

PRESIDENT'S REPORT

The Touch for Health Association is moving through its second year step by step meeting the challenges of a young organization.

The Board wants to assist each region to come into its own strength. We believe the national will grow strong from the personal contact at a regional level. The Northwest area is an excellent model. Sharon Promislow has done a fine job of creating network and encouraging growth. Southern California is getting things going. They had their second regional meeting this January. It was a great success and the beginning of more connection, enthusiasm and inspiration.

The upcoming International Annual Meeting in St. Louis is a wonderful opportunity to meet and learn from top notch kinesiologists from all over the world. The planned program is an inspiration. See you there! Thank you to the many people who are contributing their love and hard work to make the annual meeting a success.

John Thie has been named to the California Council for Self Esteem. Congratulations John! What a wonderful opportunity to touch (emphasis on touch-ed)** people's lives. To both John and the Touch for Health Foundation, thank you for your continued support of the Association.

The recent membership drive was met with a significant number of renewals and new members. Thank you Norma and thank you to everyone who joined and renewed. We are continuing to share about this wonderful work because of you.

This is OUR organization. Let us know the things you want and need. We like to receive feedback - ways we can improve, appreciation too. Let us hear from you. How would you like to contribute? What would you like to receive?

Let's keep in touch,

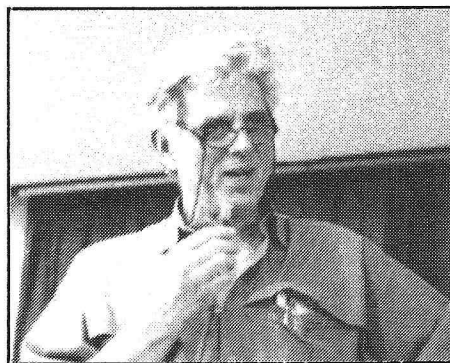
Mary Louise Muller
President TFHA

From the desk of John Thie

The first week of March I will be at the U.S. Olympic swimming trials. I am helping one of my patients who has the 4th best time in the U.S. in the 50 yard freestyle. He needs to break the world record to make the U.S. team, at most they only bring two people from each event. Carrie and I are flying there to help him give his best performance. I'll let you all know of the outcome. If you are working with Olympic athletes personally, or know of athletes that may be going to the Olympics and are using the TFHS as an intervention, I would appreciate your letting me know. Thanks.

Keeping in Touch
John F. Thie, D.C.

If you are seeing clients, teaching classes, using the Touch For Health Syn-



thesis 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.**

Touch For Health Association Logistics

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1-800-466-8342

Call for Papers

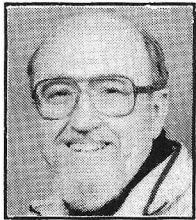
GUIDELINES for Preparing Journal Papers:

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

1-800-466-8342

1. "Technique" papers should include full descriptions of the procedures involved in easily understood English.
2. A bibliography of relevant reference material should be included at the end of the paper.
3. Footnotes are to be numbered and put at the end of the paper before the bibliography.
4. Due to the time involved in publication we will be unable to publish if received after the deadline of **April 15, 1992**.
5. Artwork and graphics are to be "camera ready" in black and white.

Nurses Involved In Touch For Health



Rodney Hall, RN

Rodney Hall has been in nursing for 20 years. He is a specialist in Trauma care nursing.

When asked how he got involved in Touch For Health, Rodney had this story to tell. "Sometimes,

while I was working I would experience severe migraine headaches. No matter what I tried, I couldn't seem to find any relief. My wife, Anne, heard about TFH and took a class from Carol Albee and Gretchen Karros, two St. Louis TFH instructors. We were both very impressed with the results.

My wife continued to attend the upper level workshops. Not long after she had completed some of the courses, I had hernia surgery. Immediately after the surgery we used the meridian wash and figure eight energy balancing techniques. Using these techniques, I didn't have any after effects from the anesthesia and my recovery period was very rapid. During this time, Dr. Ron Barnes came to St. Louis from New Zealand to offer the courses through PHP1. The techniques (from Touch For Health) were helping me so much that I was able to participate and take the courses!

I have found many ways to relieve the stress and discomfort of my patients. One of my patients was in a tiny bathroom and started having muscle cramps. I was able to "turn off" the muscles involved by using the "muscle brushing" technique and get him back to bed. He remained very comfortable and did not require further assistance or additional medication. At the hospital where I am employed we are allowed to use "hands on", massage and any gentle techniques in which we have been trained.. The courses I have taken and all of my training hours are submitted to the Nursing Department to be kept in my file. I always recommend the TFH workshops to my fellow workers. Some can be used for Continuing Education Units, others are on record for the future.

I am very grateful to those who made this knowledge available and I plan to con-

tinue my TFH education after I retire from the hospital. I am looking forward to meeting everyone at the annual meeting and exchanging information with others in my field.

On your drive to St. Louis this year for the Annual Meeting you might want to take a side trip to visit -

OPTIONS in HEALTH & EDUCATION LEARNING CENTER

4700 N. Prospect Rd.
Peoria Heights, IL 61614
Phone (309) 685-7721

The staff includes:

Helen Cox, R.N., B.S.N., Director

Robert Easton, Jr. M.D.

Robert Schmidt, O.D., F.A.O.O.,
F.C.O.V.D.

Helen Cox, a Registered Nurse and member of the American Holistic Nurses Association, started Options because of her experience with solving her own health problems.

Twelve years ago she was diagnosed as having scoliosis, adrenal exhaustion and hypoglycemia. She decided to seek chiropractic treatment. Her return to wellness had a profound effect on her view of health management. As Helen put it, "Out of that experience a whole new world opened for me".

Helen began studying holistic methods starting with iridology. She studied various natural methods including nutrition and Touch For Health. She was offered the opportunity to participate with other holistic practitioners who were forming a wellness center. It was out of that opportunity that OPTIONS LEARNING CENTER evolved.

CATALYST FOR CHANGE.....

Options utilizes an innovative approach to working with the

whole body and mind in an educational and health setting. Many unique modalities such as Edu-Kinesthetics, art music, creative movement and stress management are used.

Programs offered at the center are geared toward having people take an active role in staying well. Beginning with the very young, the clients learn that health is their personal responsibility. The center offers programs that encourage you to take charge of your nutrition and weight control, be body wise and utilize a personalized approach to attain health and to eliminate counter-productive habits. Utilizing many modalities - iridology, nutrition, herbology and applied kinesiology, the center encourages individualized health programs, designed to make you feel great and mobilize your inborn capacity for self-healing.

