



*Keeping...*

# *InTouch*

The Newsletter of the  
Touch for Health Association of America

Fall 1995

Volume 5

Issue 3

## ***Spirit of the Healing Heart***

**and the 1995 Touch for Health Annual Meeting**

by ROBERT A. Aboulaché  
President, TFHA

As we turn the page of the 1995 Touch for Health Annual Meeting in Columbus, Ohio, this past July, we look back and smile. We had a fabulous time with some of the most kind and dear people in the world. We shared, laughed, learned and grew with and from each other.

Thank you to all who were present. We are grateful. And look forward to our meeting next year.

"The Spirit of the Healing Heart" (our annual theme) gathering caused strength, courage, faith and understanding to emerge in our souls. As an Association, we realized that we are crystallizing the reality of touching for health... together. Together, we are making it real — our accumulated actions are accelerating success. Touch for Health is expanding on many frontiers: we are involved in more and more massage schools, more and more universities, and with

our credentialing process we are gaining the power of integrity.

The Touch for Health Association (TFHA) is designed to provide a professional forum for Touch for Health

to grow — to give our professional member the tools necessary to succeed, and our membership healing fingers. We are a stronger, more self-aware TFHA.

Since Touch for Health is the basis of all Specialized Kinesiology (SK), the implementation of our teachings must be of the highest caliber. It is well known that Touch for Health graduates are better prepared for

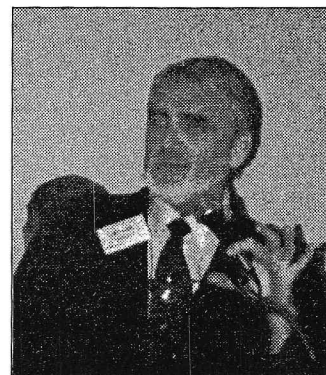
other SK courses. We set a strong foundation in the basics of touch healing — Kinesiology style. So our dedication and focus for the coming year(s) is to strengthen the basic Touch for Health curriculum.

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***The trunk of  
the Touch for  
Health tree  
must nourish  
its branches,  
keeping growth  
and vitality  
alive.***

## **A Tribute to Frank Mahony**

by Lorraine Osborne



I am honored to have been asked to share some reminiscences of Frank Mahony. Remembering Frank's affectionate ribbing of me, namely: "ask you your name and you do five minutes, Lorraine," I will encapsulate as much as possible.

Frank Mahony was the funniest man I've ever known. His combination of spontaneous wit, warmth, and compassion was powerful... charismatic... magical.

Frank had friends all over the world, and they mattered to him. Many of you are numbered in that lucky group. To have experienced his healing work, to have taken one of his mind-opening, research-backed, non mumbo-jumbo (and always fun!) classes, was to have an exhilarating and joyful time.

See **Spirit** on page 6

See **Tribute** on page 12

## Giving Thanks...

**T**he 1996 Annual Meeting Committee met this past Sunday to report on progress for the 1996 International Annual Meeting.

"But you just finished it!" a good friend of mine exclaimed when she heard how I was spending a beautiful 75° California Sunday. I was not thrilled about my plans, but arrived at the office by 11:00 am to greet the committee members.

Normally quite organized and together, I found my thinking scattered and my desk piling up with Meeting details. As I waited for attendees to arrive the stress I was feeling built up to the point where my body could no longer contain this negative energy and I felt it surrounding me - like the dust cloud that follows Peanuts' Pig Pen.

The first member arrived and as we began to talk, my mind finally caught up to the reality of the situation -- **volunteers were on their**

**way to spend this beautiful Sunday helping!** It suddenly occurred to me that I could leave that afternoon with less on my plate than when I arrived.

And, having help from the start means less stress for "the office" throughout the planning period. Having run the office, for all intents and purposes, alone since the beginning of the year, I doubly appreciated all of the volunteers who made this year's meeting a successful and pleasurable experience in Ohio. And now, having volunteers serve on early planning committees is such a blessing.

I would like to thank every volunteer, Board Member, Annual Meeting Attendee, Instructor, Student and Inquiry I have had the pleasure of working with over the past 12 months. You supply me with the energy, motivation and desire to come to my "home away from home" each day.

*Laura D. Sudar*

## Important News from the Board of Directors

The Board of Directors and the International Faculty of the Touch for Health Association are updating the Touch for Health curricula. We're doing this for various reasons:

- Every year we gather more and more valuable information.
- To keep the integrity of quality instruction and not overwhelm the student as well as provide more opportunities to explore the Touch for Health synthesis with students.
- To comply with International Kinesiology College standards.
- To better prepare Touch for Health instructors for a profitable career as an Association professional.

Because of this evolvement, we are expanding our basic course work to a TFH 1, 2, 3, & 4 format. We are

currently determining what to include in which course. This is an opportunity for TFH instructors to get involved as we plan for the future. Please submit your suggestions to the office in the next months, as the U.S. Faculty and our Program Development Committee will begin meeting in November.

The new format will also include student and instructor workbooks. We are developing high quality professional books for each of the courses. This will give you the added advantage of providing students a complete program, with valuable information and take home value.

