



Keeping...

InTouch

**The Newsletter of the
Touch for Health Association of America**

Spring 1993

Volume 3

Issue 1

Touch for Health Annual Meeting July 10 - 14, 1993

Touch for Health (TFH) is a beautiful art. It is appreciated world-wide for its magnificence, its simplicity and its wisdom.

TFH was started twenty (20) years ago to teach people of all colors, all races and all ages simple skills that ensure high quality health. In our 20 years, we have accomplished this goal. And, we are proud!

This July 10-14, we will celebrate our accomplishments in Las Vegas, Nevada, USA. We hope you can join us!

Our theme this year is, "TFH and the Family." The original vision of TFH (and it's as true today) is bringing self-help health care to everyone's fingertips, especially to families.

In our 20 year existence we have grown world-wide. We have centers in every continent, of every great nation and with every kind of people. We are growing and adding to the TFH synthesis daily. And, we have people all over the world experiencing miracles with the skills taught in TFH.

We now come to celebrate our accomplishments and our commonalities. We invite you to celebrate with us.

The Annual Meeting (AM) is a great time. Not only for its glory of information, but its brilliance of caring. At the AM people warmly accept each other; they are always eager to help one another in spiritual growth, wisdom, balance and of course, health. If you

have never attended an AM, come to this one, it will be especially gratifying.

We have TFH-er's traveling the world-over to attend this meeting. More importantly, our international flair will host a close kinship of friends, families and TFH elders. We intentionally limit seating at the

Annual Meeting to keep us close and intimate. An experience that is worth much more than the price of the dollar. But don't take my word for it, attend the AM, find out for yourself.

For more information on the AM, turn to page 7. We look forward to meeting with each and every one of you this July!



Developments from the IKC

The International Kinesiology College (IKC) now has two schools:

The School of Educational Studies presently certifies faculty to train Touch for Health Instructors world-wide. It has helped to standardize the curriculum in the various countries in which TFH is taught. The IKC continues to perform this on behalf of the TFH Association. TFH Instructors, world-wide, are issued certificates showing they trained with the IKC. In the future other Kinesiology's will be able to be part of this program so that their certificates can also have College validation, both as lay courses and professional training.

The School of Practitioner Studies has just been formed to fill what appears to be a growing need world-wide. At present, there is no approved career plan available for people either leaving college or older persons wishing to retrain in a second career as a kinesiologist. Many people have accumulated hundreds of hours of training and dozens of certificates in kinesiology workshops: they are unusable for registration purposes because they fail to meet governmental requirements. An internationally accepted Kinesiology Diploma will help remedy this problem. We are strengthening all 'Ks' to be internationally recognized.

Continued on page 2

Developments from the IKC

Continued from front page

What is our role?

The School of Practitioners Mission Statement makes our intent clear:

1. To cause Kinesiology to become a recognized, respected and attainable vocation.
2. To provide a University certification in this discipline utilizing material drawn from the many available Kinesiologies.
3. To make this training readily available world-wide.
4. To support and encourage the development of Kinesiology Associations.

Throughout the world each of the 'Ks' has an organization attempting to do the best for their people. In the USA Edu-K is now a recognized educational therapy. New Zealand now has a Kinesiology Practitioner's Accreditation Board. They have an Anatomy and Physiology course that meets the NZ Qualifications Standards Association's requirements. Australia has a similar formula.

In Great Britain, the Kinesiology Federation is an umbrella body encompassing (almost) all the "Ks." This Kinesiology Federation is a member of a much larger umbrella called the British Complementary Medicine Association (BCMA). The BCMA is recognized by the Houses of Parliament and is the only organization through which that Government deals with the twenty or more complimentary therapies practised in Britain. Kinesiology is now defined in British Law and has become recognized there. These developments were made in preparation for future EEC plans. The many 'Ks' in Britain achieved a Federation through concentrating on their similarities, honoring their differences and recognizing each other's special uniqueness.

The School of Practitioner Studies is planning a Diploma in Kinesiology.

Such a Diploma would have core subjects and optional ones so that it becomes possible for a student to graduate with a Dip. Kinesiology (Nutrition) or a Dip. Kinesiology (Psych) or Dip. Kinesiology (Exercise Phys), to give only three of the possible examples. No single 'K' meets the training requirements we envisage - IASK 1000 hour professional level. Current programs that we know of have curricula that run two or three years or 500 - 600 hours. The current faculty of IKC's School of Educational Studies regularly teach 10 different 'Ks' and endorse several others. We have no bias to a single system.

You could well become a faculty member.

We foresee a small Professional Board to administer curriculum development and standards. Professors (or Associate Professors) will likely come from the developers of workshop systems.

Most important, we see a huge number of ordinary instructors who regularly and efficiently are teaching the basic kinesiology workshops becoming the Lecturers — that is, members of the Faculty of this new School of Practitioner studies. Senior lecturers will be drawn from the international faculty already appointed to teach advanced courses. People will need the commendation of both the 'system' they are teaching and their local kinesiology association.

Every 'K' is OK.

We will endeavor to include every possible kinesiology course as being valuable and part of the kinesiology continuum. If you want a course to be considered, please notify your local TFH Association.