Helen believes in practicing preventive medicine. Along with running her center, she is also involved in stimulating the interest of the medical community and the insurance companies regarding the value of holistic technology. She feels the significant benefits gained through utilizing holistic methods should be recognized for their contribution to preventive health care. Her goal is to unite holistic medicine and the medical community in order to create a healthier society. This is one goal we can all can support! Our Touch For Health hat is off to Helen Cox, an innovator in preventive health care.



Norma Harnack, RN and Helen Cox, RN.

What Is "Touch For Health" ?

With National Health Care leading the issues in this year's presidential race, we thought we'd throw our TFH "hat" in the ring. What does TFH have to offer? How about preventive medicine. Not in the form of a pill, but a lifestyle. Prevention is worth a thousand pounds of cure and according to the Center for Disease Control, education is the road to prevention.

TFH is educational. In TFH classes you learn simple anatomy and physiology. Concepts that stimulate thought and creative thinking are introduced. The importance of nutrition and the four food groups are explained. Proper exercise habits and proper rest are emphasized. TFH, as preventive medicine, is inexpensive, calorie and cholesterol free and it contains no additives or artificial coloring. Touch For Health is family oriented and it's fun to do. Warning - good health is habit forming! What do you think? Will you vote for Touch For Health?

PROMOTING WELLNESS

Dr. Patrick Fox, a St. Louis chiropractor, said preventive medicine should be

titled "health promotion". Dr. Fox shared with us how wellness is promoted in his practice where the primary focus is education.

"We try to help the patient make a shift from identifying injury as an exception rather than as a result. We try to stress the importance of personal responsibility in regard to physical health. Approximately one-half of our office visit time is devoted to client education. We give them "home work" and offer suggestions regarding nutrition and lifestyle. We also refer them to other practitioners."

Dr. Fox feels that people who actively pursue wellness programs are at less of a health risk. To encourage health maintenance, insurance

companies have the opportunity to offer incentives for people to begin utilizing a health maintenance system.

We asked Dr. Fox if he felt TFH would be beneficial for people looking for ways to prevent injury or illness.

"Absolutely! TFH is one more uni-

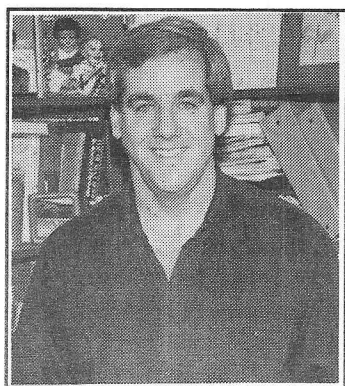
verse for people to explore. As a feedback mechanism, TFH allows us access to what is going on in our lives. We can detect areas of stress affecting our health and *choose* to change our lifestyle."

Dr. Fox says he would like to see Applied Kinesiology and Clinical Kinesiology reaching out to a broader audience. He advocates setting standards of teaching for lay people involved in health education. (Criteria for assuring quality in teaching is currently being developed for Touch For Health. - Ed.)

Dr. Fox recommends various modalities to promote balance and wholeness. As part of the educational process he makes his clients aware of such options as TFH, yoga, meditation or massage. He feels that the client should choose what works best in their lives. His philosophy is: "It doesn't make a difference what technique a person uses if they approach it with their whole heart."

We like to think that all of us, who practice Touch For Health, practice it "from the heart".

Ask your health care provider how they promote wellness and use preventive measures. If you would like a "Preventive Medicine" questionnaire just call the TFH office at 1-800-466-TFHA.



Dr. Patrick Fox, DC

Just Ask Richard — Muscle Stress Testing



IN TOUCH FOR HEALTH we use and teach muscle testing. The particular type of muscle testing we utilize can be described as Muscle Stress Testing.

Our muscular system provides us with power and mobility. It also serves as the conveyor and protector of our nervous and skeletal systems. Anything which cause interference in any of these systems will show up in the others.

When all of our bodily systems are functioning well, any muscle tested will hold its' position with little or no strain. When we are under physical, chemical or emotional stress, any muscle tested will not be able to hold position as easily. Depend-

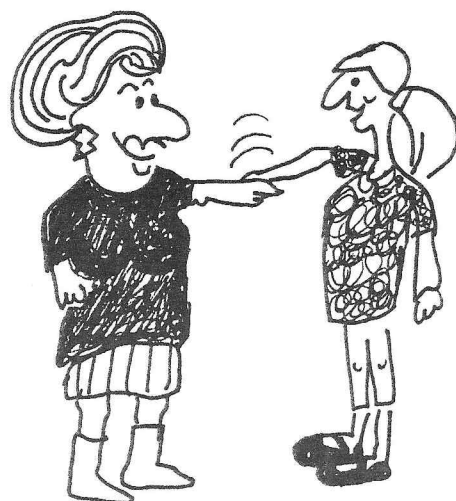
ing upon the muscle tested, it may not be able to hold position at all.

Are we pushing "harder"? No, if anything we use a fairly gentle approach to muscle testing, checking the muscle's ability to successfully complete its' particular communication loop. If the muscle is unable to fully complete this loop, it will "give way" under the same amount of pressure it normally would be able to hold.

This is a very simple explanation of some complex bodily processes. Interested in learning more? Attend the Touch For Health Series or MAPS training.

-Richard Harnack-

RICHARD is a Faculty Instructor of TFH. He is on the faculty of the International College of Kinesiology, based in Switzerland.



1992 TFH Annual Meeting

Committee Persons

Annie Hall is the St. Louis Chairperson for the I-ASK conference. **Richard Harnack** and **Arnetta Hildreth** are the Co-Chairpersons for the TFH conference.

Gretchen Karros is a certified practitioner of Postural Integration, which is a system developed by Dr. Jack Painter in San Francisco. (Postural Integration is a body/mind therapy that incorporates many of the philosophies and techniques of Wilhelm Reich). Gretchen began her training in kinesiology with Touch for Health. She is a TFH instructor. Gretchen has studied "One Brain" techniques with Dr. Bruce Dew in New Zealand and in St. Louis. She uses all of the things learned in these courses to help her be a more effective and holistic counselor. She has a Master's degree in Counseling Psychology from Washington University, (site of this year's Annual Meeting) in St. Louis. She teaches Postural Integration, Yoga, and advanced techniques for massage therapists.

