

TOUCH for HEALTH

FOUNDATION

1994

NEWS Letter

Vol. 3, Issue 1

IN THIS ISSUE

You, TFH, and Television5

A Chiropractor Writes About
Negative Reactions to the TFH
Program2

Is Medicine Losing Sight of
Humanity?3

Requests for Your Help4

AMA Perists in Opposing
Alternatives6

Comments From the Desk,
Alice Putt7

Dr. Thie's Itinerary5

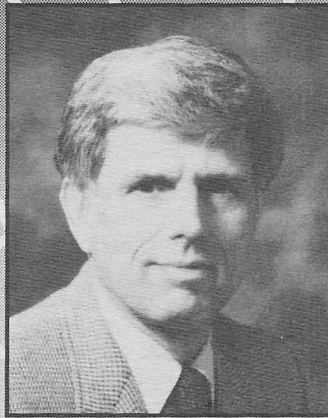
TFH is Changing Locations1

Membership Form2

TOUCH FOR HEALTH: A practical guide to natural health using acupressure touch and massage to improve postural balance and reduce physical and mental pain and tension. The procedures are complementary to other health interventions and may be all that are needed to help restore the natural recuperative functions, or may be utilized when other interventions have not been fully successful. TFH interventions have helped people perform their personal best at all levels of their lives.

TFHF PURPOSE: To research, gather, and report information on health promotion and touch healing, particularly as related to the TFH methods. Profits from the Foundation Newsletter fund education and research into Touch Healing, particularly Touch for Health.

©1994, Touch for Health Foundation



PURPOSE: To help our subscribers achieve healthier lives and perform their "personal bests" in all aspects of their lives by providing useful, reliable, easy-to-understand health information that's timely, with an emphasis on touch healing.

Report from John F. Thie, D.C.

New Video New Addresses

This is the first of our TFHF newsletters in our new format. We want it to be of greater value to you than before and hope that it will be. It has been over three years now since the International Kinesiology College was formed to take over the certification functions for Touch for Health Instructors and that the North American Touch for Health Association was formed to

take over our membership functions. We have been distributing the TFHF newsletter now for two years and our goal is to continue to have it be of greater and greater value.

The Foundation's main purpose is to gather information about the results of the TFH synthesis in all aspects of its use. We have a number of reports in this issue and continue to ask you to send us your own results. Your reports should be sent to:

Touch for Health Foundation
11194 Spruce Ave.
Bloomington CA 92316-3226
(909) 873-8292

I can be reached most readily at the new address and phone number above. All Foundation correspondence, other than orders for TFH books, charts, and folios should be sent to the above address.

Book, chart, and Folio orders should be sent to our new location for mail orders

T.H. ENTERPRISES
P. O. BOX 5547
SHERMAN OAKS, CA 91413-5547
(800) 826-0364
FAX (818) 509-9946

We are excited about signing an agreement to make a first quality video of me teaching the entire TFH book. We expect these estimated 6 one-hour video tapes to be available in 3-4 months. These tapes are going to be advertised extensively. It is my belief that as more people are exposed to TFH through these videos more people will want to take classes and there will be a much greater demand for Certified TFH Instructors. If you are not now scheduling classes I urge you to take an Instructor's update course and plan some classes. It may be a while until the TV ads reach your area, but they will be coming.

THANKS

Dr. John Thie

**NEW ADDRESSES for TFH,
see Dr. Thie's Letter above!**

TO ORDER TFH SUPPLIES: P.O. BOX 5547 SHERMAN OAKS, CA 91413-5547

**TOUCH FOR HEALTH
ASSOCIATION
MEMBERSHIP**

NAME _____
 OCCUPATION _____
 ADDRESS _____
 CITY _____
 STATE/PROV./ZIP _____
 HOME PHONE _____
 WORK PHONE _____

CHECK APPLICABLE INFORMATION

NEW MEMBER RENEWAL

MEMBER # _____

HAVE TAKEN TFH COURSES FROM _____

INTERESTED IN COURSE INFO.
 PLACE ME ON YOUR MAILING LIST

TYPE OF MEMBERSHIP REQUESTED

- Individual Basic \$50
- Supporting \$250
- Certified Instructor/Professional \$100
- Contributing \$500
- Life \$1000

All memberships are tax deductible. Add \$5 if you are outside the USA Add \$35 if you are overseas and wish Air Mail.

