



Keeping...

InTouch

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

Winter 1993-94

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Inspiration From Ohio

by Michael DeLory

Before I went to the TFH International Meeting in Las Vegas this summer, I knew little, if anything about Ohio. Now I know one thing for sure: it is a veritable hot bed of Touch for Health, and one of the most exciting places to be for a practitioner or instructor. The amazing thing is that all this growth and activity has taken place in just one year.

In 1992 eight people from Ohio attended the TFH International Meeting in St. Louis, Missouri. One of them, John McMullin, was elected to the Board of the TFH Association of America. He decided to get TFH happening in Ohio, and with the help of four other conference attendees, started regular Thursday night learning and practice session for TFH in Columbus. Their first meeting attracted about 20 people.

Then it started to grow. Ten months later, in June of 1993, they realized that between 750 and 800 people had attended their Thursday night meetings at least once. There were about 100 people

there every Thursday. In January 1993 they started having classes in all the various Kinesiology: TFH, One Brain, PKP, and Edu-K. They held a course every weekend until they left for this year's annual meeting, and usually had 30 to 40 people.

**Over 100 people
attend Thursday
night lectures on
Touch for Health
and other health
related talks!**

This year 32 people from Columbus attended the annual meeting in Las Vegas. 12 of them stayed on to complete the Instructor Training Workshop. Two of them, Cindy Fulton and John Butts, were elected to the TFHA of America Board of Directors.

Many of us have been struggling along for years with only a few students or clients here or there.

It's great to see that this kind of interest can be generated in Touch for Health in such a short time. We all know that there are people out there who need this work. John McMullin and Cindy Fulton have reached them, and inspired us all. Thanks for proving it can be done!

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What We Do and What We Don't Do

by Gordon Stokes

Gordon Stokes was the original Touch for Health Instructor Trainer for nine years. He is also President of the International Association of Specialized Kinesiologists.

"Unlawful Practice of Medicine" is defined in most states in the USA as follows:

"2052. Any person who practices or attempts to practice, or who advertises or holds himself or herself out as practicing any system or mode of treating the sick or afflicted, or who diagnoses, treats, operates for or prescribes for any ailment, blemish, deformity, disease, disfigurement, disorder, injury or the physical or mental condition of any person without having at the time of doing so a valid, unrevoked or unsuspended certificate as provided in this chapter, or without being authorized to perform such act pursuant to a certificate obtained in accordance with some other provision of law, is guilty of a misdemeanor."

We have a wonderful working system and it's important that we do not mix it up with the medical model. As I-ASK Professionals, we do not diagnose, prescribe nor treat any disease. Doctors are trained to do this — leave it to them.

Francis Bacon, a British philosopher (1561-1626) rejected any spiritual or magical forces that he could not see. "We must question what we can't see," he said, "and test our ideas with experiments." In other words, if you can't see it, and you can't explain it, it doesn't exist. Vital force or life

Continued on next page

What We Do and What We Don't Do

Continued

force within the body by that definition "doesn't exist." It can't be seen, and it can't be explained. Surgery and drugs are the methods developed to repress symptoms. This is a suppressing approach to the body and the emotions. That is not our job.

It's as if anybody with a headache could be "cured" by taking an aspirin, regardless of what caused the headache in the first place. A headache is the body sending a message that something needs to be taken care of—that whatever is not being cared for is causing stress in the system, and that the system's vital force energy is not in a balanced state.

So the basic principles we use strengthen the natural healing powers of the body. We educate those people who come to us seeking help. We educate them to act wisely by eating more wholesome food, thinking more harmonious thoughts and getting more exercise. Our methods may include, color, humor, massage or isometric testing of muscles. We work with the whole person, which includes body, mind and spirit in a natural way.

KNOW WHAT WE DO AND WHAT WE DON'T DO

- We study or balance our "Life force" or vital energy. Doctors study disease entities.
- We study symptoms to determine uniqueness of the individual. Doctors classify common symptoms into disease entities.

- We work subjectively. Doctors work objectively.
- We feel an individual is energetic and has a spiritual dimension. Doctors believe the individual is material or mechanistic and chemical.
- We believe that health is internal and has environmental balance. Doctors believe that health is an absence of disease.

