

IN TOUCH

Midwest Chapter of The Touch For Health Association

FALL/WINTER, 1993

In this issue of our newsletter, we have a great deal of news about our growth on a national and regional level. We have been authorized to structure a mid-west chapter of the national Touch For Health Assoc. to better serve the members in our area. The national Board of Directors requested that we elect a local chapter board that will function as a non-profit organization that will reflect the bylaws of the national Board.

We are excited about the many benefits this offers our local members and invite you to participate at the level that meets your need.

Some of us choose to use Touch For Health to keep ourselves and others in balance, while others plan professional opportunities as facilitators or instructors.

Whatever your level of participation might be, this newsletter is an invitation to use this organization as a resource for growth and information.

This issue has a questionnaire to permit your ideas and thoughts to help guide the Board members in our journey of serving you so that you might serve others. Please invest 29 cents and complete the enclosed form so that our collective ideas will provide feedback about your needs.

Remember, our association can only help if we know about your opinions.

officers of that Board. The members are as follows:

Jacqueline Barnhart, President
Sandra Smith, Vice-President
Anita Butts, Treasurer
Dee Martin, Secretary
Pam Graham, Member
Chris Holderman, Member
Ed Ireton, Member
Pam Parker, Member

Jacqueline Barnhart, Anita Butts, John Butts, Char Young, Marilyn Daubenspeck, Bruce Doolin, Vic Dutro, Cindy Fulton, Ed Ireton, Judy Ireton, Ken Klosterman, Dee Martin, Judy Milligan, Sandra Smith. We congratulate each of you for a job well done!

NOTES FROM JOHN McMULLIN

I am honored to inform you of the special achievement of two of our local chapter members.

John Butts and Cindy Fulton were elected to the National Board of Directors of the North American Touch For Health Assoc. at the annual meeting in July, held in Las Vegas, Nevada. They also hold posts as advisors on our local Board. Their contribution at the October meeting of the national Board held in Columbus, Ohio has already begun to pay big dividends. Next time you talk with them, why don't you share your ideas that will help the TFHA support you.

Midwest Chapter Honors Certified TFH Instructors

Fourteen of our Midwest Chapter members have chosen to become certified to teach Touch For Health classes. Some of these instructors have already taught several classes ranging from TFH I to TFH III. The instructors are:

TOP TEN REASONS TO TAKE TOUCH FOR HEALTH CLASSES

1. Learn most effective methods to balance life energy in the body.
2. Reduce pain.
3. Increase stamina.
4. Harmonize muscle coordination.
5. Improve postural balance.
6. Decrease effects of stress.
7. Improve strength.
8. Improve sense of well-being.
9. Improve range of motion.
10. Empowering self for better health, and decrease the chances of outside medical care.

INSIDE

- 2 BEYOND TFH TECHNIQUE JOURNEYS OF WISDOM
- 3 7 LEVELS OF HEALING MEMBERSHIP INFO ANNUAL MEETINGS
- 4 WORKSHOP CALENDAR
- 5 METAPHORS
- 6 FREE CLASSES
- 7 YOUR THOUGHTS REGISTRATION FOR CLASSES

WELCOME NEW LOCAL BOARD MEMBERS

The Midwest Chapter of Touch For Health Assoc. voted to form the first Board of Directors on August 10, 1993. On Aug. 12th a board meeting was held to designate the

EXCITING NEWS!!!

The 1995 Annual Meeting of the National North American Touch For Health Association will be held in Columbus, Ohio. We are asking for your assistance to make this meeting a success. Please call Cindy Fulton at (614) 888-1240 or (614) 486-3085 to join our team.



SOME THOUGHTS ON ADVANCED TFH

Choosing to facilitate emotional repatterning for clients can be rewarding. However, many of us have been programmed to become responsible for the "well-being" of others. Perhaps you remember the things expected of you as a child to make Mom & Dad (or others) happy. We often carry these learned habits into our adult behavior.

Should you accept clients' pain & suffering at some level, i.e. mental, emotional, physical, or spiritual, your energy & health can be affected. Perhaps you remember a friend asking for help and you became sad or frustrated because you didn't have the resource for support.

Many facilitators have learned (the hard way) to separate themselves from the balancing process. One powerful technique includes putting yourself into the "I" mode (impersonal) and taking yourself out of the "Me" or ego mode. This process requires that you unconditionally accept (love) the client's journey through life, and remove yourself from judging with your ego values.

