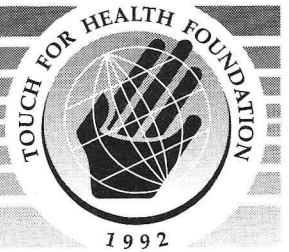


NEWSLETTER

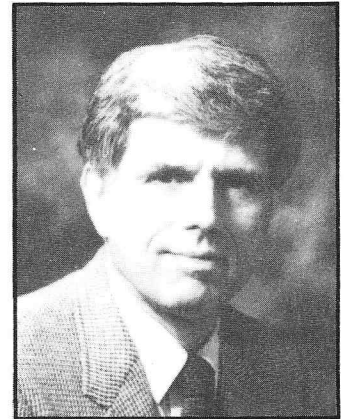


Vol. 1

Issue 2

1992

NOTES FROM JOHN F. THIE D.C.



This is the second of the new format newsletter of the Touch for Health Foundation. *In Touch* the name of the newsletter of the Touch for Health Foundation and some Touch for Health Associations around the world is now used for newsletters only from Touch For Health Associations.

As many of you know the TFHF no longer operates as a membership organization or a school. The teaching and certification responsibilities are now being carried on by the International Kinesiology College of Zurich, Switzerland. The membership functions are being carried on by the various Touch for Health Associations around the world.

The use of Touch for Health Synthesis (TFHS) is growing. The results are sometimes unbelievable, even to me, as I read these results in our anecdotal reports from around the world. In this issue you will find reports from New Mexico on Electromagnetic Fields (EM Fields) effecting the health of clients of Cliff Garner, Phd. formerly a professor at Cal Tech, in Pasadena, California. Cliff has taught and used TFH for several years and I am very pleased with his help in the many ways that he has been able share his results. If any of you have had results dealing with EM Fields effecting your students or clients please send me your reports. Cliff's reports were prompted by my request some time back. I wanted to hear about how you have noticed electric watches effecting health because I was told about this effect again by a Homeopathic physician in Australia, who uses TFH and was writing about his for a Health Magazine.

Robert Waldon, a doctor of Naturopathy, the first president of the North American Touch for Health Association,

whose Reunion center in Northern California conducts classes in all of the T.F.H. programs as well as dealing with difficult personal problems in private clients has submitted two unusual case reports with results that are outstanding. I believe others of you could write similar reports and I hope that you will be sending them to us.

There are also reports I believe will be helpful to all of us to recall when situations similar to these touch our lives. Thanks to Adrian Voce of London England, Marcia Hildreth of Des Moines Iowa, and Pam Finlay for your contributions to the on going research program of the TFHF.

In the American Chiropractic Association Journal (ACAJ) Vital Signs, there were some news items that I feel will be of interest to you. In a recent Study from Brown University it showed deaths from non melanoma skin cancers in Rhode Island between 1979 and 1987 more than half were due to squamous cell carcinoma (SCC). More than half of these originated in or on the ear. The study found most of the fatal SCCs were due to cumulative sun exposure. Well over half of those who died were men, whose hair is less likely to cover the ears than women. They emphasized that protection of the ears from sun

continued page 6

- *There is new activity and leadership through the work of Ilse Jakobovits and Marge Murray to get the Touch for Health Manual translated into Spanish. Marge has been spending considerable time and energy in Mexico as she shares the principles of TFH Synthesis with the people of Mexico. Ilse recently returned from Chile where she has taught TFH during her vacations from hospital nursing for the last several years.*

- *When you phone the Touch for Health Foundation and Store, one of the following will say, "Hello, Touch for Health, Alice, Virginia, Angie, John, Judy or Forrest, How may I help you?" We are looking forward to your call. Let's keep in touch.*

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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