Sherry Manes is a member of our conference committee. Sherry has studied "Touch For Health" techniques since 1988.

According to Sherry, "The knowledge I gained, studying the techniques in Touch For Health, EduK, and other kinesiology modalities, allowed me to make a very crucial career change. Now I have several directions in which I can move to assist individuals in discovering how they can lead a better, more satisfying life."

Sherry was one of the first persons to introduce EduK into the county school system. She also uses "Three In One" concepts in private practice and with grade school students who have learning disabilities. Sherry uses Touch For Health muscle balancing and Richard Utt's Hologram to aid individuals on more physical level.

Sherry has lived in St. Louis all of her life. She says "I have seen this town grow spiritually. We have become more aware of our needs on all levels. Most of the seminars and courses I've attended that offered some level of self-actualizing were held right here in St. Louis. St. Louis has a colorful history and beautiful architecture, and I hope when you come to the annual meeting you will include time to see our sights."

Most importantly you'll get a chance to

meet Sherry and share some of your experiences with her!

Gary Gholson is a master of many trades. He is an independent distributor for Matol Botanical International. Three years ago Gary was unsure of how "Touch For Health" and Three In One Concepts "One Brain" were going to fit into his life. "Now", says Gary, "they fit like a glove! My personal successes with these two methods, first as a client and then as a student flowed over into my business. Using these methods, I am able to receive and give information that helps create a definitive edge in business. Presenting clients with a positive image of health, physically and emotionally, while creating the visual image that helps promote greater self esteem, fulfills a purpose of giving all you can to help a fellow human.

Success in any form is derived from persistence, consistence and choosing responsibility. Today, success is made easier by aligning my life's purpose in relationship to my occupation. Using this strategy has opened the doors to unlimited potential. Assisting clients and business associates through "Touch For Health", "One Brain" and nutritional products allows me to attain my personal purpose daily."

Gary is looking forward to assisting you when you visit him in St. Louis.

MYSTIC VALLEY.....Presents "The WHOLE HEALTH STORE"

The Conference Bookstore, always the hub of the vendor area, will be managed by the Mystic Valley "Better Life Center".

Mystic Valley, located in St. Louis, carries all of the latest books on numerous subjects as well as various other "treasures" The "treasury" of stock includes crystals, gems, essences, aromatic supplies and audio tapes for meditation, guidance, personal development, relaxation and of course your musical listening pleasure. They also offer a video library. Instructional, inspirational and other topics of interest are available for rental. Mystic Valley owner, Vito Ponticello, is always glad to increase his unusual stock and will order anything that a customer wants. Customers delight in the unusual variety of offerings.

The store also acts as a center for holding workshops and there is space available for consultation. Shoppers and browsers alike happily carry away the brochures of local whole health practitioners provided for them in the network room. MYSTIC VALLEY opened in St. Louis 5 years ago. Vito Ponticello, created a magazine called "ILLUMINATIONS" that was originally intended to inform customers. The magazine was so popular that it cultivated a circulation. Out of that first publishing venture evolved the "PATHFINDER NEWS", a bimonthly community paper that keeps people informed with articles, services and local events. Vito, a man with a goal, offers people with more than the "ordinary" point of view a connecting point. Vito's goal is to create the "Better Life Center" for people who dare to dream, whose ideas are innovative and who have a service to offer. It will be open to anyone who has a thirst for growth.

The warm and helpful personality of the staff at Mystic Valley is part of their overall success. Becky Ryan, who has a background in psychology, counseling, management and computers, left McDonnell Douglas Aircraft to pursue avocational interests "dearer to her heart". She has studied Neuro-Linguistic-Programming and hypnosis and is a graduate of the Silva Mind Control series. She is also interested in herbs, natural healing arts and native American history. She was formerly the manager for Rolling Thunder, a Cherokee Medicine Man from Carlin, Nevada. While you are at the conference, take time to get acquainted with Vito, Becky and the staff. They will be glad to meet you.



Rebecca Hausmann of Mystic Valley.

WHOLE HEALTH FAIR DAY

St. Louis is famous for its innovative 1904 World Fair. Many "firsts" were introduced at this world event. This year St. Louis will introduce the very first "Whole Health Fair". This event, sponsored by the St. Louis I-ASK Chapter and local TFH'ers, will be Sunday, July 19th.

The (One Brain?) child of Annie Hall, is the first of its kind. The Fair, which is open to the public, will provide information and demonstrations about natural whole health concepts including Touch For Health and Kinesiology.

Janis Woehler, a member of the St. Louis Gateway Massage Alliance, feels the Fair Day will be significant for the community of holistic practitioners:

"To increase public awareness of choices...To let the world know we are out there by sharing with them hands on samples of our work; to let them know we are trained and ready to serve has an even greater potential than reaching out to the public. The benefits and blessings of sharing are boundless. Admitting the limits of our specific practices and allowing people to choose what serves them best is a true representation of the holistic community.."

If you are at the Conferences or just visiting St. Louis you are invited to seize the day to talk, touch and heal within the community of care givers.

Sights To See, People To Meet At The Fair In St. Louis

Kaleidoscope School of Massage is located in St. Louis Missouri. Massage therapy, as taught at Kaleidoscope, is an inter-disciplinary application of clinical massage combined with guided imagery and oriental philosophies. There is a never ending reverberation of reflection, unfolding, and re-birthing. They teach the various types of clinical massage, pressure points, and energy balancing that facilitate natural healing.

The education at Kaleidoscope is designed to elevate the student to a higher consciousness. Unlike most other schools, the focus here is upon creating a centered practitioner whose own inner stillness allows for the client to experience the balancing of body, mind, and soul.

The balance and developmental growth of the student is a vital component of the training as they work on each other every day of class. Each student receives 1 1/2 hours of massage therapy per week.

We asked the school's founder, Donna Zieger, C.M.T., why there was such an emphasis put on student development. Her response was: "The purpose is two-fold. One, the class can observe the healing process in themselves and others in the class. Two, we believe it is necessary for the therapist to be in balance and harmony before the client can be led to balance and harmony. It is equally important to have experienced the receiving of the healing process as it is to be trained in the giving. To have a total experience of what "healing" is helps the practitioner to develop insight into the process necessary for healing."