Again, if you're interested in submitting handouts, stories, games or useful information, please do so immediately. We plan to implement this new format at our Annual Meeting July 10-14, 1996.

## Touch for Health Association

### Logistics

### Board of Directors

Robert A. Aboulaché	President
Cindy Fulton	Vice-President
Connor Coward	Secretary
John Butts	Treasurer
Salvador Ayala	Member
Irene Cummings	Member
Michael Frazier	Member
Larry Green	Member
Judy Levin	Member
Rita Woods	Member
Marge Murray	IKC Faculty Liaison

Laura D. Sudar	Director
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**1-800-466-TFHA**

### Membership Rates

Lifetime Member	\$1,000
Sustaining Member	\$500
Contributing Member	\$250
Instructor/Professional	\$100
Basic Member	\$50
Associate Member	\$25


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# From The President...

**T**his year will serve as my third year as President of TFHA. I'm honored, proud and enthusiastic at what we've created since 1990, and even more inspired about what's to come. Let's take a look:

- In 1990 we established funds to operate an 800 number giving members and inquiries the opportunity to contact TFHA at no cost. Our number is 1-800-HMO-TFHA, or 1-800-466-8342.
- TFHA earned federal non-profit, tax exempt status as a publicly funded Association in 1991, giving members the discounted services and tax deduction available for professional affiliations.
- Our office is fully functional with standardized office procedures, paid staff and the essentials: computers, printer, fax, copier, voice mail and a bank account.
- Because of our consistent 5-year tradition of being debt-free, we are establishing credit with several very important vendors.
- We coordinated, produced and developed five (5) annual meetings and were honored to host three (3) of five (5) conferences as the official meeting of the world-wide network of Kinesiology Associations.
- TFHA has published five (5) international journals.
- We have produced over 120 video tapes, 60 audio tapes and now distribute Touch for Health books, charts and other products.
- 500 members now enjoy TFHA services. We have had an increase in membership since our genesis. In 1993 we doubled in size, 1994 we had a 50% increase, and currently we're on schedule to have another 50% increase in 1995!
- Perhaps, most important is our growth in instructors. We have more than doubled our instructor network, and currently have 258 instructors, with over 200 students

being taught every month.

- Contractual agreements between Instructors and TFHA, along with student registration requirements have opened new doors toward recognition as a professional association.
- Summit University of Louisiana has recognized TFHA approved courses and registered instructors as legitimate sources to receive and authorize university credit for their students earning a Bachelor, Masters and/or Doctorate degree.
- As registered instructors with TFHA, our ability to provide CEUs for nurses in 40 of the 50 states is automatically transferred.
- American Express/Thomas Cook discount travel benefits for our members.
- We registered with the Office of Alternative Medicine (NIH) as a viable form of biofeedback. This registration gives us legislative accessibility in health care reform.
- TFHA has established itself as the accrediting body of TFH in the Americas. We branched-out and TFH Canada grew to better meet the needs of our Canadian brethren.
- The Henry & Idelle Weissenberg Scholarship Fund was established in 1993, to help those in need, yet eager to learn TFH. To date we have awarded thousands of dollars in scholarships.
- TFHA serves as the definitive source for TFH in USA.

## What's to come:

- We are honored to be host to the International Kinesiology community at our Sixth Annual Meeting, "Touch for a Better World," in San Diego, July 10-14, 1996. We already have over 70 people from around the world registered and planning on having a great time. We hope to welcome over 80% of our membership there!
- We are expanding our ability to

issue CEUs for nurses, physical, occupational, and massage therapists, doctors and teachers. This benefit will greatly advance TFH's accessibility to the medical community.

- Credit card processing for all professional members to help your students pay for courses.
- Westbrook University is interested in following the footsteps of Summit University and making TFH courses accreditable as long as they are taught by a certified, registered instructor.
- TFHA is in strategic alliance with the Associated Bodywork and Massage Professionals to provide discounted insurance for our registered Professional Members.
- Research with Ohio State University cancer program to statistically verify the effects of the TFH synthesis on the chronically ill.
- A full TFH product catalog, including books, tapes, charts, clothing and all your TFH teaching tools.
- TFHA in concert with the IKC is revising the TFH curriculum and will officially begin a TFH 1, 2, 3, & 4 format August 1, 1996 at our Sixth International Annual Meeting in San Diego, California.
- TFHA is producing and publishing student & teacher resource guides to TFH 1, 2, 3, & 4 courses to assist our instructors and ensure that student's questions are answered.
- This year we'll also begin the tradition of publishing annual financial reports for members.

On behalf of the Board of Directors for TFHA, thank you for your continued support. We are in full-stride and are always in need of volunteers and experts in TFH to help us. If you or someone you know wants to help put these new programs together, call the Association and let us know. Thanks, and God bless.

*Robert Aboulaché*



## Dear Fellow Touch For Healthers,

Well, we are home now, and the excitement of the '95 TFH Convention is pumping in our veins, quickening the body, mind, emotion and spirit. I believe that attending these events is necessary to keep me energized and grounded in the basic principles of the Touch For Health modality created by Dr. Thie.

As a student/teacher of lifestyle changes, I find the sharing of Touch For Health in my encounters truly enhancing to the understanding of those I am sharing with, as well as myself. By putting the responsibility of good health and well-being where it belongs the sharing of knowledge is a joyous and energizing experience in my life.

