



Keeping...

InTouch

The Newsletter of the
Touch for Health Association of America

Spring 1994

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Issue 1

1994 Touch for Health Annual Meeting

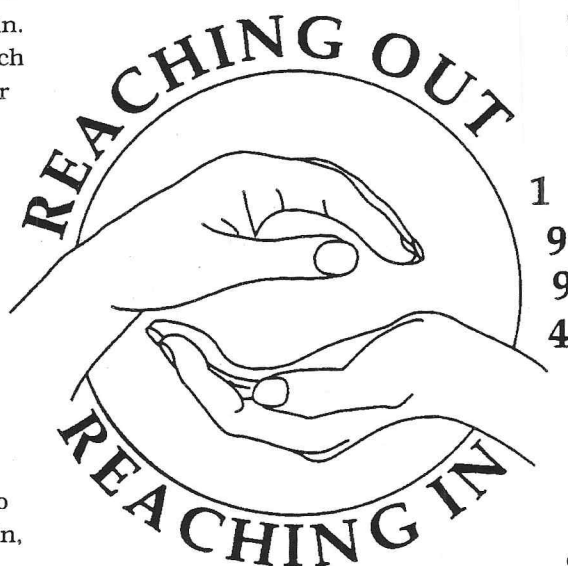
Life is a hologram. It is a dynamic mirror always showing you yourself. It is magical. It is mystical. And, it is intelligent. Life is an ever evolving (and involving) process.

This years Annual Meeting theme is, "Reaching Out/Reaching In". The theme points toward the understanding that as we reach out, we reach in. And as we reach in, so too we reach out. The realms of inner and outer space are fluid and reflective. As we grow in our self awareness — of our inner worlds — we also grow in our perception of what abounds us. Our expanded awareness is both inner and outer.

Yet there is a whole other side to the profundity being discussed; as we reach out to the world as an association, so does our organization change. As we grow with more Touch for Health members, we also grow in the size of our institute. Again, the mirror of life is made manifest.

These two sides of a dynamic geodome of possibility reflect some of the celebrations that you will encounter by attending the 1994 Touch for Health Annual Meeting. On the latter end, we have expanded our potential to reach out by having two Touch for Health Associations sponsor this program — *a first ever!* This stretch from our prior limitations emorphosize our ability to draw on the many Touch for

Health resources available to us. New and innovative speakers, new and unexplored countries, new and undetermined relationships all become accessible now. This can be seen by the line up of speakers we have planned for this years presentations. Plus, as pre-



registrations continue to grow, new faces are eager to join our celebration. Canada and the United States invite every one reading this article to join us as we reach out, so that we can gain more from within. It is going to be a great time with workshops, lectures and a beautiful Boat cruise in the Vancouver harbor!

Which presents another benefit of attending the 1994 Touch for Health Annual Meeting; your growth. The presentations, the people interactions and the playtime activities will all assist you in experiencing the dynamic wonder of "Life, the hologram". See page four in this newsletter for more detailed information on presentations scheduled at the conference. And know this, reaching out to join us in this celebration of our fourth year in existence as a Association, is really reaching in to your heart and soul and becoming aware of your wholeness. Of course it means reaching into your pocket book, but it also means investing in your well-being and the well-being of the Touch for Health Association. Besides, it is a tax write-off, both because we are non-profit and because it is an educational expense.

The meeting is sure to be a success. Your participation will enhance the all-ready good time planned. So, take the time right now and call the Touch for Health Association at:

1-800-466-8342

and sign-up today. It is a gift you're giving yourself: by reaching out, you're also reaching in.

See you there!

From The President

As President of the Touch for Health Association I'm proud to say that we're doing great. We are making leaps and bounds within the turmoils of our economic currents. We are delightfully professionalizing our organization and I'm inspired by our progress.

We now have JacQuaeline working with us at the central office in Malibu. This wonderful spirit brings with her over fifteen (15) years experience running non-profit organizations. Moreover, her specialty is the human development field. Her contributions have thus far helped us streamline operations and progress with the development of the prior goals the Board has set forth. When calling the Association, know that JacQuaeline will be happy to serve and assist you with your Touch for Health needs.

The big news to inform you on is twofold. First of all, the Annual Meeting. Attend: that's the main point. This meeting is the biggest event Touch for Health organizes. It is our birthday, and our right to passage as an association. Attending an Annual Meeting is a must for any one who has any interest in Touch for Health. When you attend, we'll meet face-to-face and get to know each other a little better. It'll be a great time — it always has been!

