

NEWSLETTER

Vol. 2

Issue 4



Report from John F. Thie, DC

Ushering Holiday Spirit in ... and the Book Store Out

Thankfulness is one of the most important spiritual aspects of life. Being appreciated gives each of us a spiritual uplift. It works both ways. Appreciating another also helps us. In the United States, late fall and early winter have been designated as times for thankfulness. I urge each one of you to think about what you could be thankful for. Little things and large things.

One of my habits is to realize what a wonderful blessing it is to take a hot shower each morning. When I am in the shower, I stop to thank God and all the people who have worked to make it possible.

I am also very thankful for the opportunity to share the information of Touch for Health. I am thankful for all the reports of good things that have been accomplished, making lives more fruitful with these simple techniques. Thanks to all of you who are sharing this information.

In this issue, there are some opportunities for you to purchase books that you may want for your library or for holiday gifts. One gift that is gratefully received is a TFH book accompanied by a note promising a demonstration of how to use it. This is a gift of health that could benefit your loved ones for the rest of their lives — and the many lives that they touch.

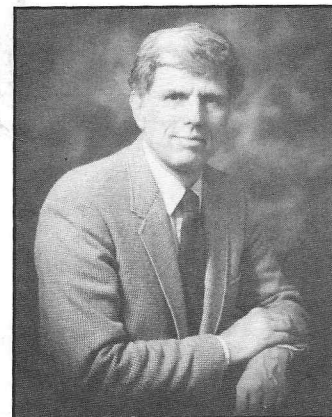
Have a wonderful Holiday Season!

John F. Thie, D.C.

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WE'VE LOST OUR LEASE!

The holidays also mean big changes here at TFH. After 17 years in Pasadena, we've lost the lease on the bookstore as of January 31, 1994. Economics don't permit us to maintain similar floorspace at today's rates, so our operation will be scaled back dramatically. That means several new things to our readers and customers. First and foremost, we will be unable to continue offering the bulk of the items in our catalog, and sales must be limited to inventory now in stock. However, we will begin mailing announcements about our new product line after the first of the year. Secondly, we're having a great sale on everything because I'd rather pass the savings on to you. If you want any TFH materials, take time from your busy holiday schedule to check out the limited-time savings. I'm looking forward to serving you further, but from a smaller headquarters.



- **73% of Chiropractors Use Massage Therapy**
A survey from the National Board of Chiropractic Examiners found that of about 5,000 chiropractors from all 50 states and the District of Columbia, 73 percent used massage therapy and 65 percent used acupressure/meridian therapy as non-adjustive techniques. Thirty-seven percent said they used Applied Kinesiology as an adjustive technique.
It appears that more and more people trained in Touch for Health methods will be needed to assist in chiropractic offices as the years go on.

Book Store Closing Sale!
See back cover for limited-time specials

DR. THIE'S REPORT: PAGE 3

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 Ch - 8031 Zurich, SWITZERLAND
 41-1-272-45-15

TFH Association Holland
 Groestraat 8 • 5151 Je Druden • THE NEDERLANDS
 041-637-5617

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 time is right for spreading the word about TFH

My wife and I have been using Touch For Health on our family members the past 14 years. I can't tell you how many times I have used E.S.R. on my daughter or run her meridians to help her fall asleep at night before a stressful event, like a speech or a track meet.

And many, many times after doing a short energy body balance with just the 14 indicator muscles, my wife, Kathy, has had tremendous relief from allergy and menstrual problems.

We used to average \$1,200 a year on medical bills, until about six years ago, when we made a commitment to use alternative health as our primary mode of health care. Since we started using a combination of chiropractic, naturopathy, homeopathy and TFH at home, our annual medical bills have averaged about \$350 - \$500 per year!

Recently, Blue Cross sponsored a series of local Health Care Reform Town Meetings, which a number of Washington legislators attended to get a pulse on the citizens' opinions. Kathy and I both went up to the microphone to express the results we have had with chiropractic, homeopathy and other alternative health measures. I suggested that insurance companies give the insureds an incentive of paying a lower deductible if they can certify that they have taken a course in preventive medicine and are applying it in their lives.

