



*Keeping...*

# *InTouch*

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

Winter 1994-95

Volume 5

Issue 1

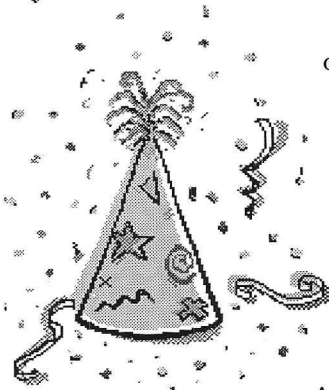
## **JULY 5-9, 1995 Our 5th Birthday !**

Yeah.. it's a party and you're invited!!!! That's right, a party!

In 1990, in the reformation of the Touch for Health Foundation the Touch for Health Association was born. If you were there then you know how the Foundation membership rallied together and committed itself to form a new Association. And we sure did it...

This year we made leaps and bounds and we have alot to celebrate. As you read through this newsletter notice just how much we've grown. We finally have proved to each other we can make the difference by pulling together, working through the hard times and excelling beyond our prior limitations.

Some of the things we're celebrating are our growth in membership, our full-time staff, expanded benefit package, and our victory as a people dedicated to the cause of bringing self-help health care to everyone who so desires. Yes, our 5th year is proving to be outstanding.



This years party will be held in Columbus, Ohio. Why Columbus? Well in 1994 Columbus became our first satellite center. Columbus was chosen as a center because of the hard work of many individuals that pulled together, taught classes and formed a network of Touch for Healthers.

We're proud of the Columbus group, who was first headed by John McMullin and now by a slew of others dedicated by the Touch for Health mission. Since Columbus serves as a hub to 55% of the U.S. population, the Ohio center should prove to be our largest and most fabulous.

And now that the national office in Malibu has a partner in the midwest, we are going to throw a big bash. We've rented out the Hyatt Regency. This hotel is absolutely beautiful. Everything we need for our party is there, great rooms, great food, and a great ambiance.

And once you join us we will have great fun with great people.

We've come along way and we're ready to celebrate... come and join us, July 5-9, 1995 and let's party!!!

## **A Supraspinatus Story**

by Richard Utt, PhD

My first of a series of stories about each of the 14 muscles of Touch For Health has special meaning to me. First, let me give you some background information.

In January, 1979, Dr. Sheldon Deal introduced me to Applied Kinesiology and Touch for Health. At the time the likelihood of my survival from Bohcet's Syndrome was improbable. With symptoms of ischemia, left-sided semiperiosis, gout, pseudo gout, phlebitis, gastroenteritis, diverticulitis, vasculitis of the brain and brainstem and on and on. He had a lot to work with. With the use of Applied Kinesiology (AK) and giving me Touch For Health instruction from the Touch for Health Book, life began to change for the better.

Improvement continued and I became quite interested in Touch For Health. Dr. Deal encouraged me to take an ITW from Gordon Stokes in March 1981 after already using the Touch for Health manual for two years. In May of that year, following my training in Touch for Health, Sheldon took me to a Dr. Goodheart seminar in Phoenix, Arizona. One of the many

*continued on page 7*

# From the National Headquarters

*"...the larger number of humans I undertook to serve, the more effective I became..."*

R. Buckminster Fuller

Everyone I talk to is excited about 1995, sensing a time for rapid growth and expansion. Here at TFHA we're geared up and ready for it. The Board of Directors have been working hard behind the scenes to bring TFHA to a new level. Plans are in place and operations have begun to provide more benefits and to expand our membership base. Watch your mailboxes over the next six months.

In this issue we are very proud to announce some of the details of our recognition by Summit University of Louisiana. I've had the privilege of knowing Melvin Suhd, the founder, for ten years. I've watched the University grow and have learned a lot from Melvin about vision in business, long term goals and results. I encourage any member or student to seriously look at the opportunity to earn your college

degree using TFH classes through this marvelous institution.

To help you continue to succeed, here are a few little reminders or helpful hints: Work smarter, not harder. Take a few minutes each day over the next week, clear a space physically, emotionally and mentally, write down your thoughts on your personal and business vision, mission and purpose. This will give you a focused framework for specific goals. Then, set new goals, short and long term with time frames for completion. Remember, there is no such thing as an unrealistic goal, just unrealistic time frames.