Every experience in life offers potential to learn; help your client to grow the eyes to see, the ears to hear, and the awareness to feel new perceptions.

**National & Chapter
members receive a
5% discount on
ALL our classes!**

BEYOND LEARNING T.F.H. TECHNIQUES

Or Energy Follows Intent

As we progress through higher levels of T.F.H., we learn various advanced skills and techniques to discover where energy is blocked in the body. These skills and techniques are necessary to teach our minds rituals that show us a road map for a successful process.

However, since I have 10 to 15 clients visit each day and don't have time to complete each physical technique, I have asked my subconscious to complete many of the required rituals to speed the process. Part of this effort comes from self-taught methods to shorten client time and part of my awareness comes from watching other advanced practitioners, teach short cut methods. Since energy follows intent, I find myself using the power of my subconscious to not only shorten time for the process, but also intensity.

Although the first workshop of Advanced Emotional Repatterning, which demonstrates these procedures has already been filled, please continue to check the calendar of events for the next class.

John McMullin



ABOUT OUR GROWTH

Because each of us continue to invite our friends and loved ones to the Thursday night meetings, we celebrated

1,000

of us attending at least one class of Touch For Health. In addition, our numbers of Certified TFH classes continue to grow each and every month.

The number of professional facilitators working at our office has also grown and requires us to expand

our office space to 2300 square feet to serve the ever growing client list.

Starting in January, several facilitators will be scheduling public talks about the benefits of TFH. If your organization has interest, please contact our office at (614) 888-1240



Journeys of Wisdom

We have received many requests to begin integrating spiritual healing with emotional, mental, physical, and other levels of energy.

Future classes that deal with this issue will be referred to as "Journeys of Wisdom." Examples of these classes will include: Emotional Repatterning; The 7 Steps of Healing; Advanced Mind/Body/Spirit Balancing; 37 Principles For Balancing Your Wisdom; Healing Light Projection; Healing Body Auras; Preparing Your Mind For Spiritual Healing; Removing Judgments; Integrating Metaphors; Hypnotherapy; and Vibrational Healing.

If you have interest in these classes, please make your notes on the enclosed opinion form.



HYPNOTHERAPY

On August 6th, 7th, & 8th we certified 83 hypnotherapists through the American Institute of Hypnotherapy. Some of the students are continuing their studies through the Doctorial program offered by AIH.

Starting in February, we will have a monthly study group to complete the required courses. If you have interest in the study group, please give us a call.



SEVEN LEVELS OF HEALING

In our new courses presented by Journeys of Wisdom, we will learn the road map that takes us out of denial and lets us grow to spiritual integration.

In the beginning of physical, emotional, spiritual or mental trauma, we use denial as a tool to forget the experience and provide physical comfort.

When the healing begins, we move into the second level of healing that provides self-blame and anger. This level can last minutes or decades and allows us to learn self-acceptance and self-love.

The third level has us feeling the victim and we start the process of bargaining to understand why this experience is in our life. The purpose of this level is to teach us clarity so that we might understand the situation.

The fourth level invokes indignation and creates a feeling of depression. This learning opportunity allows us to move towards loving others and accepting our relationships.

The fifth level allows us to accept the experience and know that we have survived the event. This level allows us to develop our own personal truth.

The sixth level permits integrating the experience into our wisdom and can provide a rebirthing of who we are.

The seventh level allows us to be connected to the divine mind and understand how we play into the great pattern of the serendipity of life. It is at this point we become clear about our part in perfection and how it relates to others.

It is interesting to realize we can be at many different levels on many different issues. Lower levels can block energy patterns inside and outside the physical body. Our journey is to ask the body intelligence to discover and release the blocked energy. That allows movement towards higher levels of healing.

TOUCH FOR HEALTH MEMBERSHIPS

The National and Midwest Chapter Boards have agreed to offer two levels of memberships for those desiring local and/or national newsletters and other benefits. Memberships include discounts for classes, books, special meetings, and other support opportunities.

Midwest Chapter memberships are \$20.00. If you join the National Association, which automatically includes the Midwest Chapter, your cost is only \$50.00 and will include an annual journal with the latest developments in TFH.

For National memberships: call 1-800-466-TFHA. For Midwest Chapter memberships: call (614) 888-1240.



HAVE YOU MOVED??