I can't believe how great the interest is at this very moment in programs like TFH, which have been proven to cut down the cost of health care. I believe the window of opportunity to spread the word about TFH in America is greater now than it ever has been.

With Kathy having worked as a chiropractic technician and I having been a teacher of young children and a corporate trainer for the past 20 years, we are excited about teaching people in the area about the benefits to themselves and their families in using TFH techniques.

Forty-one people were exposed to TFH at our recent classes at a local church. Because of the strong interest, we are holding two other classes in Tacoma, Wash., next month, one at another church and one at Tacoma Community College.

Our desire is to spread the word about TFH to as many people as possible in this area, teaching TFH I, II and III. We share your vision of having the majority of Americans using TFH in the home for health enhancement, as the Japanese use Shiatsu as a home remedy.

We have had great results in our home over the past 14 years.

Thank you for writing your TFH book and sharing with lay people!

Keeping in TOUCH,
 Jim and Kathy Schmidt
 Tacoma, Wash.

Friend brings unexpected relief

Helen Zweigbaum has been a good friend of mine for many years. She has always been interested in helping others, and Touch For Health was a natural outgrowth of this caring.

I have been ill with many problems, and she was especially interested in helping me by working on my muscles, meridians, etc. I could hardly walk after a bad mid-ear infection, and to be truthful, I did not have too much faith that she could help me overcome this problem. I had had a brain scan and an MRI and took various medications for dizziness, but they did not help.

But Helen did!

I asked my physician if I should take some physical therapy and told him about the treatments I was getting through Helen's "magic fingers." He told me to stick with her.

I really am impressed by her accomplishments in helping me and now see her on a regular basis.

Yours very truly,
 Linda Pessa
 Van Nuys, CA

In its classical description, migraine consists of headache, nausea, vomiting, and heightened sensitivity to light, sound and smell. Today it is thought to be a consequence of complex interactions among the brain, sensory nerve fibers and brain blood vessels.

The meninges as well as the outer layer of cerebral cortex (the outer layers of the brain) are the most relevant pain generators in migraine. The meningeal blood vessels are among the few tissues within the skull that cause pain when stimulated.

It is believed that migraine is triggered by the migraine aura, which starts in the center of the visual space in the brain and moves outward, producing zig-zag visual appearances prior to the headache. This wave-like spread affects the sensory nerve fibers of the meninges and cortex of the brain.

These neurological waves release chemical substances that accumulate in the meningeal vessels. The chemicals are Serotonin, which binds to at least 13 different receptor recognition sites, and other neuropeptides, which also have many recognition sites. Each of these sites appears to be coupled to a unique biological response. Thus when drugs are given to control migraine headaches, they usually produce side reactions because they affect all of the sites — and not all of the sites are involved in the headache.

New drugs working on specific sites in the brain to control the effects of migraine are barking up the wrong tree. The cause of the abnormal sensitivity of the neuro-vascular-chemical mechanism will not be found by further disturbing the brain chemistry. We need to be able to balance the underlying energy imbalances.

I have heard from many people that they are no longer suffering from migraine, after using the Touch For Health Synthesis. Are you one of these people? Will you write your case report? Have you worked with anyone who has had relief from migraine? Let me hear from you.

We need to get the information in print so we can then go on to doing outcome studies, which will be able to distinguish between personal insights and opinions (which are interesting and important) and the rigorous, plodding steps of scientific inquiry. To get ready for this next step, we need your help.

NEW INSIGHTS INTO MUSCULAR DYSTROPHY

Important research has been done on Muscular Dystrophy, now believed to be a genetic disease. There are two major types, the more severe Duchenne Muscular Dystrophy, which is the severe type that causes muscular wasting (This type afflicts one out of every 3,500 males worldwide and nearly always proves fatal by age 30); and the milder Becker type, distinguished by its

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OUTCOME RESEARCH ROCHESTER, MN

Becky suffered from a tight neck, shoulders and lower back and occasional numbness in her left arm after an auto accident in July 1992. After chiropractic treatment, she decided to use a gift certificate for a TFH session her husband had bought the previous year. Following a TFH muscle balance she experienced a major release in her left wrist and noticed an 80 percent improvement in her right shoulder and arm.