Touch for Health Association

Logistics

Board of Directors

Robert A. Aboulaché	President
John V. Maguire	Vice-President
Arlene Greene	Secretary
Kim Vieira	Treasurer
Paul Burdelsky	Resource Dev.
Nancy Burdelsky	Resource Dev.
Judy Levin	Operations
John McMullin	Resource Dev.
Mary L. Muller	Program
Sharon Promislow	Program
Geraldine Rhoades	Program

The information in this publication is designed to assist you in the management of your well-being. The Touch for Health Association is not liable for any product or promotion contained herein. Any reproduction of materials must have written permission by the Touch for Health Association. For information or assistance contact the Association at:

1-800-466-TFHA

Membership Rates

Life-time Member	\$1,000
Sustaining Member	\$500
Contributing Member	\$250
Instructor/Professional	\$100
Basic Member	\$50

Advertising Rates

Whole Page	\$500
Half Page	\$250
Quarter Page	\$150
Business Card	\$75

Touch for Health Association
6955 Fernhill Drive
Malibu, CA 90265
(800) 466-TFHA

From the President

by Robert A. Aboulaché, M.A.

I hope all of you are doing great! There is a lot happening on the Touch for Health (TFH) front — this newsletter is only a glimpse of what is happening and on what's coming our way. I have been devoting my free time to getting our new office up and running. In addition, I have been networking with Washington to get TFH recognized. We have truly come a long way, *Keep reading, I'll tell you what's up!*

Our new office...

By now you should have received our notice of the TFHA new address. We are tightening our belt and stepping forward, our office is now up and running. Up until now we have been working "behind the scenes" to get everything in order. And, now we're ready to "rock 'n' roll."

All operations of TFHA have moved to Malibu. Memberships, certificate requests and general information is handled in our new office. This includes the planning and organizing of our International Annual Meeting (AM). The AM is scheduled July 10-14, 1993, in Las Vegas, Nevada, USA (see page 7). If you have any questions, please call us at 1-800-466-TFHA, we're here to help!

Our membership directory is being produced and will be distributed at the AM! The membership directory will be used by TFHA as a major resource for promotions and referrals. See the ad on page 4 for more information and ad rates.

Our memberships are beginning to rise and we look forward to the expansion of TFH. We have created greater ties with the International Kinesiology College (IKC), the International Association of Specialized Kinesiology (IASK) and the entire TFH Association network world-wide. Here in North America

we've networked with some other organizations that will play crucial roles in the development of TFHA and its impact in the world (read on; I'll get to that shortly).

In the Fall of 1993, TFHA will increase our office staff significantly (we're

estimating 400%). We are endeavoring to impact both our members and the general public with focused vim and vigor. Many of our new and/or revised programs will be presented

at the AM. We're planning to grow exponentially and we want you to come with us.

Our new programs...

We've developed a series of introductory workshops (the Top Ten series) that will be premiered at the AM. These short courses are designed to teach the basic fundamentals of TFH while addressing real specified needs in our society. Topics such as pain, stress, and body-brain integration will be featured in the Top Ten series. Stay involved, you'll want to be part of the TFH dream-wave — *teaching wellness to the world with a healing touch.*

Plus, we've organized a special training to assist our entrepreneurial members in successfully developing a TFH practice. We have incorporated proven materials into this course with the intent of building strong viable TFH chapters, through you, our members. This training includes a complete resource guide and computer software package. This workshop will also premiere at the AM.

I guess by now you're thinking... "hmmmm, maybe I should go to the AM." Let me add one more thing... these workshops (the Top Ten series and the entrepreneurial training) are included in the price of the AM... not bad - huh?

So with all this happening, renew your membership, attend the AM and be part of the exciting times that are just ahead of us!

But first, read on, there's more...

TFH in Washington...

TFHA is at a turning point in its evolution. We are being investigated by the United States government as a viable form of bio-feedback. We have been nurturing several relationships that are leading to the recognition of TFH as a resource that will help bring health care to the masses in the USA. TFH has already been recognized by the British government's office of Complementary Medicine. (So hold tight, we're just beginning!)

We have begun investigations for avenues to assist the United States government's pursuit of providing health care to the masses. We are seeking

ways to impact communities by teaming up with health care organizations that are dedicated to keeping people well (HMO's, PPO's and IPA's). We're talking about large or-

ganizations with money to fund proposals, organizations with the purpose of lowering health care costs by getting their members to be pro-active in their own well-being. As you know, the TFH synthesis is a perfect system to augment these efforts.

The current U.S. administration is dedicated to preventive health care. We have networked with several lobbying

In 1993, TFHA will grow exponentially and we want you to come with us.

We've begun investigations for avenues to assist the U.S. in providing health care to the masses

Continued on page 5

What is Kinesiology?

by Marge Murray

Marge Murray has had a successful private practice in Wisconsin for the last seven years. She teaches a class called Private Kinesiology Practice to those who want to do the same. For more information on the class, contact Marge at N5604 Shambeau Lake Road, Ogdensburg, WI, 54962

The first principle of communication is, "Before you can effectively tell someone else, you have to be clear about what you want. Our profession is becoming known worldwide. We have a tremendous opportunity to be able to control the definition of Kinesiology. We can cloud it all by not being clear on who we are and what we do. If we are going to present ourselves effectively to others, we have to know who we are.