Secondly, We are incorporating Touch for Health as a viable profession. Our basic strategy (which is in-line with the work set forth to integrate ourselves within the managed care arena) is to become an accrediting body and insure that a professional standard is adhered by our instructors. We are working closely with the International Kinesiology College to credentialize Touch for Health.

Shortly you will receive (if you're an instructor/professional member) a "professional ethics and conduct" con-

tract. All current members will be "grandfathered" into our credentializing system. New Touch for Health instructors will have to complete a competency exam and qualify to receive our authorization.

We are setting the groundwork for acceptance into mainstream health and well care. Your cooperation is necessary to keep our reputation filled with integrity. We have made a great deal of progress in the past four years and we have much to do if we are to fully manifest the Touch for Health dream. I can honestly say, we are rich with potential, we just need to continue to act on it.

The "professionalizing" of Touch for Health is also in preparation for our commercials that will be airing in targeted communities shortly. We thank those instructors who have notified us that they are interested as a referral resource. If you have not yet notified us, call us at 1-800-466-TFHA to register your name as a viable referral resource.

I am always inspired when I get letters from instructors making progress in their personal and professional lives. If we can assist you in any way, please let us know — after all, we're in this thing together.

One final note. I realize that each of us are inundated with organizations needing our support. Some of which are great and deserve our continued respect and dollars. As a plug to Touch for Health, what we are doing by empowering people to better their health and well-being with simple self-help techniques, is to heal the wounds which feed many of the dysfunctions living in our society. Stay with us. Play with us. And help us heal ourselves, our loved ones, and our communities.

God bless...

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
Newsletter Member	\$25

Advertising Rates

Whole Page	\$250
Half Page	\$150
Quarter Page	\$75
Business Card	\$35

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

The 1994 Touch for Health Annual Meeting

1994 has started with a bang! Cold, cold weather. An earthquake to wake us up. The second year of President Clinton's term. A new health care bill. The revamping of our welfare system. And a Touch for Health (TFH) conference to bring relief in times of change.

TFH specializes in balance. Balance is crucial to life. And the TFH annual meeting is the best place to be balanced. The annual meeting is where one discovers the magic of TFH.

One of the greatest attributes of Touch for Health is touch. Actually, being touched in a safe, loving and educated manner. Touch has the power to ignite the splendor of healing when empowered by the touchers spirit. TFH embodies the power of elegant touch. Perhaps that is why so many wonderful healers are attracted to the TFH synthesis. And annually these healers gather to share their strength with a caring and loving intent.

Free balances. Excellent talks. Good times. Warm hugs. Funny skits. And playful learning is what TFH annual meetings are about. Those of you who've ever attended a meeting know of the glory in which I speak. The TFH annual meeting is a festive, education filled, health oriented social gathering designed to fill your spirit in the appreciation of wholeness. It is a must for anyone who has interest in and recognizes the value of touching for health.

I urge you to attend this meeting. We are attempting a first at this conference. Two TFH Associations have joined forces: the U.S. and Canada, to materialize a new level of TFH participation. We are dedicated to making this special meeting a grand success. We have invited presenters the world over. But better than this, we have stretched our wings and are beginning to fly. We have managed to grow a dream that started in 1990. Now in 1994, we're alive and well. And, ready to celebrate!

Enclosed you have information on this years annual meeting. Take the next ten minutes to look it over. Then make a decision — attend the meeting. Plan it into your schedule. Mark it on your calendar. Register. You will not regret it. The TFH annual meeting is a great time.

I'm looking forward to seeing you there. I hear Vancouver is breathtaking in the summer. Warm. Clear. Green. Beautiful. I can't wait. See you there!

Peace, health and enlightenment

Robert A. Aboulaché
President, TFHA of America

PS: *TFHA is a non-profit 501 (c) (3) organization. Attending the meeting is tax-deductible in the U.S. Or, you can use it as an educational expense if you prefer. Call 1-800-466-TFHA to register.*

The 1994 Touch for Health Annual Meeting

July 6-11, 1994

Reaching In/Reaching Out

Vancouver, Canada

For Information
1-800-466-TFHA

8 3 4 2

Some Speaker Highlights At The Annual Meeting

This years Annual Meeting is going to be great!