Expiration Date _____

Ck Money Order Visa MstrCard
U.S. FUNDS ONLY

Signature _____

**Mail to: TFHA, 6955 Fernhill Dr., Ste. 2
 Malibu, CA 90265 (800) 466-8342**

Australian Kinesiology Association
 P. O. Box 190
 East Kew, Victoria 3102, AUSTRALIA
 (03) 859-2254

TFH ASSOCIATION Canada
 3584 Rockview Pl., West Vancouver, B. C.
 V7V 3H3 • CANADA
 (604) 978-6292

Touch for Health Centre
 30, Sudley Rd., Bognor Regis
 West Sussex, PO 21 1ER, ENGLAND
 (0243) 841689

TFH Association Israel
 P. O. B. 44803 • Haifa, ISRAEL
 972-471-5404

Italian TFH Association
 Via Flli Bianchi 5
 25080 Maderno S/G BS ITALY
 39-36-564-1553

So. African Assn. of Specialized Kinesiologists
 2 Prince St.
 Oranjezicht, Capetown 8001 SOUTH AFRICA
 021-461-6510

TFH Association Francophone
 6 RTE DeChene
 1207 Geneve CH SWITZERLAND
 41-22-786-25-37

International Kinesiology College
 Stiftung P. O. Box 3347
 Ch - 8031 Zurich, SWITZERLAND
 41-1-272-45-15

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

Associations for TFH are forming in many nations all over the world. Please contact IKC (41-1-272-45-15) or TFH Foundation at (800) 826-0364 USA, for more current information.

If your association is not listed, please send documentation of your work to TFHF so you can be included in this worldwide movement of TFH Synthesis.

LETTERS

One Chiropractor's Negative Feelings about TFH's program

What some Chiropractors have to say regarding my promotion of TFH to the lay and paraprofessional public as well as recommending it as an add-on for healing their patients to other than D.C.-licensed health professionals.

The following is an exact quote in an undated letter to me. The doctor will be unnamed.

Dear Dr. Thie,

I received your packet today along with your form letter. I must tell you that my first exposure to ICAK or Applied Kinesiology (at that time) was George Goodheart, in Rochester, NY. I purchased a manual of his works but found it inadequate in explaining the basics of muscle testing, NL, NV, etc. I next purchased your green manual and it was my constant companion as I self taught myself AK. It followed me with each patient. I even have an autographed (J.T.) copy given to me by Dr. — a former associate of yours, a former patient of mine here in New York who joined our ranks.

I take my Chiropractic training very seriously and feel equally as strong about AK. I feel its Chiropractic roots belong in Chiropractic. As far as I am concerned, Touch for Health & AK are one and belong within the framework of our profession. I am occasionally faced with ads that say Applied Kinesiology from some paraprofessional trained only one tenth the time I have. And yet they are given secrets in AK, Touch for Health which degrade my extensive study in it and membership in ICAK. All they have to do is mention the word & immediately are on a par with me and I resent it.

I don't know about California, but Physiotherapists are not Chiropractic's best friend. Time and time again they will milk us and then turn on us. With Touch for Health/rudimentary AK, they can perform much better than they are taught and then deny or castigate our profession. I don't see much supporting Chiropractic legislation but I do see massage therapists with their limited training trying to perform on a par with Chiropractors. They are seeking the same goals we have—licensure, credibility, primary provider status and none of them are qualified to diagnose and differentiate. Teachers, who after tenure here in NY, make as much income in half the time (including perks) as most professionals should remain in the classroom and not teach a quasi health approach.

What I personally feel is that laity involvement in healing is doing our profession a great disservice. Almost anyone can be doing para- Chiropractic treatments and I resent it. Let nurses be nurses, let P.T.'s be P.T.'s etc.,—not something that eventually can hurt Chiropractic a great deal.