**or no longer wish to
receive the newsletter?**

**Contact us so we can
update our mailing list.
(614) 888 - 1240**



ANNUAL MEETING IN 1994 TO BE HELD IN VANCOUVER, CANADA

Why don't you start your plans and join our low cost group rate to attend the annual TFH meeting, held July 6 - 11, 1994. This exciting meeting provides instruction from the finest of teachers from around the world. Topics range from basic Touch For Health techniques and quick fixes to advanced and updated skills.

We will arrange low cost air-fare & arrangements for those choosing to travel with our group again this year. Call our office for information.

REFLECTIONS OF THE 1993 ANNUAL MEETING

Thirty-three excited Touch For Health members traveled to Las Vegas, Nevada to participate in this international meeting. Typical topics presented included Quantum Physics Related to Kinesiology; Holographic Balances; Integration of the Senses; The Dysfunctional Inner Family; Boundary Balancing; Top Ten Body/Brain Integrators; The Power of Questions; Spiritual Stress; Prosperity Balancing; and many other exciting topics.

The benefit of learning how other countries use the powerful tool of Touch For Health accelerates our own growth and enlightens our own techniques.

Annual meetings also allow for pre and post meeting classes that enable many of us to update our knowledge and meet people from other countries.

Another feature of annual meetings is the opportunity to meet people from other states and learn how they have integrated TFH into their lives and professions.

However, for many of us that traveled to Las Vegas from our own chapter, we found the opportunity to bond with a new kinship with our own members.

The experience was profound. Ask anyone who joined us this year.



GIVE US YOUR TWO "SENSE " WORTH!

***We would like to hear how you
think we could better serve you;
your suggestions for class
topics; newsletter articles ; and
general advice.***

***See "Your Thoughts"
in the back of this issue
above the Class Registration
Form.***

***GET A \$5.00 DISCOUNT
on any one class
for mailing in your opinion!***



WORKSHOP CALENDAR

Unless otherwise noted, all class times are as follows:

Saturday

9:00 - 10:00 Registration

10:00 - 7:00 Class

Sunday

10:00 - 7:00 Class

One hour lunch on your own

All classes will be held
at our offices
(4889 Sinclair Rd, Suite 108)
unless otherwise noted.

December 4 & 5 Advanced Emotional Repatterning

(Additional dates to be announced)

(Pre-requisite: Intro to TFH)

This enlightening new class picks up where Emotional Repatterning leaves off. You will explore with John McMullin the exciting field of Subtle Body Energies, how to detect when they are out of balance, and how to bring them into harmony. This class will be given over a two day weekend.

December 18 Mapping Protocol for Facilitators

(Pre-requisite: TFH I & II).

This one day class will give you the skills you need to conduct yourself on a professional basis using the knowledge you have acquired in your TFH classes. Avoid those first time pitfalls and potentially embarrassing situations. Glean the knowledge of those who have gone before you.

January 8 & 9 Intro to TFH/Emotional Repatterning

Intro to TFH will introduce you to the Touch For Health synthesis. We highly recommend this introductory class to everyone who is starting out on their certification journey. The first day we will quickly cover how to accurately perform muscle testing, 14 meridians and associated muscles in the "Green Book". The second day we will review Emotional Repatterning - how the body stores emotions, their sometimes negative

effect on the body and our mental well-being, and how to diffuse these emotions to restore our balance.

Jan. 12, 13, 14, 15, 16, & 17 PKP II

(This class is tentatively scheduled, depending on registration responses received by Dec. 15, 1993)

(Pre-requisite: PKP I)

This workshop introduces you to the exciting world of the "bio-computer". It is the most complete priority system available to those who use muscle testing to determine energy imbalances. The PKP system is based on the finger modes that give access to the bio-computer to determine which technique to do when. This workshop will be given over a 6 day period.

Weds, Jan. 12

7:30 pm - 10:00 pm

Thurs - Mon, Jan. 13-17

9:00 am - 7:30 pm

Jan. 19, 20, 21, 22, & 23 PKP I

(This class is tentatively scheduled, depending on registration responses received by Dec. 15, 1993)

(Pre-requisite: TFH I, II, III)

Professional Kinesiology Practitioner I will build upon your skills gained in the TFH Series. This workshop was developed by Dr. Bruce and Joan Dewe and includes an additional 45 muscles as well as several new applications in the advanced techniques of the TFH Synthesis of health maintenance. This workshop will be given over a 5 day period.

Weds - Sun, Jan 19 - 23

9:00 am - 7:30 pm

January 22 & 23 Speed Reading & Candida Balancing

Speed Reading techniques will demonstrate the technique of removing emotions based on eye location and the power of direct suggestions from hypnosis.