There are 60 regularly scheduled classes, each of a four hour duration. Courses include anatomy and physiology, various massage techniques and practical hands on application. Saturday workshops include topics on aromatherapy, herbology, oriental philosophies, working with pregnancy, specialized techniques for specific painful areas and how to prioritize in healing. There are five Intensive Weekend Workshops on topics such as Somatic/Emotional Responses, Working with Geriatrics, Shiatsu and Oriental Theory taught by various well known instructors such as Clyde Ford, Dietrich Miesler, and Fred Weaver.

Graduates are issued a certificate upon completion of the course work. Kaleidoscope proudly boast that upon completion of the required course material students will be prepared to take the American Massage Therapy Association and the National Certification Board. The school also aids students with job placement.

Donna Zieger, C.M.T., is the director of Kaleidoscope and a member of the A.M.T.A. She has been in practice for over fourteen years and has worked with such celebrities as Debbie Reynolds, Kenny Loggins, and Florence Henderson. Donna, who has developed her own unique style and application of healing "tools," studied under many mentors and teachers, dealing with higher spiritual principles related to

holistic and natural healing.

Rebecca Wiederkehr was the founding President of the St. Louis chapter for Self-Esteem. She has been with the organization since its inception in October 1987. This year she is serving as the St. Louis contact for the National Conference being held there in March.

Rebecca received her Masters Degree from St. Louis University, where she did extensive post-graduate study and training in psychotherapy, personal growth and body/mind/spirit integration.

A former parochial and public school teacher, Rebecca is now a speaker and facilitator of seminars for schools, parents, social services and some businesses in the area.

As a Specialized Kinesiologist and One Brain Facilitator, Rebecca integrates Touch For Health with other training to facilitate stress reduction. According to Rebecca, Kinesiology is much more supportive of healing and clearing than other methods she has used. The results clients achieve are faster and more thorough. For Rebecca, kinesiology is a modality on the cutting edge of holistic and therapeutic healing today.

Lainie Ward, a resident of St. Louis, recently returned home after spending four months in Tucson, Arizona at Richard Utt's school of Applied Physiology. Her enthusiasm was evident as she talked about this method of body and mind integration. She was extremely excited about her own healing which took place while she was there. Now she has the tools necessary to help people on this deeper level.

Lainie is pursuing a degree from the University of Missouri (she's only two credit hours away!). She says she has learned more from training with Richard than in most of her classes at the university. After graduation, she will be travelling to London, for an internship with a fellow practitioner of Applied Physiology in London.

Richard Utt had, beside his varied training, an interesting personal experience in Kinesiology. Due to illness, he went to see

Dr. Sheldon Deal for help. He was so impressed that he learned Touch for Health. He became Dr. Deal's assistant for two and a half years. He then started his own practice. He is very innovative and continues to study and research. Richard has an extensive knowledge of such things as herbs and nutrition. Kinesiological techniques, introduced in his classes, are thoroughly researched.

One of his major contributions to kinesiology is called "Seven States of Muscle Balance." He states, in one of his articles, "...due to previously unrecognized imbalances in nerve and energy circuit, muscles could display a number of states of muscle function, not just two as was originally conceived."

He discovered that muscles may display one of seven states of muscle function,

not just strong and weak. According to the article, "...Most importantly, two of these states, the over-facilitated and the under-inhibited states, while 'hidden' from normal muscle testing procedures, are states of muscle function closely associated with chronic imbalances in the meridians, organs and glands. Once these chronic imbalances have been detected, they can be treated, and often formerly intractable conditions were resolved."

He also discovered that muscles can be tested in fourteen positions. Each of the fourteen positions of testing relate to the fourteen meridians so that you can find not only the imbalances but also the relative balance of this meridian to all the other meridians in the body.

In addition, Richard has discovered and developed a system of blending the

Chinese meridian system and the Yogic Chakras using specific acupuncture points. He has new ways of applying the Law of Five Elements system to a procedure for balancing with all the senses. All of these things are unique to Applied Physiology.

Training for Applied Physiology will soon be offered in the St. Louis area. It consists of a basic 500 hour course which is given in eight sections that includes 120 hours of anatomy and physiology. There are a number of advanced courses and workshops given for post graduate AP training. For more information about these courses you may contact Barb Meyer, the St. Louis co-ordinator for AP in St. Louis at 822-9291 or Lainie Ward at 432-4259 (until the end of March.)

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VERUFAKT - VERU for little bumps on the skin - FCKT for factor - Amino Acid, L-methionine plus herbs

Calendar of Events

HIGH ENERGY IN THE HEARTLAND.....

It seems 1992 has chosen St. Louis to be the "energy connection". This year St. Louis Missouri plays host to several well known national and international conferences.

So you'll know who's who and where, here's a listing of some of the events happening in and around the Midwest. Mark your calendars!

DATE	LOCATION	EVENT
March 11-14	St. Louis MO	National Council of Self Esteem - "Shame, Self Esteem & Recovery"
May 1992	St. Louis MO	American Massage Therapist Association Conference
July 10-14	St. Louis MO	Touch For Health Association Annual Meeting
July 16-19	St. Louis MO	International Association of Specialized Kinesiologist
July 19	St. Louis MO	WHOLE HEALTH FAIR
July 18	St. Louis MO	"Parenting Fair"

TFH CALENDAR OF EVENTS

DATE	LOCATION	EVENT	INSTRUCTOR	PHONE
April 18	Vancouver	Regional Meeting	Sharon Promislow	604 922-8811
April 26-May 2	St. Louis MO	Instructor Training	Richard Harnack	800 466-TFHA
May 3-8	Colorado	Instructor Training	Vickie Fletcher	303 233-3838
May 30- June 6	Los Angles	Instructor Training	John Maguire	310 457-8407
July 20-26	St. Louis MO	Instructor Training	Richard Harnack	800 466-TFHA
Sept. 19-27	New York	Instructor Training	Paula Olleska	212 864-4507
Nov. 15-21	St. Louis MO	Instructor Training	Richard Harnack	800 466-TFHA
April 23-26	St. Louis MO	Instructor Updates	Harnacks	800 466-TFHA
Nov. 22-25	St. Louis MO	Instructor Updates	Harnacks	800 466-TFHA
June 5-6-7	New York	Advanced Skills Workshop	Paula Olleska	212 864-4507
April 19 - 22	Vancouver	Professional Health Provider I:	Maguire	604 922-8811
May 16 - 19	Murrieta	Professional Health Provider I:	Muller/Maguire	310 457-8407
June 16 - 20	Los Angles	Professional Health Provider II:	John Maguire	310 457-8407
June 22 - 26	Los Angles	Professional Health Provider III:	The Dewes	310 457-8407
June 28-July 2	Los Angles	Professional Health Provider IV:	The Dewes	310 457-8407

For a complete listing of all TFHA classes in the Southern California Region contact:

Touch For Health Association of Southern California
P.O. Box 6475 Malibu, California 90265 • (310) 457-8407

For a complete listing of all TFHA classes in Canada contact:

Canadian Touch For Health Association
3584 Rockview Pl, W. Vancouver, BC V7V 3H3 • 604 922-8811

My Experience With Kinetic Education

by Margaret M.