Clifford Garner, Ph.D., Albuquerque, New Mexico, Reports

IN VOL. 1, ISSUE 1, TFH NEWSLETTER you requested comments regarding effects of battery operated watches. I work a lot with clients with multiple allergies and environmental sensitivities, using muscle testing, TFHS and techniques of Michael Lebowitz, DC. Because I find sensitivity to AC electric, microwave and magnetic fields (EM fields) in many of my clients, I routinely check them for sensitivity to external EM fields including battery operated watches and in-the-mouth galvanic currents arising from dissimilar dental metals. I also check with a Tri-field EM meter the magnetic field output of their watch (most people appear to be much more sensitive to relatively low levels of AC magnetic fields than to corresponding electric or microwave fields). I find large differences among battery operated watches in magnetic field output, ranging from negligible to rather high (50-100 milligrams, say, at the worst).

Perhaps half my clients are sensitive to external EM fields (TV, computers, stereo sets, light dimmers, electric blankets, waterbed heaters, microwave ovens, almost anything with an electric motor in it, front seats of automobiles, etc., with varying awareness of this and varying symptomolgy. Perhaps half of these (or in one quarter) of my clients are sensitive to their battery operated watches unless their magnetic field output is negligible. Of these, maybe 80% can be watch sensitive free if they wear the watch in one of these other wrist locations (**found by muscle testing**): 1) inside of left wrist, 2) outside of right wrist).

In some cases if a client is corrected for an allergy but not for EM sensitivity, and is then exposed to a significant EM field, the allergy correction is lost. This is why I check for EM sensitivity and correct as well as the allergies in the same session.

I test for EM sensitivity with an electric razor "on" and held about one foot from client's head, while G-2 testing (client initiates muscle test) a balanced indicator muscle, then repeating while clients checks their GV-20 — client is EM sensitive if either test weakens indicator. The test for watches is done by removing the watch, waiting two minutes or so, replacing the watch on the wrist and quickly retesting indicator. I also use Dr. Lebowitz's test, putting the S pole of "diagnostic magnet" on face of watch, watch on wrist and

seeing if a G-2 test weakens the indicator (pole convention: "S" pole same polarity as Earth's S pole, repels N seeking end of a compass needle).

According to Dr. Lebowitz and others, the target "organ" of EM radiation is the pineal gland. He developed a nutritional supplement called "Pineal Plus" (Thorne Research, Idaho; a pineal gland protomorphogen with P-5-P, ie., pyridoxal-5-phosphate, the phosphorylated form of vitamin B6 which the body uses directly and iron and manganese picolinetes (all are nutrients for the pineal) this supplement (usually 2-3 capsules per day for 2-30 days), or sometimes just P-5-P seems to give a long term correction for EM sensitivity (watch and for other external fields) when combined with tapping in 670-nm lasering of certain hypothalamic and other set points. He finds this procedure works very well, and my clients respond likewise. This also cleans up effects of in-the-mouth galvanic currents for dissimilar dental metals, and I routinely check for that also.

Robert Waldon, *Energetic Life Balancing Institute, Pleasant Hills, CA, reports:*

MELINDA came to us with lots of anxiety and stress, ostensibly related to work. she had been in weekly psychotherapy for 15 years. We did some priority balancing and sabotage programs. She came back the next week stating that one session did more to change her life than 15 years of therapy.

One patient came in, on crutches and assisted by her friend, diagnosed with MS. We did a 14 muscle balance (automatically doing points on any muscles which could not be tested) and cloacals. She walked out without crutches or assistance and walked in the same way to her final two sessions.

JULIE had injured her leg stepping into a "hole" severely damaging her nerves just below the knee on the right leg leaving a "dent" in her leg sufficient to accommodate my index and middle finger in depth and width. It had been two years and walking her daily activities continued to give her increasing amounts of pain. She was going in for a nerve block. We did a 14 muscle balance, ESR on the indident and then did postural stress release on every position at each individual stage of the accident itself. The indentation in her leg was 90% gone and she left the office pain-free. She continues pain free 2 years later.