Candida Balancing will demonstrate the use of emotional, structural, and nutritional balancing to remove this parasite from the body.

January 29 & 30 TFH I Certification

This course forms the basis for all others in the Touch For Health Certificate Series. The focus is on acquiring the skills to test 14 muscles to evaluate your body's energy systems. You will learn specific correction points to increase energy levels, improve posture, reduce minor aches and pains. You will be able to locate and relieve areas of stress which may be lowering your performance levels. This class will be given over a two day weekend.

February 10 & 11 Stress Release I & II

(This class is tentatively scheduled, depending on registration responses received by Jan. 1, 1994)

This two day workshop is taught by the delightful Dr. Wayne Topping. It focuses on identifying and defusing stressors of all types. We will be using the book "Success Over Distress", which covers ESR, finger modes, eye crawling, temporal tapping and more. Books are included in the workshop price.

Thursday, Feb 10

9:00 am - 7:00 pm

Friday, Feb 11

9:00 am - 4:00 pm

February 13, 14, 15, & 16 Biokinesiology Work-shop

(This class is tentatively scheduled, depending on registration responses received by Jan. 1, 1994)

(Pre-requisite: Stress Release I & II). Biokinesiology differs from other forms of applied kinesiology in that there is a heavy emphasis on emotions. In this 4 day workshop, you will learn the basic techniques of Biokinesiology, sufficient to be able to make use of the books, *Which Vitamin?*, *Which Herb Do I Need?*, *Be Your Own Chiropractor*, *Muscle Testing*, *Allergies - How To Find and Conquer*, *The Quick Ready Reference*, and *The Atlas*, by the Biokinesiology Institute. This workshop will be led By Dr. Wayne Topping. Topics include chakra testing, flowline massage, Brain Response Testing and many more.

Sunday, Feb. 13

10:00 am - 7:00 pm

Mon - Weds., Feb 14-16

9:00 am - 6:00 pm

February 26 & 27
TFH II Certification

Refine the skills you acquired in TFH I and expand your abilities. This course introduces the powerful Five Elements Model which allows you to discover underlying energy imbalances which may sabotage your health. We will also explore these additional topics: Food for Energy, Dealing with Past & Future Stress, and Meridian Energy Pain Relief. This class will be taught over a two day weekend.

March 5 & 6
TFH I Certification

See class description listed under January 29 & 30.

March 12 & 13
Metaphors & Analytical Hypnotherapy

(Pre-requisite: Intro to TFH & Emotional Repatterning)
The Metaphor class will demonstrate the use of indirect hypnosis to allow expression of body icons to discover and resolve trauma. Analytical Hypnotherapy utilizes direct inductions and permits the use of finger responses. This technique allows each ego state to support emotional balance.

March 26 & 27
TFH III Certification

Complete your journey through the TFH Book with the final group of muscles (42 in all). Deepen your skills and knowledge. Expand your use of the Five Elements, add color and sound to your repertoire of self-help techniques. This class will also be given over a two day weekend.

**Bring a friend not
already registered for
a \$10.00 discount!**

SCHOLARSHIPS

Many of our courses qualify for scholarships. If you have a strong desire to attend but cannot afford the discounted prices currently listed, you are invited to contact Cindy Fulton for which classes qualify and information at (614) 888-1240 or (614) 486-3085.

**TFH MISSION
STATEMENT**

The Touch for Health Assoc. is a non-profit, member-run organization dedicated to empowering people to improve their health and well-being through simple self-help techniques.

**USEFUL
DISTINCTIONS
ABOUT TFH**

by: Paula Oleska

"How is Touch For Health different?" As a holistic discipline, TFH shares its general principles with many other disciplines, and focuses on the removal of blockage to the energy of life force of the body.

TFH, like acupuncture and shiatsu, balances the meridian energy system, as different from chakra energy used in ayurveda and polarity. While shiatsu and acupuncture focus on specific acupoints with needles, pressure or moxa, TFH has a different approach - through muscles as indicators of meridian energy. Although a limited number of acupoints are used to switch on muscles, TFH mostly recommends Neuro-lymphatic and Neurovascular points.

Many chiropractors use Applied Kinesiology. Their approach is commonly to treat conditions and functional disorders using muscle testing to "diagnose" the body's needs. They then supply those needs

with appropriate interventions. These include techniques commonly used in TFH, plus nutritional supplementation, chiropractic and neuro-emotional techniques.