You have chartered your course & in your catalog which to me as born again Christian I find off base. My wholistic approach under AK needs constant examination of materials that meets my senses and I would quit AK if they got into public dispensing of such "far out" material.

Thank you for your part in my initial exposure to AK and thank you for listening to me. Hope to see you back in ICAK some day.

Sincerely,
 (name withheld)

Dr. Thie's Response

This doctor of Chiropractic's letter certainly represents a lot of the different reasons of those who are in opposition to our sharing TFH in the general community. I understand his positions but disagree with him that any harm is being done to the Chiropractic profession or to the Christian community. At one time I checked and we had at least one student in every Chiropractic college who was enrolled because of being introduced to Chiropractic through TFH. Thousands of patients have sought a Chiropractor for professional help because of TFH.

My statements about my personal beliefs will encourage non Christians to look into Christianity as the Way of life.

When knowledge that can be safely used by the public is kept secret, it is not in the public's best interest. If it's not in the public's best interest it is not in any profession's best interest. The best way to inform others — nurses, PTs, MTs and lay people — about the value of Chiropractic is to show them the best of the safe techniques that have been developed by Chiropractors that they can use/share with their patients. Then the overall cost of health care can be reduced and more people can get help rapidly and at home by loved ones touching them for health. It has been my experience that people who find value in Touch for Health often seek the services of a Chiropractor, just because they fully understand that TFH is not a cure-all and a professional who understands the TFH/AK approach would be someone from whom they could get help. None of the people I know in the TFH community fail to recognize the superior education and qualification of Chiropractors. What they find hard to understand is why more Chiropractors do not utilize the simple TFH approach to AK in their practices.

Medicine Losing Sight of Humanity?

In *Business & Health*, March 1993, in an article "Outcomes Memo", by Harry Wetzler, M.D., the senior scientist at InterStudy, Excelsior, Minn., says "In medicine except in certain research settings, we have failed to monitor our 'experiments' in a systematic way. ... You'd be surprised at how many physicians become fixated on biochemical results and lose sight of the patient's original complaint. Some of this begins in training when there is a tendency to refer to the "bypass in room 23" rather than "Mr. Smith in room 23, who had a coronary bypass." Even the latter description obscures the fact that Mr. Smith originally complained of chest pain." What has been your experience with doctors personally or with family and friends? Have you found some of them "fixated on the biomedical model" the disease, rather than your complaints of malfunctioning and how you cannot accomplish what you feel you want and need to do?

Dr. Wetzler quotes a prominent epidemiologist, Dr. Kerr White: "Only about 15% of all contemporary clinical interventions are supported by objective scientific evidence that they do more good than harm." He also quotes John Wennberg, M.D. the director of the Center for Evaluative Clinical Sciences at Dartmouth, in Hanover, N.H. "[There is] intellectual confusion in the heartland of scientific medicine. The necessary scientific information on outcomes is missing." Then he goes on to say "The

problem is that we have not been good medical scientists... Since we can never know the result of a treatment in advance, every treatment is a micro-experiment. However, good scientists are very precise in their experiments. They carefully record the conditions of the experiment as well as the outcomes, or results. In medicine, except in certain research settings, we have failed to monitor the experiments in a systematic way."

I believe that this can be said for the use of TFH also. Since I have shared what I felt worked in my Chiropractic practice as a tool to assist my patients to have better outcomes, over 500,000 copies of the TFH book have been distributed worldwide. If we are to be part of the scientific community, we need to get the outcomes of the use of this information in print. We have plenty of data out there, lots of people are using the methods with great benefits, but we are not getting enough of it reported. Will you take the time to help others by writing and sending me what functions were being impaired, what you did to get help, and the outcomes of the things that you did?

Although it may take years before we begin to converge on the optimal TFH interventions for the individual and for what conditions, if we do report more and more people will have better lives. You can help and make a difference!

ANECDOTAL... TACOMA, WASHINGTON

Severe Neck & Jaw Pains Relieved Through TFH.