— Becky Fluegel, Rochester, MN

Nancy had suffered from depression and diaphragm tension for more than a year. The depression ended six months ago, but the diaphragm discomfort continued. After one TFH muscle balance, she noticed a 90 percent improvement in her diaphragm.

—Nancy Manahan, Rochester, MN

R.F. was feeling numbness in his left toes and pain in his left ankle and back. Following a TFH muscle balance with Susan Raye Johnson, he reports being almost back to normal. He is more relaxed and the feeling has somewhat returned to his toes.

— R.F., Rochester, MN

Young Irissa Hubka injured her right hand and wrist after falling down a step. Her mother was used as a surrogate for TFH muscle testing. That afternoon, Irissa showed some improvement, and two days later she showed no signs of pain.

—Irissa Hubka, Rochester, MN

- **Ph.D. Urges: "Trust Your Instincts About Your Health"**
Don't just rely on your doctor's report, suggests sociologist Ellen Idler, Ph.D., associate professor of sociology at the Institute for Health Care Policy and Aging Research at Rutgers University.

Several large surveys have shown that an individual's perception of his/her health — rated as excellent, good, fair or poor — is frequently the best predictor of his mortality and is often more accurate than a standard examination by a physician.

In one study, people who rated their health as "poor" were seven times more likely to die within four years as those who rated their health as "excellent." These results confirm what is happening in the TFHS procedures of getting people to pay attention to how they rate themselves and doing a balancing so that perception of their own well-being changes for the better.

It is when people's own internal rating is not improving that they should seek more than one health professional and communicate their perceptions of their well-being as well as any other existing health problems. Encourage people to rate their well-being on numerical scales from poor to excellent and record the results of balances with the TFHS. We would like to hear from you on these studies.

- **Playing Politics**
The research grants for Alternative Health or Complementary Medicine research will have been received by the time you read this. We who know the value of these methods need to encourage Congress to include this funding for 1995 and beyond. Now is the time to let your representative know that you want this research to continue. The decisions are being made and will be finalized early next year. Letters, phone calls and personal contacts will make a difference.

- **Do Dental Fillings Create Drug Resistance?**
In the April 18, 1993, *Science News*, K.A. Fackelmann reported that new studies have shown that the mercury released from dental amalgam — the “silver” fillings — does cause bacteria to become resistant to mercury and certain antibiotics. These resistant bacteria are in the intestines and mouth, and he believes that the reason is that the stretch of DNA in the genes is affected by the mercury. Maybe this is why some people with muscular diseases have improved with the removal of dental fillings. The scientists are arguing about the safety of the amalgam material. The American Dental Association says that they are perfectly safe. However, Murray J. Vimy of the University of Calgary in Alberta, Canada says that “there is more than reasonable doubt about the safety of this material.”



Dr. Thie's Report, continued from previous page
higher levels of missing DNA from the megadystrophic gene.

In Duchenne Muscular Dystrophy there are “frameshift mutations” in the dystrophin gene — DNA deletions that cause cells to misread the genetic information they use to make dystrophin protein. Dystrophin — a long, rod-like molecule in normal muscles — seems to link the internal skeleton of muscle cell to other cells. The mechanical connection enables the cells to work together during muscle contraction. In muscular dystrophy, missing or misformed dystrophin may interrupt this structural link, leading to loss of muscle function.

What are we doing with muscles and their change in ability to function after touching the various reflexes? Do these responses, which all who use the TFHS have observed, have any relationship to the communication between the dystrophin? Or could it be that the changes are helping the communication to bypass the defective gene message?

Let me hear from you if you have worked with anyone diagnosed with Muscular Dystrophy. The outcomes of these encounters are important to the ongoing understanding of our work.

COCAINE IN THE BRAIN

Cocaine lodges in the brain in a distinct pattern, says Bertha K. Madras of Harvard Medical School in the summer 1993 issue of “On the Brain.”

The highest concentrations localize in brain regions rich in dopamine, a brain

messenger. The same brain areas are involved in emotional, reward, motor and hormone function. Cocaine lodges on the transporter and blocks dopamine re-uptake. Nerve cells become inundated with dopamine and its messages. This dopamine flood is believed to create the sensations associated with cocaine use.