I have worked in various aspects of the wellness field for over ten years and have been on a healing path myself for over twenty. In all my encounters it has been the Touch For Health "philosophy" that has encouraged and enlightened, as well as grounded, me in the wholeness of true health and well-being. Had I not had this experience I often wonder where I would be today. Touch For Health teaches the basics for the lay person, the common people. The knowledge of a way to lovingly touch other people with a sincere desire to help them "up the ladder of life" is the significant factor for me.



Cindy Fulton receives a standing ovation as she receives an Award for her work coordinating the 1995 Annual Meeting

I enjoy the opportunities offered to continue in the learning process of this method of touch healing. Everyone I have met who is involved with Touch For Health is a kindred spirit. In the lectures and workshops, I learn how to feel safe and to open up to those in that spirit, and even more, how to teach this to others. Were it not for these opportunities my natural desires to help others would be unexpressed for lack of grounding in the aspects of Being that Touch For Health has to offer. This is important to me.

In many other teachings, those that are similar yet not well grounded in body, mind, emotion, and spirit, it is far too easy to stray from a wholistic perspective of helping one another and get into an egotistic projection of self. This type of projection is unsettling to me. Much like the old paradigm of The Absolute, it takes the responsibility of the other person's well-being out of their hands and puts it into the hands of the "healer". We all know

that we do not heal others - that only God heals, and that anyone can enhance that natural process with a loving desire to reach out and help someone in need. Touch For Health is the vehicle in which I can do this - without being ego-



From L to R: Cindy Fulton, Mark Victor Hansen, Robert Aboulache

tistical or intrusive - as a fellow human being loving those around me and by teaching them to move from an old model of "The Absolute" to a new model of "Self-Responsibility", because I have learned an appropriate way to do it - through *"The Spirit Of The Healing Heart"*.

So, from my heart to yours, Thank You, Dr. Thie and family, for your effort to help people like me help others - like me.

Thank You, Robert, Cindy, Laura, and all those who gave from their heart to make this possible. Your reward is assured and growing exponentially.

Thank You, Marge Murray and Arlene Green, for sharing your hearts in the Instructor Training Workshop Update. And, Thank You, fellow ITW and Update classmates for the openness and loving touches we were able to share during this important time. I learned more in two days about new Touch For Health techniques than I thought possible. It brought me up to date, and I feel more integrated with it than from just reading the material in the journals.

Bless you all. The experience has created abundant joy in my heart. You see, it's that loving Touch...

For (Everyone's) Health,

*Mary J. Haughey*



# In Perfect Balance

by John F. Thle, D.C.  
Founder-Touch for Health

According to the ancient Chinese philosophy of yin and yang, the universe is composed of opposing but interdependent forces. This is also found increasingly in Western understanding of how the human being functions. The concept of homeostasis, the natural balance that occurs within living organism, including the harmony between antagonist and agonists that regulates the posture of the musculoskeletal system and the vital functions of the glands, immune system, intellect, emotions and other vital functions very much resembles this Chinese philosophy.

What the Touch for Health system (TFHS) is about is allowing people to touch more effectively to restore this natural birthright of harmony in the function of the parts of the human being and also in the harmony between human beings.

We must look at what is the difference between the philosophy of TFH and that of the International College of Applied Kinesiology to see where we are and what role we are fulfilling in teaching TFH and advocating professionals use TFH as a tool and recommend it to their clients/students/patients.

*"Applied Kinesiology (AK) is an approach to clinical practice that was developed within the chiropractic profession. It is a system using muscle testing as a functional neurologic evaluation for patient assessment. Muscle testing is not intended to produce a sole criteria for diagnosis. It should be used in conjunction with clinical history, physical exam, laboratory tests, diagnostic imaging, analysis of posture, gait, and range of motion, as well as with static and motion palpation. This functional assessment can guide therapy toward improving neuro-endocrine and musculoskeletal functions."*

Touch for Health is defined as, "A new approach to restoring our natural energies, a practical guide to natural health using acupressure touch and massage to improve postural balance and reduce physical and mental pain and tension."

The Kinesiology Federation of the United Kingdom gives this definition:

**Kinesiology**, literally the study of body movement, is an holistic approach to balancing the movement and interaction of a person's energy systems. Gentle assessment of muscle response monitors (those areas) where blocks and imbalances are impairing physical, emotional or energetic well-being. The same method can identify factors which may be contributing to such imbalances.