Martha N. was experiencing muscle tightness in her left shoulder and neck and an ache that went all the way up into her left jaw. She said these symptoms usually disappeared after getting her neck adjusted by her Chiropractor. However it was Friday and the Chiropractor's office wouldn't be open until Monday. She wondered if Touch For Health could somehow help her get by until Monday. I did the holistic approach using a "fix as you go" 14-muscle body balance, followed with manually shortening the belly of the upper trapezius and posterior neck extensors pressing together in the direction of the muscle fibers. Although this initially aggravated the pain, she reported ten minutes later that the ache was gone and there was no tightness in her back and neck area. The Touch for Health techniques enabled her to meet her goal of "getting through the weekend" until she could visit her Chiropractor on Monday.

—Martha N., Tacoma, WA. (results from the classes of
Jim & Kathy Schmidt)

• Vaccines In Your Vegetables

At the Scripps Research Institute in La Jolla, California, researchers are growing alfalfa containing a deadly cholera toxin that they hope will give immunity to people eating the alfalfa. Their goal for developing these plant vaccines is to be able to feed them to people where cholera has not been controlled by the sanitation processes available, in areas of the world who have funding. These genetic engineers are working to turn normal fruits and vegetables into unconventional vaccines. It will be years till the time when these will be available, but millions of dollars are being spent on developing the DNA technology. What do you think about this research? I wonder if the money wouldn't be better spent in education about how to motivate people to have better sanitation and becoming more self-reliant. I personally don't believe that it is wise to think that we can genetically engineer resistance to diseases without having a clean environment externally and internally. It may also prove very dangerous, because human beings do not always respond the same as rats, on which this technology is being tested.

We know that our DNA is so uniquely different that there is not another person alive who has exactly the same pattern. The evidence is so strong that people are convicted of crimes based on the finding of the DNA pattern in blood or other secretions such as sperm. Yet the genetic engineers believe that it's safe to alter these DNA patterns, even though no long term studies have ever been done.

—Los Angeles Times,
November 23, 1993.

Happiness does not come from possessions, but from our appreciation of them. It does not come from our work, but from our attitude toward that work. It does not come from success, but from the growth we attain in achieving that success.

- **Tight Muscles Must Be Relaxed Before Exercise Will Benefit**

Warren Hammer, M.S., D.C., DABCO, writing in the September 1, 1993, issue of MPI's Dynamic Chiropractic, says the data are inconclusive on the Work Hardening programs now becoming popular in industrial injury rehabilitation.

He writes: "Patients performed muscle strength exercises (lifting and using trunk muscle exercise devices) an average of two hours each day and mobilization exercises about one hour each day. Aerobic exercises, group therapy, back school education, relaxation training, and vocational counseling were included.

"The conclusion was that 'intensive physical training and improved physical performance did not play crucial roles in the rehabilitation of chronic low back pain patients, at least when return to work was used as the outcome criterion.'"

Later on in the article he mentions Vladimir Janda, M.D., of Prague, who spent time in 1991 training Chiropractic interns in the Thie Chiropractic Clinic of the Los Angeles College of Chiropractic while I was still on that staff.

Dr. Janda believes that for every tight muscle there must be an antagonistic weak muscle, and he finds and works with the weak muscles. His concepts are much the same as mine in TFH: It is imperative that the inhibited muscles be corrected before exercise will benefit. His methods of correction of weak muscles are also effective as TFH methods.

Dr. Hammer states: "If these tight muscles are not first eliminated, then strengthening programs will simply exacerbate the problem in the long run."

Another concept of Dr. Janda's that matches my own is "The brain does not think in terms of individual muscles but rather as muscle groups creating movement, so the interrelationship of muscle groups is always more important than individual muscles."

Hammer further states, "If the muscle system is not first analyzed with respect to its chronic tightness and weaknesses and also checked for the quality of movement, a work hardening program becomes just another hit or miss method."

Some considerations and requests for your help...

The relationship among health, faith and ethics become more apparent in the context of a developing an international college to promote health through the use of "Kinesiology." We need to take time to consider the issues involved in teaching and its effects on those that get help and those that help others. Is it possible to give help without receiving it if touch is involved? When you get help by giving help what occurs. What attitudes are different than when you don't get help?