DIRECTOR'S DIALOGUE

—Forrest Turpen

It's hard to believe, but it's been 10 months since the TOUCH FOR HEALTH FOUNDATION reopened its doors after a one year of limited operation. Well, let me tell you TFH FOUNDATION is gaining a full head of steam and beginning to perform some real muscle testing.

It is our purpose to provide a balanced program of promotion and research. We intend to support all of you working with TFH synthesis through the Foundation's efforts.

We know the availability of new and updated materials is an essential ingredient in that support. Therefore, the Touch for Health Foundation has made several changes in its organizational structure. Dr. Thie has donated THEnterprises store to the Foundation so there will be only one organization for you to contact in the future regarding materials, research and promotion.

THEnterprises company will remain as the publishing entity for all the TFH material. Dr. Thie has determined that he wants to update and revise most of the TFH products and TFH store will begin a greater outreach to many related fields.

In all of this, it is critical to encourage users of TFH to become members of the TFH Associations local to them. If TFH is to multiply effectively your contribution to the TFH Association is essential.

In this process of change and development Dr. Thie has hired John McKinney as a new staff person for the Foundation. His title is Assistant to the President and he will be responsible for the total operation of TFH FOUNDATION & STORE.

John McKinney comes to TFH with a varied background. He is a Swedish Massage therapist, teacher at Simpson College and William Carey University and has spent 25 years as a missionary in Africa. While in Mali, West Africa he was Assistant Director for the Mission with direct responsibility for research and orientation of new personnel. His Masters work is in the area of Intercultural Studies.

John McKinney is a family man as he and his wife, Jeanne have three grown children. Jeanne has had a significant background in nursing and they both have been involved in alternative health issues ob-

serving the healing gifts and talents while on the mission field.

John M. is on board and working through a phase-in stage of informational gathering and planning. You will find him extremely helpful as he seeks to respond to the needs of the TFH family.

May I remind you again of the necessity to hear from you. The research and promotion of TFH cannot take place without your input. Please send anecdotal reports of your application of TFH.

Sheldon Deal, Swan Clinic of Natural Healing has stated, "I think reference could be made to keeping records of the clients' progress on a specified form designed for this purpose which could thereafter be sent to the TOUCH FOR HEALTH FOUNDATION for computer data collecting and processing to help build our case for the effectiveness of Touch for Health care."

We agree with Sheldon and would ask if any of you are using a form already, please send a sample copy so we might develop one that would serve all of our needs.

Finally, on the next page, you will find a reporting form you can presently use to send in your anecdotal reports. Duplicate this and give it to those you serve.

NATIONAL SCLERODERMA AWARENESS WEEK

2nd Week of June

FACTS: 700,000 people in the U.S. have Scleroderma, 80% of them are women between the ages of 25-55.

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OUTCOME RESEARCH AUSTRALIA

From Australia "In Touch", A.K.A., Summer, 1991.

"If anything is poisonous to the body, whether it be a poisonous barb from a bull rout, causing excruciating pain, bee-stings, hornet-stings, drug withdrawal symptoms or food allergy reactions, by drinking a glassful of water and running the kidney meridian for as long as the energy can be felt moving by the client, the symptoms and/or pain dissipates very quickly.

"I've found this works quite well, when it's not convenient to do a 14 muscle balance. It's been my first-aid treatment in an emergency for 'toxic anything' for about 5 years now.

"Some of my students have used this with great success also.

"I do not have any written reports on this and could give only three names and addresses, as some of these people were only acquaintances at the time of the incidents. I will get these in the future, though.

Good luck with organizing these reports for John Thie."

—Pam Finlay.

EDITOR'S NOTE: I have heard some testimonials regarding this technique and they were quite amazing!

— Help us with our research effort! —

TOUCH FOR HEALTH RESEARCH MODEL: STUDENT/CLIENT/PATIENT REPORT

The purpose of this report is to inform others who might have a similar condition to yours, that you have had help through an intervention by someone using Touch for Health Synthesis (TFHS) methods. This will be an encouragement for them to utilize TFHS methods of changing their life for the better. You may use this form as an outline for you to write your story. This information may be published in the Touch for Health Foundation's research newsletter.