*The body's natural healing responses are stimulated by attention to reflex and acupressure points, and by use of specific body movements and nutritional support. These can lead to increased physical and mental, emotional and spiritual well-being."*

Thorson's Introductory Guide to Kinesiology Touch for Health defines Kinesiology on its back cover as:

*It is a system of natural health care which combines muscle testing with principles of Chinese medicine to assess energy and body function, using a range of gentle yet powerful healing techniques to improve health and increase vitality.*

*It can help in overcoming allergies-anxiety-backache-bowel problems-depression-dyslexia-fatigue-headaches-insomnia-muscle pains-skin problems-sports injuries-stress and many other common conditions."*

See **Balance** on page 14

## Congrats to Our New Instructors!

Stacey Aronowitz	Michigan
Bonnie Blackstock	Georgia
Debbie Brocato	California
Mischa Coleman	California
Cheryl Davis	Ohio
DonnaFarley	Ohio
Elsa Freedman	New York
Fred C.Guenzler	Montana
Kim Ian/Khi	California
Glenn Jackson	New York
Susan Johnson	Connecticut
Marilyn Joyner	Ohio
Zippora Karz	New York
Christine King	New York
Bruce Kole	Ohio
Donna Kramolis	Wisconsin
Dannie La Russo	California
Mary Jo Morgan	Montana
Lana Muehling	California
Gabriel Negrón	Puerto Rico
Nancy Nordgren	Washington
Sharron Norton	California
Winnie Pabello	California
Christopher Passow	Wisconsin
Michael Pizzuto	Kansas
Magaly Ramirez Carrera	México
Daniel Rosales	California
Dana Lee Schwartz	Ohio
Pam Sebestyen	California
John Tjenos, LMP	Washington
Danny Varela	California
Misty Westby	Montana
Gary Lee Williams	New York
Charles Wright	Arizona

**Turn Touch for  
Health into a  
career...**

**For information on  
becoming an instructor,  
call 1-800-466-TFHA**

**Spirit** continued from page 1

The trunk of the Kinesiology tree must nourish its branches, keeping growth and vitality alive. As more people become trained in Touch for Health, more people will be interested in other SK. This ripple effect will multiply in force and feed the trunk again. Together, TFHA with our friends throughout the SK arena, will build the respect we deserve and achieve our mission of having someone in every family trained in Touch for Health.

Our strength as an Association to

deliver and respond to this mission is rested on our trained instructors to bring Touch for Health to the general public. The Association will continue to introduce strategies for success, and bring new tools for training, ensuring professional quality programs.

The 1995 Annual Meeting was a step in this direction. We had more presenters than ever before. They presented on basic Touch for Health principles and the expanding frontiers in touch healing. We had programs that helped our instructors achieve

prosperity, and sessions to help work through self-determined limitations.

Mark Victor Hansen delivered our keynote address and gave us a glimpse of the future of Touch for Health. He inspired us to focus on our wishes and goals, that the more we have the better. He told us to sit and write them down — "ink 'em, don't think 'em", — and dream. It all begins with a dream. A true message we all know, but too often forget. So, dream, wish and set goals we are... and, yes, we are writing them down.

At the TFHA Annual Meeting we had representatives from IKC, IASK, ASK-US, TFHA Canada, Applied Physiology, Health Kinesiology, Three-In-One Concepts, Edu-K, Summit University of Louisiana, and other Specialized Kinesiology practices. The future of Touch for Health and Kinesiology was discussed and progress made in understanding the distinct roles of these and other related organizations. The community of Kinesiology is coming together, growing together, and learning together — we are uniting.

Yes, much was learned at this year's Annual Meeting. The Touch for Health Association is a Professional organization. We serve a purpose — to teach people (and each other) how to stay well, relieve pain naturally and grow their (our) fullest potential. We are good. Good in message. Good in heart. Good in action. And we are of right mind. We are all inclusive, and we fully accept our role as the trunk of the Kinesiology tree. Our wishes and goals are to expand and improve our effectiveness in this area.

The 1995 Annual Meeting was a beautiful lesson filled with love, light, hope, and dreams. And we welcome every one to join us in 1996, in San Diego, July 10-14. We are being joined by the International Kinesiology College, and celebrating "Touch for a Better World." Call us at the Association for more information:

**1-800-466-8342**

See you in July of 1996!

## The Joys of... TFHA Membership

### **Here are some of the benefits members receive:**

- The Touch For Health Annual Journal. A great learning tool and reference guide. Contributors are all the leading developers, researchers and innovators in the field.
- College credit for past, current, and future courses in the field of Kinesiology, including all TFH and PKP classes. Earn your B.A., Masters, or Ph.D. in the area you already specialize in.
- An 800 phone number to the national office for help, input, and information.
- Discounts on TFH conventions, books and charts.
- Receive the TFH newsletter quarterly. Stay abreast, informed and inspired about TFH news and events.
- Listing in the TFH directory. A convenient way to get together with like-minded individuals and grow your referral base.

### **Professional & Instructor Members also get:**

- Use of the TFH trademark and logo in your advertising.
- Malpractice insurance at a discount from ABMP. Memberships are available for current TFHA Professional Members for as little as \$149!
- Referrals from inquiries to the national office from prospective students in your area.
- Visa, Master, and now Discover Card processing available for students to charge their classes. Now they don't have to wait!
- CEUs for nurses and massage therapists. They need to have these credits to maintain their licenses. Why not have them learn the best healing information for the next century with you?
- TFH certificates for your students suitable for framing next to their diploma and license. This registers them in the national Association's records so they'll be eligible for CEUs and to go on to the next level(s) of training, like Professional Kinesiology Provider.

*Most importantly, we get to support a growing, pioneering organization that supports us. One that is committed to having TFH gain wider recognition and respect. An organization which maintains high standards to reflect well on all of us and help serve humanity.*



# MUSCLE TESTING

## A Viable System of Health Assessment or Magical Hocus Pocus?

by James F. Dorokiala, D.C.