I first went to see Richard Bellamy over a year ago after hearing that he taught muscle balancing. When you feel out of balance inside and out, any kind of equilibrium is welcome.

I once wrote a poem titled "Seeking Clarity" which seemed to be my life-long quest. I remember being a frightened child, saving pennies in an apple cider jug. My hope was, when it was full, there would be enough money to see a psychiatrist. Most eight-year-olds were saving for toys and other fun things.

By age 30, I had spent hundreds of dollars on psychotherapy, attended group meetings and read self-help books. They did help me overcome my low self esteem and problems with anger, the result of being abused as a child. But I was still in turmoil.

Knowing nothing about Kinetics, I went to learn about Kinetic Education with an open mind. Richard asked me "how did you do in school?" I thought what does that have to do with anything? I told him I finished high school, but had never considered college.

Richard proceeded to explain about right and left hemispheres in the brain. He explained how a person's achievement levels are not at their full potential when the two sides aren't working together. As an artist, I was very aware that logical and

rational thinking did were not as easy for me as daydreaming or creativity. It never occurred to me that I could improve in those areas. In fact, I hadn't considered the possibility of a learning difficulty or a reading problem!

Reading, for me, always took too long. It was tiring having to read almost every paragraph and page twice. I thought I wasn't cut out for a scholastic career. It was hard enough completing even the easiest of required courses. No one ever noticed my learning problems. As a student, I got passing grades using memorization and good guessing. Incompletes on every report card had a lot to do with me not going to college. Frankly, I didn't think I could keep up.

The reading improvement was an unexpected fringe benefit in learning about Kinetics. Far more important was the emotional balance I gained. I used to think I was crazy. Now I see that I just wasn't using my whole brain. I used to react wildly, and fall apart. Now I remain calm under stress by using uncomplicated Kinetic Education techniques. I used to criticize myself mercilessly, now I do positive affirmations with cross-crawl patterning.

Kinetic education works subtly and painlessly, the key words here are it works! In Kinetics people have the opportunity to identify "blocks" they didn't even know

existed. By letting go of these "blocks" in mental energy, people are able to improve their abilities.

Things are different now. I read with ease and understanding. I can choose rational thinking. I'm proud to say that I have registered for college, and I'm not even scared! I will begin in the fall of 1992. At age 34, "it's never too late to learn."

I have brought numerous people to Mr. Bellamy to learn about Kinetic Education. A licensed school psychologist was so impressed with her personal results that she organized a seminar in her Northern Minnesota school district where Mr. Bellamy demonstrated simple techniques to the special education teachers and their aides. They will be able to facilitate children with learning or behavior problems.

In my opinion, these techniques should be introduced in all schools, not only for improved academics, but also for the by-product of helping kids "get a grip" on their emotional level.

I wonder where I'd be now if I had learned this as a child....

Submitted by: Richard W. Bellamy, President of Northway Systems, Inc. and a Certified Instructor who lives in Duluth, Minnesota.

Herbally Speaking.....

The Immune System

The immune system is composed of the lymphatic vessels and organs which involve the thymus, spleen, tonsils, and lymph nodes. It also include white blood cells, specialized cells residing in various tissues and specialized serum factors. Major functions of the immune system are helping the body ward off infection and ridding the body of toxins and other harmful waste.

In TFH we recognize the importance of stimulating the spleen neuro-lymphatic reflex point. It is especially useful to stimulate it during times of distress or when you feel an illness coming on. Exercise also plays a vital role in stimulating the immune system. Because lymph is circulated by "pumps" that

are activated by muscle activity, regular exercise as well as deep breathing exercises will increase lymph circulation.

There are various nutritional and herbal compounds that assist in stimulating the immune system. Goldenseal, used as a tonic enhances blood flow. Echinacea is probably the most dynamic antibiotic herb. It stimulates the production and action of chemical mediators of immunity within the body. These guardians of immunity, call up the cells that are the body's main defense system. They act to neutralize viruses, destroy bacteria and command the white blood cells into action. Several other herbs have been shown to contain similar properties of echinacea, including extracts of astragalus, ligstrum and



licorice. None of these are as dynamic as echinacea. Almost all vitamins and minerals are essential for normal functioning of the immune system.

The use of herbs, vitamins and minerals is sometimes ignored in the treatment of common ailments. Be aware that when the immune system is challenged the body may require nutritional supplementation in order to put up a good fight. Given the proper support, our immune system will protect and serve us for a lifetime!

TFH Instructor Training is a Smashing Success in Moscow

by John Varun Maguire

October 15, 1991 marked another milestone for the people of the Commonwealth of Independent States (formerly the Soviet Union). Ninety doctors, nurses, health and fitness professionals and educators from as far away as 6,000 miles came to Moscow to be certified as TFH Instructors. Dr. Wayne Topping and Christiane Wolfes assisted me leading the training.

Wayne and I began our most excellent adventure in Italy, where we attended a tremendous meeting of Kinesiology and TFH practitioners organized by Maurizio Piva. A group of 18 instructors have taught 1000 people since completing the first Italian Instructor Training in June of 1990. The enthusiasm for TFH there is *bravisimo!*

The next phase of the journey was a 24 hour bus and train ride from Italy to Berlin to join Christiane before our flight to Moscow. On the midnight train from Munich to Berlin, Dr. Topping introduced a young fraülein to "Wayne's World TFH style". She was quite impressed with how effective the stress release work was, even in a moving train at 2:30 in the morning!

While in Berlin, Christiane showed us the center where she and Doris Köhler share a successful practice in kinesiology. A few hours after arriving in Berlin we boarded a

plane for Moscow.

The airport in Moscow is far less glamorous than American ones. We were, however, kept entertained by a Charles Bronson movie on TV, while we attempted to figure out how to use the Russian telephones to call our sponsor. When we finally gave up and asked for help, we found the people very friendly and eager to help.