TFH does not diagnose or treat named diseases or pathological conditions. TFH balances the human energy system for enhanced health and performance. Balancing for goals, as used in the TFH synthesis additionally shifts the perspective from the problem to their resolution. While sometimes utilized by chiropractor, goal balancing remains a unique feature of TFH.

Finally, TFH is unique in that it offers many self help skills, while most other systems teach only how to work on others.

Paula Oleska, M.A., a member of the International Kinesiology College faculty, is the founder and director of Kinesiology Training Institute in NYC.

METAPHORS

Metaphors are a powerful tool that allow subconscious and unconscious perceptions to express themselves as symbols and icons in the body. Through the use of a light state of hypnosis the inner child can express its feelings and emotions in the form of symbols without fear or threat to the conscious mind.

This process uses a deepening technique that allows the subconscious to express its fears in the form of color, shapes, dimensions, weight and other descriptions that allow the mind the opportunity to unwind negative energies.

Once the process has begun, we can change colors and shapes to allow healing at the deepest level to begin.

A larger advantage of using metaphors is it's ability to pierce through the moment of trauma without fear or anxiety to the conscious mind.

Another advantage of metaphors incorporates the use of anchoring images to teach the subconscious healthy patterns through the process of association.

Measurement of the success of these techniques often incorporates the identification of pain in the body before the process and noticing the absence of pain upon completion of the process.

Our experience had demonstrated profound spiritual healing using these techniques.

Adding this technique to be selected by body intelligence, allows a powerful tool for healing.



Analytical Hypnotherapy

Analytical Hypnotherapy requires the process of hypnosis and ideometer response. In other words, the body will make use of an indicator muscle to express the true perceptions of the subconscious.

This process incorporates the use of three egos which include the child, parent, and adult. At times, the subconscious will even solicit help from the Great Spirit, God, or Creator.

We have discovered that on some occasions, the child ego is capable of healing the adult or parent. However in most cases the adult ego takes it's wisdom to the moment of trauma and helps other ego states harmonize in a functional perception.

Analytical hypnotherapy allows us to understand that the subconscious is continually trying to gratify itself, and often will use punishment or protection as a source of gratification.

Once the subconscious can find another source of gratification that equals or exceeds the old pattern, it will accept a new pattern. Our purpose is to install the new pattern that is more functional and healthy for the client.

The feedback of indicator muscles (fingers) allows us to follow the process of healing with yes/no answers and help the client discover new perceptions about their life.



FREE CLASSES To Demonstrate Advanced TFH & Experience Basic Techniques

Every Thursday night, holidays excepted, we invite experienced and beginning Touch For Health participants to attend a two-hour session.

These classes are held at Chemical Abstract, located at the corner of Olentangy River Road and Ackerman. The address: 2540 Olentangy River Road; Columbus, Ohio.

Because the classes demonstrate new techniques every week, many advanced facilitators enjoy the variety and depth of training. At the same time, people attending for the first time have the opportunity to observe the effects volunteers exhibit and also experience some of the basic techniques.

We typically have attendance that ranges between 50 to 100 of which 25 - 30% are first time attendees. Since these classes are free, we encourage everyone to bring a friend and witness this powerful tool of kinesiology.

If you haven't attended for several months, you might enjoy some of the new surrogate techniques demonstrated to balance other people at remote locations. In addition, since every volunteer has different issues to resolve, you might enjoy the infinite number of techniques used to bring them into balance.

When you attend, we would truly appreciate any comments about the classes and how we might improve our efforts to bring TFH to mainstream America.



**UPDATED INFORMATION
on classes and other
opportunities may be
obtained by calling
(614) 888-1240**

Another Perception on the 1993 Annual Meeting

It was very early on a Saturday morning, when the TFHers took Port Columbus by storm. We flew to Las Vegas with only one glitch - the airline served White Castles for lunch! Apart from a few minor logistic problems, a total of 33 of us "Ohio TFHers", as we became known, had a wonderful and informative time.

We were treated to many wonderful presentations by very talented individuals in the TFH family. One of my favorites was given by Rob Aboulache on "The Role of Mind-Body Health in the Development of an Integrative Health Care System". A brief abstract of his presentation states that research strongly suggest the existence of an interactive system which unites the human inner environment (psychological, neurological, immunological, endocrine and bio-chemical) with the external one (psycho-social, & physical environment). The data indicates that mind-body interactions are at the root of both health and disease, and that behavioral interventions have at least as much proof of healing effectiveness as many bio-medical treatments.