**"D**ou're healthy as a horse, Margaret! You'll live to be a hundred. See you next year for your annual physical." Sound familiar? You bet!

Have you been to the medical doctor lately and been given a clean bill of health yet still feel poorly? Even the sacred medical lab tests are often grossly inadequate and unreliable. Low blood sugar testing, thyroid panels, candida albicans, and PAP smears often come up negative even when there is a pathological process present in the body.

Current laboratory testing parameters are relatively crude when it comes to actual dysfunction measurement. Some people may have major symptoms from relatively small amounts of systemic disharmony, while others who are able to compensate more adequately, may exhibit next to nothing symptomatically, with much greater dysfunction present. Some tests may require a 40-50% dysfunction pathologically before a positive finding can be quantified. Moreover, medical lab techs are often paid on a "piecemeal" basis. You can just imagine how carefully many of these tests are handled, when quantity rather than quality is the priority of the day.

Are there alternatives? Many of us in the Chiropractic profession, as well as pararelated professions, have actively sought and developed through clinical research, a sensitive, and pragmatic assessment system called Kinesiological Testing or Muscle Test-

ing. The aid is to garner quick, accurate information regarding the qualitative efficiency of the human body and its myriad interrelated biological systems. In this way, subclinical energy disturbances can be isolated and treated long before irreversible tissue changes occur which result in pathological conditions. You may remember the old adage, "an ounce of prevention is worth a pound of cure." This is truer than ever at the current cost of cure these days.

How is this accomplished? It is accomplished by skillful testing of an individual's innate ability to resist muscular challenge. This can be performed by any individual or practitioner by testing against a predetermined set of contact reflex points or test substances. It must be kept in mind that it gives an energy reading that may or may not be confirmed by standard medical testing. It is not a substitute for proper medical testing in cases of serious or life threatening disease.

This marvelous and practical system is a blend of Art, Science and in this advanced stage of development and application—Intuition. Intuition comes after years of practice and observation. As with any art or technology, practice perfects the system.

When testing the patient, being

consistent is important. The patient should not use more than 60-70% muscle power when resisting a test challenge. If there is a positive finding, the muscle will fail. There is little use in resisting the process. It only leads to sore muscles and makes it difficult to assess the result. Some people are better candidates for this type of assessment than others.

It is incumbent upon the practitioner to remain open-minded and as objective as possible throughout the assessment procedures. The same attitude should be maintained by the patient. When a healer becomes one, (in circuit) with the patient, energies are shared. Scepticism is detrimental. Thoughts are vehicles for energy. Results will soon dispel the clouds of disbelief and hasten the progress of discovery.

**This technique allows us to tap the vast unseen abilities of the body brain and biocomputer.**

We are not talking about magical "Hocus Pocus" or "Snake Oil" remedies, as I have heard the uninformed skeptics remark on occasion. We are dealing with the culmination of at least 25 years of clinical observation and experimentation. These techniques have come from many gifted, talented contributors in diverse fields of Chiropractic, Acupuncture, homeopathy, nutrition as well as a few courageous aspirations from the medical field.

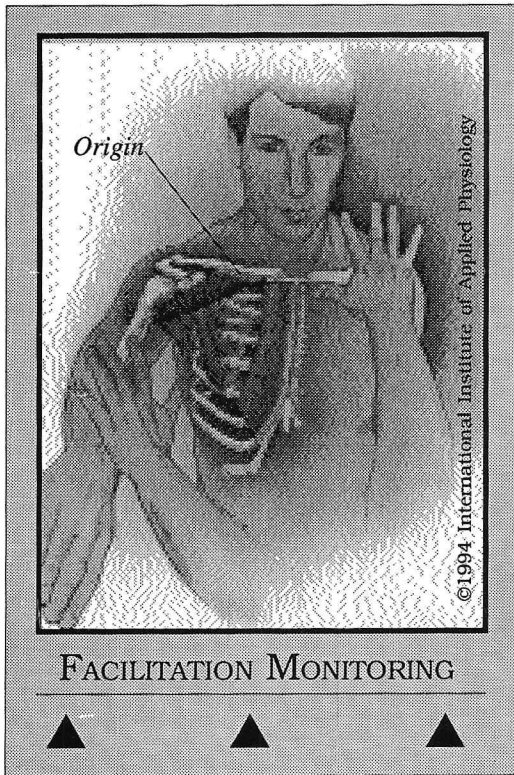
Why has this system flourished, grown and become widely accepted within the healthcare professions? The answer is simple: RESULTS! We may not as yet know all the technical, sci-

See **Muscle Testing** on page 15



# The Pectoralis Major Clavicular Story

by: Richard D. Utt



As you may have guessed by now, each edition of the Touch For Health newsletter is carrying a story that I have experienced about each of the 16 muscles and their corresponding meridians used in TFH. This is part three of the +rest of the story+.