By midnight we made it to our spartan accommodations, an apartment of one of our students. She and her mother, who cooked for us, understood very little English, yet they were most gracious and made us feel like royalty. Though we had just read that there was only ten days of food left in Moscow, the meals were surprisingly bountiful and a culinary delight. I never knew there were so many delicious ways to prepare potatoes, cabbage and carrots.

The Instructor Training began two days later with a moving speech made by our sponsor, Dr. Michael Lazarev. He spoke about the great need of the Soviet people for TFH and how deeply they appreciated our instruction. The mood of the group of 90 students was consistently one of gratitude, respect and eagerness to learn. Approximately 30 of the students were medical doctors who are going to take TFH into the hos-



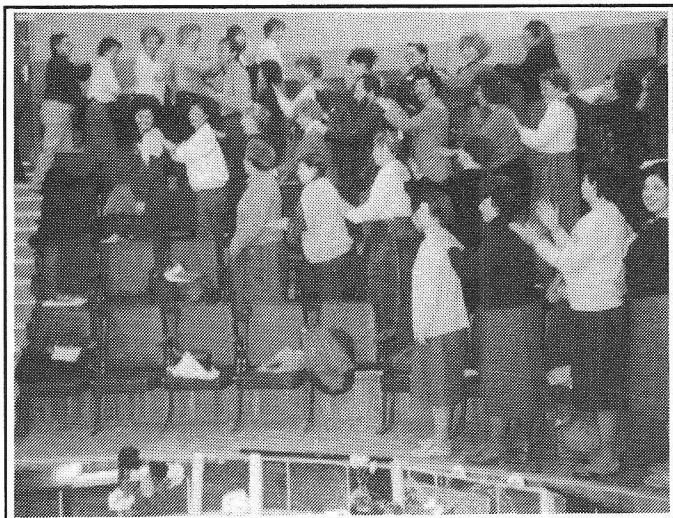
Wayne Topping, Christiane Wolfe, and John V. Maguire

pitals and medical schools.

The course ended with a tremendous spirit of elation. The students had already formed an active TFH Association and they are scheduling many classes. Their plan is to have one of their members represent them as an International Kinesiology College faculty member and to have their own conferences.

Following the course we received a very warm reception from two groups of doctors we shared TFH with. One presentation was at the largest children's hospital in the Soviet Union. The other was at a major medical school that is going to incorporate TFH into their curriculum. Dr. Valentina, the woman in charge of the school, is now a TFH Instructor.

With the continued political developments that have occurred within the former Soviet Union since the Instructor Training, TFH will be a powerful asset to a people who are discovering a new freedom to choose. Their spirit is strong and vital, as is their enthusiasm for TFH. I am confident that we will be seeing many great developments from the work that we have done there. Look for further updates in future issues of *In Touch*.



Russian Massage Train

Balance For Overcoming Epidemic Fatigue

Joan R Dewe MA & Bruce AJ Dewe MD

TESTING: (IF USING PHP SYNTHESIS = Em.#131/4C)

1. CL over the thymus
 - Test % immune level
 - Test % energy level
 - Find the emotion involved
2. Check IM change over the five main viruses involved in Chronic Fatigue:
 - Herpes simplex 1 & 2
 - Varicella - zoster virus
 - Epstein Barr virus
 - Cytomocoe virus
 - Enterovirus
 - Flu virus
 - Polio virus
3. Check for IM change over the five main factors weakening the immune system:
 - fungal overgrowth e.g. candida albicans (PE121/2)
 - trace element deficiencies
 - heavy metals - lead, mercury, cadmium
 - excessive fatigue and continued exposure to infections
 - energy draining elements - TV, gloom, doom, violence
4. (a) Check willingness on all levels to give up the need for the problem (physiological, emotional, psychological, social, financial, spiritual, other).
- (b) Check willingness to get well and accept the benefit of change (physiological, emotional, psychological, social, financial, spiritual, other).
5. Check sabotage programs and clear Em51/2B and 51/2C.
6. Do relevant pretests.

CORRECTION:

1. Put MODE in circuit and balance for HIGH LEVEL WELLNESS
2. Do a full balance including age recession
3. Find the rehabilitation factors: 1-35

4. Recheck their energy levels

5. Check the dates of the next balance

REHABILITATION FROM EPIDEMIC FATIGUE

1. Test for candida and overgrowth problems and test for anti-candida diet. (Yeast free) (PHPII text)

Use garlic and onion cleanse plus acidophilus implant (use acid safe capsule that is chemical free)

2. Remove foods to which they are currently sensitive.
3. Take only organic vitamin and mineral supplements

Formula IV (for lipids & sterols), Vitamin A, Vitamin B complex, Vitamin C, Vitamin E, Betagard, Salmon Oil, double-chelated

Multi-minerals, Extra calcium, magnesium & zinc, Garlic & Onion, Glandular extracts -thymus, pituitary, adrenal, thyroid, ovaries, spleen, pancreas.

4. Hope and faith - fighting spirit, positive attitude, visualization
5. REST, prayer, meditation, relaxation, spiritual growth.
6. Some may find a tsp bicarbonate soda in water before exercise helps release lactic acid, therefore may be helpful, use sparingly - take care not to upset electrolyte balance
7. Betaine Hydrochloride and Enzymes - digestive/pancreatic gastric
8. Amino Acids - all 22 amino acids in predigested form. The 8 'essential' are not sufficient
9. Trace minerals - kelp, sea dulse bladderwrack and Irish moss, etc.
10. Need aggressive long term detoxification program - liver cleanse etc.
11. Comedy, classical music, poetry
12. Do rotation eating or 8 on plate
13. Possible Vitamin B injections - B12
14. Possible prescription of Nystatin or equivalent