*We nourish and
balance the life
force or vital
energy of the
person. We
educate people
to act wisely
and healthy.*

potential pathological conditions, nor are we allowed to give any advice regarding any likely outcome or prognosis.

What we are allowed to do is nourish or balance the life force or vital energy of the person.

Explain to your client very clearly what you do and what you don't do. If a disease label is mentioned and their expectation is that you are going to help this condition, immediately refer them to a doctor. They are the only ones authorized to work with a disease.

- Our methodology is holistic. Doctors' methodology is atomistic or reductionistic.
- We believe that our client is the authority. Doctors believe that they are the authority.

So please, DO NOT DO ANY diagnosis or treatment of a pathological condition. Doctors are the only ones licensed to do this. We are not allowed to monitor changes in a pathological condition nor watch for the development of latent or

Touch for Health Association

Logistics

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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	\$250
Half Page	\$150
Quarter Page	\$75
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Malibu, CA 90265
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From the President

Robert A. Aboulaché, M.A.

Can you believe it? 1993 is over. Wow. Hope your year was prosperous and enlightening. My year was filled with excitement. I challenged myself beyond my comfort zone — and, fortunately, prospered in most of my endeavors. Some of the risk taking I partook in was in regards to Touch for Health... let's see what happened throughout the year for us and how we succeeded.

In January we moved our office to Malibu, California — that was a major risk. We had \$600 in the bank, and no idea if we could survive the move, let alone keep the Association alive. Well, we hammered away, volunteered hundreds of hours, and organized ourselves and just about depleted our funds.

Moreover, in March, the Association committed itself to use what little financial resources we had left to produce the 1993 International Annual Meeting — only three (3) months to put on a major event. Whew. We had to do this because our plans for St. Louis fell through. So, we tightened our belts, gained perspective and took action. And, in three months we organized the largest Annual Meeting in Touch for Health's 20 year history. Plus, we filtered through over \$125,000. We actually prospered over \$25,000 in profit! Of course, that was after we gave \$25,000 in scholarships; bought new office furniture; new computer equipment; published a newsletter, a membership directory and a 100 page journal; hired staff and all the zillions of other expenses it takes to run an organization!

By July, I was exhausted — but our work was really just beginning. We've managed to get the organization out of trouble and into a more prosperous light. But, our members (especially those who were not able to attend the Annual Meeting) were wanting to see more for their

dollar. So, we put out another newsletter and prepared a product line that would offer TFH's materials at a discounted price. We lowered our cost for certificates, developed promotional materials to assist our professional members and began sponsoring workshops for the general community via TFH instructors.

Which is now bringing us to present time — our year-end is here and we're evaluating and planning for our future. We cannot rest on our accomplishments, we must build upon them. The Board of Directors have set up some powerful goals and objectives for 1994 and beyond. We all want TFH to really prosper by the turn of the millennium. We want TFH to be well-known to the health community as well as the general public. At the same time — we want to give you more for the dollar.

This will take a cooperative effort, not only from the Association Board of Directors — but from you too!

On page ten (10) of this newsletter, there are some written objectives for the Association. We need your help to accomplish them. If you're interested in assisting us, please let us know by calling our toll-free number 1-800-466-TFHA. The least of all the items you can do is rejoin the Association and attend the Annual Meeting in July in Vancouver. With both of these commitments you will prosper, and so will we. Of course, any where else you'd like to assist the Association grow and prosper, your love, sweat and overall care is most welcome.

On behalf of the Association, the Board of Directors, Dr. Thie, and my own heart — thanks for your membership, your comradery and your willingness to heal yourself and others. May 1994 bring you great fortune. And remember, together, we make the Touch for Health dream a reality!

Thanks for your donations!

Your dollars have helped the TFH dream become reality

Robert A. Aboulaché

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Emotional Remedies For Animals

by Jessica Bear, N. D.

At last! A "pill" has been discovered that directly addresses the emotions of animals. The "pill" of which I speak (which, in actuality, is in liquid form) is Dr. Edward Bach's famous Bach Flower Remedies, also known as the "Healing Herbs of England." These Remedies are so very effective that once the conflict has been identified and the Remedy administered, there is often evidence of improvement within moments, or, even in some cases, a complete recovery! For example the Five Flower Formula, also known as Rescue Remedy, has become the most famous of the 38 Remedies. It is regarded as the "panacea" Remedy, having the ability to calm and de-stress any situation especially, those created by traumatic incidents where an animal has been terrorized, injured, or abused.