As a Touch for Health goal we plan to bring new benefits to all members and aggressively share the TFH opportunity for self-help with more of the public expanding our membership to over 1,000 by the end of 1995.

With loving light,

JacQuaeline  
Executive Director

## Advanced Course Schedule

Location and dates subject to change - call to confirm.

ITW = Instructor Training Workshop • PKP = Professional Kinesiology Practitioner

Course	Location	Dates	Instructor	Contact
ITW	Poland	February 1995	Paula Oleska	(212) 864-4507
PKP I	Chapel Hill, NC	Feb. 27-March 5	Arlene Green	(919) 933-9299
ITW	Pennsylvania	March 12-19	Paula Oleska	(212) 864-4507
PKP I	Ohio	March 23-28	Arlene Green	(919) 933-9299
ITW	St. Louis, MO	March 31-April 6	Norma Harnack	(314) 647-0908
PKP II	Chapel Hill, NC	April 3-9	Arlene Green	(919) 933-9299
I.Update	Vancouver, Can.	April 7-8	John Maguire	(800) 501-4878
*ITW	Houston, TX	April 24-30	Marge Murray & Salvador Ayala	(414) 251-9418 (409) 765-6826
	*Bilingual, Español/English			
ITW	Milwaukee, WI	May 22-28	Marge Murray	(414) 251-9418
ITW	Santa Monica, CA	June 19-25	John Maguire	(800) 501-4878
Special advanced programs pre & post Annual Meeting Conference, watch for details				
ITW	Bellingham, WA	Aug. 6-13	Victoria Di Ana	(800) 484-7213 x9611
ITW	Chapel Hill, NC	Sept 11-17	Arlene Green	(919) 933-9299
ITW	New York, NY	September 17-28	Paula Oleska	(212) 864-4507

## Touch for Health Association

### Logistics

### Board of Directors

Robert A. Aboulaché	President
Cindy Fulton	Vice-President
Geraldine Rhoades	Secretary
Michael Frazier	Treasurer
Salvador Ayala	Program Dev.
Paul & Nancy Burdelsky	Resource Dev.
John Butts	Resource Dev.
Irene Cummings	Program Dev.
Judy Levin	Operations
John McMullin	Resource Dev.
Marge Murray	IKC Faculty Liaison

JacQuaeline	Executive Director
Laura Sudar	Member Relations

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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	\$25

### Advertising Rates

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

### Touch for Health Association

6955 Fernhill Drive  
Malibu, CA 90265-4238  
(310) 466-8342

Fax: (310) 457-9267  
printed on recycled paper

# From The President...

Winter is a time when the seeds we've planted take root and prepare themselves to sprout. A reorganization within the seed takes place and growth is eminent. As the seed's shell cracks, opportunities abound. If the "seed" is to preceed, it must utilize the resources around it to help guide and nurture its new self. Well, we at Touch for Health are experiencing a Winter season and our seeds are taking root.

Last Fall we developed a strategy to build Touch for Health and the Association from the inside out. We wanted to strengthen our foundation as an Association -- to offer you more "bang for the buck". So we planted our seeds. We wanted more benefits so that you can have greater opportunities in life. We wanted a greater cohesiveness among Touch for Health Instructors and to professionalize our work. We wanted to introduce a product line to assist you in all your healing work. We wanted to know who was doing what and help you promote your classes or get you involved with other Touch for Healthers'. So those seeds we planted are now beginning to sprout...

In December 1994, we finalized agreements with Summit University of Louisiana to provide college credit for your Touch for Health course work. Yes, that's right, you can now earn a college degree with your Touch for Health course work. Keep on the lookout, we will be sending you a packet about Summit, our recognition and your college crediting process. So, how's that for a seed to professionalize our work?

As Touch for Health Instructors, we need your cooperation to be able

to fulfill our obligations and propel Touch for Health further. As we send you information, please follow through on our requests. We have a lot of work to do, and you are essential to it.

We have also been in touch with Three-in-One Concepts and Applied Physiology to be part of our course work. Edu-K, Bio-Kinesiology, Transformational Kinesiology and the Professional Kinesiology Practitioner courses are next. Although specific curriculum has not yet been determined, we estimate that we have enough course work to offer you a doctorate in Specialized Kinesiology. Is this a seed or what?