Cocaine, the most addictive drug in the illegal market, ranks second, behind marijuana, as the most widely used illicit drug in the U.S.

In using the various TFHS techniques, do we affect the dopamine production or re-uptake? Addictive behaviors that seem to be related to dopamine have been reported to be relieved by TFHS interventions. Have you any anecdotal reports on improvement in people with addictive behaviors or other so-called mental problems using TFHS methods?

Dopamine is also known to be in atypical densities at specific dopamine receptors in persons labeled schizophrenics.

UNDERSTANDING ADDICTION

“Consider this paradox: Addiction to alcohol, tobacco, and illegal drugs represents the foremost public health problem in the United States today. Yet this is an area in which physicians are often poorly trained and may even be uncomfortable discussing,” Dr. Steven E. Hyman, M.D., writes in Vol. 1 No.1 of the Harvard Mahoney Neuroscience Institute’s “On the Brain.”

Has this been your experience? It has been mine not only with medical but also
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HOLIDAY GREETINGS FROM T.H. ENTERPRISES STORE

T.H. Enterprises has been happy to serve all TFHers, chiropractors, massage therapists and others interested in achieving balanced health and living. To those people who wished to actively take responsibility for their bodies and to educate themselves and others about what health truly means, we say thank you for allowing us to serve you.

After 20 years of giving you the best of the health books available, we have lost our lease at 1200 North Lake, Pasadena, CA, and in 1994 we are closing the bookstore, but we will still provide TFH products..

Enjoy our 20 percent off closing sale, which is coming with good timing for those holiday gifts you'll be needing. Remember you will be helping us to move with every purchase!

Thank you all for being the greatest, most interesting group of people a store could have. We love you all!

— Alice, Virginia, Angie, Ramona, Carla, Heather and Dr. John Thie, D.C.

Protect Your Right To Buy Nutritional Supplements

Chances are, if two new bills designed to curb Federal Drug Administration regulation of the nutritional supplement industry do not pass the U.S. Congress, you will have to do without most of the supplements you are taking now, says Julian Whitaker, M.D.

One of the bills, S. 784, has been introduced by Sen. Orrin Hatch (R-Utah). The other, H.R. 509, is by Rep. Bill Richardson (D-New Mexico). Dr. Whitaker, whose position on the bills appears in the Fall 1993 Natural Solutions newsletter, supports S. 784.

"I think Sen. Hatch's is the better of the bills," Dr. Whitaker writes, "because unlike Rep. Richardson's bill, it does not require companies to notify the FDA thirty days prior to making a health claim about a particular product.

"S. 784 is not perfect, and some in the nutritional supplement community feel that it doesn't go far enough. However, I support the bill's intention, and as the only game in town, it's a big step in the right direction. Sen. Hatch's S. 784 would protect your access to nutritional supplements by:

"- Preventing the FDA from categor-

izing vitamins, minerals, herbs, and amino acids as drugs.

"- Restricting the FDA from classifying a nutritional supplement as a food additive. The FDA has confiscated nutritional supplements stating they were unsafe or unapproved food additives. ...

"- Allowing nutritional manufacturers to make truthful health claims about their products on labels.

"We need to support the politicians helping us fight for nutritional freedom. We can start right now by taking these actions:

"Write to your senators and representatives. ... Ask your senators to cosponsor Sen. Hatch's Dietary Supplement Health and Education Act of 1993. Ask your representative to cosponsor Rep. Richardson's bill if the clauses on pre-notification are removed."

We encourage you to follow Dr. Whitaker's advice. Now is the time to get involved.

contact: **Citizens for Health**
548 Churchill Downs Ct.
Walnut Creek, CA 94596
(510) 933-5935

- **Descriptive Research A Valid Scientific Methodology**
Dr. Charles Masarsky, a chiropractor writing in the July 30, 1993, *Dynamic Chiropractic* says: "Much of the clinical literature within our profession consists of case studies and case series—descriptive research. In research of this sort, there is no control group, no blinded assessment, no formal experimental design. Is this sort of thing scientific research?"

"Yes, it is.