15. Clear subconscious sabotages
16. Possible homeopathic injections and hyperbaric oxygen
17. Overcome feelings of 'hopeless', 'helpless'
18. Deep controlled breathing, e.g. yoga
19. Gentle controlled exercise - yoga 10 min. 3x per week, stretching, walking
20. Stone age diet (or Pritiken), macrobiotics, salads, low fat diet, lots of vegetables
21. Stress reduction therapy
22. Eat less - chew well
23. Drink lots slightly salty water (sea salt)
24. Hot/cold showers
25. Sometimes magnetic therapy is helpful - Nth pole
26. Detoxify using Swedish Bitters & charcoal, hydrogen peroxide and hyperbaric oxygen, sauna
27. Essential fatty acids - linseed and olive oil to detoxify. Aloe Vera juice
28. For pain relief, amino acid - DLPA - DL Phenylalanine 2x 375mg tabs (6 per day only) plus 2-6 drops of peppermint oil each meal
29. Anti-viral - echinacea herbs
30. Wear natural fibres - cotton, silk, linen, wool
31. Throw out petrochemical cosmetics and hair sprays
32. Soak in warm bath with 2 cups cider vinegar (or bleach)
33. Petrochemicals - glue under carpet, furnishing materials, particle board and foam insulation, varnishes and solvents, household cleaners. Use an air-filter
34. Avoid or protect against exposure to high tension wires and microwaves, television sets, computers, and cordless phones (have fresh air breaks every two hours)
35. Water - avoid chlorine and fluoride (Use hydrogen peroxide instead) Use a purifier

Do We Really Need Food Supplements In The 90s?

Bruce AJ Dewe MD

I wish the answer was no, however, for most of us the answer is yes. Because we live with pollution and no longer grow all of our own food or buy food from an organic or bio-dynamic source, we create nutritional deficiencies. It is perfect for me to talk to you about nutrition because it was nutrition that got me into TFH. It was the first step (back in 1976) in changing how I practiced medicine.

Something is happening to our food sources that is beyond our control. Arthur Furst, one of America's leading toxicologists, said that the rise in cancer was due to a change in our food supply. I believe that the rise in cardio-vascular disease, heart attacks and strokes can be attributed to this cause as well to the increase in mental and emotional stress. And, until very recently, a general decrease in the amount of physical exercise people were doing.

The staple grain in this country is wheat. Over the last one hundred years there has been a rise in heart attacks that has paralleled the change in the nature of our wheat. Wheat used to be grown in only selected areas of the earth, but the new hybrid varieties, have not only increased the production - that is the yield, but the number of climates in which wheat can be grown. A price has been paid for this, without the consumer realizing how high the price has been or what the currency was.

The omega-3 fatty acids are the good guys that protect us from heart disease and help build anti-inflammatory substances (prostaglandins) and hormones. The omega-6s are the bad guys, the low density lipoproteins we are told to avoid. Wheat contains both. There used to be - before the turn of the century, a 40:60 ratio of omega-3s to omega-6s. Today we have 5:95 ratio. There is a possible link between the rise in both

arthritis and heart disease with the loss of the anti-inflammatory factor and cardio-protector factor from our most common food. I take an omega-3 supplement every day because I can't change the wheat supply overnight but I can change my response.

People used to grow their own wheat and grind it fresh, right before using it, because it used to spoil so rapidly. It didn't look as good as today's white flour but it contained essential ingredients. Vitamin E is one of the essential ingredients it contains, others are Lipids and Sterols. Vitamin E allows us to function with lower oxygen supply. My children needed it in Los Angeles to cope with the pollution of the freeway beside their school. My father was able to avoid an amputation in 1977 by using Vitamin E. Vitamin E helps stop miscarriages and helps prevent breast lumps. But it must accompany the full family of tocopherols to do this - not just alpha tocopherol.

Lipids and sterols are the essential components of your hormones as well as being present as a double layer in every cell membrane of your body. Aging involves a slowing of the nutrients actually getting into the cell and the waste products getting out. Cells can die in their own excreta. If we supply the lipids and sterols the process reverses. You could grind your own bio-dynamic wheat daily or take a supplement.

Adequate supplies of minerals and trace-minerals are needed in your diet. We expect to get this from our food. In a study done by Rutgers University in the USA, it was noted that food grown inorganically for profit does not contain the same nutritional value as food grown on compost.

Take the case of Iron. The iron content of spinach is 1584ppm (parts per million)

from the compost fed spinach and 19ppm from the chemical fed spinach. The figures with tomatoes are 1990 versus 1. Calcium and cabbage are 69:17. Calcium is the food of nerves and heart. Is it any wonder nerves are on edge and hearts beat irregularly. I take minerals in a double-chelated form because the second claw of the chelate will grab a heavy metal (chemical bind) as it releases the mineral. This helps to keep the good things in the body and get the toxins out.

Research indicates that you can avoid 60-70% of most soft tissue cancers by having an adequate daily intake of beta-carotene. In growing your own carrots, utilize 'non-hybrid' seed and grow your own carrots bio-dynamically or at least organically. Store bought carrots keep in the fridge without wrinkling because the beta-carotene content is very low. I take my beta-carotene with an anti-oxidant formula to help fight pollution's effects and replace the lost beta carotene.

These facts demand action if you are to avoid the killer diseases of the 90s. Using the TFH balance taught in TFH 1 will help raise your life energy. Try it yourself and enjoy the delight of more energy. Because you will be looking and feeling better, other people will want to know what it is you are doing. You will be able to avoid the killer diseases and generate more classes. If marketing TFH seems difficult, it is less difficult to market solutions. Nutrition, as a part of your TFH class advertising, is a solution. Teaching what you know is working for you and helping people be more responsible for their own lives. People who are helped by their changed nutrition want more. Share the secret of health with others.

Welcome into the International Community of Touch For Health Associations
the
CANADIAN TOUCH FOR HEALTH ASSOCIATION

3584 Rockview Pl., W. Vancouver, B.C., V7V 3H3 • 604 922-8811

Congratulations Canada !

Canadians have been waiting to hear about this transition.

Under the leadership and dedication of TFH Instructor and Board Member, **Sharon Promislow**, Canada now has its own national headquarters. Sharon has been responsible for helping to develop a flourishing membership that will support Canada in being an independent Association. Canadians have led the way in innovation and motivation. Besides holding several Instructor trainings, Canada was first to institute on-going "event days" for members. Event days have proven to be wonderful opportunities for networking. Canada also established its own regional officers and publishes a regional newsletter.

This past fall Sharon handed the reins over to the newly elected regional coordinator, **Michael DeLory**. Michael will oversee the day to day operations of the regional office.

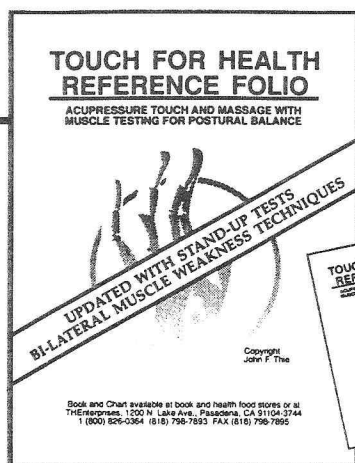
What will this mean for Canadian members?