The Remedies are easy and convenient to use with varied methods of application that can be selected to suit an individual's specific needs. For example, when handling feral or hysterical animals it is suggested to add a few drops of the appropriate Remedies, Rescue would probably be the remedy of choice, to a spray bottle filled with water and simply spray-mist the animals' immediate environment or spray-mist into the air above them, allowing the mist to gently flow down onto them. However, the most common forms of administering the Remedies are; placing them into the animal's food or water; dropping them directly into the animal's mouth; or rubbing the needed remedies on one's hands before petting them. Another innovative method would be to place the

desired Remedies into automatic misting (fly repellent) units or humidifiers. This application is ideal for the habitually stalled horse, kennelled dogs and cats, caged birds or captured wild animals. In the case of a confined animal, I might suggest a formula consisting of: Wild Rose, to keep the animal's spirits high during its confinement; Water Violet, to replace their loneliness with joy; Mimulus, to eliminate feeling of abandonment; or Holly, to dissipate feelings of rejection; or, simply the Five Flower Formula (Rescue) to minister comfort.

Specific suggestions for the use of Remedies in kennels particularly to quiet the barking and squawking dogs would be: Vervain, Heather, Water Violet and the Five Flower Formula. Some other examples could include the Remedy Centaury or Mimulus for the shy, timid animal that will not fight the "pack"

for their share of the food. Or the Remedy Beech to enable the temperamental female in "season" to be more tolerant toward other animals, children or people; or Holly, for the female who refuses to take care of her young. The list goes on, and on. There's an essence for whatever ails you or your pet.

The Remedies are incredibly effective, as a full, one-ounce concentrated stock bottle, diluted properly, can offer great healing and relief from suffering to hundreds of animals; and it costs only \$8.00! They are truly a God send!!

These Remedies are so effective that once the conflict has been identified and the Remedy administered, there is often evidence of improvement within moments, or, in some cases, a complete recovery!

Denise Gurney Shares Success Stories...

Here are a few stories from my experience with TFH and a couple of them come from knowing only TFH level I, which shows just how great this work can be.

1. Four years ago my own problems with asthma introduced me to a TFH balance. After my first balance (by Ariaden Hartog) I was able to breathe much more easily, and after 3 weeks of doing NV points and accupressure points, I had no need to take any more inhaler-type medication. I have had two asthma attacks since this balance but I now look at my asthma as a gift which lets me know when something is not working for me in my life. I am healthier and am no longer unable to do everyday things because I cannot breathe.
2. A European diplomat came to me complaining of long-standing debilitating headaches which were preventing him from working on a regular basis. A TFH I 14 muscle balance showed his PMS and liver meridian to be out of balance. After balancing the PMS muscle and reading the green TFH book to see what foods and drinks affected the PMS, he has had no recurrence of the problem in the past two years.
3. A student in my TFH I class had a daughter aged 18 months who constantly suffered from severe constipation and who also was unable to walk unaided, walking holding someone's hand seemed to be no problem. After discussing the problem in class and learning about the Fascia Lata (LI) my student worked on the NV points on her daughter for about 3 weeks. After one day the child took her first step and was walking unaided within a week; she has had no further constipation problems. Her mother commented that there was a big change for the better in her daughter's entire being.

4. A middle aged lady came to see me with severe pain and swelling in her joints, great problems with general weakness, and frustrations at being unable to do even ordinary household tasks. She wanted to balance for the good of "being pain free and able to sleep at night." During the balance, the pains in her joints decreased and her range of motion improved in all her limbs. Her right index finger which had been completely curled under actually straightened out for the first time in months. She was thrilled to be able to lay her hand flat on a table, and hold a glass with all her fingers! This lady is coming again soon, and we hope to have even more progress.

Thanks for a wonderful...

1993!

Your memberships, contributions and insights...

Your love, and willingness to learn ...

All have been inspiration.

You are cherished.

Thanks!