We also have to be able to articulate ourselves in language that anyone can understand. We have to use a common dictionary for an uncommon thing. We have to help others develop a vocabulary that will help them to understand us. Let us all use the universal mind to help us do this.

I will begin. What is Kinesiology? It is the science, art and philosophy of

muscle testing. As a science, it is the position and direction of a specific muscle test. It is a structure or movement correction. It is the origin or insertion of a muscle. It is the scientifically traceable line of a meridian. It is an acupuncture point. How many more can you add?

As an art, it is the pressure that I choose to use on a particular muscle test. It is the ability to keep judgments out of the process of another person. It is the way we treat our clients. It is the way we explain kinesiology to others. How many more can you think of?

We can have a wonderful time defining what kinesiology is as a philosophy. It will probably be as different as each one of us. Therefore, we must accept each other. We are heading into a time for certification and perhaps licensing. (In the medical model, these are used to control and eliminate competition). Fortunately, we have a philosophy that is inclusive and encourages growth, a philosophy that is as organic as life, as healing as love, and as enduring as time.

TFHA would like to give thanks to the following for their special donations !

- **TFHA of Southern California** for donating a new laser printer
- **TFHA of Ohio** for donating the hard costs of printing our AM brochure
- **TFHA of Canada** for their continual support by providing us with vision, motivation and support
- **And, the following individuals** for their cash donations, which have allowed us to better operations and fulfill obligations:

Robert A. Aboulaché
Judy Levin
Doug Pryor

Arlene Greene
John & Nancy Maguire
Geraldine Rhoades
Henry & Idelle Weisenberg

Muscle Testing: The Basics

by Gordon Stokes

Gordon Stokes is one of the original Touch for Health Instructor Trainers in the 1970's. His work with brain integration and emotional defusion with Daniel Whiteside and Candace Calloway led to the creation of Three-In-One Concepts and the courses in One Brain. The work of Three-In-One concepts has greatly expanded the scope of the Touch for Health Synthesis.

Muscle Testing is an art...

...and like all arts needs practice to become perfect. That means working with MANY people because every individual responds somewhat differently. In order to use Touch for Health effectively, we must have an accurate muscle test. It is through the accurate "feedback" the body gives that we find energy and muscular imbalances.

80% of the muscle test is in the mind - only 20% is actually physical.

The brain's computer gives the read-out on whether a muscle will lock or not lock. This is what muscle testers forget. We're going for the "lock or unlock" only - not for the full range of motion of the muscle. The main problem testers have is OVER-POWERING; that is, applying more pressure than necessary to check the "lock".

For example: Testing a strong muscle like quadriceps. If you use a lot of pressure, it will test stronger because the person's system recruits other muscle groups to hold the leg up. Only when you use just enough pressure to test the "lock" will you get an accurate read-out.

"Just enough pressure" means an inch to an inch and a half; that's all. No more is needed.

**Your basic attitude is important
when you muscle test**

Continued on next page

Muscle Testing: The Basics

Continued

For a variety of personal conditioning reasons on the part of both tester and testee, too often a muscle test turns into a contest of strength. A good muscle test is one in which both people are interested in discovering imbalances, not a game of "I win/you lose".

Remember - you're looking for the "lock" not the full range of motion. Explain this and demonstrate exactly what you're going to do with each new person. What you want is cooperation, not competition.

If a muscle is weak: since the body will recruit other muscle groups to hold that one strong, watch out for elbows bending, torsos twisting, hands clenching and the straightening of the leg. When this happens, tell the testee what you observe and reposition the limb being tested.

It's true you can over-power almost any muscle in almost anyone. But this risks doing actual damage to muscles and tendons. (After all, you want your people leaving you in better shape than when they arrived!) With this in mind, use a testing strength designed for the person you're working with.

If a person is basically weak, monitor the pressure you apply by using only one or two fingers. If the person's extremely strong and you doubt the accuracy of the read-out you're getting, feather the neuro-lymphatic points for that muscle to weaken it and test again. Now "shaky" or a "slight weakness" will be noted. This will be your criterion for the rest of the test procedure.

When you apply pressure, remember - your pressure should be no more than an inch to an inch and a half. Hold for not more than two seconds and release. Then determine whether the muscle is weak or strong. *If you continue to add pressure to the muscle*

while deciding, you may fatigue it - and your reading may be invalid. Another very good reason not to over-power!

Range of motion

The range of motion is in the opposite direction from the muscle's normal function. For example - quadriceps brings the leg up; the range of motion we test brings the leg down. Our pressure in testing; goes in the direction of the range of motion.

1. Before testing - Protect yourself and the other person

2. Show range of motion previous to testing

3. Tell the person to "Hold"

Positioning

Our objective in positioning is to bring the origin and insertion of the muscle as close together as possible before testing. This puts the muscle in a contracted rather than extended state. (Remember, positioning should be exact because so many other muscles may be

involved.)

Bi-lateral imbalance

Remember to note an imbalance of strength on either side of the body. Right may be strong, left weak, with a given muscle. This is important information.