Meanwhile, you can start transferring your past work in Touch for Health for University credit and begin putting letters behind your name. Keep on the lookout for our mailer

other goodies designed to help you augment your health for the better. If you have any products and would like for us to help you promote your wares, give us a call or fax us a note and let us know. This is a seed that will help all of us grow in greater prosperity.

By Summer we should be ready to bring on the new productline. We have a membership that is motivated to bring healing and wellness to life. a membership that is multitalented. We are writers, healers and educators bringing great health information to the masses.

Also, as a new benefit to you, we are now affiliated with Thomas Cook American Express Travel Agency. This means great deals on all your travel plans. We have massive group buying discounts that will prove big savings to you. So whenever you travel, remember Thomas Cook. When you get your forms, fill them out and save!

And of course, we are celebrating our Fifth Birthday this year. We're going to have a party in Columbus, Ohio on July 5 - 9, 1995, and we want everyone to come. We want you there so much we'll even pay you to bring someone. That's right... any non Touch for Health member you bring to our annual meeting means \$50 back to you! That's \$50, 25% off the basic cost of the conference! Read about our Annual Meeting

(our birthday party) in this newsletter and register, we're gonna have a great time - we have a lot to celebrate!!!

Peace, health & enlightenment,

Robert A. Aboulaché



Some of the Local Ohio Chapter and National Board of Directors of TFHA gather in Columbus, Ohio

describing Summit, or call the Association at 1-800-466-TFHA to get started right away.

If that were not enough, we now have begun arrangements to introduce a Touch for Health member product line. We plan to have books, charts, tapes, research reports, and a slew of



October 1994, Columbus, Ohio



Closing panel, (shown above from left to right) including John McMullin, Joseph Bassett, Robert Aboulaché, Christopher Hegarty, Dr. Valerie Hunt

## 1994 Wellness Symposium

by Cindy Fulton

Mix together parts of Touch For Health, Kinesiology, allopathic medical techniques, complimentary processes, a little drumming, a bit of dancing and over 300 participants.

Add to this mixture equal parts of Dr. Dan Hessler, Erie Chapman, and Chris Hegarty to enrich the recipe. Top with liberal doses of Dr. Valerie Hunt. Blend well for 3 days and you get the 1994 Wellness Symposium held in Columbus, Ohio last October.

Participants enjoyed a wide selection of learning opportunities. Attendees received a free balance from a variety of facilitators. Another perk was the experience of the meditation room with music and tinkling water fountains, as well as beautiful art works.

Many people worked very hard to bring this Symposium to fruition. It was obvious that each participant, volunteer and presenter gave their best to make the symposium a very special and memorable experience.

A closing panel, (shown above) including John McMullin, Joseph Bassett, Robert Aboulaché, Christopher Hegarty and Dr. Valerie Hunt fielded questions from the audience. These inquiries included how to integrate complimentary techniques into allopathic institutions such as hospitals, employee assistance programs, and health insurance. Evaluations from the attendees rate the weekend an overwhelming success.



Above, left to right: John McMullin, President of Journeys of Wisdom; Robert Aboulache, President of TFHA; Dr. Valerie Hunt, Keynote speaker at conference, author, researcher; JacQuaeline, Executive Director, TFHA.

## PERSISTENCE . .

*Nothing in the world can  
take the place of  
persistence.*

*Talent will not;  
nothing is more common  
than unsuccessful  
men with talent.*

*Genius will not;  
unrewarded genius is  
almost a proverb.*

*Education will not;  
the world is full  
of educated derelicts.*

*Persistence  
and determination  
alone are omnipotent.*

*Calvin Coolidge*

**Get involved !  
AN OPPORTUNITY TO SERVE**

## WANTED!!! VOLUNTEERS

1995 Annual Conference has  
VOLUNTEER OPPORTUNITIES

Our 1995 Conference Team is already in action 'behind the scenes'.

Whether you have an hour here and there or lots of time to give consistently, we can use your help.

Join a team of dedicated, caring, Touch For Health-kind-of-people. Help us make this the Annual Meeting Conference the biggest and best meeting ever!

If you are willing and able, local or far away... please call Dee Martin, our volunteer coordinator: (614) 452-5411 wk.; (614) 453-6468 hm. - or - contact TFHA (800) 466-8342

# **Spirit Of The Healing Heart**

***the Touch for Health 5<sup>th</sup> Annual Meeting***

**October 5-9, 1995  
Columbus, Ohio, USA**

This years annual meeting promises to be our most progressive. We have broken the mold of past meetings by inviting authors, professors, practitioners and visionaries from related fields to broaden our awareness of healing. Of course, we will continue to bring the very best of Touch for Health: caring, compassionate and comprehensive self help health care.