A Note From The International Association of Specialized Kinesiologists (I-ASK)

RE: Formation of American Association Of Specialized Kinesiologists

Dear Friends,

We live in an exciting time. Our world is changing rapidly, and Kinesiologists must be prepared to change with it. We need an international organization (I-ASK) that will be responsive to the local needs of every chapter in the world.

In our annual meeting in Las Vegas, the following organizational structure was proposed. Each country would administer its own chapter needs, resolve conflicts and pretty much do its own thing. Each national chapter then would elect one or more representatives to a continental board — Eu-

rope, Australasia, America, and conceivably others later. Each continent board would elect "X" number of members to the international board of I-ASK. The date for implementing this proposal is the annual meeting in Melbourne, Australia in October of 1994.

The immediate task that faces us is to form the American ASK which for now will probably include Canada, Brazil, Chile, etc. Ultimately, each country will have its own chapter.

If you want to be part of this historic undertaking as we reform the I-ASK. Contact our offices at:

I-ASK
PO Box 3536
Ashland, OR 97520
 - or -
PH: 503-482-5220
FX: 503-482-5220



Transformational Vocabulary

by John Varun Maguire

*This article is based on the work of Tony Robbins. For further reading get his book *Awakening the Giant Within*. If you are using the finger mode system of PKP, this work applies to Personal Ecology 6 1/2b.*

We label our experience of reality through our choice of words. What we represent reality to be is what becomes real to us. The label we put on our experience, thus becomes our experience.

Say for instance, you have been in a difficult romantic relationship for a number of years, burdened with problems. Finally the person falls in love with someone else and writes you a "Dear John" letter. At first you feel betrayed and devastated. You mope around, stay at home and feel depressed.

You tell your best friend what happened and they say, "*That's fantastic! What a relief. I was wondering if you would ever get free from that jerk. You are too good for someone who does not appreciate all you have to offer. You must have learned a lot about how not to go about being in a relationship. Let's throw a party and celebrate.*"

You realize your friend is right. All of a sudden you begin to feel freed up. You are relieved of a burden and excited about meeting someone else who can fully appreciate you and share in life's adventures. You become more active socially, join some groups and take some personal growth classes. You even experience gratitude for what you have learned in this experience and are glad the person found someone else. For the first time in years, life again becomes light and fun.

Change the words you use to interpret a situation and you change how you feel about it. This in turn will affect the way you act in response to the situation. By choosing our vocabulary consciously, we can transform our experience of reality.

***Change the words
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There are approximately 500,000 words in the English language. This is more than any other language, with German being second. Most of us habitually use less than 500 words, and our total vocabulary consists of around 2,000 (less than 1/2 of 1% of the words that are available). English has more action-oriented words than any other

language, which explains our faster paced lifestyle compared to countries where other languages are spoken. There are around 1,000 English words which evoke pleasurable emotions, while approximately 2,000 words elicit pain. No wonder we live in a pain

oriented society!

Ninety percent of the population experiences twelve emotions habitually. By expanding your vocabulary, you give yourself more power and choice to experience life the way you want to. Choose words which are empowering and put you in a position of perceiving rather than judging. Instead of thinking, "You jerk, how could you be so stupid." Think "That's interesting, I wonder how they perceive things to make them act that way."

Here is an exercise you can do to gain control over your self defeating patterns of vocabulary:

1. Write down twelve emotions you commonly experience. Put an x by the emotions you would like to experience less of and a + by the emotions you would like to have more of.
2. Write down three words you commonly use that intensify your negative emotions (words like 'angry', 'outraged', 'frustrated'). They may or may not appear on the above list.
3. Choose three words you can use to

reduce your negative experience and open you up to discover new possibilities (e.g., if 'devastated' is on the above list, 'confused' may be used instead).

4. Make a commitment to someone else to observe a 10-day word diet using the words in step 3 and eliminating the words in step 2. Ask them to question how you feel if they hear you use a negatively charged word.
5. List three words you commonly use that are somewhat positive and come up with three words that amplify your positive feelings (e.g., if someone asks how are things going and you normally say "O.K.", you could replace that with "incredible" or "fantastic").
6. Again, make a commitment to someone else to observe a 10-day word diet using words that amplify your positive feelings. Tell your friend if they ask how you are doing you will respond with your intensified positive feeling vocabulary.