Counter motion the person being tested

During the testing process, the testee often makes a counter motion - for instance, going up while you're testing down. Don't "counter resist". Just let your hand go with that person's movement. Then reposition; explaining you want him or her to "just hold it there".

Use the word "Hold" instead of "Resist"

"Resist" keys in all kinds of negative mental and emotional factors. It puts

From the President

Continued from page 3

groups, trade associations and health institutes that represent wholeness. Together our voices will be heard and we will bring about a greater level of personal and societal wellness! The time is right and we're part of the solution.

In addition, the public is seriously focusing on health, healing and wholeness. This is evidence of yet another turning point and opening in the collective human psyche. We are recognizing that "magical inter-connectedness" we are endowed with. The consciousness paradigm is beginning to mushroom and we're in the midst of it. Let's enjoy it, honor it and grow with it. This is a great opportunity for us (humanity) to heal the lives of many people (including ourselves).

In summary...

All of this simply means, that people will be calling the Association and our affiliates wanting to know more about TFH, natural healing, wellness and, of course, instructors in their area. So stay active in TFH and the Association, and ask yourself this very important question: "Will you be ready to handle them?" We'll be!

Well, as they say in Malibu, "Party-on, Dudes!"

**The
consciousness
paradigm is
mushrooming
and we're in the
midst of it.
Let's enjoy it,
honor it
and grow
with it.**

Continued on page 6

Muscle Testing - The Basics

Continued from page 5

the person in an automatic "fight or flight" mode. On the other hand, the word "hold" puts the person's attention on maintaining a specific localized function.

Your mind may be influencing your testing procedures

For example - you may think the same muscle tests "weak" in almost everyone; your experience has convinced you. Check it out; your mind-set may have a lot to do with it. If you suspect such is happening, the next time you test: *repeat the Alphabet to yourself mentally while you test that muscle.* (If you think the other person may be invalidating the test by willing a given muscle strong - have that person recite the alphabet aloud while you make the test.) This works because it literally and figuratively "clears the mind".

Now with these points in mind - let's talk through the actual test procedure.

1. Before testing - Protect yourself and the other person

Briefly explain what muscle testing

is and what it involves. Then ask, "Is there any reason we shouldn't muscle test you?" Find out if there's been recent surgery, whiplash, a trick knee, intense pain - etc. This protects you both from any inadvertent damage being done, or unnecessary stress put on the system.

2. Show range of motion previous to testing

Notice if there's any tension in the testee's body while you do the demonstration - such as clenched hands, ankles crossed, or the entire body thrown into resistance. If you see this happen, tell them to un-clench, un-cross and relax. Be sure the hands are not placed on the body.

3. Tell the person to "Hold"

Then make the test, being sure to move in slowly to give the brain time to respond through the muscle being tested. (Remember the rule - no more than an inch to an inch and a half pressure, held no longer than 2 seconds at the most!)

AND THAT'S HOW SIMPLE IT IS!

Touch for Health Association Membership Directory

We are in the midst of developing our new TFH membership directory. We know you'll want to be part of this informative resource.

The 1993-94 directory will be used as a referral document to assist TFHA with the many inquiries we receive daily. All members will be listed, unless otherwise stated. The directory gives you a resource for contacting other TFHer's; both in your community and abroad.

We are accepting ads for the directory. The ad rates are:

- \$125 full page (5 x 8)
- \$75 half page (5 x 4)
- \$50 quarter page (2.5 x 4)
- \$35 business card (2 x 3.5)

For more information, contact TFHA at:

1-800-466-TFHA

A Deeper Look at TFHA

What is the Touch for Health Association (TFHA)?

The Touch for Health Association is an international not-for-profit membership-run organization and educational institution dedicated to teaching Holistic health practices to the public at large. TFHA organizes lectures, sponsors conferences and publishes books, research reports, an annual journal and a quarterly newsletter.

What is the purpose of the TFHA?

The purpose of TFHA is to educate and inform the general public about the techniques and principles of Touch for Health (TFH). TFH is a method of promoting and maintaining physical and mental well-being. It was developed in part by John Thie, DC and set forth in part in a publication entitled "Touch for Health."

The TFH Association promotes the exchange of ideas and techniques regarding Touch for Health among its members and among other Touch for Health Associations. The TFH Association participates in the development of an international Touch for Health organizational network spanning the entire globe.

Touch for Health is not a treatment. Touch for Health does not train or license therapists. Touch for Health courses do not qualify anyone for such licensing and can only be considered as additional skills for those who have the appropriate licensing. Touch for Health makes no claims for being able to cure, treat, or diagnose any disease. Any implication of these claims by anyone is illegal and incongruent with the purpose and use of Touch for Health.

Touch for Health Instructors are certified to educate people in the use of techniques in the Touch for Health book and related materials as approved by the Educational Committee of the Touch for Health Association.

The Touch for Health International Annual Meeting

There's something very special about going to the Touch for Health (TFH) Annual Meeting. Maybe it's the friendliness of all the attendees. Maybe it's the fun. Maybe it's both!

Or, maybe it's the information that's shared by people who have traveled the world over to share their understanding and their wisdom of Holism and health. One thing's for sure; the Annual Meeting is a gathering of people with interests that spark the imagination.