We have collaborated with presenters the world over to bring you the most amazing conglomeration of presentations. You will learn hands-on practical knowledge to relieve pain, and evolve spiritually. It is truly food for the body, mind and spirit!

Moreover, we have pooled together hundreds of compassionate participants that are dedicated to living what they learn — love, wisdom and health. Join us, and share a week to remember.

Here is a partial listing of presenters scheduled to be in Vancouver this Summer. They're organized as to how you will personally benefit from their

presentations. However, as holistic practitioners, we each know that every sphere (physical, mental/emotional, and spiritual) affects the other. So, don't take the categories so literally. Just remember, you'll benefit wholeheartedly.

Physical

Torry Collinson, DC, *Illogical Association for Learning the Major 14 Muscle Balance*
Yvette Eastman, *Basic Reflexo-K*
Annie Hall, *Aromatics and the Five Elements*
John G. Matsen, ND, *The Mysterious Cause of Disease*
Nette Meissner, *Parasites Can Fake Diseases*
Kate Montgomery, MsT, *Carpel Tunnel Syndrome*
Sabina Pettitt, M.Ed, L.Ac, *Sea Essences; Acupuncture*
Geraldine Rhoades, *Relieving Muscle Pain*
Brian Schroeder, DC, *Assessing Digestive Function Using Diagnostic Muscle Testing*
Dorothy Singleton, *Allergies Do Have Antidotes*
Renate Wennekes, *The Motor Development of the Child*
Margreit De Wild, *Working With The Physically Handicapped*

Other

Michael Burr, *Animal Balancing*
Sheldon Deal, DC, ND, *Latest Research in Applied Kinesiology*
John Varun Maguire, *Transformational Vocabulary*
Kay McCarroll, MC, AMC, *Kinesiology With McTimoney Chiropractic For Humans & Animals*
Marge Murray, *Practice Building*
John Thie, DC, *TFH and the New Health Paradigm*

Mental/Emotional

Elizabeth Barhydt, MA, *Loving More, Demanding Less*
Norma Cowie, *The Inner Ghosts: Our Frozen Emotional Children*
Frank Mahony, *Body Scanning for Hidden Stress*
Cheryn McGee, *Surrogate Emotions*
Lee Pulos, PhD, *Visions of the Future Mind*
Sharon Promislow, *Think Smarter, Not Harder*
Carla Rieger, *How's Your Laugh Life*
Wayne Topping, PhD, *The Health Hazards of Anger*
Terry Willard, PhD, *Chronic Fatigue syndrome: Clinical Hope*

Spiritual

Robert A. Aboulaché, MA, *Creating Inner Peace*
Desmond Berghofer, PhD, *Heart-Minded Consciousness: A New Understanding for Vigorous Well-Being & Peak Performance*
Bruce Dewe, MD, *Our Male and Female Gender Fears*
Sean Harder, MS, *Uncovering Chakra Blockages Using Shaman-Oriented Hypnosis*
Allen M. Lees, NA, LLB, *The Essence of Healing*
John McMullin, PhD, *Seven Levels of Healing*
Mary Louise Muller, *Inherent Healing Intelligence*
Carole Pierce, *Combining Aboriginal & Non-Aboriginal Perspective of Wellness*
Gordon Stokes, *Structure/Function & Its Emphasis on the Genetics of Individuality*
Alice Vieira, PhD, *Going Where You Want To Be Depends On Where You Are*
Verla Walker, MA, *Her-Self: The Psycho-Spiritual Journey*

Some Course Highlights At The Annual Meeting

Professional Kinesiology

Practice 3 & 4

Bruce & Joan Dewe

June 29 - July 5 (PKP 3)

July 12 - July 18 (PKP 4)

These courses are for the serious student of health and wellness. They are designed to prepare you for using Touch for Health and Applied Kinesiology in a professional setting. The beautifully orchestrated workshop series integrates literally hundreds of health and wellness therapies into one simple system.

Prerequisite: PKP 1 & 2

Life Dance 101

Patti Steurer & David Feuerstenu

July 5

This fun and exciting workshop presents an innovative understanding of movement, psychology and dance. Participants will move, learn, laugh and gain understanding about their own psychological make-up.

Prerequisite: None

Back to Basics

John Thie, DC

July 8

This course presented by Dr. Thie himself (Founder of Touch for Health), presents the profundity of the simple 14 muscle balance. This course demonstrates how a basic Touch for Health balancing initiates healing. It's the best of Touch for Health, presented by the master himself.