We are looking at our methods as teaching a holistic type of health promotion. In doing this we get into the meanings of one's life and the events that effect our sense of well-being in both a self perceived and actual health status, if these actually can be divided.

Our interventions demand that we develop greater listening skills and experience ongoing improvements in our own sense of who we are and what meaning life has to us. It has been proven in nursing that appropriate touching of elderly patients helped reduce their use of psychotropic medications and improved their morale. Does your morale improve or maintain itself better if you request a TFH balance from someone or offer to give one?

Will you write me your personal story?

I am interested in how the introduction of TFH into your lives has caused

changes. Does working with TFH methods help you personally as you help others? Have you had any "idiosyncratic" experiences as a result of being part of the TFHS? That is, has your life changed in any unique way(s) that only would apply to you. You will benefit from thinking about this and writing it down. If your story is one that you would be willing to share please send it to me. My life has certainly changed since I have been sharing TFH.

Another area that is effecting all of us is the fact that more and more people are living past the age of 80. The result is that children are now more than ever being forced into caring for their parents. In the United States the care of chronically ill & elderly people is given over to women at home, and low-paid women (especially minority and immigrant women) in institutions.

Is there a way that these people could get trained in using TFH so that they could feel better about their work and at that same time help the people that they are tending to? What is your experience in using TFH caring for a chronically ill person? What has been your experience as an older person giving and receiving TFH interventions? Have you had any experiences you can share about helping people twenty or more years older than yourself? Would you send in your story?

The TFH assessment of the 42 muscles for weakness is an excellent way to analyze the weaknesses of muscles throughout the body. You can benefit yourself and those you are helping by using the TFH methods in many different ways. This assessment need not involve the meridian analysis. You can work with rehabilitation of workers simply from the mechanical methods.

If you have had any experiences in helping yourself or others return to work following chronic back pain, please write your experiences and send them to us.

YOU + TELEVISION + TFH

Request for Reply from TFHers TFH COMING TO TELEVISION!



This year, we are going to be doing TV advertising of TFH. We will be starting out advertising the TFH Book, an Introductory Video and Study Guide for a bargain price to see if we can generate calls to order and use the information in the TFH book. We expect this to generate not only orders, but also inquiries which will need a personal call back from someone knowledgeable in TFH. The calls will generate classes for the people returning them. Our test market cities have not yet been chosen and will be determined by a number of different factors, including where people are willing to return the calls from.

If you are interested in getting these referrals, please call the TFH Association (800) 466-8342 and let them know that you want to get these referrals. We will be spending a large amount of money to generate interest in TFH over the next year, and we believe that the time is now exactly right for this campaign.

If you are going to be one of the team answering the inquiries, we want to send you what we feel would be helpful suggestions. One thing that would be required is that you have TFH classes scheduled. Let us hear from you. If you aren't active teaching TFH now, but want to get active again or for the first time, consider a refresher ITW with Dr. Thie in May or June this year.

Consider attending one of the seminars below. Call the number listed.