Being part of the Annual Meeting celebration is like being given a gift; a smile that fills your soul and shines through your deeds. It is what health and healing are about - warmth, sensitivity, understanding nestled in wisdom, all in the hope of life.

If you've ever been to an Annual Meeting, then you know what is meant by the fun, the information and the fascination within our field. This years meeting will be no exception. Here's why...

Over 50 presentations

The morning hours of the Annual Meeting are spent together. An entire spectrum of information is shared by speakers the world-over. The presenters are professional TFHer's, International Faculty members and "everyday people" sharing everyday miracles.

The topics prepared for this year's meeting will focus on family systems; the core of life. It is in our families where we learn how to love (and not love), how to be who we are (and who we're not). The very foundation of the family and its omnipotent power within the fabric of our perception, and thus our life, will be explored. Through the discovery of family systems, healing and understanding will blend and we'll grow in wisdom.

We'll not only discover ourselves with greater clarity, we'll begin to appreciate the sameness we share with our brothers and sisters from abroad. We'll gain a strength from our commonality and relish in its beauty.

Over 25 break-out sessions

In the afternoon, we'll have break-out sessions to further explore the depth of TFH, family systems and ourselves. And, of course, we'll learn some new TFH techniques to re-gain, maintain and enhance our well-being.

Some of the sessions include: the top ten pain relievers; stress releasers; body-brain integraters; and chakra balancers. Each of the concurrent break-out sessions are work-shopped for greater understanding and appreciation of the knowledge that is being imparted. One is sure to walk away richer from the experience of having participated.



AND THE FAMILY

**July 10-14, 1993
Las Vegas, Nevada USA**

To sign-up,

call TFHA at

1-800-466-TFHA

See you there!

Swimming, singing and celebrating

We're renting out the Las Vegas Holiday Inn to have fun in. That means the pool's ours to play in, the jacuzzi is our haven to heal in and the service is ours to be pampered with. Sounds like fun, huh?

In addition our talent show, Tuesday Night Live, displays our many celebrities; inner artists and hidden talents. We're always honored to be entertained by many of our friends: Paula's singing; Leila's dancing; and Frank's comedy. An event that's worth the price of the show (it's free!).

Las Vegas, Nevada, USA

Sure, Las Vegas is world famous for it's gambling. But also, Las Vegas is famous for its entertainment; its magnificent hotels; and its inexpensive food.

A Las Vegas show is always spectacular and wondrous - it's bigger than life. It's filled with song, dance, music and romance. It's synonymous with Elvis and Sinatra. Vegas is fun! And, there is free-time planned for you to enjoy the sights and sounds of Vegas.

Oh sure, Las Vegas has its gambling, so why not try your TFH techniques and test them out in finding that jack-pot. You could go home a millionaire.

But, for those who don't gamble, or don't like the stress of the slot machines and the lights of Las Vegas; relax, don't worry, the Holiday Inn is a no gaming hotel! That means, no gambling in our hotel. No noise or light pollution - just luxury and cleanliness. And, minutes away, you can gamble to your hearts content at the world famous Las Vegas strip.

The Annual Meeting is inexpensive

For all the information, all the fun, and all the new friends that are nurtured, the Annual Meeting is a great deal! For fifty dollars a day (five days and four nights - \$250) you can have the aforementioned: the learnings, the discoveries, the joy and the friendships - by attending the Annual Meeting you're a sure winner in Las Vegas!

TFH in Poland

by Paula Oleska

Paula Oleska is a TFHA international faculty member residing in New York. She is well known for her contributions in healing the inner child.

I have been teaching TFH in Poland regularly since March '92. We are now up to reviewing TFH 1, 2, 3 in preparation for the ITW in the Fall '93. What a wonderful group! They come from all over Poland, from all walks of life, to a small resort town of Polanica in the low mountains of the Polish south west.

The courses have been organized by Adam Kolacz and his lovely wife Ania, who run a very active center teaching different healing disciplines. Adam has been using TFH since Dr. John Thie's visit to Poland in 1983.

When I think of these courses, a smile always comes to my face. The students learned enthusiastically and whole heartedly. We played games, sang songs, told jokes and got transformed. They would mention in passing that their backaches went away, "bad" shoulders, headaches or sore knees. We had a particularly good time playing twister on the meadow outside (30 people).

One woman brought to my attention that there is a folk custom involving infants in some parts of Poland called "measuring" which actually is cross-crawling a baby manually. If that was not going smoothly they knew that something was wrong with the baby. She also pointed out that many children's games like hopscotch or jumping rope are based on crossing and uncrossing the midline.

The Polish economy is still not good and the financial rewards of teaching there are almost none. Even teaching close to 40 people did not cover my airfare (even combined with two Brain Gym classes in Warsaw) but the people certainly made up for it in caring. I have never felt so loved. The group gave me a gift (as is customary in Poland) and individual participants also showered me with presents from chocolate and knick-knacks to a beautiful brief-case.

The living conditions in Polanica were adequate (though by American standards would be considered primitive). There was delicious, very simple vegetarian food (great home baked rolls) and beautiful surroundings - woods to walk in, unpolluted air (by now a rarity in Poland).