Prerequisite: None

Life Changes

Gordon Stokes

July 8

Gordon Stokes the Founder of "Three-In-One" concepts will bring insightful

revelations into how the human systems respond to and benefit from change. He will explore how we can move beyond change and into transformation during major life changes.

Prerequisite: None

Face Value

Karryn Rowe

July 8

Face Value teaches how to be able to read people and their personalities by simply looking at their faces. A persons structural make-up reflects their inner world and potentialities. Learn how to read basic characteristics of both your own face and of those that you love.

Prerequisite: None

Foot Sensors

Frank Mahony

July 11

The entire skeletal support system is dependent upon clear signals from sensors in the feet. Learn to identify and correct hypertonic foot tissue often involved in distal joint and muscle pain and weakness.

Prerequisite: None

Spiritual Kinesiology

Frank Mahony

July 11

This workshop helps clarify spirituality — your spiritual source, your connection to your source, and how to use it in daily life. Spirituality is the source of Vital Life Energy and gives you the power to heal, cleanse and purify.

Prerequisite: None

The Top Ten Certifications

Sharon Promislow

July 11

Attending this series of courses gives you the certification for teaching these classes when you return back home. There are actually four courses tied into one: The Top Ten Stress Reducers, The Top Ten Body-Brain Integrators, The Top Ten Pain Relievers, and the Teachers Training.

Prerequisite: None. ITW for Instructor Certification.

Self-Help for Stress and Pain

Elizabeth Barhydt, MS, MT

& Hap Barhydt, PhD

July 12-14

Quick, simple, safe every day use of Touch for Health for the relief of stress and pain. This course is a beautiful synthesis in the effective use of applied kinesiology. A must for any Touch for Healthier wanting to know specifically how to relieve stress and pain.

Prerequisite: None.

Instructor Update

International Kinesiology Faculty

July 12-13

Every Touch for Health Instructor is required to take an Instructor Update every two years. This course reviews the basic principles involved in Touch for Health and answers any questions instructors may have. This course updates information on muscle testing, kinesiology, and holistic healing.

Prerequisite: Instructor Certification.

Instructor Training Workshop

International Kinesiology Faculty

July 12-19

See page 11 for in-depth description.

Prerequisite: Touch for Health 1, 2 & 3.

Past Lives & Spiritual Growth

by JacQuaeline

**Meet JacQuaeline at this
years Annual Meeting...**

Call to schedule an appointment



JacQuaeline offers...

Consultations with Integrity. She is a highly respected psychic, amazingly accurate. JacQuaeline consults with a concise, yet caring and sensitive level of support. All encounters can be taped on cassette for reference.

Specializing in:

- Past Life Readings
- Karmic Relationship Clearing
- Psychic - 6 Month Projections
- Hypnosis for Transformation

Phone Readings available

As a psychic, she has worked with the Los Angeles police and on special security teams. JacQuaeline has demonstrated her clairvoyant, psychic 'gifts' on "Magical Moments", her radio talk show broadcast in Los Angeles. She is a powerful spiritual teacher, psychic trainer, founder of the Triune Light Center, writer, creator of the "Art of Meditation" tape series, "Dreams, Your Gateway to Wisdom", among many others.

**TRIUNE LIGHT CENTER
(310) 473-9825**

A detailed brochure is available.
Call to arrange an appointment.

Past lives are rich resources available to us. Today, it is possible to break through barriers of belief systems that say, "You can't do it," or even worse, "You shouldn't do it." The gift of doing past life research can be like Don Quijote finding what he was questing for; getting in conscious alignment with his destiny and going for it.

The intention of this article is to assist those of you who are actively accelerating your spiritual growth and balance. It is not meant to convince you of or explain the theory of past lives.

Exploring past lives can give you tremendous insights into current situations. So be prepared for some real deep "ah-ha's." Like working on a jigsaw puzzle, suddenly you are able to see how all the pieces of your life's puzzle fit together.

I ask clients/students to work with the following simple suggestions five to ten days prior to their appointment. If you are working with advanced Kinesiology techniques and a follow-up session is scheduled for past life clearing, you may want to use the same suggestions.