***This in turn will
affect the way you
act in response to
the situation.***

If you work with clients, you can have them do affirmations using their new word choices. Employ temporal tapping and eye rotations to link these words with situations in which they would like to experience these feelings

more intensely. Also use frontal/occipital holding and visualization, having them see themselves responding with the new emotional responses.

We tend to adopt the vocabulary and emotional patterns of the people around us. How has this been true in your life? Associate with high quality people to point your destiny in the right direction.

In summary, notice the labels you put on your experience and consciously choose words which will give you energy and bring you health, harmony and balance. Remember that your destiny is not a matter of chance, it's a matter of choice!

Music Conductors Live Into Their 90's Now You Can Too!

by Prof. Steven Rochlitz

It's well known that many music conductors have lived to about 90 or more. Stowkoski was 95, Casals was 96, Mannes was 93, Paray was 92, and Toscani was 89, when they passed on. Even Charlie Chaplin knew our secret and used it to live to 88! These people were also born at a time when the average life expectancy was only about 50! The quality of life is just as important as longevity. Conductors are known to be vibrant throughout their lives.

Until now, no one has been able to explain why. The answer might help us all attain a long, and healthy life. If we can do what conductors are doing for their hearts and cardiovascular systems we may greatly diminish the risk of heart attacks and stroke.

Some have speculated that the classical music, conductors listen to, is the key. If this were true, all musicians — indeed everyone who listens to classical music — would demonstrate the longevity that conductors have. They do not. This author is aware that some studies show that exercising with the arms may be better (cardiovascularly) than the usual running or walking exercises. This "arm jogging" is clearly performed by music conductors. Is it the particular motion that music conductors do, with their arms, every day, that has enabled so many of them to live into their 90's? Or is it the music and the arm motion... And something else?

The answers were found, by this author, in 1985, through his knowledge of Touch For Health. There are three Rochlitz Heart Integration™ exercises that all make use of "arm jogging" with the subscapularis muscle. One uses the opposite arm and leg; another uses both arms (like maestros do); and the last, and best, uses all four limbs. Music conductor's are coincidentally performing the other aspects our theory states necessary to insure the success of these special exercises. The music conductor is using both arms, is humming, carrying a tune, or counting, and is looking all around

at the orchestra! He is performing a Heart Integration™ Exercise! This is a great cardiovascular exercise for all of us. Repeated use apparently continues to keep the heart at an optimum and may be the best for improving circulation!

TFHers can demonstrate the immediate effects of Heart Integration™ Exercises — which correct "dyslexic heart" — by showing an increased strength in leg abduction (one leg abducted out on the side while on a table or the floor). We have seen it provide immediate benefit for: cold hands and feet, non-pathological cardiac arrhythmia's such as skipped beats (some people were able to eliminate drugs under a physician's supervision), pale face, chronic fatigue, varicose veins, decreasing labor time while giving birth, increasing stamina and stretch (great for all athletes), and cramped or frozen muscles and joints. It has done

remarkable things for some sufferers of Multiple Sclerosis. Some dyslexics can only read better after they have had "dyslexic heart" corrected and experienced the increased blood flow to the brain. We also have printouts of how the Rochlitz Heart Integration™ Exercises have normalized blood pressure in minutes. To maintain this, eliminate foods with monoamines.

We recommend everyone do these special exercises once everyday for two minutes. Even if you can't conduct music like a maestro, now you might just have the ability to live as long, and be as vibrant as a maestro!

All this information is now available in the new book, WHY DO MUSIC CONDUCTORS LIVE INTO THEIR 90'S?: The Simple, Revolutionary Discovery That Can Make You Live Longer, Increase Your Stamina & Stretch And Normalize Your Blood Pressure In Minutes. For more information, contact Prof. Steven Rochlitz (A TFH Instructor of 10 years) at P.O. Box 737 Mahopac, NY 10541 or (914)228-4162.