DR. JOHN THIE'S TOUCH FOR HEALTH SPEAKING SCHEDULE 1994

- | | |
|-----------------------|--|
| Feb. 5-6 | San Diego, CA
Healthy Lifestyles Expo |
| Feb. 19 | Los Angeles
Metagenics: TFH for Chiropractors-
Nutritional Emphasis (800) 692-9400 |
| Feb. 26-Mar. 4 | Wilderswill, Switz.
Int'l Kinesiology College |
| March 5 | Amsterdam, Holland
"TFH for the Practitioner, Nutritional
Emphasis"/ITW w/ Arlene Green |
| March 6 | Amsterdam, Holland
TFH Update for TFH Instructors &
Practitioners |
| March 12-13 | Germany
TFH Update for Advanced Students
Alfred Schatz 49-761-727-29 |
| March 17-20 | Switzerland
"TFH Basics & to improve your personal
performance"
Rosemarie & Bernhard Sonderreger-
Studer 41-1-272-4515 |
| March 26-27 | Belgium
TFH Update
Dominique Monette, MD
32-2-537-64-61 |
| April 16-17 | Columbus, OH
Advanced TFH
John McMullin 614/888-1240 |
| May 14 | Denver
Metagenics: TFH for Chiropractors-
Nutritional Emphasis (800) 321-6382 |
| May 16-22 | So. Cal.
Inst. Trng. Wkshp. J. V. Maguire |
| June 17-19 | North Carolina
Instructor Training Workshop
Arlene Green (919) 929-4081 |
| July 6-10 | Vancouver
Keynote Speaker: Canadian TFH Assn.
Int'l TFH Mtg. |
| July 11 | Vancouver
TFH Participant Centered Update |
| July 30 | Virginia Beach, VA
Christian Educators Ass'n |
| Aug. 18-20 | San Diego, CA
Pacific College of Oriental Medicine
Symposium/TFH for Acupuncturists &
Massage Therapists (Introductory)
Jack Miller, LAC Pres. (619) 574-6909 |
| Aug. 28-29 | Southern CA
TFH for Massage Therapists
J. V. Maguire (310) 457-8407 |
| Oct. 7-10 | New York
Pacific College of Oriental Medicine
Symposium/TFH for Acupuncturists &
Massage Therapists (Introductory)
Jack Miller, LAC Pres. (619) 574-6909 |
| Oct. 21 | Bali, Indonesia
Int'l Kinesiology College Mtgs. |
| Oct. 22 | Australia
Int'l TFH Assns. Meetings |
| Oct. 24 | Australia
TFH Participant Centered Update |

For a seminar in your area please contact Touch For Health Foundation: (909) 873-8292. We will work with you to sponsor Dr. Thie in your area to help build an awareness of TFH.

• MDs Resist Hepatitis B Vaccine Mandate for Infants

The August 1993 issue of Healthfacts states that many physicians are resisting the Center for Disease Control's recommendations that all infants be immunized for hepatitis B virus. Their resistance "follows on the heels of a fiasco that would make anyone think twice about mass immunization. A measles epidemic occurred in the U.S. between 1989 & '91, causing 132 deaths and illness serious enough to hospitalize about 20% of the 55,000 infected.

"In a stunning example of how medicinal science can solve one problem and create several more, the short of the measles vaccine story goes like this: The measles vaccine was introduced 30 years ago with the promise that it would provide lifelong immunity and eventually lead to the disease's demise. Prior to mass immunization, measles was a disease largely confined to young children. Infants were protected by their mothers' immunity (via the placenta) for the first year of life; the disease was uncommon in adults because virtually everyone was exposed to the virus in childhood. Unfortunately, many of today's infants, born of vaccinated mothers, no longer show the immunity that traditionally protected babies.

"Critics of the mass immunization program say that instead of eliminating measles, it has merely shifted the disease to two groups—infants and adults—for whom it may be a far more serious and life-threatening disease. The complications of measles include diarrhea, pneumonia and encephalitis."

The thought of having our food filled with vaccines for diseases that are very rare with possible side effects to the healthy populations is very frightening to me, considering the results of the measles vaccine. Maybe its time to look more toward better life styles and improved sanitation for health promotion rather than trying to confer immunity by giving "mild cases" of the disease.

AMA Continues Opposition To Alternatives

The American Medical Association, which represents about half of the country's 600,000 physicians, continues to oppose all non-orthodox approaches to health care.

Polly Bednash, executive director of the American Association of Colleges of Nursing, said in the August 9, 1993, issue of Modern Healthcare that it is clear the AMA sees the use of alternative practitioners for primary care as "a competition issue, an assault on territory they see as theirs and theirs alone."

The AMA has done its best to paint the turf battle as a quality issue. According to M. Roy Schwarz, M.D., senior vice president of medical education and science at the AMA, there's no evidence to support the contentions of many non-physician groups that they represent a cost-efficient alternative to physician-centered care.

"This is not a new issue and not a new fight," Dr. Schwarz said in the same article. "Medicine will continue to resist because more is at stake now. There have been periods in history where the standards have been relaxed, and it had a negative effect on quality."