1. Each day prior to a session, take 15 minutes to meditate specifically on receiving the most powerful information from your higher self during your appointment. You can ask that any blocks be removed from your conscious mind that may keep you from receiving the information and healing energies.
2. Begin a diary, or add to your current one. Review and list the major current and past issues/fears/blocks from this life; review the major trials, tests, and challenges. When working with people, it is not necessary to have them bring in or discuss the information from their diary. It is simply for them to process.

3. Next, review the good, great, successful events and achievements from this lifetime and write them down.
4. Eat healthy, light foods for a few days prior to a session. It is best to avoid fried foods, sugars, and excessive caffeine and alcohol. Focus more on whole grains, fruits, vegetables and protein. If you are currently taking any prescription drugs, it is advisable to notify your practitioner prior to your session.
5. In addition, begin to reflect on and create a list of people who have been the most influential in your life — both good and bad.

To achieve the maximum results, it is best to begin to list any unresolved issue, situation, or relationship. You may seek within yourself the wisdom and understanding of acceptance. For whatever reason, your consciousness guided you to that precise place and time for you to learn from the experience that you had. The reasons and solutions can be explored; thus releasing any blocked energy, allowing it to flow again, and continue the healing process.

It is a consultant's job to work with your energy to heal old wounds that limit the amount of love flowing through you, some which started decades, centuries, or even eons ago.

These type of sessions are geared toward improving the quality of life in the present, in the here and now. Be aware that these changes are real and long lasting. They occur on a very deep level of consciousness.

JacQuaeline can be contacted by calling (310) 473-9825.

Creating Inner Peace

by Robert A. Aboulaché

Creating inner peace is easier said than done. Yet, the reality behind it is that you really need not create anything, you need not even do anything — peace already is. Your challenge is to become aware of your endowed nature — peace, love and wisdom.

Peace is. It is not some thing out there to be worked toward. It is not even some thing inside to be attained. It is some "thing" (process or experience are better words) to be acknowledged, appreciated and honored. By acknowledging, appreciating and honoring the natural processes of life, of peace, you allow its presence to be made manifest (inwardly and in the world of other) in your life.

Peace is a beautiful experience which yields calmness, clarity and creativity. Wisdom is its partner as a natural unfoldment of honoring life and experiencing peace. So how does one attain such magnificence in one's life? It comes from mastering your self —

your body and mind so that spirit can flow more effortlessly.

We hear a lot about God. That God is every thing. God is love. God lives in heaven. And heaven is a peaceful and blissful place. We also hear that God, and the kingdom of heaven, reside within the heart of people — within our very being, within your very being. What does it all mean?

Have you ever really thought upon such profundity — that God and Heaven live within you? Have you ever experienced the awe of such ideas? Have you ever experienced peace, true peace? Or, had an experience of God?

The answers to these questions are living within you. The process of discovering them is never-ending. The depth of heaven, God and peace are infinite. Yet, through your spirit you can know (or should I say sense) the profundity of life. This is not an easy path, yet some times you can be there

spontaneously. That is the paradox of life.

I have put together a work of ideas, experiences and revelations from personal, philosophical and religious teachings in a book entitled Master Peace (see advertisement, below). This book presents a model that outlines the natural process involved in making peace manifest in your life.

It is up to you to "create" inner peace. It cannot be done for you by some one else. This book basically unites the various human endeavors toward the understanding of God and spirit, with the new thought exploration of personal transformation. It is a Holistic view point in mastering peace in your life. It teaches you how to work with your body-mind to manifest spirit.

I will donate 25% of net profit to the Touch for Health Association, if you buy from this ad and article. Thank you, and God bless.

A new book by the President of the Touch for Health Association of America...

Mr. Aboulaché is the President of the Touch for Health Association of America since 1992. He is the editor-in-chief of *The Health Informer*, *The Health Advocate*, *Perspectives In Health Care*, and *The Practical Activist* newsletters. Also, he is director of health education at United Health Plan, an HMO serving Southern California.

MASTER PEACE

a body-mind approach to stress management, conflict resolution and spiritual enlightenment

by Robert A. Aboulaché

To place an order call...

1-800-466-8342

For more information call...

1-800-99-PEACE

25% of the proceeds from this book, bought from this ad, will go to the Touch for Health Association of America. The purchase price is \$10.95. Please add \$.90 for sales tax and \$2.50 for shipping and handling. Thus, the total price per book is: \$14.35. Visa, MasterCard and checks are accepted. Thank you.