As part of our expansions, we have invited many "big name" authors, setting the stage for an informative and fun experience. Unfortunately, at the time of printing this newsletter I cannot confirm our headline keynote address, but we guarantee you will be pleased. Until then you can depend on receiving the very best from Touch for Healthers — the best that have allowed Touch for Health to grow for the past 20 years!

Of course, you can look forward to Dr. John F. Thie, founder of Touch for Health, in bringing the beauty of touch healing to life. His heart felt insights and inspirations are what has brought us all together. This year marks the 22<sup>nd</sup> anniversary of the Touch for Health book. Dr. Thie is as happy as we are for the gifts Touch for Health has brought and he is sure to bring us his glory as we celebrate the healing effects of Touch for Health.

And there's more... Dr. Sheldon Deal, Dr. Wayne Topping and Dr. Richard Utt, will be joining us to bring the "Spirit of the Healing Heart" to life. We have over 100 presentations by health professionals. We'll have medical doctors, chiropractors, acupuncturists, therapists, futurists and a slew of others bringing something for everybody. You can count on top-

ics that range from personal growth and development to professional practice expansion and hundreds of practical techniques for client and self help implementation.

As many of you already know, Touch for Health Annual Meetings bring a family atmosphere to life. Our hug committee, balance room and continual group involvement bring friendships to life and happiness to



reality. The benefits of attending are so numerous that only the beauty of the Touch for Health synthesis compares.

We have chosen Columbus as our 5th Annual Meeting site because we empathize with our midwestern and eastern members. They have been traveling to the west coast for 19 years, it's time we came out to them. We're also celebrating the opening of the Ohio region, and we would like everyone in the Touch for Health family to show them how proud we are. By the way, Columbus serves as the hub to 55% of the U.S. population. This gives

us access to people in a way never before attempted. Sooo, you can count on many new faces and friends coming to our meeting.

And that gives us even more... Saturday Night Live, our annual talent showcase that brings alive laughter, togetherness and entertainment, is sure to bring new gifts from the heart. Yes, more laughs, more tears, more fun... we're looking forward to our time together.

We want every member to come celebrate our 5th birthday. We are offering all Touch for Health members, basic or above, \$50 for every non-member you bring. That means, bring a friend and you get \$50, cash. Invite people from your classes and you can earn a bundle! We want to pay you to come... the more the merrier... just help us sell out our conference, we'll pay you for your efforts! \$50 for every non-member that registers. Sounds great, huh?

So, you get: over 100 presentations; as many balances as you could want; new friends; fun; and a five-day adventure into the "spirit of the healing heart."

***Call the Association for more information or to register;***

**1-800-466-TFHA**

**(310) 457-8342**

*outside the US*

## WHAT'S NEW?

### ***Touch For Health Goes to College! Summit University of Louisiana***

Touch For Health Association is proud to announce our recognition by Summit University of Louisiana. TFH 1, 2 & 3 classes are now eligible for college credit. Contact Summit for more details on how to earn your Bachelor Degree, Masters Degree or Doctorate Degree using credits from your Touch For Health Classes. Summit is also capable of issuing CEU's for our classes.

Summit U of L is a university without walls. The Founder, Melvin Suhd maintains the notion that the traditional university system he worked in for most of his life is not addressing the needs of today's society. Too many people have eclectic studies, traveled

extensively doing research, or taken a variety of independent classes, seminars and training programs which have been ignored for credit by established learning institutions. Normally, if enrolled in one college and you take a program elsewhere, you do not get full credit or any credit. Summit addresses this issue. They do not teach classes, rather review your personalized course of independent study and relevant life experiences.

Once registered, a learner meets with a supervisor and customizes a degree program which supports the specific needs of that person and their lifestyle. A student simply fills out a Summit U of L Registration Form.

Your TFHA instructor simply mails these into the university. Summit will mail the college transcript direct to the student.

How much does it cost? All Touch For Health I classes are covered for college units at no cost. There is a minimal charge of \$5 per unit for TFH II & III courses. This money is mailed directly to Summit with registration cards from the instructor.

Please make sure your instructor is REGISTERED with TFHA to get full benefits and class recognition toward your next degree.