The 1994 Touch for Health Annual Meeting of the America's

**Vancouver, Canada
July 6-11, 1994**

**"Reaching In —
Reaching Out"**

**Co-Sponsored by
TFHA America & TFHA Canada**

1-800-466-8342

Carpal Tunnel Syndrome: The Invisible Threat

By Kate Montgomery

CARPAL TUNNEL SYNDROME. You may have it and not know it! According to the U.S. Occupational Safety and Health Administration, ergonomic disorders reported in 1992, accounted for 56% of the work related illnesses. This figure has steadily increased from 18% in 1981 to 28% in 1984. And the failure rate for the surgery is rising.

Do you experience these Signs & Symptoms?

- Increased occurrence of dropping objects.
- Loss of the sense of touch.
- Tingling and numbness in the fingers and hand.
- Loss of grip strength in the hand.
- Pain at night in the shoulder while sleeping.
- Pain in the wrist area.
- Pain in the elbow area.
- Are you unable to unscrew a jar cap?
- Is it hard to brush your hair?

If you experience any of these signs, then you may have carpal tunnel syndrome. Even if you don't elicit any of the symptoms, you could still be on your way to developing carpal tunnel syndrome.

WHAT IS CARPAL TUNNEL SYNDROME? Carpal Tunnel Syndrome is an entrapment and compression of the media nerve due to a structural and postural misalignment brought on by the over-worked and over-strained muscles of the arms and hands, leading to a muscle strength problem. A median nerve entrapment can develop at many locations—from the vertebral joints in the neck through the shoulder joint, descending to the elbow and ending with the final distortion and pain in the wrist and hand.

In the 1990's, Carpal Tunnel Syndrome has become the surgery of the decade. This is unfortunate because not only is the operation very expensive, but it causes loss of the use of the hand from two to six months

with no guarantee of post-surgical improvement. And, I am sorry to say, in most cases pain and dysfunction returns due to the fact that surgery was only treating the symptoms and not the actual cause of the carpal tunnel pain.

Anyone who uses his or her hands and wrists and bends the elbows may be at risk of developing Carpal Tunnel Syndrome. In today's world, many careers create stress on our elbows and wrists — from the very technically advanced to the most routine job. People in occupations that involve forceful or repetitive use of the hands are at risk to develop Carpal Tunnel Syndrome.

Short of stopping the activity that aggravates the condition, Carpal Tunnel Syndrome can be prevented or improved through redesigning tools, workstations or job tasks as well as receiving the appropriate therapy to relieve the stress and tension in the muscles and stabilize the joints involved.

HOW CAN YOU DETERMINE IF YOU HAVE CARPAL TUNNEL SYNDROME? Another way to detect a change in the nerve conduction other than with an electromyogram is through applied kinesiology. This muscle monitoring technique can show immediately the change in muscular strength in the hand muscles and detect the possible misalignment of the bones involved in the impingement of the median nerve. To determine if you have CTS, assess through using this simple monitoring technique:

MUSCLE MONITORING PROCEDURE:

- Place the pads of your thumb and little finger together, palm side-up, and have a friend try to pull the thumb and little finger apart.
- Place the pads of your thumb and little finger together, palm side-down, and have a friend try to pull the thumb and little finger apart. (Try and hold your pads together as hard as you can).

In both tests, if the fingers are easily separated, you have a muscle strength weakness and a possible misalignment of the bones in the elbow and wrist joint. This is a sign you have Carpal Tunnel Syndrome. Correction can be very simple in most cases and **SURGERY CAN BE AVOIDED.** With the exception of injury to the hand, tumor, cysts, or nerve ganglion, you do not need surgery. This is a structural, postural and muscular problem not a surgical one. Massage and structural alignment are the **KEY COMPONENTS** in the correction and prevention of Carpal Tunnel Syndrome!

As a sports massage therapist for 10 years, I have observed that the world population does not understand muscle therapy and its benefits in decreasing stress, tension, and pain in the human body. Muscles have muscle energy and when they are over-worked and stressed out, the power decreases. With the use of techniques such as Touch For Health, massage therapy and chiropractic, the body will regain balance and harmony.

PREVENTION is the key to strong and stable joints and relaxed muscles free of pain. Starting on a daily program of corrective techniques and an exercise program that strengthens the tendons and muscles of the neck, shoulders, arms, wrists and hands plus incorporate massage therapy and structural alignment into your life, will insure and prevent the recurrence of Carpal Tunnel Syndrome.