Stopping Headaches the Easy Way

by Elizabeth Barhydt, MS MT and Hap Barhydt, PhD

Almost everyone experiences a headache at one time or another. Sometimes we may take one of the many pills or nostrums displayed on the druggist's shelf or advertised with great conviction on television. Other times we may want to kick the pill habit and try to ignore it, and eventually the headache may disappear spontaneously. Headaches can vary tremendously in intensity from the barely noticeable to the real banger that can put you in bed for hours if not days. Often the most severe headaches are those most resistant to relief by "painkiller" pills.

Most headaches are the result of unresolved tension in the body, either mental or muscular. The headache will quickly disappear once that tension is released. In most cases headaches can be released by a very simple exercise. This exercise is a simple acupressure technique that is taught in Touch for Health (originated by Dr. John Thie D.C.) and is described in our book *Self-Help for Stress and Pain*.

Our community was planning a Thanksgiving dinner in the clubhouse. As the day approached, one of our neighbors had been in bed for several days with a disabling headache and was not expecting to be able to attend. These attacks occurred from time to time and after a few days cleared up. We showed her how to do the Headache Release Exercise and in a few seconds the headache was gone. She was able to attend and enjoy the Thanksgiving dinner. When we saw her several months later, Elizabeth asked her, "Are you using the Headache Release exercise that we showed you?" She replied, "You know, I had completely forgotten about it. I haven't had a headache since then."

On another occasion we were walking back up the hill to our house from the mail boxes and met a neighboring couple headed down the hill for their mail. As we greeted them, the fellow covered both ears with his hands and

backed away saying that he had a severe "migraine headache." Any sound intensified the pain. Again we showed him how to do the exercise and to his great surprise in a few moments the pain was gone.

The Tension Headache Release Exercise:

Standing erect, drop your hands to the sides of your legs and, pressing with your middle finger, look for a sore or tender point in that area. It may take a little searching, but the point will be there.

Once you have found a sore or tender point on one or both sides massage these points with your finger tip with firm pressure until the headache goes away.

Concentrate on the headache disappearing while you do this. It is OK to rub on one side at a time. It may be sufficient to rub on one side only to get rid of the headache.

Sometimes the headache will disappear in just a few seconds. Other times you may have to rub one or both points for a minute or so. In our experience it is rare for this technique to fail to give substantial if not complete relief.

If the headache is still present but greatly reduced, this is usually an indication of residual muscle tension (especially in the neck and shoulders) that needs to be released by other muscle tension reduction exercises (using TFH techniques or the Basic Balance techniques as described in our book *Self-Help for Stress and Pain*).

If the pain persists without reduction, this is an indication that other possible pathological causes need to be investigated. Check with a medical doctor.

True migraine headaches are caused by vascular pressure and may not be relieved by this exercise. How-

New 2 hour Video Tape

on

Self-Help for Stress and Pain plus Learning Blocks

A live demonstration on how to use the

Basic Balance Concept

for headaches, low back pain, repetitive muscle stress and more

by Elizabeth Barhydt, MS, MT & Hap Barhydt, PhD

Introductory price: \$34.95

regular price \$39.95

Add \$3.00 for shipping — CA residents add 7.25% sales tax

Send order to:

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Groveland, CA 95321 • (209) 962-4847

Stopping Headaches the Easy Way

ever most persons we have met with a headache they labelled as a "migraine headache" have responded favorably to this exercise. It is our belief that when most people say they have a "migraine headache", these are not really "migraine headaches" at all, but are merely severe tension headaches.

We occasionally find someone that needs to have their headache for emotional reasons. In this case the psychological need for the headache must be eliminated before the headache can be successfully handled by this method.

The common question is, "How can rubbing a point on the leg make a headache go away?" The answer is through the meridian system. The gall bladder meridians, one on each side of the body, start on the front of the head, run back and forth across the top of the head, and then go down the shoulders, the two sides of the body, and the outsides of the legs, ending at the feet. When the gall bladder acupuncture point GB-32, located on the side of the leg, is rubbed, the gall bladder meridian is activated to drain the tension from the head, releasing the headache.

Next time you have a headache, before you reach for the pill bottle, try activating your gall bladder meridian by doing the simple exercise described above. Most likely you will never need to reach for the pill bottle.

If you have any questions, you may write or call:

Elizabeth and Hap Barhydt
22625 Ferretti Road #15,
Groveland, CA 95321
(209) 962-HUGS

Why order Touch for Health Certificates?

