordinary to improve their health and lifestyle. Additionally (having been a full time student for the last four years) I'm really glad I've discovered something that I didn't have to study for months or years before practicing.

"I now await eagerly for my next opportunity to get involved in TFH and other Applied Kinesiology classes so that I can further my knowledge, meet more people from diverse backgrounds and share some stories of discovery.

Yours in health,

Michael Arnott - Victoria"

From IN TOUCH (Summer 1991) of Australian Kinesiology Association

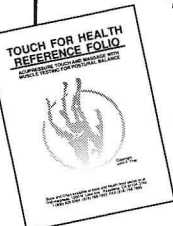
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What's like having the TFH Reference Chart in your briefcase? The new **Touch for Health Reference Folio!**

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—John Varun MaGuire, International Faculty

"The Reference Folio is a great short cut and time saver for both the beginner and the busy practitioner."
—Dr. Sheldon Deal, Swan Clinic of Natural Healing, President of A.K. Examining Board

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—Warren Jacobs, M.D., Canyon Lake, CA

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The TFH Folio is an invaluable tool. The layout is precise, the color code aids in speed and efficiency to help my family, friends and fellow athletes."

—Kim Vieira, TFH Instructor,
Nationally Known Tennis Player

"Dr. John Thie has done it again. Based on his commitment to provide easy-to-use self-help information for both lay and professional persons, the new TFH Reference Folio is a gold mine. Included for the first time in TFH publications is Dr. Thie's newest strengthening procedure for specific bilateral muscle inhibition."

—Richard Harnack, Kinetic Integration Institute, International Faculty

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OUTCOME RESEARCH POLAND

I have used your "Touch for Health" method for a year. I have practiced it with my family and friends. In my opinion, this method is a revelation and is the best method in maintaining health. It is the best to be in good form (in mental and physical condition). I obtained revolutionary results of curing some illnesses by using your method. I propagate "TOUCH FOR HEALTH" among those who come to me for help when they are feeling ill. I would like to broaden my knowledge about Touch for Health and about chiropractic medicine. If you can help, please send new information about this way of health. It is important to me.

—Brownislaw Anuszewski

CAPE TOWN

"Miriam, part of the Xhousa staff at my sister's house, complained to me recently of her knee hurting for some time. I didn't have much time, so I thought of quadriceps and showed her the neuro-lymphatic points along the rib margin and asked her to try rubbing there twice a day. Several days later, she informed me that her knee was fine again. She had wide eyes and was very impressed with this TFH technique."

—Kevin Campbell

- **The first annual Anatriptic Arts Expo is being held March 27-29, 1992 at the Fort Mason Center in San Francisco. It is the world's first international showcase of hands-on healing arts. Dr. Thie will be a presenter on Saturday, March 28th, (3:30-4:30) in the Cowell Theatre. This lecture is a lead-up to his four-part TFH Seminars beginning Monday, March 30, (6:00-9:00 p.m) through Thursday, April 2 in room C-215 at the Mason Center. Registration and/or information may be made by calling (916) 757-1556 or writing P.O. Box 2278, Davis, CA 95617.**

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Do TFHS Interventions Help with Mental Health?

In the the HEALTHWEEK Views Commentary of September 23, 1991 Ellen Pearlman says, "...the mentally ill. Not only do these people suffer from societal stigma due to their disease, but many who seek help run into reimbursement caps and other requirements that discourage treatment....The facts (from the National Institute of Mental Health) are disturbing:

One in five Americans will have a mental disorder at some time in his or her life.

Only 20% of adults with a mental disorder receive any type of care.

As many as 4 million Americans now have a serious mental illness, including one-third of the nations homeless.

Only 37% of all health insurance policies (public and private) provide inpatient coverage for mental illness; and only 6% provide outpatient coverage.

In 1988, the total annual cost of in treatment and lost income due to mental illness in the United States exceeded \$129 billion (the direct-care cost was \$55 billion).

Only heart disease results in more hospital-bed days per month than depression, which is the second most common form of mental illness."

With these facts in front of us and the need for us to be participants in forming the national policy on health care; we need to know if you have been helped with "mental illness" or have helped a student, client, patient with a TFHS intervention. We need anecdotal reports. If you have had good results doing or receiving a TFHS intervention, or were unable to help someone with a TFHS in-

tervention, I would really appreciate your sending me those outcomes.

Pregnant Cocaine Users Stain Hospital System

In September 23, 1991 HEALTHWEEK News Briefs section it said: "Neonatal hospital costs for U.S. babies born to cocaine-using mothers may exceed \$500 million a year, according to a study in the *Journal of the American Medical Association*. Researchers found that cocaine exposure increased medically-indicated hospital costs by \$2,610 per infant and the length of stay by four days.

This information made me wonder if any of you have had any experience in stopping the use of cocaine with a TFHS interven-

tion? If you used TFHS as an adjunct or as the sole intervention or helped someone else I would appreciate your writing up your experience for us to be able to share. Your privacy will be respected unless you give us permission otherwise. Recreational drug use is one of the reasons our health care system is being strained. The costs are so great that some believe that it will cause the system to break down, if it hasn't already. Can our TFHS be of help?

National Universal Access to Health Care on a Primary Level?

Do you believe in the next five years we will see a national universal access to health care on a primary level so that no person will be turned away? I do! The question is where will people be able to have TFHS interventions in this system?