We appreciate your telling others about your results. Thank you. Please use a separate sheet of paper if needed as you answer these questions.

1. What was your condition? What parts of your life were not working for you? If you had been given a name for your condition(s), list them.
2. How long have you had the condition(s)?
3. What type of suffering and/or interference with your life was going on?
4. If you had pain(s), where was it located?
5. What steps had you taken previously to get help?
6. How were you referred to have a TFHS intervention?
7. Did you have any doubts about having this intervention?
☐ Yes ☐ No
What were they? _____
8. What was your response to the recommendations and interventions? _____
9. To what extent has your condition improved? You may use a percentage and/or describe anything you can now do that you couldn't do before.
10. How much time did it take to improve? _____
☐ You may publish this information & use my name.
☐ You may publish this information but not use my name.

Name(print) _____ City _____

State _____ Zip _____ Country _____

Signed _____ Date _____

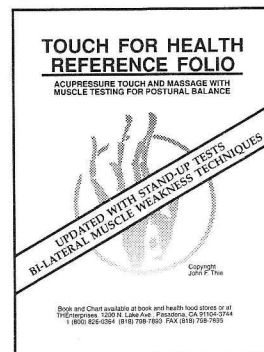
Name of person who helped you: _____

Location _____ Country _____

Please duplicate this form and give it to all of your family, friends, and clients you work with.

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SUCCESS STORY

—Elizabeth Barhydt

OUTCOME RESEARCH
LONDON, ENGLAND

We worked with a lady who had lifted something that was too heavy for her to manage two weeks earlier. She was in bed with intense pain, unable to sit, stand, or walk without further pain, even though she had four visits with a DC.

Actually, lifting the heavy weight was probably just the final straw, since she had been under considerable emotional stress for several months, was seeing an MD for a bleeding ulcer, and had a long history of back problems. She was planning on leaving in 4 days for a 3-week excursion to Alaska with her husband and group of friends and was very much worried that she wouldn't be able to go. As usual, people come to us after they have exhausted their other resources.

We started on a Saturday. Her hip was out of balance on the right side. Scanning the spine while muscle testing indicated many energy imbalances in the spine from the lumbar to the atlas. (Since she was in so much pain, we did all muscle testing at this session with a surrogate.) We started with balancing the hips, using the Low Back Balance, the Reactive Muscle Basic Balance, and the Frozen Muscle Basic balance first in a sitting position and then in a standing position. The balance did not feel secure and she was still in a lot of pain in the hip area; so we persuaded her to lie on the floor and balanced the hip again using flattened rolls of toilet paper as wedges and the stress release points (ESRs). We then balanced the atlas using an unpublished technique (which can be used as self-help technique). Retesting showed that, after balancing the hip and the atlas, the rest of the spine was not in balance. We continued with Reactive and Frozen Muscle Balancing while she walked and while she sat at her desk simulating typical work movements. We also guided her through several emotional releases using the ESRs. This ended Saturday's session. She was very much more mobile, but still in considerable pain, which is not unusual in a situation like this, since it often takes 12 to 48 hours after reestablishing energy balance for the injured tissues to recover. Elizabeth finished up with a healing massage of the hips and back, using Arthritis Pain Aid cream by Michael's Health Products, which we have found to be an excellent pain remedy as well as a good massage lubricant. We left her with a lot of encouragement and urged her to repeat the Low Back Reactive Muscle, and Frozen Muscle Balances at reg-

ular intervals during the next few days, which she did.

On Sunday she hosted a dinner party, and we were busy; so we didn't see her.