We've recently have gotten several calls at the Association head-quarters about certificates and why they were so expensive. Well, here is a brief answer to the inquiry. Please understand we're building an organization that validates Touch for Health in the world of health care.

Touch for Health certificates are the Associations means to continue the myriad of services available to professional instructors. This includes operating an 800 telephone line to answer questions, inquiries and then to send you referrals. But more than this, it is the only means we have to regulate who has taken Touch for Health, by whom, when and then to follow-up with new graduates giving them support materials to augment your course.

All of this takes money, personnel time and a facility to provide a strength to your profession. We've heard complaints about the cost of purchasing certificates. So, we lowered our price to \$5 per certificate (and we provide the printing of names on the certificates too). And, we're still hearing complaints. We cannot operate this Association, and expect to grow if we don't meet expenses. \$5 is a very, very small price to pay to insure that good quality materials continue to be developed from the Association headquarters and that you continue to have the strength of a national Association supporting your efforts.

But, most importantly... we are tightening our reigns as to who is qualified to represent the Association as a professional. This must be done in order to establish our selves as a viable and reputable organization. In other words, we are setting up our computer system to track all activity by our instructors and their respective students. This will allow us to reward

you (financially and otherwise) as your students progress along the Touch for Health curricula. Moreover, this tracking system is one of the many steps necessary in making Touch for Health acceptable to other professional health care organizations and regulatory agencies in the United States.

So, take Touch for Health seriously. Follow the simple and inexpensive procedure of buying Touch for Health certificates for your class graduates. We'll all win in the end!

Very simply, send in your class roster along with \$5 per student to the Touch for Health Association. Or you can Fax us a copy of the roster at (310) 457-9267. Payment can be made by check, Visa or MasterCard. The certificates will be sent to you, or directly to your students if you prefer. If you have any questions call us at the Association, we'll be happy to explain the proper procedure. Thank you.

The Touch for Health Association

would like to give

Ms. Judy Levin

a heart-felt

"Thank You!"

*for her generous donation of a brand new
Fax machine.*

Our new Fax number is
(310) 457-9267

We're Looking For Some New Board Members... Could It Be You?

The Touch for Health Association is looking for hard-working dedicated individuals to join the Board of Directors. Your role, should you be interested, is as a driver of the organizations growth into the millennium. The requirements? Integrity. Honesty. Persistence. Follow-through. Professionalism. And a warm spirit dedicated to health, wholeness and the highest good for the Touch for Health Association.

We have five (5) seats opening up this year on our Board. We need people who know Touch for Health, want to insure its success, and are dedicated to making Touch for Health become accessible to every one.

Being a Board member is a dedication few can meet. It means being able to invest your money to attend Board

meetings (\$1,000 annually — tax deductible). It means being able to devote your time (approximately 2-to-3 hours per week — also tax deductible) on Touch for Health Association business.

On the other hand, the rewards are immeasurable. There is the true reward that dedication brings when you devote yourself to a great cause. There is the reward of being involved in this very important time in the Touch for Health Associations growth. With the health care arena changing, our commercials airing and our potential for growth in this climate of change Touch for Health will experience dynamic and fruitful rewards. There is another benefit — personal growth. You will be challenged to stretch yourself and grow with us as we expand our frontiers.

We basically need people who are familiar with Touch for Health, and either have business, accounting or legal expertise. Of course, if your specialty is a pure heart and a dedicated spirit, we too invite you to run for office.

If you're interested in becoming a Touch for Health Association Board member call us at 1-800-466-8342 for an application. Elections will take place at the 1994 Annual Meeting. You need not be present at the meeting to participate or vote or even win a seat on the Board. Deadline for being placed on the ballot for the Board is June 1, 1994.

Thank you.