For more details, contact TFHA or Summit U of L (504) 241-0227.

#### **Touch For Health Instructors Corner**

***What does it take to be a  
Touch For Health Instructor?  
AND, once I am an instructor,  
what do I need to do?***

1. Complete TFH 1, 2 & 3 and an Instructor Training Workshop (ITW)
2. Maintain a "Professional Membership" if you are teaching a "Touch For Health Association" class.
3. Follow the TFHA approved course Syllabus for Touch For Health I, II, & III.
4. Have each student sign the Class Roster for TFHA Registration purposes.
5. Remit \$5 per student per class TFHA Registration Fee to Touch For Health Association.
6. Register students with TFHA by turning in class rosters & fees within 10 days of completion of any TFHA Approved Class. Check legibility of names if you're requesting certificates for your students
7. Have each student fill out a "Community Learning Validation Division" form - from Summit University of Louisiana. Instructors are to mail these forms to Summit University within 10 days of completion of any class. No money is sent to Summit University of Louisiana for TFH 1 CEU's or college credit.
8. Upon Receipt of Student Class Certificates from TFHA, simply sign certificates at the bottom, and forward to your students.
9. Maintain any and all state and local business requirements, i.e. licensing, taxes, etc. for doing business.
10. Maintain Instructor Update requirements every two (2) years by attending a TFHA Annual Meeting or an Instructor Update.
11. Whenever possible, list upcoming class dates with TFHA office for publication.

If you have any questions, please contact TFHA office.

#### **TFHA MEMBERS TAKE A TRIP**

#### **TRAVEL BENEFITS**

Business or pleasure, your TFHA membership can now  
**SAVE YOU MONEY!**

U.S. members, watch your mailbox for the Thomas Cook Travel Agency discount registration form. When you get your form, take a moment to fill it out and send it in to Thomas Cook/American Express Travel Agency.

Thomas Cook professionals are eager to serve your travel needs. Whether it be a special get-away at a fabulous hotel at corporate discount rates, a rent-a-car or an extended vacation, check with Thomas Cook. Make sure you mark their phone number in your rolodex and remember, to call Thomas Cook when making arrangements for your trip to Columbus, Ohio, July 5<sup>th</sup> for our Annual Meeting. ***Another new benefit from TFHA.***



# A Supraspinatus Story *(continued from page 1)*

subjects addressed was that of the Supra-spinatus muscle. Dr. Goodheart went on to proclaim that the Supraspinatus muscle was a key muscle to work with in frozen shoulder syndrome.

About a month later I was visiting Las Vegas, Nevada and enjoyed myself a little too much. The next thing I knew I was in an intensive care unit at the local hospital with brain stem swelling.

Forced to sit up-right to keep pressure off of my neck, occipital area and brainstem, left me in a compromising position. While sitting there, the head nurse of the hospital came into

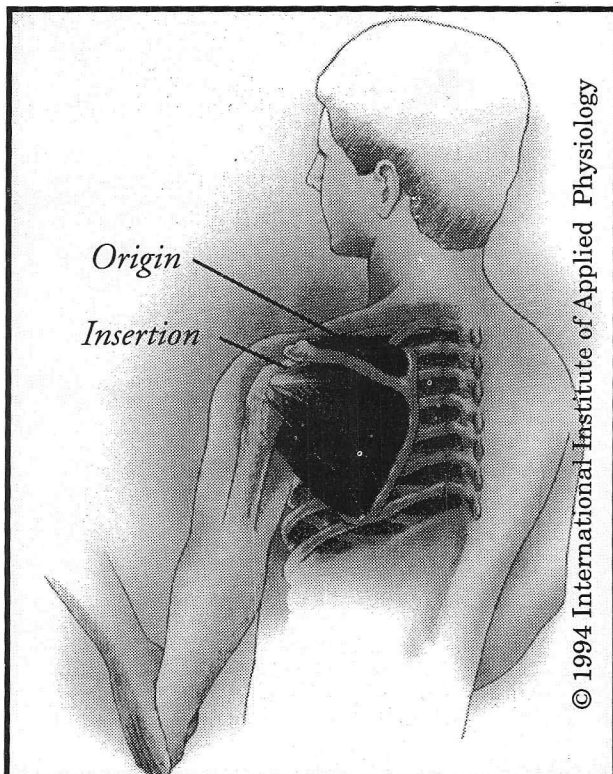
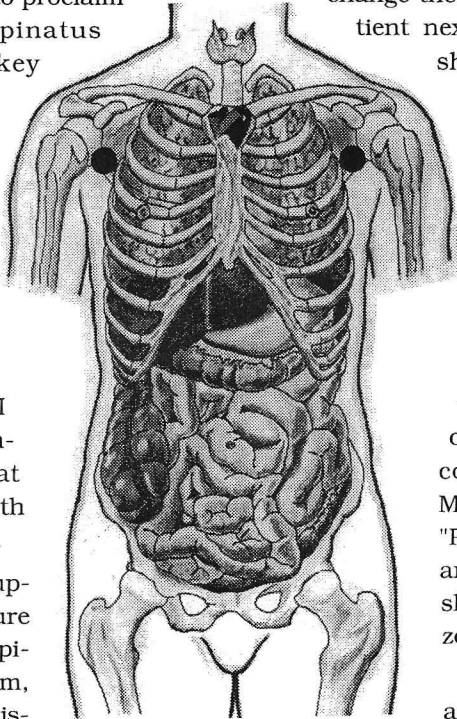
my hospital room. I overheard her say to the floor nurse to please change the IV bottle for the patient next to me. She said she would, but complained that her shoulder was frozen and was unable to lift her arm above her waist.