The time is right for all of us to take an active role, and re-educate everyone about how the body moves and functions as a whole not as a piece. Touch For Health practitioners are one of the principle players in solving this problem. Your skills and knowledge are needed.

Kate Montgomery is a certified sports massage therapist and health care consultant in San Diego, CA. She is the author of Carpal Tunnel Syndrome/Prevention and Treatment. She has been a guest on numerous radio and television programs in the United States, Canada and Australia. She can be reached at (619) 455-5283. Her book, Carpal Tunnel Syndrome/Prevention and Treatment and her new CTS audio book "If I Only Knew..." can be found in the Touch For Health Bookstore.

TFHA of America Video Order Form

Below is a listing of video presentations from the Touch for Health Association's International Annual Meeting July 10-14, 1993. You can customize your own personal video tape by selecting which speakers you want on your tape. You can select up to three presentations per tape. Your first selection costs \$29.95. Each additional presentation is only \$15. Therefore, for a tape of three presentations your cost is \$59.95. **Shipping, handling and taxes are included in the price of the video.** Call 800-466-8342 or fax (310) 457-2264 for fees on overseas orders. The highlighted presentations will be sold on their own tape for \$49.95. The whole series can be purchased for only \$299 (an \$860 value). All prices are in U.S. dollars. Simply copy this form, check the box next to the presentations you desire and fill out the order form below and send it to TFHA.

- ☐ **The Latest Developments In Kinesiology**
- ☐ Quantum Physics & Kinesiology
- ☐ The Psychology of Cancer
- ☐ Bach Flower Personal Profile
- ☐ Dealing With Difficult People
- ☐ Helping Clients To Quit Smoking
- ☐ **Top Ten Pain Releasers**
- ☐ Making Money Your Friend
- ☐ Separation/Individuation
- ☐ **Holographic Balance**
- ☐ Integration Of The Senses
- ☐ The Dysfunctional Inner Family
- ☐ The Story Of The 5 Elements
- ☐ The Attitude Of Attitudes
- ☐ TFH: Love & Forgiveness
- ☐ Pre-Natal Re-Creation Process
- ☐ Boundry Balancing
- ☐ **Top Ten Stress Releasers**
- ☐ **Top Ten Body-Brain Integrators**
- ☐ **TFH Synthesis**
- ☐ Balancing The Seven Rays
- ☐ When Opposites Attract
- ☐ The Power Of Questions
- ☐ UPALSAN: The Last Frontier
- ☐ TFH In The Classroom
- ☐ Spiritual Stress
- ☐ Six Stages Of Nutrition
- ☐ Sexual Prejudices
- ☐ Super Teaching
- ☐ Luo Points
- ☐ Mindbody Health In An Integrative Health Care System
- ☐ **Prosperity**

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Success Story

by John Malinkowski

In March of this year my client came in for our office visit with her 12 year old daughter. On this occasion the child was using an inhaler. Since I have known both the mother and daughter for 2 years and the child is a vibrant, happy, energetic loving person. I asked why she was using an inhaler. The mother replied, they just came from the doctor and he prescribed the inhaler for an asthma attack.

Knowing how active this child is in her school and daily activities I asked if I could do a balance on the child. The mother agreed. I also had the child hold her breath as long as she could before the balance. She was able to hold her breath for 32 seconds, which I thought was poor.

She was weak in Pectoralis Major Clavicular, Quadriceps and Anterior Serratus. I stimulated the neurolymphatics for all 3 muscles and the child strengthened. She held her breath a second time for 68 seconds, more than double the first time.

I asked her mother what happened to the inhaler approximately six months later and she replied she threw it away a week after I gave her daughter a balance and has not had any problems since. Thanks to Touch For Health.

How To Check If You Have The Right Correction

by Michael DeLory

For this, simply refer to Circuit Locating from Touch for Health I. The procedure works this way:

1. Find a muscle that tests weak.
2. Find it in the TFH book, and locate the NL's, meridian, NV's, origin/insertion, and Acupressure Holding Points (AHP).
3. Touch the NL's, and test again while holding the point.
4. Touch the start or end of the meridian, and test again.
5. Touch the NV's and test again.
6. Touch the origin or insertion and test.
7. Touch the first AHP in the "to strengthen" column, and test again.
8. Note in which cases the muscle becomes strong. Those are the points you want to work.