We saw her again on Monday evening after she had spent the day working and packing for her trip to Alaska. However she said that she had been doing the balancing exercises, and we found that the hip, spine, and muscle energy balances that we had done previously were holding. However she was still in considerable pain, particularly with several isolated muscle spasms, mostly on her right side, and she had limited range of motion in lifting her legs, particularly the right leg. She was still not strong enough to muscle test directly; so we continued with surrogate testing. To deal most effectively with these problems, we worked with her on a massage table. For the muscle spasms, we used primarily the Muscle Knots Balance and then Pain Tracing along the meridians on the right side, especially the gall bladder meridian. We also used our Meridian Balancing Technique (that balances all the acupuncture points on the meridian - see 1990 TFH Journal) on the bladder, gall bladder, and stomach meridians on the right side. To increase the range of motion in the legs, we combined repeated leg movements with each cycle. Elizabeth finished up with a Neck and Shoulder Release, an acupuncture technique we learned before we started TFH.

We saw her the last time on Tuesday morning. She was feeling great and was substantially free of pain. We were able to muscle test her directly and determine that the earlier balances continued to hold. There was not much to do. We worked on the range of motion in the legs some more and on more emotional issues. We balanced her to the "O Shit! world" (her favorite expression when under stress) using

continued page 7

Julie, in her late thirties, was suffering chronic exhaustion and severe aching of the muscles.

Testing showed a tendency to Hiatal hernia, a low level of Thymus activity (a gland important to the immune system), and the possibility of a Candida Albicans overgrowth. The adrenals were also showing high stress levels. There were imbalances on the subtle energy levels, with the solar plexus centre apparently the priority. This relates to a person's personal power and responsibility.

Julie had been married at 17 and lost a child to cot death. Several other relationships had resulted in some unhappiness and she had a son taken into care at age three.

By working through the various procedures as indicated by the fingers modes, while identifying emotional factors and bringing awareness to those areas, over a period of three months with regular fortnightly visits achieved previously unexperienced levels of energy and vitality. She celebrated by taking a two week holiday in Spain and signing up for a part-time course in aromatherapy. Her aches had gone and her digestion was enormously improved but the most marked change was the twinkle in her eye and the spring in her step.

This treatment was interesting as it had something from all levels. The correction for Hiatal Hernia is a very physical one whereas the Chakra balancing is intrinsically subtle. The real shifts in energy came from reliving some old traumas and, in particular, adapting her belief pattern. Julie's major breakthrough was allowing herself the right to say what she wants. This was especially challenging around her mother whom she had been trying to please for her whole life. This was disempowering her emotionally to the point where her power centre was too weak to sustain the proper function of her body in that area with the consequent disturbances in adrenal and small intestine activity.

—Adrian Voce, 1/15/92

- **Larry Arsenault is no longer at the Touch for Health Store. He may be about to enter into his own small business.**
- **Dr. Thie was Founder of the International College of Applied Kinesiology (ICAK) He will be speaking at their annual meeting, June 17-20, 1992. This U.S.A. Annual Meeting will be held in Dearborne, Michigan and John's topic is Bilateral Muscle Testing.**

CONGRATULATIONS!

Dr. Paul Dennison and his book, Brain Gym, were featured in the Winter edition of National Council of Self Esteem Newsletter. The article title was "Brain Gym: A Self Esteem Tool for the 90's"

The article states, "BRAIN GYM honors Howard Gardner's Multiple Intelligence Theory: activating visual/spinal, Kinesthetic, Musical/auditory, intra-and interpersonal intelligences, as well as strengthening logical/mathematical and linguistic intelligences. It allows people to let go of fear and struggle when learning by stimulating the higher centers of the brain (away from the survival centers). By integrating the right and left hemispheres and the frontal lobe, it assures that learning is positive, active, clear and energetic.

It is great to see Dr. Paul Dennison's works being highlighted. Congratulations!