"Ding!" A bell rang in my head. I curled my index finger and with a whisper asked her to come closer so she could hear me. "Yes, Mr. Utt," she replied. "Please lift your right arm," I said. "I can't," she said, "I have a frozen shoulder."

I raised my arm and gently rubbed both neuro-lymphatics. "Nurse," I whispered again, "raise your right arm."

Again, she responded, "I told you I can't". "Humor me," I pleaded. She then slowly moved her arm first waist high, then shoulder high, then over her head, and finally around and around, back and forth. Needless-to-say, when I requested special salads and a chiropractor that could apply Touch for Health methods, she arranged for the red carpet treatment.

When I entered the hospital it wasn't likely, according to the Doctor, that I would be leaving anytime soon. Thanks to Touch for Health, the Supraspinatus muscle and the genius of Dr. George Goodheart, a frozen shoulder was released and a very grateful nurse opened doors previously closed. Within five days I was capable of walking out of the hospital and more excited than ever about Touch for Health.



## FACILITATION MONITORING

### Contraction to extension

(facilitation monitoring)

#### CLIENT START POSITION:

Client supine. Elbow of arm to be monitored extended. Arm flexed anteriorly approximately 30°, palm facing pubic bone on midline of body.

#### MONITOR HAND POSITIONS:

Fixating hand on shoulder of arm to be monitored. Monitoring hand on dorsal side of lower arm close to wrist.

#### MONITOR:

Push arm to midline of body and hand to pubic bone.

#### RANGE OF MOTION:

Beginning of position 1: arm flexed anteriorly approximately 30°. End of position 7: arm all the way down to midline of body.

**Touch For Health...  
the business side of things**

**Be sure you are  
Legally Covered!**

Here are some things to note if you are utilizing the Touch For Health methods in relationship to others either for fee, donation or simply as gift.

First of all, remember, TFH utilizes an educational model. We do not treat others, we teach them how to rebalance their bodies using simple self-help techniques.

Some cities have a variety of ordinances restricting a person's actions without registration or license. An example would be the need of a massage license to touch a body, or a state license in psychology if you are counseling or giving advice.

Be sure you have local business licenses as required for your city and state when doing any business and pay taxes on income. City business licenses are usually very easy to get. Be responsible and remember to keep accurate records for tax purposes.

Under the Constitution of the U.S., separation of church and state, there may be an alternative solution for many Touch For Health Professionals who feel restricted by state licensing requirements.

An ordained person may administer spiritual healing and counsel without restriction or concern for prosecution. Many churches and religious organizations have specific class requirements for ministerial and ordination requirements. AIWP (Association for the Integration of the Whole Person) is one of many organizations who may offer alternatives to state and government restrictions or licensing.

AIWP, is registered as a non-profit, non-dinominational religious organization and states in their bylaws that working with people, be it through touch, speech, or other methods is a spiritual right sanctioned by the Constitution of the United States. AIWP says if a person is qualified to minister in a way that will assist the balance of an individual, they are performing a spiritual function, covered by the AIWP ministerial.