Adam has created a tradition of firewalking on Friday nights at his center. The whole group starts dragging dry branches from the woods on Monday so that by Friday there is a huge pile and a great bonfire is started by 3 pm. It burns till about 7 pm, when a large bed of glowing coals are left. The group gathers around it, Adam explained that the tradition of firewalking came to Poland from Greece (thence called "agnihota"). Apparently, some Greek monks a long time ago ran through a fire in their church to save a holy picture. Later they found themselves healthier, and created the ritual of firewalking.

Adam starts a tape with Greek music. We hold hands and run clockwise around the fire for a few minutes and then start running through the coals in pairs. It's fun! The trick is to run with small even steps and to cool your feet on the wet grass around the fire before crossing the coals again. We run around and across, around and across, many times. It's exhilarating. Even some of the onlookers join in.

Later on, back in the house, some people are healing their blisters with cold water, alcohol and bay leaves. Some go dancing. My assistant, Ivona, got a blister and she was complaining "What on earth made me do that! How stupid!" However, the next morning as she woke up with her pain gone, she said: "You know... I'd do it again."

Lovely people. I am looking forward to all these enthusiastic individuals becoming instructors by this fall. Some are already involved in health centers, some are planning to start new ones. You can be sure that there will be a lot of TFH activity in Poland. Hooray!

The Overstress Test

by Wayne Topping, PhD.

Wayne Topping runs the Topping International Institute in Bellingham, Washington. He is a well-known Instructor of Touch for Health and Biokinesiology, and the author of several books, including Success over Distress.

In Biokenesiology we have long recognized three basic conditions for any muscle, i.e., weak, strong and overstressed (hypertonic). In Touch for Health balancing we mainly identify two conditions: weak and "not weak". By adding one very simple procedure you can learn to distinguish between strong muscles and muscles that are overly strong (overstressed). This knowledge is not needed when we balance meridian indicator muscles because if you correct all the weak muscles you will at the same time be balancing all those that are overly strong or hypertonic. However, I often find it very useful to identify overstressed muscles so that I can better educate the client as to the nature of his/her muscular imbalances.

Here is the procedure:

1. Test the muscle in the clear
 - a. Muscle switches off - muscle is weak.
 - b. Muscle switched on: go to 2.
2. Run one hand up the central or governing meridian, then retest the muscle:
 - a. Muscle remains switched on - muscle is "strong" i.e., in balance.
 - b. Muscle switches off - muscle is overstressed.

A simple way to understand these results is to imagine that when we run the hand up the central or governing meridian, we are surging more current through the muscle circuit we have just tested. If the muscle circuit is in a reasonable state of balance, it will be

The Overstress Test

by Wayne Topping, PhD.

able to handle such a surge. However, if there is already too much energy in the muscle circuit, it can't handle the additional surge and is temporarily overloaded, hence the weak response.

Here are two examples to illustrate how you might want to use this as a teaching tool. On many clients with sciatica you will find that one piriformis muscle is weak or switched off. The other piriformis muscle appears to be strong until you zip up the central meridian whereupon it usually unlocks. This muscle is overstressed, too tight, and most of the time the sciatic pain will be on this side. Balance the weak piriformis with regular TFH corrections and you will simultaneously bring the hypertonic or overstressed piriformis down into a strong or balanced state, usually eliminating the sciatic pain. Now if you run up the central meridian, the piriformis no longer unlocks, showing the client that balancing the weak piriformis muscle has, in fact, balanced the pair of muscles.

If your client has pain in the right upper trapezius muscle, you will often find the left upper trapezius muscle to be weak. Clients can easily see cause-and-effect when you explain the swinging door analogy from the *Touch for Health* book. It can be made even clearer by testing the overly strong muscle on the right, then zipping up the central meridian so the client can feel the muscle unlock. Once the left upper trapezius is balanced, the muscle on the right remains strong and no longer switches off on the zip-up. The client now has proof that balancing one has again balanced the paired relationship.

I have found that occasionally identifying overstressed muscles before balancing the weak ones has made it easier for clients to understand how one imbalance can create others, leading to a loss of normal posture. Have fun playing with this technique.

Why bother balancing emotions?

In the Professional Kinesiology Practitioner (PKP) program we identify the emotion associated with every area of need for which we offer a correction. Our reason for doing this is to bring to the body's awareness, whether consciously or subconsciously, the emotional component that is part of every energy imbalance.

By doing this we enable the body to carry out the healing process at a deeper level and in a more comprehensive manner than it might otherwise do. This in turn makes for a more complete restoration of the body's energies.

Why is this? Emotion may be the cause or it may be merely a component of a stress event. An unhealed emotion is like an unhealed wound. It continues to have an adverse effect on our performance until it is healed.

An unhealed emotion can be the trigger for repeated or continuous energy imbalance - muscular, hormonal, mental or any other. The unresolved (unhealed) trauma to which the emotion relates may stem from either a single event or an ongoing situation, from the past or in the here and now. This energy imbalance is an indication that the body has not fully dealt with or is not at present dealing with, the trauma experience.