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The ideas expressed in this newsletter do not necessarily represent the opinions and positions of TFHF or its staff.

exposure could save lives. So wear a hat in the sun if your hair doesn't cover your ears. We are working with many people who are interested in health and more and more evidence is showing that even though sun exposure is necessary for vitamin D production and that vitamin D made in the body is essential for hormone function, only a few minutes is necessary. Over exposure to the sun is harmful to the skin and in many people will cause the development of skin cancer.

In that same issue of the ACAJ IT STATED THAT FIFTEEN PERCENT OF ALL AMERICANS WILL HAVE A MENTAL DISORDER AT SOME TIME IN HIS OR HER LIFE. We can certainly recognize how true that is when we look at all the people that get TFHS balancing that have emotions that are associated with the energy imbalances. Yet according to the National Institute of Mental Health of the U.S. Government doctors are disillusioned with currently available drugs for anxiety and other disorders. In a nationwide, random poll of 250 practicing psychiatrists, doctors were asked about the effectiveness of current anti-anxiety drugs. The poll showed that doctors were overwhelmingly concerned with the precarious side effects of the drugs-debilitating drowsiness. Have you had a student or client who has been able to get off drugs as a result of your TFHS intervention? It is important for all of us to document the results we observe in our students/clients. Let me hear from you.

In the 1992 edition of Heart and Stroke Facts, the American Heart Association's annual publication, a new chart in the publication shows that men and women in the Eastern European nations of Hungary, Romania, Bulgaria, Poland and Czechoslovakia have the highest male and female death rates from cardiovascular diseases in the world. "We don't really know why people in Eastern Europe have such high death rates from heart disease," said W. Virgil Brown, MD, president of the American Heart Association, "but the fact remains that many such deaths can be prevented by taking steps to lower blood pressure and stop smoking." Have you been told by your clients or students that have been instructed TFHS methods that they have had lower blood pressure, or had their cardiologist tell them that they have less heart problems now than before? Early in TFH's beginnings I taught a class in Palm Springs at a retirement center. Two of the students were a husband and wife, who were taking the class to help the man as he had had three previous heart attacks and had difficulty walking short distances. After learning the TFH basic balance they balanced

him daily. After one year of this practice they wrote to me saying that the husband's cardiologist said that his heart was now better than it was prior to his first heart attack. Do you have similar anecdotal reports that you can share?

In the Jan/Feb 92 issue of The Futurist magazine Tom Ferguson, MD states "Patients once branded as uncooperative by their doctors, 'health-' patients are demanding a greater role in their own health care. As a result, they are living longer." I believe that what we are doing in Touch for Health programs is helping people to become "health-active" and thus not only helping them to live longer but also live more beneficial lives to themselves and others. He divides the population into three types of consumers of health care; Passive, Concerned, and Active and Responsible. These groups according to Ferguson have changed since 1975 when Passive represented 85-95% and Active and Responsible 1-2% to estimated in the year 2000 to be Passive 30-49% and Active and Responsible 40-50%. It just so happens that the Touch for Health Foundation was founded in 1975. I believe that together we have had something to do with this change. Together we will continue to help more and more people to become Active and Responsible in their health enhancement. I will be talking more about this subject in my talk at the International Touch for Health Meeting at Washington University in Saint Louis MO. in July. I hope to see you there.

NEWS FROM TOKYO

Dr. Thie, president of Touch for Health, sends a special greeting to the TFH Family from Tokyo, Japan May 5, 1992 — just in time to be included in this newsletter. John's message begins, "The three-day seminar went great!"

He states, "The Chiropractors in this seminar were very enthusiastic and have requested a return visit for advanced training in Touch for Health. This is great news to see TFH opening into the Japanese markets."

Dr. Sudo, President of the Japan Chiropractic College, is considering laymans' courses for Touch for Health and I.T.W.s through the Chiropractic College. The *Reference Folio* has been translated and printed in Japanese. The next step is to translate and print the *Touch for Health Manual* in Japanese.