After extensive and lengthy study, AIWP has concluded that TFH Training would meet their criteria and standards required for consideration of an ordination or ministerial.

The following is the abstract of the AIWP Credo.

*LOVE OF LIFE and  
people is achieved*

*through an integrated awakening of physical, mental, spiritual, and emotional processes. Life itself is a religious experience as realized in the temple of my being. I am performing a religious service, when my thoughts and deeds involve an affirmation of life. My congregation is both myself and those who seek my support in striving towards an integration of the whole person. To serve others for fee or gratuity, who seek my assistance in the pursuit of this religious experience is both my commitment and my right, free from any prosecution and supported by the Association for the Integration of the Whole Person in agreement of principles with the Constitution of the United States. Membership in the Association for the Integration of the Whole Person will be denied or revoked if I interfere with or injure the rights of others, perform criminal acts, or practice medicine without a licence. My service, whether for fee or gratuity, is limited to the areas for which I have been qualified.*

**WIN A FIVE YEAR MEMBERSHIP!**

**FUND RAISING RAFFLE**

Our goal is \$5,000 to help us purchase new equipment!

- \$5 tickets for a 5 year Basic Membership worth \$250
- \$10 tickets for a 4 year Professional Membership worth \$500

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**payable to:**

Touch For Health RAFFLE -  
your name address & phone,  
indicate # of tickets, Basic or Professional.

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of Hands-on  
Healing Arts**

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San Diego, CA  
Albuquerque, NM  
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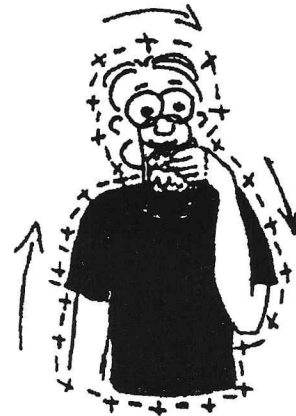


# Top 10

## Release stress from the inside out with the Stress Releasers

by Sharon Promislow  
Drawings by Elana Promislow

Here are 3 of the top 10 activities to promote balanced body energies and hence stress-free, optimal brain-body functioning. Drawn from many holistic disciplines, all are utilized in applied kinesiology, and all support an integrated sense of wellbeing. This handout was not designed to stand alone, but rather to support a full educational presentation made by a certified kinetic instructor. The techniques, although simple, are best learned correctly, and in the context of a full understanding of the stress response and how it impacts our emotional, structural and biochemical functioning.



### 1. DRINK WATER!

If you have no medical limitation doctors suggest the average person drink one third of an ounce per day of pure water for every pound of body weight, and more if one is physically active. That's a glass of water for every 10 kilograms. Go with the flow with H<sub>2</sub>O!

Water is essential to proper lymphatic function, upon which depends the nourishment of the cells and removal of waste and toxins from the body. It also provides the hydration necessary for conduction of electrical impulses through the body. Water heightens energy, improves concentration, improves mental and physical coordination, and academic skills. It is especially helpful while working with electrical machines (computers, etc.) that may negatively affect our body.



### 2. 'Plug In' for Balance

Here's an important electromagnetic quick fix, to balance disturbances to the body's electrical signaling system. Point in five fingertips of one hand around your navel, and hold them there during the next two steps.

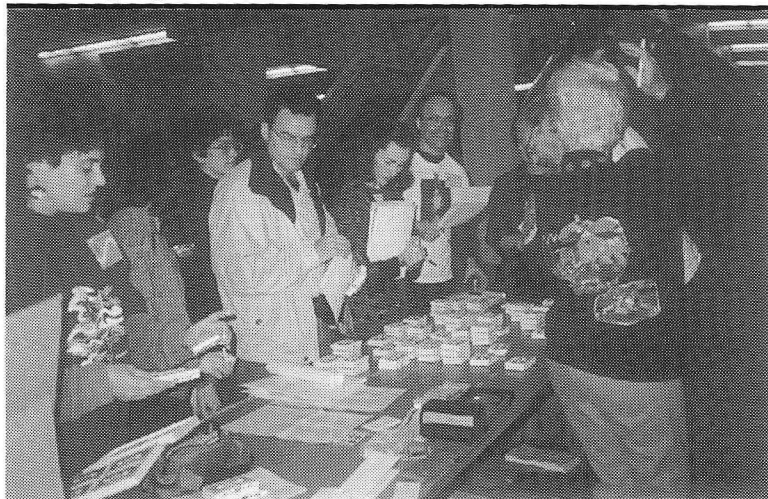
1. For Left/Right Balance - Massage in the hollows just below the collar bone on either side of the breastbone.
2. For up/Down and Front/Back Balance - Massage below and above the lips to stimulate the central and governing energy meridians of the body.  
(#2. Elizabeth & Hap Barhydt developed this and call it '5 Finger Quick Fix'.)