As most people know who sponsor me or attend my seminars, I always travel with many boxes of books and other equipment that accompany every seminar. Last year, on one such occasion as I headed for Germany with 8 extra boxes (70 pounds each) of material including books and tuning forks, an interesting event took place. I had flown into Freiburg, Germany via Mulhouse, France. I was stopped at customs and interrogated in French - which, by the way I don't speak (except for one line which wasn't appropriate at the moment!) - and the customs agent with his little French cap and his band of caballeros pulled out their trusty knives and began to open all of the boxes. I noticed they weren't using any Swiss Army knives!

As they began to pull the German Muscle Attitude with Essence books and tuning forks out of their carefully packed boxes, my heart began to race. I had no documentation of the value of these items and was at the mercy of their evaluation system. It was quite interesting; five inspectors rifling through my materials and somehow I felt myself slipping into an alpha state of deep relaxation and comic humor as I watched it all happen in slow motion.

Then the head inspector motioned for me to come over close to him and examine his shoulder as he explained - in mime- the painful aspects of movement and his lack of range of motion. So I positioned his right arm so as to monitor the PMC and as I applied pressure he screeched in pain. My mind was beginning to calculate that the price of my import taxes was about to double for this trip! Nevertheless, with nonchalance and authority I massaged his neurolymphatic points for the stomach acupuncture meridian on the front of the torso.

A moment later I saw him raise his arm and I monitored it again. We communicated very clearly in that moment as I saw a smile of glee on his face even though we spoke different languages! A monkey could have done chin-ups on his arm with all the new strength with which he had been empowered. Then he began to move his arm in all directions and he was apparently very pleased. In a few moments, he was not only moving his arm easily, but he was motioning me through customs and indicating that I should not worry about additional taxes.

As his band of marauders was retaping my boxes, he was asking me for my address in Germany for another session. In the end, I never did see him again but the quick thinking of using a TFH balance saved the day once more in the life and times of me, myself, and I, Richard D. Utt.

## Contraction to extension

### CLIENT START POSITION:

Client supine. Arm to be monitored flexed 90° anteriorly with elbow extended, palm facing laterally.

### MONITOR HAND POSITIONS:

Fixating hand on opposite shoulder to prevent client from rolling over. Monitoring hand on medial side of wrist.

### MONITOR:

Press arm in lateral direction to 90° abduction.

### RANGE OF MOTION:

Beginning of position 1: arm flexed 90° anteriorly. End of position 7: arm abducted 90°.

## Attention: Instructors!!

The Board of Directors have agreed to comply with International Touch for Health teaching standards. This change will take effect August 1, 1996. If you are currently a Continuing Education Unit Provider for RNs, MTs, PTs, or other Professionals, please contact TFHA by December 15, 1995 for information on filing requirements.

**Please contact TFHA if you are currently offering CEUs - We can help!**

the Touch for Health Association of America  
and the International Kinesiology College  
proudly present  
the Sixth International Annual Meeting...  
Call for Papers

**W**e are pleased to invite the International Kinesiology community to join us as we 'Touch for a Better World' at the beautiful University of San Diego, in California USA -- where it all started!

The 1996 conference will be a reunion of the IKC with TFHA America in their birthing ground. This celebration will explore our growth as organizations and our sophistication as a profession -- a must for all Kinesiologists.

Mini-workshops during the conference will be scheduled on a first come, first served basis. These will be free to all conference attendees. They may be used as an introduction to a post-conference workshop, however they are to be "hands-on". Please do not plan a 2 hour sales pitch. Rely on the integrity and value of your material to sell your workshop.

#### Guidelines for papers

- A topic and a 20-40 word abstract are due **January 5, 1996**.
- The completed paper must be received by **April 5, 1996**. Papers received after this date will not be included in the Conference Journal.
- Presentations may be cancelled if papers are not received by **April 5, 1996**.
- Presentation times for papers are 40 minutes. Mini-workshops will

be about 2.5 hours and will be scheduled between July 10 and 14, 1996.

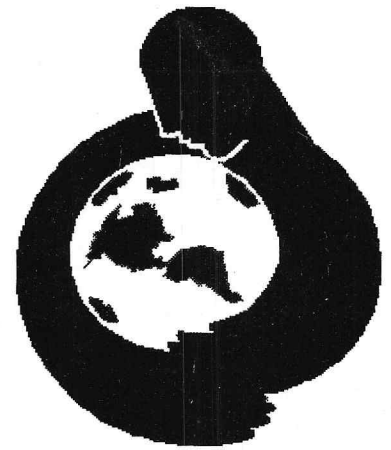
- Papers may be submitted in either of the following formats:
  1. ASCII text file on a Mac or PC formatted 3.5" disk.
  2. Typed, double spaced (accompanied by US \$35 typesetting fee). *Handwritten papers will not be accepted.*
- A formatted copy of the paper on 8.5" x 11" or A4 paper must be included.
- All graphics, photographs, logos or illustrations must be camera-ready.
- Papers must be original in content and may not have been previously published or presented.
- Papers should be substantive and educational for all audiences. Please describe all procedures in full.

**Note:** *Papers judged to be incomplete or mere advertisements for products or workshops will be returned. Revisions that arrive by the April 5, 1996 deadline will be considered for inclusion in the journal, but may not be scheduled for presentation.*

#### Standards for Workshops and Mini-workshops

A maximum of nine mini-workshops will be scheduled during the conference. Mini-workshops will be 2.5 to 3 hours long. Pre- and post-conference workshops will be scheduled as space allows between Sunday, July 7 and Wednesday July 24, 1996.