"Repeatable observation is the essence of science. Controlled experiment is only one way to arrive at repeatable observation. If you read a case study that contains sufficient descriptive detail, you can replicate the investigator's adjusting procedure when a similar case presents at your office. By carefully observing and recording the clinical outcomes you can support or refute the findings of the previously published study. This sort of thing is not controlled experiment, but it is science for sure.

"In fact there are entire sciences largely (or mostly) based on descriptive research. In the social sciences, there are economics, anthropology, archaeology and social psychology. In the physical sciences, there are geology, astronomy, oceanography, and meteorology. In the life sciences, there are botany and zoology."

It is important that those of us doing the TFHS take time to write down what we have observed. If we would follow the suggestion of Dr. Masarsky, telling exactly what procedures were done, then others could follow the procedures and compare results. I look forward to having some case studies on what has happened when you gave or received a TFHS balance.

OUTCOME RESEARCH SUSAN R. JOHNSON

No More Nail Biting

Rebecca was a lifelong nail biter when she came to Susan Raye Johnson for help. She was referred by her grandfather. After a balance and visualization exercises, she noticed she was not biting her nails as often. By the next day, she began to slow down, showing the first noticeable improvement since birth.

— Rebecca Bassett, Breckenridge, CO

TFH Brings Peace Of Mind

For 15 years John noticed his condition becoming progressively worse. He suffered from dizziness, headaches, nausea, fatigue and poor concentration. He tried a variety of treatments and despaired of finding help before coming to Susan Raye Johnson. "Susan has amazing skills," he writes. Today after TFH balancing, his thoughts are clearer, his body is more relaxed, his mind is more at peace.

— John K., Middletown, OH



OUTCOME RESEARCH ROCHESTER, MN

Concerning TFH with Roxanne Schlasner

W.T. overstressed his upper and middle back muscles two years ago while weight training. Vigorous exercise aggravated the problem. After trying drugs and stretching, he was referred for a TFH intervention by his therapist. Following massage, sacral alignment and TFH muscle balance, tension was released and his muscular pain was greatly reduced.

— W.T., Rochester, MN

• Birthdays Add Risk Of Heart Attack

Biochemist Alan C. Wilson examined the records of more than 100,000 patients for seasonal patterns in heart attack rates. He discovered that rates increased significantly for both men and women in the days immediately preceding and following their birthdays. "Emotional stress and partying may underlie this risk," said Wilson.

I wonder if getting a TFH balance and emotional stress release would be of benefit in preventing these heart attacks? Maybe a gift of a TFH balance would be a great birthday health promotion measure.

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."

— Helen Keller

Dr. Thie's Report, continued from page 4

chiropractic and osteopathic physicians. I have often found that lay drug counselors are often more up to date and effective in helping people with additions.

Dr. Hyman further states: "No area of medicine is more beclouded by stigma, unnecessary ignorance and fear. ... Together with improved design of clinical studies, ... research has begun to chip away at ignorance and stigma and should have important implications for prevention and treatment.

"In scientific terms, dependence means that, upon drug cessation, an individual experiences pathologic symptoms and signs. ... It is now clear that this if far from the whole story. Highly addictive drugs such as cocaine do not produce a physical withdrawal syndrome. Moreover, many medically important drugs, such as the anti-hypertensive drugs clonidine and propranolol, may produce a physical dependence without producing addictive behaviors.

"Indeed, despite the 'common wisdom,' avoidance of physical withdrawal appears to be a relatively minor factor in maintaining

addiction even for drugs that can produce physical dependence."

What does this expert's opinion mean to all of us using non-orthodox methods to help ourselves and others? It means that the ideas and methods producing results unexpected by the orthodox profession need to be reported. This way, new ideas of how addiction and dependence

develop and are corrected can be discussed, and cooperation between the orthodox and non-orthodox can take place more readily.

Warren Jacobs, M.D., member of the TFH Foundation Board of Trustees, presented an interesting TFHS approach to quitting smoking at the TFHA annual meeting in Las Vegas. He says it has been very effective. His findings are also in the 1993 TFH Journal. (If you do not have the Journal, it is still available.)