(Do you who use the TFHS have any

evidence that you have reduced the cost of medical care by working with MDs? Have you been able to help patients whose medical doctors said nothing more could be done for them? We need your anecdotal reports.)

An article in the June 1993 Medical Meetings magazine contends that non-physician practitioners must remain qualified through continuing education if they are to take advantage of "healthcare reform as an opportunity for their members to take on greater responsibilities in primary care.

"The American Nurses Association, for example, sees a major role for its members in a healthcare system in which people receive primary and preventive care in local clinics from a range of qualified healthcare professionals who are not necessarily physicians."

Is this a role TFH instructors need to prepare to fill? I believe certified TFH instructors can look forward to teaching the energy medicine meridian modality and especially home care with touch. Will you be ready to discuss your cooperative role with nurse practitioners, physical therapists, Chiropractors, podiatrists, optometrists and, yes, physicians? It's a challenge worth thinking about.

ANECDOTAL... PHILADELPHIA

TFH With Related Techniques Swiftly Relieves Severe Pain From Strained Muscles.

One of the ways I recently used TFH for a really quick balancing, was in conjunction with Clear Circuit Muscle Testing from Three In One. One of our Sisters had strained her back muscles while painting under the sink. We were attending our annual meeting, and she was going home rather than going to dinner, because she was in so much pain. I did Clear Circuit, got permission, then tested for the Five Elements - using an indicator change. When I got the element, I tested for which meridian was in over energy, and which was under, and made the correction. The pain level dropped so dramatically that she forgot about going home and joined us for dinner. Later I was telling Sr. Sheila, and she asked for a demonstration, because she had just strained the muscles of her hip joint. She, too, had instant relief. In each case, it took about 2-3 minutes.

TFH Meridian Tracing Technique Solves 3 Year Shoulder Injury Problem.

In one of our TFH classes, I asked for a volunteer. The woman had suffered a shoulder injury three years earlier, and was so limited in movement, that she was unable to lift her arm high enough to put her hand in her pants pocket! Although the pressure I used to trace the meridian was minimal, she was in tears with the pain. I asked if I could continue, and she agreed. The other class members thought I was pressing very deeply, and was being cruel. I had to reassure them as well as the volunteer. The impression I got as I was working was that the whole meridian was "congested", if you can use that word. When I finished, she raised her arm up over her head. That correction has held.

—Sister Mary Em

TOUCH FOR HEALTH PRODUCT ORDER FORM

See the descriptions on the other side of this page.

No.	DESCRIPTION	Qty.	Cost	Ext.
101	Touch for Health Book. Basic text describing TFH method		19.95	
102	Touch for Health Reference Chart. 29x43 color coded. Laminated—basic information		33.95	
103	TFH Reference Packet. Great Handout for students includes 14 meridian squares in full color.		10.00	
	10 or more of the Reference Packet (above)		4.00 ^{ea} <small>NO ADD'L DISCOUNT</small>	
104	Touch for Health Folio. The essence of the TFH Chart in book form.		19.95	
105	Touch for Health Pocket Folio. Scaled-down version fits in pocket or purse.		14.95	
106	Touch for Health Meridian Chart. All acupuncture points clearly illustrated. 35x23. Laminated.		18.95	
107	TFH Midday/Midnight Law & 5 Elements Chart. 24x32. Laminated.		17.95	
108	Thorson's Intoductory Guide to Kinesiology. TFH history and development of kinesiology and TFH		11.00 <small>NO DISCOUNT</small>	
109	TFH Midday/Midnight Law & 5 Elements. Explains use of chart. Details use of alarm points & re-balancing. 24pp. Illus.		9.00	

TFH ASSN. MEMBER DISCOUNTS

1-9 items...10%

10-14...15%

15-19...20%

20+...30%

Minus Discount (schedule @ left)	
Shipping & Handling — First Item	5.00
Each additional item — ADD	.50
California Residents add 8.25% Sales Tax	
Second Day Air — Add \$10.00	
TOTAL	

Name _____ TFH Membership # _____

Address _____

City / State / Zip _____

Phone #(s) _____ Country _____

check VISA, M/C

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Signature _____ Expiration _____