Here's what a standard Physiology text* has to say:

"It is becoming quite clear that stress can lead to certain diseases. Among the conditions that are related to stress are gastritis, ulcerative colitis, irritable bowel syndrome, peptic ulcers, hypertension, asthma, rheumatoid arthritis, and migraine."

The same text also states that, "emotional stress causes or contributes to lowered resistance to disease through decreased levels of immunoglobins, reduced secretion of gastric juices, abnormal volume of urine, incontinence, enuresis, respira-

tory alkalosis, impotence, uterine bleeding, motion sickness, psoriasis, cold sores, hives, pruritus, fibromyalgia, and tics."

We don't reserve our emotions only for mental and physical trauma. Emotion is a component of every stress event (energy imbalance) of whatever sort.

To those system disturbances linked to emotional stress that are already quoted we could add such structural imbalances as painful joints, weak muscles, strained ligaments, pulled tendons, and reactive muscles, meridians, ligaments, chakras, not to mention conflicting relationships, dyslexias, or allergies, till the list becomes virtually endless.

Very often, in dealing with the unhealed emotion, all that is needed is to identify it through muscle testing and acknowledge its reality in the context of the current imbalance. Other times the body requires a more in-depth approach.

Although emotional stress may not be the sole cause of the apparent problem - pain, weakness, disability, malfunction - yet, until the emotional component is dealt with, acknowledged and released, it will remain imprinted in the energy memory of the organ, limb, or system that is out of balance and become an ever likely trigger of recurring symptoms.

That's why we bother to find the emotion.

**Principles of Anatomy & Physiology* 6th Ed. p 537 —Tortora & Anagnostakos.

Note:

This article originally appeared in the *Touch for Health News*, the journal of the Touch for Health Association of New Zealand, January 1992. Reprinted with permission.

Discovering a New Career as a TFH Professional

by John Varun Maguire

As a senior faculty member of the IKC, John Varun Maguire is in high demand in North America and Europe conducting ITW's, Sports Kinesiology seminars, and PKP I and II workshops. He is the Vice-President of TFHA and has a private practice in Malibu. His focus is on producing study materials and videos to facilitate professional development of kinesiology skills.

Picture yourself five years from now. What do you want your life to be like? How do you want to feel about the contribution you are making to peoples' lives?

If you think about your most gratifying successes using your TFH skills, you realize that Albert Schweitzer was right, when he said, "Those who are truly happy, are those who have sought and found a way to serve."

Although teaching TFH classes and having a professional practice in kinesiology can be quite lucrative, the true

rewards are the wonderful feedback you can get from your clients and students.

If you are not a TFH instructor, I encourage you to consider becoming one this year. This Fall you could be teaching the new courses from the "Top Ten Series" that will be presented at the Annual Meeting in July.

Directly following the Annual Meeting I will be leading an ITW along with several of the IKC's top faculty members. Don't miss this unique opportunity.

To gain a wealth of knowledge to use in an energy balancing practice, take the PKP series. Dr. Bruce and Joan Dewe, developers of the program, are coming to California in October for their only North American appearance this year. See calendar on page 11.

Call TFHA to further discuss the possibilities of developing a career in the exciting field of kinesiology!

IKC Meets in Switzerland

The faculty of the International Kinesiology College, representing over twenty countries, met the first week in March in a tiny town nestled in the Swiss Alps. President, Rosmarie Sonderegger, directed a very productive meeting in which the faculty shared presentations of the TFH syllabus. This provided new ideas on how to present the material in the ITW's and clarified what will be included in the TFH syllabus worldwide.

The IKC established new standards of excellence and professionalism. The faculty is very excited about the future of kinesiology as it charts the course of the new College of Practitioner Studies.

The group will meet in July before the Annual Meeting. Come to Las Vegas to hear an in-depth report of the latest developments of the IKC and see how you can play a part in its unfolding.

New!

MASTER THE BASICS OF TOUCH FOR HEALTH RIGHT IN YOUR HOME!

TOUCH FOR HEALTH FOR MASSAGE THERAPISTS VIDEO SET

WITH DR. JOHN THIE, DC AND JOHN VARUN MAGUIRE, MT

Three 120 Minute Video Tapes for \$129.95 or 1 Week Rental for \$60

This video is packed with valuable demonstrations of the fundamental skills that has made TFH one of the most widely accepted forms of natural healing. Hear Dr. Thie explain why he developed TFH and watch him demonstrate several balances for enhanced performance. Hear him explain what pain is and what balancing does to eliminate it, showing how he has helped his clients over the past thirty years.

You will see demonstrated:

- Emotional Stress Release technique.
- Three highly effective pain relief techniques.
- Three goal balancing demonstrations.
- Balancing for shoulder problems.
- Balancing for upper back pain.
- How to release a tight upper trapezius.
- Bilateral muscle weakness correction.
- 19 muscle tests along with their location, function and indication.
- Muscles involved in low back pain.

Feel confident with these topics:

- The opposing muscle theory.
- The muscle, organ and meridian relationship.
- Concept of overall energy balancing.
- Postural awareness.
- Accurate muscle testing.
- Several muscle balancing techniques.
- Cerebral Spinal Fluid technique.
- How to integrate TFH into your practice.
- The importance of testing muscles standing.