- A topic and a 20-40 word abstract are due **December 1, 1995** for



## ...Touch for a Better World

both mini- and regular workshops.

- Please include the following with your abstract:
  1. An outline of topics to be included.
  2. Length of time necessary.
  3. A sample schedule of one day (if multiday workshop)
  4. Any required books, manuals or accessories with prices and ordering information
  5. The minimum number of participants required to do your workshop
  6. Whether a certificate will be provided upon completion
  7. Proposed cost (pre- or post-conference workshops only)
- Please also include the skill level required for full participation in the workshop:
 

<i>None</i>	No prior knowledge of muscle testing
<i>Basic</i>	Completed TFH 1 or equivalent basic workshop
<i>Intermediate</i>	Completed TFH 1, 2 and 3 or equivalent
<i>Advanced</i>	Broad spectrum of Kinesiology skills
- The completed paper and a copy of any handouts (to be included in the Conference journal) must be received by **April 5, 1996**. Duplication services will not be provided.

### **Save the Date!**

Conference: July 10-14, 1996  
Workshops: July 7-10; 14-24  
San Diego, California  
U.S.A.

# Extra, Extra

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---

\$100 non refundable deposit ensures your spot.  
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15 Days advance registration \$495  
After that \$1,425

# A Tribute to Frank Mahony

continued from page 1

Frank was exhilarating to be around. He had massive energy, drive and great intelligence which was equaled by a deep sensitivity and a gift for healing. He cared. He was one of my dearest and best friends.

I consider myself fortunate to have known Frank. I saw him go through setbacks and disappointments and I saw him reap honors and accolades. Frank liked to play center stage and, in my opinion, he usually deserved it. He truly enjoyed people, their wit—(he laughed at my jokes and probably yours, too. One friend says she often didn't get his jokes, and he thought that was funny, too.)—their foibles—their humanity.

Frank was a pioneer. His body of Hyperton-X work is valued and used worldwide to great effect. And he valued and honored other pioneers in our field (and elsewhere) too. He had a deep appreciation of others' research and a curiosity about their results. He was an ask-er, a quest-er, a true scientist.

Frank was a born entertainer. Who can forget his soaring voice? His outrageous skits for Saturday Night Live? His nonpareil hosting of same? His

great energy and humor was infectious. I loved watching funny movies with him, or funny anything. His laughter shook the building and made my enjoyment richer.

about and appreciated, never minimized. And everything became a part of his research. He devised a technique to release my over-energy intercostal muscles when I broke some ribs in 1986. And that is now a standard Hyperton-X correction.

None of us knows how long we have to fulfill our purpose here. As a friend says, "There is a God and I'm not it." All we can do is open ourselves to the will of God in our lives and live one day at a time, with appreciation, care and, ultimately, trust. Frank's death reminds me of that great truth.

Since the utter shock of his death, I have cried (because I love him and I miss him already), laughed (remembering how much fun we had), and smiled often at the knowledge of the great gift God gave me in Frank. His high-mindedness and wit went hand-in-hand and leaves a wonderful legacy for all of us.

And if we believe that nothing ever truly dies, then maybe we can say that Frank is gone

(from this plane) but not done. I like to think he is teaching someplace and making the heavens ring with song and laughter. Let us keep that love and joy alive in our hearts, too, as we light our candles and say our prayers to speed him onward.

Dear Touch for Health Supporter,

It is with my deepest sympathy that I advise the membership of the passing of Frank Mahony, founder of Hyperton-X, Foot Sensors and Spiritual Connection. On September 18, Frank (age 63) suffered an unexpected fatal heart attack.

We all can remember Frank the way he shared his life with us — with penetrating wit and insight. Frank was always ready to give a quick remark, heckle a speaker, or sing a love ballad during 'Saturday Night Live'.

I am reminded of our various meetings where we would share and explore the future of Touch for Health. Frank was always searching for a way to unite, honor and grow the Kinesiology synthesis. He was a spiritual master connected to his highest source who shared his strengths, balances and enthusiasm for healing with anyone interested. As Frank stated in his Spirituality book:

*"When Spiritual Connection is complete the person is in the best state of mind possible to deal with life, because he is in contact with the highest and best source of knowledge and strength. If we can help get people connected and to practice this and bring spiritual energy into their daily lives, we have done more for them than all other therapies combined."*

I believe Frank lived a good life... he made a difference. He made people laugh. And cry. He pointed us to truth. And wisdom. He shared himself completely, and eagerly gave of his time, money and love.

Frank Mahony will be missed, honored and celebrated as a loving, giving and cherished friend. God bless, Frank.

Sincerely,

Robert A. Aboulaché  
President, TFHA

P.S. In remembrance of Frank, TFHA America will honor his life with a special award at the 1996 Annual Meeting. TFHA is accepting donations, pictures and memorabilia on behalf of the Mahony Family.