This is your opportunity to shape **TOUCH FOR HEALTH** in Canada. With a regional headquarters servicing the membership will be much more timely and efficient. Referrals will come directly to your regional office (rather than being routed through the National Headquarters in St. Louis.) TFH Certificates can be purchased from your regional office and all revenue from certificates goes back into your region. Memberships will be handled through

your regional office. Revenue generated by memberships and other activities will help to fund your regional office. The National Keeping In Touch magazine will be mailed to you from your regional office in Vancouver. The National Headquarters will remain the coordinating body for TFH in the Americas.

The National headquarters apologizes for any delays in making these changes a reality for our Canadian family. We hope our omissions will not interfere with any support you can offer your new Association. As we look ahead, the next step is to have Canadian faculty Instructors. Anyone interested? How about **YOU!**

Good luck Canada, in all of your endeavors!



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

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—Richard Harnack, Kinetic Integration Institute, International Faculty

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Regional Meeting Update

The Touch for Health Association of Southern California Regional Meeting took place on January 25, 1992 in Anaheim, California. The day proved to be exciting and rewarding. The subjects and activities varied throughout the day from Alice Vieira's talk on Belief Systems to Frank Mahony's demonstration of the "Spiritual Lost and Found Department".

An audience of more than thirty practitioners, instructors and other Touch for Healters gained in knowledge under the skilled direction of Mary Louise Muller, our current chairwoman of the North American TFH Association, and International Kinesiology College faculty member, John Varun Maguire. Other presenters included

Elizabeth and Hap Barhydt, Nancy Beebe, Verla Walker and newcomers Russ Engelhart, Gwen Carreon and Lurena Hay. Kathleen Morrow led the group in an energizing MAPS Tune-up. TFHA board members Rob Aboulaché and Kim Vieira made informative presentations and Valentina Iourtchento, special guest speaker from Moscow, spoke on Kinesiology in Russia.

The group decided to have two meetings a year and November 21, 1992 was scheduled for the Autumn meeting, for more information call (310) 457-8407. Other Regional Meetings coming up include Cleveland, Ohio - call (216) 261-5315 for dates and April 18 in Vancouver, British Columbia (call (604) 922-8811).

Announcing the Birth of the TFH Teachers Association of Southern California

Following the Regional Event a productive meeting was held to organize the TFH Teachers Association of Southern California. The instructors shared many ideas for enhancing their presentation and marketing of the TFH material. To improve their confidence, those with little experience teaching scheduled classes to co-teach with veteran instructors. Exciting plans for joint marketing ventures were also made. If you are a TFH instructor in Southern California and wish to be part of this dynamic group, contact John Varun Maguire at (310) 457-8407.

Another Horse Story

Gail Meyer of Wisconsin shares with us this tale of horsing around with surrogate muscle testing.

My friend Debbie and I drove out to the barn where our horses are boarded. Her horse, Patches, had a lump on his chest as the result of an injury. The veterinarian diagnosed the injury as torn muscle. His prognosis was that it would take a month to heal.

Wanting to provide some comfort for her horse, Debbie brought Patches in from the pasture. He was limping. She put poor

Patches in cross ties and began grooming him. Curiosity nudged me closer to Patches. Using myself as the surrogate, I asked Patches for permission to work on his sore chest.

His response indicated a "Yes."

The next question was, "Is the lump a torn muscle?"

"No."

"A sprain?"

"No."

"A muscle spasm?"

"Yes!"

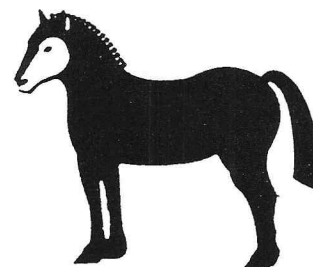
"This muscle can be corrected using the spindle cell technique?"

"Yes!"

First, I found the best direction to correct the muscle, (in the best Dr. Dewe fashion). Then I "asked" for the emotion involved.

"Sexual insecurity" was the unexpected response.

Curiosity took over and I asked Kelly, the barn atten-



dant, how Patches had been hurt. She said that a mare had come "in season", and the gallant gelding had tried to "cover" her. Unfortunately his behavior was met with rejection in the form of a swift kick to his chest!

Placing the information in circuit, I began to stroke the muscle in the direction indicated. Within a few minutes I felt as if a heaviness had been lifted. Patches, also, emitted an enormous sigh and appeared to be much more relaxed.

Patches was returned to pasture and we drove home. That evening, when the horses were brought in for the night, the swelling on Patches chest was greatly reduced. Patches seemed almost his old self. The very next week, Debbie, Patches, Little Boy (my horse) and I, were riding the trails together again.

Gail Meyer is a TFH Instructor in Wisconsin.

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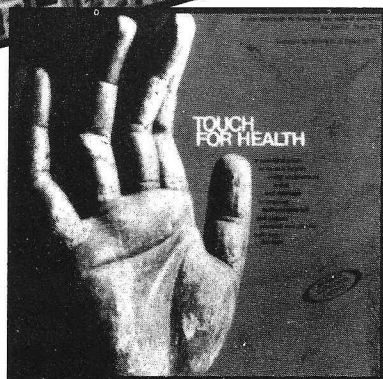
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We also are extending the old price of the TFH Manual (\$17.95) only to current Association members, until April 15, 1992, after which the Manual will retail for \$19.95.



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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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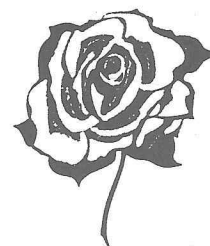
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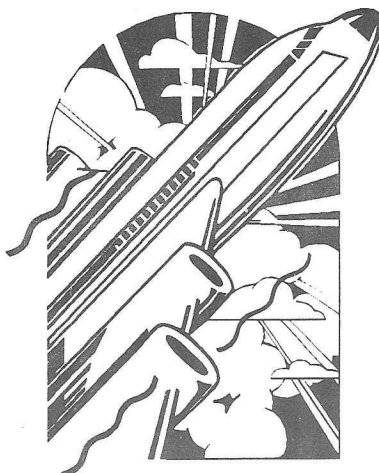
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