If you are not sure of any one of the points:

1. Hold a few possible areas one at a time while you test.
2. See if the muscle comes on.
3. If it does that's the point to work. If not, keep trying.

Some Objectives You Can Help Us With...

1. Re-join the Association when your membership expires.
2. Attend the 1994 Annual Meeting in Vancouver, Canada on July 6-11.
3. Publish Touch for Health articles in your local paper(s).
4. Assist us in finding a grant writer to pursue funding.
5. Make available your effective course materials for the Association membership — at a nominal fee. If selected you can make money, we can make money and people will have an excellent resource of material to use.
6. Design a mini-workshop that can be taught in a one-to-three hour format and is marketable to the general public. Then, make it available, with your own support materials, to the Association. Together, we can help market the courses and the materials.
7. Send in testimonials on your Touch for Health successes (and "failures") to continue the collection of data for research funding.
8. Send in articles to the Associations newsletter.
9. Establish a local network of instructors and begin forming a Touch for Health regional center. From there we can begin tying the network and making you a full fledged Touch for Health chapter with non-profit status.
10. Teach classes. Send in your rosters and buy Touch for Health certificates.
11. Practice Touch for Health on yourself, family, friends and, if appropriate, on clients.
12. Be professional and practice a humanistic code of conduct.
13. Stay involved in the Association, read the newsletters, make suggestions and help guide us into the 21st century.

TFHA would like to congratulate the following for joining the ranks of instructor!

Adelia Parker-Castro, RN

Larry E. Cromwell, ND

Darren G. Kirchner

Linda M. Littell

Al Mackinnon

John Malinkowski

John I. Parestam, DC

Richard Rood

Patricia L. Shelton, CMT

Advanced Course Schedule

Course	Location	Dates	Instructor	Contact
Location and dates subject to change - call to confirm.				
ITW	Undetermined	March 19 - 26	Paula Oleska/Norma Harnack	212-864-4507
ITW	Colorado Springs, CO	March 20 - 27	Victoria Di Ana	303-233-3838
ITW	St. Louis, MO	April 8 - 14	Norma Harnack	314-647-0903
ITW	Los Angeles, CA	May 16 - 22	John Maguire & Dr. Thie	310-457-8407
ITW	Bellingham, WA	June 11 - 18	Victoria Di Ana	303-233-3838
ITW	Vancouver, BC	July 12 - 18	To be arranged	604-922-8811
ITW	St. Louis, MO	August 28 - September 3	Norma Harnack	314-647-0903
ITW	New York, NY	September 17 - 24	Paula Oleska & Dr. Thie	212-864-4507
ITW	St. Louis, MO	November 4 - 10	Norma Harnack	314-647-0903
PKP I	Columbus, OH	January 19 - 23	John Varun Maguire	614-888-1240
PKP I	New York, NY	February 17 - 21	Irene Yaychuk-Arabei	212-864-4507
PKP I	Chapel Hill, NC	February 11 - 13 & 25 - 27	Arlene Green	919-929-4081
PKP II	Columbus, OH	January 12 - 17	John Varun Maguire	614-888-1240
PKP II	Los Angeles, CA	March 11 - 13 & April 8 - 10	John Varun Maguire	310-457-8407
PKP II	Vancouver, BC	April 19 - 24	John Varun Maguire	604-922-8811
PKP II	New York, NY	July 30 - August 5	To Be Arranged	212-864-4507
PKP III	Vancouver, BC	June 29 - July 5	Dr. & Mrs. Dewe	604-922-8811
PKP III	Toronto, OT	July 23 - 28	Dr. & Mrs. Dewe	519-759-3524
PKP IV	Vancouver, BC	July 12 - 18	Dr. & Mrs. Dewe	604-922-8811
PKP IV	Toronto, OT	July 30 - August 5	Dr. & Mrs. Dewe	519-759-3524

Dr. John Thie's Schedule: * = call for specific program content

* Columbus, OH April 16 - 17, 1994

CONTACT PERSON

John McMullin 614-888-1240

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- Several muscle balancing techniques.
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- The importance of testing muscles standing.

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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
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