### 3. Jump Start Your Brain

Use this when it's hard to "do" and "think" at the same time. This Cross Patterning technique from OneBrain makes the brain shift between integrated and one-sided hemispheric processing.

1. Do 6 or 7 sets of the Cross March, touching hand to opposite knee. This activates both sides of the brain.
2. Switch over to a one sided march, same side hand and leg. (Imagine being a puppet on a string.) Do 6 or 7 sets. This fires off one side of the brain/body at a time.
3. Alternate between a set of cross march and a set of one-sided march, 6 or 7 times or until the shift is smooth. Always end on cross march.

This series of the Top 10 Stress Releasers will continue in our next "In Touch" Newsletter. This information has been excerpted from the Top 10 Professional Speakers materials and is solely designed to support an educational presentation by a certified kinetic instructor. For more detailed information on these techniques contact the author: Sharon Promislow, Enchanted Learning & Integration Inc. 3584 Rockview Place, West Vancouver BC, V7V 3H3 (604) 922-8811  
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## Remembering Henry

Henry Weissenberg fled to the United States in 1938 from strife-torn Germany, hopeful that his parents and sister could follow his route to safety. He never saw them again. They died, presumably, during the Holocaust. But Mr. Weissenberg carried on the family's Mercantile legacy by rising from an immigrant usher to become a manager and then owner of a jewelry business in San Diego.

Henry died of cancer Tuesday, January 3, 1995 at Alvarado Convalescent and Rehabilitation Hospital. He was 82.

Mr. Weissenberg was in his mid-20's and working in a department store in Berlin when he fled his native land for the United States. He started in business with his father, who operated a gift store in Beuton, Germany.

He met his wife, Idelle, 54 years ago in Chicago. They married four months later and moved in 1944 to Los Angeles, where he managed a jewelry store. Henry moved to San Diego in 1945 and later managed Schiller's Jewelers at what

*"People who say  
it can not be done  
should not interrupt  
those people  
doing it."*

was then the College Grove Shopping Center. Mr. Weissenberg opened Mission Jewelers in Grantville in 1969.

Mr. Weissenberg tried to track down his family roots in 1980, visiting the site of Auschwitz, but he was unable to find their records. A long time community volunteer, Mr. Weissenberg was president of B'Nai B'rith's Weinberger-Breitbard Lodge in 1981 and 1982 and supported the **Touch For Health Association** and the Israeli Tennis Association. For 20 years, he donated watches to salutatorians at Patrick Henry High School. In addition to his wife, he is survived by a daughter, Barbara Brandenburg, and a son, Gary Weissenberg, both of San Diego, and two grandchildren, Andi and Jeffry Brandenburg.

We at TFHA are forever grateful for Henry's contributions.

### Henry and Idelle Weissenberg Scholarship Fund

Special thanks goes out to the following list for their generous gifts.

\*

Community Foundation United  
Jewish Federation of San Diego  
County

\*

Sharon Promislow

\*

Rosemarie Michelsen

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## TFHA 1994 Annual Meeting Video Order Form

Below is a listing of video presentations from the Touch for Health Association's International Annual Meeting July 6-11, 1994. This year, presentations have been grouped into twelve tape series. You may purchase each tape series for \$49.95. Alternatively, you can customize your own personal video tape by selecting which speakers you want. You can select up to three presentations per tape. The first presentation costs \$19.95. Each additional presentation is \$15. Therefore, for a customized tape of three presentations your cost is \$49.95. This year we are also offering a two hour tape of our infamous TFH talent show, "Saturday Night Live" for \$24.95. The whole series can be purchased for only \$350 (a \$625 value). All prices are in U.S. dollars. **Shipping, handling and taxes are included in the price of the video.** Call 800-466-8342 or fax (310) 457-9267 for fees on overseas orders. Simply check the box next to the presentations you desire, fill out the order form below and send it with payment to TFHA.

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