Kate Montgomery gave us her solution for lower-back pain in the form of a technique to identify trigger points and relieve this particular type of pain.

Patti Steuer and David Fuerstenau spoke about using the Pre-Natal Somatic Integration Process to defuse identify issues that arise during the pre-natal period..

There were just too many presentations to go into further detail. In addition to all of this wonderful information, there was fun in the form of slot machines, dinner shows, dancing, and sightseeing around the area.

We are looking forward to attending the next Annual Meeting in Vancouver, Canada July 6-11, 1994. We will be arranging group travel rates. If you are interested in attending, please let me know. Vancouver is absolutely gorgeous!!!

-Cindy Fultr



MY THOUGHTS

Please take a minute to give us your input on how we can help our chapter serve you better. Give us your thoughts, mail us this form and receive a \$5.00 discount on one class registration fee. Also, remember if you bring a friend, not already registered, you receive \$10.00 off one class registration and if you are a Chapter or National member, you receive 5% discount on all class fees and books.

- * What do you expect from the local chapter in the way of support?
- * What do you expect from the National Association?
- * Suggestions for additional topics as class offerings. Better times (such as week nights?)
- * Suggestions for articles for the newsletter and information you'd like to see here.
- * Are you in a position to support our local chapter either with a commitment of time or financial support?
- * Are you able/willing to help us with the 1995 Annual Touch For Health Meeting held here in Columbus?
- * Do you belong to an organization that might like to have us do a speaking presentation about our work?
- * Do you have a friend who would benefit from a Touch For Health balance?
- * Other comments/suggestions: (Feel free to use additional paper) - Your thoughts are important to us!

WORKSHOP REGISTRATION

December

- ___ 4 & 5 Advanced Emotional Repatterning.....\$ 80
- ___ 18 Mapping Protocol for Facilitators.....\$ 50

January

- ___ 8 & 9 Intro to TFH/ Emotional Repatterning.....\$ 50
- ___ 12-17 PKP II\$625
- ___ 19-23 PKP I\$525
- ___ 22-23 Speed Reading/Candida Balancing.....\$ 80
- ___ 29 & 30 TFH I Certification.....\$ 80

February

- ___ 10 & 11 Stress Release I & II\$ 80
- ___ 13-16 Biokinesiology Workshop.....\$300
- ___ 26 & 27 TFH II Certification.....\$ 80

March

- ___ 5 & 6 TFH I Certification.....\$ 80
- ___ 12 & 13 Metaphor/Analytical Hypnotherapy.....\$ 80
- ___ 26-27 TFH III Certification.....\$ 80

Annual Memberships

- ___ National / Midwest Chapter.....\$ 50
- ___ Midwest Chapter (only).....\$ 20

Name: _____

Address: _____

City _____ State _____ Zip _____

Phone: (H) (____) _____
(W) (____) _____

Total: _____

Amount Enclosed: _____

Amount Due: _____

Return this portion along with your check
payable to:

John McMullin, Ph. D/c
4889 Sinclair Road
Suite 108
Columbus, Ohio 43229
(614) 888-1240

About Touch For Health

What is Touch For Health?

Touch For Health (TFH) is a safe and practical touch-healing process of balancing the body's natural energies to ease discomfort of common aches, pains and the stresses of daily living. TFH is a combination of ancient Oriental principles of acupuncture/acupressure massage and recent Western developments in wellness and preventative health care. TFH is not a cure-all, and does not totally replace the need for professional care. But it does teach you simple, powerful skills to have the ability to prevent illness and promote health for yourself and your loved ones. TFH teaches simple techniques that not only enable you to correct problems, they help you to know when to seek medical or chiropractic care.

About the TFH Association

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. The Touch For Health Association organizes lectures, sponsors conferences and publishes books, research reports, and annual and quarterly newsletters.

About the Midwest Chapter

The Midwest Chapter is one of the fastest growing regions in the world. It's Regional Director, John McMullin believes that information as empowering and useful as Touch For Health should be made available to as many people as possible at the most reasonable cost.

The courses offered in the Midwest Chapter are intense, fast-paced and offer additional information that comes from the practical experience of our selected instructors.

In Touch

TFHA Midwest Chapter

4889 Sinclair Road

Suite 108

Columbus, Ohio 43229