Dr. Hyman also says: "With repetitive administration of addictive drugs, an individual may begin to dwell on vivid positive memories of drug experience. Without the drug, the individual often experiences uncomfortable or depressed feelings (the technical term is dysphoria) and a lack of ability to experience pleasure (anhedonia). In the addict's mind, if only he or she could have the drug everything would be all right; without the drug, life feels intolerable."

Have you had any positive results with addictions using the TFHS? Anecdotal reports on this need to be submitted in writing. Let us hear from you. ■

OUTCOME RESEARCH SISTER MARY EM

TFH in Conjunction with Clear Circuit Muscle Testing

One of our Sisters had strained her back muscles. She was going home rather than attending our annual meeting dinner because she was in so much pain. I did Clear Circuit...then tested for the Five Elements using an indicator change. When I got the element, I tested for which meridian was in over energy, and which was under, and made the correction. The pain level dropped so dramatically that she forgot about going home, and joined us for dinner. Later I was telling Sr. Sheila, and she asked for a demonstration, because she had just strained the muscles of her hip joint. She, too, had instant relief. In each case, it took about 2-3 minutes. In one of our TFH classes, I asked for a volunteer to demonstrate Using Acupressure for Pain. The woman who volunteered had suffered a shoulder injury three years earlier, and was so limited in movement, that she was unable to lift her arm high enough to put her hand in her pants pocket! Although the pressure I used to trace the meridian was minimal, she was in tears with the pain. The other class members though I was pressing very deeply, and was being cruel. I had to reassure them as well as the volunteer. The impression I got as I worked was the the whole meridian was "congested," if you can use that word. When I finished, she raised her arm up over her head. That correction has held.

— Sister Mary Em

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Voice Mail: (818) 568-5955 (x5)

STAFF

Publisher/Founder: Dr. John F. Thie
Editor: Mary Glick
Design/Typesetting: C.W. Scott Rubel
Circulation: Alice Putt

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Observations From the Store

—Alice Putt

In looking at the wonderful books that T.H. Enterprises carries in acupressure, acupuncture, massage, reflexology and other health methods, I am struck by the underlying theme that keeps coming up: the importance of the energetic human body system.

In reading *Body Electric*, *The Presence of the Past*, *Secret Life of Cells* or *Vibrational Medicine*, you find the results of top scientific researchers verifying the presence of a magnetic grid upon which growth and health are maintained.

Of course, we in TFH are very familiar with this "grid" when we experience physical sensations and changes as we balance meridians. We have personal knowledge of what TFH does, which we need to put into print.

When I first started with TFH, I had both acupuncture and acupressure for injuries. Both processes had incredibly speeded my healing. I believed in those acupoints! But this meridian stuff sounded rather strange. In TFH class when I closed my eyes while somebody traced my meridians, I was shocked to find I could feel their hands even 5 to 6 inches away from my body. Something was there. Of course, I would have to test it myself.

A Test Case

Right after church services, Joseph, one of the younger athletic members, was

limping noticeably. I asked him what was wrong. He said after he was jogging Saturday, his knee started hurting, and it was worse today with swelling.

I asked if I could look at it, and when I did, I noticed the swelling and heat were coming from the area of the attachments at the knee for the Gracilis. I asked for permission to rub a couple of spots to see what happened — without telling him any details of TFH or what I was doing.

I held the strengthen points for Triple Warmer and asked what he felt. "Heat in my calves," he said and looked at me strangely as I continued.

I rubbed the Neuro-lymphatic and held the Neuro-vascular points in conclusion, saying only: "This can sometimes help. Let me know how your knee is later."

The next Sunday he came straight up to me and said: "What did you do? I had to take a nap as soon as I got home, and when I woke up my knee was completely better. It was an injury that should have taken much longer to heal. What were you doing?" I proceeded to explain TFH and meridians to him now that there was no chance for a placebo effect to occur.

Experience is the best proof. Let's put it on paper. ■

Goodbye to all. It's been great working at the Book Store and serving TFHers.

—Alice Putt, manager of
T. H. Enterprises Bookstore.

• U.S. Army Will Test Vaccine for AIDS

Despite the National Institutes of Health recommendation against it, the Army is going to test one company's vaccine (gp160) on HIV positive personnel. Congress voted \$20 million for this purpose with heavy lobbying by the drug company (MicroGeneSys Inc.) and others.