According to a 1989 survey by the American College of Emergency Physicians, 41 states experienced problems with emergency department overcrowding. A 1990 survey found the problem had grown worse. The amount of uncompensated care provided by emergency departments increased to 31% in 1986 from 19% in 1984 and exceeded 50% in most public hospitals. Although I have not specific facts I believe that these figures now must be much larger, with the greater amount of unemployment and our continuing recession.

Why do so many people go to emergency rooms? Street violence and drug use is part of the problem, but it is also due to people not having any insurance coverage or knowledge of how to care for themselves and their families when minor problems develop. They delay having any care until they are really sick

continued next page

and then out of fear end up in the emergency room. Could we be of help in educating people to have more health promotion knowledge and lower the number of people entering Emergency Rooms? A great percentage of these really should not be there. I am asking you to decide that you want to be part of the solution to the health care crisis in the world. The U.S. has special problems with access to TFHS period. Other parts of the world have problems with people having access to TFHS interventions because the people authorized to give health care under the national health care schemes do not know how to give TFHS interventions!

We need data on the TFHS results. Will you participate?

Ideomotor Questioning? Is it Similar to TFHS Methods?

In the New York Milton H. Erickson Society for Psychotherapy and Hypnosis Newsletter for June 1991, David B. Cheek, M.D., was quoted as saying, "I've been teaching now for a good many years. I know what people can do. I think my confidence in the subject's ability to access information like that has a lot to do with the ease of getting the job done." He made this statement in connection with retrieving birth memories. His findings seem to be quite similar to what some of our TFHS people have also been finding. He calls his technique Ideomotor questioning. It seems that he believes that ideas and experiences that have been suppressed or repressed or have been initiated before the beginning of conscious memory can be discovered through a muscle response in light hypnosis. If you would like more information on this method you can order David Cheek's book, *Mind-Body Therapy for THEnterprises*. I found the language and understanding he uses helpful to me in understanding some of the ESR results. I personally believe the methods that are utilized in the TFHS are equal to those he describes.

PSEUDOPARESIS - Muscle Inhibition and Weakness

During September and October, V. Janda M.D. was a visiting scholar of the Los Angeles College of Chiropractic and since my clinic is now part of the clinic system of the college, he spent several days here consulting and training the chiropractic interns. We found that we had a number of ideas in common. Dr. Janda is the head of one of the largest rehabilitation hospitals in Prague and has had numerous articles published. In one article entitled, "Muscle Weakness and Inhibition (Pseudoparesis) in Back Pain Syndromes" he says, "...human muscles do not represent a homogeneous entity but that individual muscles be-

have in different ways even under supposedly similar physiological conditions." Later in the article, he says, "...tight muscles evidently have an inhibitory influence on their antagonists. Stretching and achievement of normal length of tight muscles disinhibits the pseudoparetic muscles and improves their activity."

Another finding which we have also found especially in the HypertonX methodology.

Warn Your Students and Clients about Halcion

In the November 1991 issue of *Health Letter* the "OUTRAGE OF THE MONTH" was devoted to Halcion — The Slow Death of an Upjohn Drug?

They say, "...we learned that Upjohn had submitted to the FDA a misleading summary of an important early study on Halcion, a study which a court said was relevant to the temporary drug-induced insanity which caused Ilo Grundberg to kill her mother while using the drug. A London newspaper has now reported that it is aware of evidence that for a number of years "the company has debated whether to mention murder and attempted murder as a complication of Halcion use. In the wake of all this, Halcion has been banned in the United Kingdom, Finland and Norway and bans are being considered in Canada and Germany." They further recommend if you are using this drug that you contact your doctor so that you can be weaned off of it gradually as this drug can be addicting. I am really grateful that I am not a doctor who uses drugs in my therapy.

We Need Your Anecdotal Reports!
Give us all a gift of at least one report during the next 60 days.

It takes time but it's worth the effort. You may have an unusual result or just what you have always expected, however, we need you to report. Ask your students and clients to write the outcomes of your interventions; you can take the results from your files. Remember that our TFHS methods are relatively new and now need to be part of the main stream Health Promotion and Wellness programs of the major industries. We cannot go to these organizations without evidence. We cannot do studies without knowing something about what are the common conditions that respond to TFHS interventions that have been reported at least anecdotally. Will you help? We need to be able to share with the public as widely as possible. We need to be able to get rid of the dragons of the religion of "Scientism" and we can do it together. I am counting on you and so are the millions of people around the world that will benefit from the TFHS.

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- **Dr. Thie officially retired from his chiropractic practice in late 1991. He is devoting his time now to the Touch for Health Foundation and health promotion, his wife, Carrie and his sons and grandchildren as well as a variety of other interests. He will share with chiropractic interns that attend Los Angeles College of Chiropractic on a weekly basis as they begin their clinical practice.**

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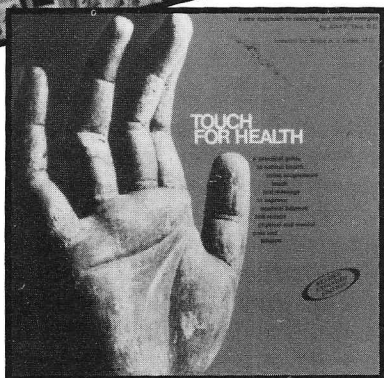
The new TFH Reference Chart retails for \$33.95 and until April 15, 1992, the TFH Store is offering a 20% bonus discount to current members of a TFH Association on top of the standard Association discount.

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