Hear the answers to these important questions:

- Do you have to do the muscle testing?
- Which strengthening technique do you use and when should you do others?
- How do you determine the spinal level to find the NL points?
- How should you work with overuse injuries?
- How do you determine whether to relax or tonify a muscle?
- How should your clients speak about your work to their doctor who is treating them for arthritis or a serious illness?

Order your set today by calling (800) 466-8342 overseas: (310) 457-8342 fax: (310) 457-2264

Instructors - gain confidence and clarity. Show segments of the video to your classes.

The tapes include a time line to easily find the segments you wish to view.

Ask about member discounts and special rates for volume orders.

Available in PAL for overseas market. Prices do not include shipping fees.

Advanced Course Schedule

COURSE	LOCATION	DATES AND TIMES	INSTRUCTOR	CONTACT
Instr. Update	Las Vegas, NV	July 14 2:00pm - 7:00pm July 15 8:30am - 5:00pm	IKC Faculty	(800) 466-8342
ITW	Las Vegas, NV	July 14 2:00pm - 7:00pm July 15 - 20 (9 hrs per day)	IKC Faculty	(800) 466-8342
ITW	Omaha, NE	June 26 - July 2	Norma Harnack	(402) 333-5660
ITW	Youngstown, OH	August 28 - September 8	Norma Harnack	(216) 759-0797
ITW	St. Louis, MO	October 23 - 29	Norma Harnack	(314) 647-0903
PKP I	Columbus, OH	June 18 - 22 (40 hours)	John Varun Maguire	(800) 466-8342
PKP I	Milwaukee, WI	August 18 - 22 (40 hours)	Marge Murray	(414) 253-0283
PKP I	Los Angeles, CA	August 18 - 22 (40 hours)	John Varun Maguire	(800) 466-8342
PKP II	Los Angeles, CA	September 17 - 22 (48 hours)	John Varun Maguire	(800) 466-8342
PKP III	Los Angeles, CA	October 16 - 21 (48 hours)†	Bruce & Joan Dewe	(800) 466-8342
PKP IV	Los Angeles, CA	October 16 - 21 (48 hours)†	Bruce & Joan Dewe	(800) 466-8342

ITW = Instructor Training Workshop

PKP = Professional Kinesiology Practitioner

Dr. John Thie's Schedule:

* = call for specific program content

CONTACT PERSON

TFH I	Costa Mesa, CA	May 22 - 23	Kim Vieira	(714) 760-0772
*	St. Paul, MN	June 18 - 19	Irene Cummings	(612) 489-7598
TFH for MT's	Los Angeles, CA	August 28 - 29	John Varun Maguire	(800) 466-8342
*	Toronto, Canada	September 25 - 26	Susan Trevis	(416) 838-2175
*	Vancouver, Canada	October 14 - 16	Sharon Promislow	(604) 922-8811
*	Bellingham, WA	October 17	Wayne Topping	(206) 647-2703
*	New York, NY	November 5 - 8	Paula Oleska	(212) 864-4507

† **Dr. Bruce and Joan Dewe are coming in October for their only North American appearance of 1993.**

So that people who have already completed PKP III don't have to wait another year before they can take PKP IV, Bruce and Joan are going to be teaching at the same time the week they are here with us. They will rotate between the two courses, teaching their favorite material to give you their very best.

T.H. Enterprises

T.H. Enterprises is the Touch for Health bookstore. Here, members of TFHA receive discounts on selected volumes. Plus, any item purchased at T.H. Enterprises can be delivered directly to you!

Receive discounts on:

- TFH book
- TFH Chart
- TFH 5 Element Chart
- TFH Folio
- Kinesiology books
- Bulk orders
- TFH Videos
- TFH Audio tapes
- PKP manuals and charts

1-800-826-0364 (Nationwide) **(818) 798-7893** (Outside the USA)

(818) 798-7895 (Fax)

In This Issue

Annual Meeting	1
Developments from the IKC	1
From the President	2
What is Kinesiology?	4
Muscle Testing: The Basics	4
A Deeper look at TFHA	6
TFH Annual Meeting	7
TFH In Poland	8
The Overstress Test	8
Why Balance Emotions	9
Calendar	11



Membership Drive

- We are having a membership drive and you can benefit:
- For each basic member you recruit, you earn five bonus points
- For each instructor/professional member you recruit, you earn ten bonus points
- Each bonus point is worth \$1
- The bonus points can be used towards the Annual Meeting
- Or, towards your membership dues
- New memberships must identify their sponsor (you) at the time of purchasing a membership

Benefits of Membership

Basic Member - \$50 (US)

- Voting privileges for all TFH elections
- A subscription to the *Keeping InTouch* newsletter
- Listing in the Association directory
- An annual journal of the latest developments in TFH
- A membership directory
- Selected discounts at T.H. Enterprises bookstore
- Discounts at TFH events and meetings

Instructor/Professional Member - \$100 (US)

- All of the above, plus...
- Referrals
- Promotional assistance
- Special promotional materials
- Development of TFH curricula

1-800-466-TFHA

Touch for Health Association

6955 Fernhill Drive • Malibu, CA 90265
(800) 466-TFHA

Non-Profit Org.
U.S. Postage
PAID
Malibu, CA
Permit No. 122