"It was a great beginning," said Dr. Thie. "We are looking forward to a bright and lasting relationship for TFH with the people of Japan."

the ESRs, much like we balance to the "try world" in metabalancing. We checked out the heavy shoulder bag she was planning to take on her trip and pointed out that this alone could undo all the balancing. We balanced her to standing and walking with her shoulder bag, but urged her to find other alternatives, use a fanny pack, have her husband get a shoulder bag or fanny pack of his own and share the burden, etc. We also urged her to continue to use the Low Back, Reactive Muscle, and Frozen Muscle Balances to maintain and reinforce her state of balance.

She called us from Santa Cruz on the following Friday. She had been to a medical sports specialist who had taken x-rays of her back. The x-rays showed that two disks were missing and bone spurs had developed in their place. She had told the doctor what we had done for her in improving her mobility and reducing her pain. The doctor stated that there was little he could do and that surgery

was not an answer and recommended that she continue to do the exercises we taught her, as long as that was helping her.

Upon her return from the Alaska trip she reported that her back and hip felt fine. She had a minor relapse during the arduous trip to Denali National Park involving a 4-hour train ride followed by a 7-hour ride over rough roads in a school bus, but once she got settled in her hotel room she repeated the Low Back, Reactive Muscle, and Shock Absorber balancing exercises and corrected the problem.

This story shows the high effectiveness of the Self-Help exercises in the first place and the advantage of having Self-Help balancing exercises you can use without muscle testing for follow-up when you encounter subsequent stressful situations.

Editor's Note: This is a repeat of an earlier article, but it now contains specific details.

August, 1991

Elizabeth and Hap Barhydt • 22625 Ferretti Rd # 15 • Groveland, CA 95321

OUTCOME RESEARCH DESMOINES, IOWA

The client stated the following about their condition: "I had a sense of being scattered with a lack of focus. A celiac sprue and related physical complaints along with emotional heaviness with seasonal effective disorder was the state of my life, worsening each year.

"I was easily upset emotionally and unable to accomplish the work I wanted even though I took daily outdoor walks, use of full-spectrum lights and tryptophan. I virtually stopped functioning fall and winter and my dietary restrictions were growing.

I had sore muscles especially in the back left thoracic and inflammation at joints were easily triggered.

Previously I had sought osteopathic help (cranial had helped some). I had tried dietary enrichments, walking, yoga and meditating."

Finally, she was referred by a friend to TOUCH FOR HEALTH. The client states, "I had questions but no real doubts about this intervention. My response was overwhelmingly positive. The wonderfully loving and accepting character of March Hildreth is the key to our appreciation. My improvement included some immediate and some ongoing improvement."

The client went on to say, "During our interview, I had a sense of lifting of MUCH weight from my chest. (Marcia said, 'My, you're doing some chest and throat work, aren't you?') We were releasing old, heavy emotions!"

"This is the most enjoyable autumn of my life. There is virtually no SAD. Again and again, I feel I can experience freely the emotions appropriate to present situations, unburdened by a rush of old stored emotions pressing for release."

"I have experienced fewer restrictions and generally reduced need for supplements. My muscles and joints are better also. I have some focus improvement and some energy increase too. My daughter has been more dramatically helped by Marcia. She had far greater needs. The help my daughter and I have received has shown positive benefits to my husband as well..."

—Marcia Hildreth



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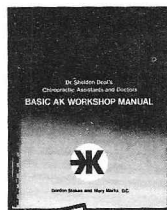
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- Dr. Thie presented TFH principles at the first Anatriptic Arts Expo in San Francisco. His initial presentation was experienced by over 450 participants. Interestingly, almost half of those in attendance had some training in TFH and half of them apply some TFH in their massage therapy.
- The T.F.H.F. has a new Assistant to the President. See the Directors Dialogue (pg. 7) on Mr. John McKinney. He is on the job & at your service.

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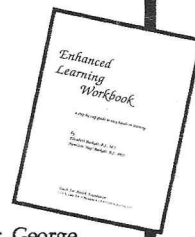
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