TOUCH FOR HEALTH BOOK. This is the text showing the Touch For Health Method for testing and balancing the body's 48 muscles, 14 meridians and stimulating the circulation and lymph systems. Large Paper. Spiral Bound. **(101) \$19.95.**

TOUCH FOR HEALTH REFERENCE CHART. This large (43 x 29) color-coded chart combines all the Touch For Health treatment points (without the written test), nutritional information, muscle tests, etc., on one easy to read chart. Attractive and convenient, the chart is a valuable time-saving tool to facilitate use of the techniques. **(102) Laminated. \$33.95.**

THE TOUCH FOR HEALTH FOLIO is better than ever with updated information and new photos. The *Folio* presents the essence of the Touch for Health Reference Chart in book form. Top Spiral Bound. Flips open for easy viewing. **(104) \$19.95.**

THE TOUCH FOR HEALTH POCKET FOLIO is now available. This scaled-down version of the *Folio* can be easily carried with you for instant reference. If you've ever tried to stuff the *TFH Book* (or worse, the Reference Chart) into your purse or pocket, you will applaud the introduction of this great new Touch for Health product. **(105) \$14.95.**

TOUCH FOR HEALTH ACUPUNCTURE MERIDIAN CHART. All the acupuncture points on the 14 meridians clearly illustrated, with tonification, sedation, associated points and written description of meridians. Three views: front, rear & side, with half of each body showing skeletal structure for clear reference. Tri-color: gold, white & black. 35 x 23. Laminated **(106) \$18.95.**

TOUCH FOR HEALTH MIDDAY/MIDNIGHT LAW & THE FIVE ELEMENTS LAW CHART. *Designed by Gordon Stokes as an excellent reference tool to use this advanced technique of balancing the energies of the body.* 32 x 24. Laminated. **(107) \$17.95.**

TOUCH FOR HEALTH MIDDAY/MIDNIGHT LAW AND THE 5 ELEMENTS—REBALANCING. *Gordon Stokes & Daniel Whiteside.* Explains use of the 5-Element Midday/Midnight Law chart. Details the use of the chart in muscle re-balancing and expands the technique to include use of alarm points. Use of the wheel is also explained with sample situations that arise in re-balancing. 24pp. Illus. **(109) \$9.00.**

THORSONS INTRODUCTORY GUIDE TO KINESIOLOGY-TOUCH FOR HEALTH. *NEW Maggie La Tourelle & Anthea Courtenay.* Much needed book giving the History and Development of Kinesiology and Touch for Health along with the various branches such as nutritional, educational, and emotional testing. Great explanations of kinesiology techniques and what to expect in an office visit. A must have. Paper 176pp. **(108) \$11.00.**

(800) 826-0364 Nationwide or **(213) 340-4154** International — **FAX: (818) 509-9946**



Touch for Health Foundation
 P.O. Box 5547
 Sherman Oaks, CA 91413-5547
 (800) 826-0364
 FAX (818) 509-9946

Address Correction Requested

Non-Profit Org.
 U.S. Postage
 PAID
 Pasadena, CA
 Permit No. 16

TFHF NEWSLETTER, official organ of Touch for Health Foundation, P.O. Box 5547, Sherman Oaks, CA 91413-5547
 (800) 826-0364
 (213) 340-4154 (International)

STAFF

Publisher/Founder: Dr. John F. Thie
 Editor: Alice Putt
 Design/Typesetting: C.W. Scott Rubel
 Circulation: Alice Putt
 Permission to reproduce articles not copyrighted is hereby granted by TFHF by observing the following:
 1. Provide credit stating: "This article is reprinted by permission of Touch for Health Foundation from the (Volume/Issue/year)" with address.
 2. Send two copies of the reprint to the Editor of TFHF Newsletter.
 All correspondence regarding this newsletter should be sent to TFHF Communication Office at the address above.
 The ideas expressed in this newsletter do not necessarily represent the opinions and positions of TFHF or its staff.

JUDY S. LEVIN

22636 MOBILE ST.
 CANOGA PARK CA 91307