Anthony Fauci, NIH's top AIDS scientist, says that NIH will not contribute any money because "the fundamental reasons for doing the trial are on shaky ground."

Because of the reality of politics, I urge all of you to know your elected representatives and write to them on your opinions regarding health and prevention of illness. If TFHS approaches are correct and people are getting real improvements, our legislators need to know this so they can channel more research money to the non-orthodox methods. It's up to you individually and those people who are helped.

• PACs Tell the Healthcare Story

From an article in the August 9, 1993, issue of Modern Healthcare: "During the last election cycle, which covered 1991 and 1992, five non-physician groups — representing the chiropractors, nurses, podiatrists, optometrists and physical therapists — ranked among the top 12 organizations that made donations through political action committees. The chiropractors' PAC gave \$658,000; podiatrists \$401,000; optometrists, \$398,000; nurses \$307,000 and the physical therapists almost \$200,000. The AMA's PAC, which distributed \$3.2 million, was still the undisputed king of PAC contributions."

What does that tell you about the necessity of getting the facts to your congressmen and women? Do you know them personally?

Consider attending one of the seminars below. Call the number listed, or call (818) 794-1181

DR. JOHN THIE'S TOUCH FOR HEALTH SPEAKING SCHEDULE 93-94

Dec. 11 **Bloomington, MN**
Metagenics: TFH for Chiropractors-
Nutritional Emphasis (800) 444-9998

Dec. 12 **St. Paul, MN**
TFH Update
Irene Cummings (612) 489-7598

Dec. 26 - Jan. 2, '94 **Hawaii**
Private Family Retreat
1994

Jan. 16 **Chicago**
Ethical Nutrients of Illinois
Metagenics: TFH for Chiropractors-
Nutritional Emphasis (800) 523-5294

Feb. 5-6 **San Diego, CA**
Healthy Lifestyles Expo

Feb. 19 **Los Angeles**
Metagenics: TFH for Chiropractors-
Nutritional Emphasis (800) 692-9400

Feb. 26-Mar. 4 **Wilderswill, Switz.**
Int'l Kinesiology College

March 5 **Amsterdam, Holland**
"TFH for the Practitioner, Nutritional
Emphasis"

March 6 **Amsterdam, Holland**
TFH Update for TFH Instructors &
Practitioners

March 12-13 **Germany**
TFH Update for Advanced Students
Alfred Schatz 49-761-727-29

March 17-20 **Switzerland**
"TFH Basics & to improve your personal
performance"
Rosemarie & Bernhard Sonderreger-
Studer 41-1-272-4515

March 26-27 **Belgium**
TFH Update
Dominique Monette, MD 32-2-537-64-61

April 16-17 **Columbus, OH**
Advanced TFH
John McMullin 614/888-1240

May 14 **Denver**
Metagenics: TFH for Chiropractors-
Nutritional Emphasis (800) 321-6382

May 16-22 **So. Cal.**
Inst. Trng. Wkshp. J.V. Maguire

June 20-25 **Int'l College of A.K.**
Annual Meeting

July 6-10 **Vancouver**
Keynote Speaker: Canadian TFH Assn.
Int'l TFH Mtg.

July 11 **Vancouver**
TFH Participant Centered Update

July 30 **Virginia Beach, VA**
Christian Educators Ass'n

Aug. 28-29 **Southern CA**
TFH for Massage Therapists
J.V. Maguire (310) 457-8407

Oct. 21 **Bali, Indonesia**
Int'l Kinesiology College Mtgs.

Oct. 22 **Australia**
Int'l TFH Assns. Meetings

Oct. 23 **Australia**
TFH for Chiropractors, Nutritional
Emphasis

Oct. 28 **Australia**
TFH Participant Centered Update

Oct. 29 **Australia**
Metagenics: TFH for Chiropractors-
Nutritional Emphasis

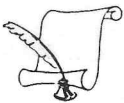
For a seminar in your area please contact Touch For Health Foundation: (818) 794-1181. We will work with you to sponsor Dr. Thie in your area to help build an awareness of TFH.

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