Touch for Health Association
Board of Directors

Advanced Course Schedule

Course	Location	Dates	Instructor	Contact
Location and dates subject to change - call to confirm.				
ITW	Los Angeles	May 16-22	John Maguire & Dr. Thie	310-457-8407
ITW	Green Lane, PA	May 29 - June 5	Paula Oleska	212-864-4507
ITW	Bellingham, WA	June 11-18	Victoria Di Ana	303-233-3838
ITW	Vancouver, BC	July 12-18	Marge Murray, Victoria Di Ana	604-922-8811
ITW	Durham, NC	June 13 - 19	Arlene Green & Dr. Thie	919-929-4081
ITW	St. Louis	August 28 - September 3	Norma Harnack	314-647-0903
ITW	New York, NY	September 17 - 24	Paula Oleska	212-864-4507
ITW	St. Louis	November 4-10	Norma Harnack	314-647-0903
PKP I	New York, NY	June 18 - 22	Irene Yaychuk	212-864-4507
PKP III	Vancouver, BC	June 29 - July 5	Bruce Dewe	604-922-8811
PKP III	Toronto, OT	July 22-28	Bruce Dewe	519-759-3524
PKP IV	Vancouver, BC	July 12-18	Bruce Dewe	604-922-8811
PKP IV	Toronto, OT	July 30 - August 5	The Dewes	519-759-3524

THE TOUCH FOR HEALTH INSTRUCTOR TRAINING

A 7 Day Certification Program

- Earn income teaching a variety of TFH classes
- Master communication, presentation and enrollment skills
- Have fun while making a difference in peoples' lives

WHAT YOU WILL LEARN:

Marketing

- enrollment skills
- giving effective demos
- utilizing publicity
- building a following
- advertising/flyers
- presentation skills
- follow up
- networking

Logistics & Management

- handout materials
- using assistants
- room set-up
- site selection
- record keeping
- checklists
- project management
- structuring breaks

Teaching

- mastering the TFH techniques
- course timelines & syllabus
- managing the class energy
- structuring hands-on practice
- how to use TFH texts
- handling skeptics
- communication skills
- presentation strategies

Have you completed TFH I, II & III? Do you have a good working knowledge of the skills in the TFH book? Do you want to develop a successful seminar business teaching TFH I, II & III workshops? If you can say yes

to all of these questions, then this course is for you! Once you have completed TFH I, II & III courses, and attend this comprehensive course, you can become certified to teach these as well.

About Your Instructors:

Dr. John Thie is the president and founder of the Touch For Health Foundation. Since writing the book *Touch For Health* in 1973, he has helped establish 25 world-wide associations which have spread this work to over fifty countries. Dr. Thie is the founding chairman of the International College of Applied Kinesiology. Known for his dynamic and inspiring presentations, he has presented the TFH system on six continents.

John Maguire is a senior faculty member of the International Kinesiology College. Renowned world-wide as one of the best instructors in this field, he has studied extensively with Dr. George Goodheart, the founder of Applied Kinesiology. As a massage therapist presenting TFH from Moscow to Malibu, John has benefited major corporations, medical and massage schools, and world-class athletes. He is the author of the book *Maximum Athletic Performance System*.

Arlene Green is the newest faculty member of the International Kinesiology College. An instructor since 1981, she is known for her clear informative presentations and has been one of the most active instructors in the United States. She has served on the Board of Directors of the Touch for Health Association of America since 1990 and is author of *The Top Ten Pain Releasers*.

Location: The Radisson Hotel 1111 2nd St.

Fee: \$795 preregistered, if not; \$895

Dates/Times: May 16 - 22: 9:30am - 6:00pm

Accommodations: (tax not included)

The Radisson (310) 394-5454

\$115 single \$125 double (ask for special rates)

Hotel Santa Monica (800) 231-7679 (4 miles from wkshp)

\$59 - 69 single \$69 - \$79 double (AAA discounts)

Location: The Center for Self-Discovery, Durham, NC

Fee: \$795 preregistered, if not; \$895

Dates/Times: June 13 - 19: 9:30am - 6:00pm

Accommodations: (tax not included)

Meredith Suites (800) 866-4787 (1 block from center)

\$59 single suite \$99 double suite

includes breakfast and free airport shuttle

Red Roof Inn (919) 361-1950 (1 mile from wkshp)

\$32 single \$37 double

Location: Touch for Health Annual Meeting

Fee: Call for special rates: (604) 737-7779

Dates/Times: June 13 - 19: 9:30am - 6:00pm

For more information call: 1-800-466-8342

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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
- Or, towards your membership dues
- New memberships must identify their sponsor (you) at the time of purchasing a membership

Benefits of Membership

Associate Member - \$25 (US)

- A subscription to the *Keeping InTouch* newsletter

Basic Member - \$50 (US)

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

Instructor/Professional Member - \$100 (US)

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

1-800-466-TFHA

Touch for Health Association

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invite you to attend their...*

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