And he could turn serious in an instant. Many times I called on his expertise and support when I hit my own times of travail, and he was right there for me, with wisdom and empathy and tools to help me with solutions. I felt loved and cared

# Southeast Regional Meeting

by Larry Green



On the weekend of October 7 and 8 the southeast held its first regional gathering to share and practice Touch For Health. TFH instructors and students came from Tennessee, North Carolina, South Carolina, Georgia, and Florida. The theme of our weekend was **green into gold**—creating prosperity for ourselves and the Association using Jan Cole's "Making Money Your Friend" workbook as a resource and guide to prosperity balancing.

On Saturday morning we did group balances for all of us, and individual balances as indicated through muscle testing. In the afternoon we continued with our balancing and also demonstrated different techniques that many of us had developed or learned. Everyone got a lot out of the sharing; it was like having an advanced workshop to learn shortcuts and more effective or alternative approaches.

Saturday evening we went to a tasty vegetarian restaurant that was open just for us. We were the only customers and they had made a great feast in our honor! In appreciation we showed the wait staff and cook some Touch for Health skills.

Sunday morning we started again with a quick group balance. Then we talked about the work of the Association. Three Board Members were on hand: Rita Woods, Connor Coward, and Larry Green. We talked about what works and what is needed from the Association. Some prime ideas that we came up with were: to send out a simple one page newsletter each month to instructors - helping to keep them updated and motivated, and letting them know

about new and interesting developments. We all agreed that the instructors are the lifeblood of the Association and focusing on supporting them is of utmost importance.

The Board Members talked about how overworked Laura and Rob are in the office and suggested that delegating tasks to volunteers who would handle them on an on-going basis would free up the office from busy work. Everyone thought this was needed, any other volunteers who weren't at the Southeast Regional gathering are encouraged to call the office and offer your services.

We also talked about why people don't follow through or stay with Touch For Health and came to the agreement that confidence in muscle testing was the biggest thing stopping most beginners. To help ease that stress we thought a few extra tools would be really helpful; a short one page explanation of what muscle testing is, how it works, and how to explain it. The new students could reread or show to their family and friends when they first go to test them. This would help those who say, "I understood how this worked in class, but I'm not sure how to explain it."

Also taking this idea to another level would be to make a short 5 minute video explaining and demonstrating how muscle testing works. New students could purchase this video at an inexpensive price and use it to introduce new people to muscle testing.

The third idea came from Neuro

Linguistic Programming (NLP). This would be to organize the languaging skills and beliefs that the best Kinesiologists use and model these as part of the training in TFH. On another note we also liked the idea of creating a TFH BB&B list, that is a bed, breakfast and balance list for

around the country. Anyone who wanted could put their name on it and other TFHers could call and ask if they could stay the night while traveling the country. This seemed like a good way to network, make new friends, save some money on hotels, and get balanced!

Everyone enjoyed our gathering. We had a nice group of people and for some who feel isolated doing TFH, the support and new friends was a God send. We liked it so much we are going to do it again this Spring! Many thanks to Connor Coward for open-

ing her home to us with the best of southern hospitality. And just to show that you never know where your good works will lead, thanks to all who've donated money for the Henry and Idelle Weissenberg Scholarship Fund. Last year, this fund allowed Alicia Adrian to get involved in TFH. Alicia was the prime mover behind this whole gathering and we'd like to thank her also.

## Regional Coordinators Needed...

Instructors & Professionals, the National Office receives an average of thirty calls per day from potential students. We need volunteers to coordinate follow-up calls in their region.

For more information or to volunteer, please call Laura at 1.800.466.TFHA *Thanks!*

**TFHA needs  
your help to  
bring these  
and other  
great ideas  
and projects  
to fruition.  
To find out  
how you can  
help, call  
800.466.TFHA**

**• Brief Explanation of  
Muscle Testing for New  
Students.  
• TFH BB&B  
(Bed, Breakfast & Balance) Directory.**



## Raffle Donors

Our thanks go out to the following for their generous raffle donations at the 1995 Annual Meeting as well as to Judy Levin for coordinating these giveaways **once again:**

\*\*\*\*\*

John & Anita Butts

Jan Cole

Penny Hilburn

Arlene Green

Larry Green

Judy Levin

Nettie Meissner

Erika Pedersen

Sharon Promislow

Jimmy Scott

Bernhard Studer

Richard Utt

Idelle Weissenberg

\*\*\*\*\*

*Balance continued from page 5*

The three definitions that come through the people that first studied TFH all recognize the yin/yang - subtle energy- spiritual aspects of health that involves a touch approach. The ICAK definition physical diagnostic model, which seems to ignore these aspects of the Holistic approach to health promotion and care.

Although TFHS was developed from the original Applied Kinesiology, the philosophy that is now being used is very different from the Applied Kinesiology approach. The various kinds of suffering that is relieved in humans and animals by the Touch for Health synthesis is very broad and will continue to broaden as more and more people use touch and muscle testing in their daily lives for restoring harmony and homeostasis to daily living.

There is a greater need today for TFHS to be utilized than ever before. We are having more and more technology that allows for less and less touch, less communication by physi-

cal presence, more World Wide Web computer contact, more interactive TV more working alone and communicating by electronic media, telephone, FAX, computer E mail, Teleconferencing, Video conferencing etc. The orthodox medical professionals have very wonderful and expensive non touch diagnostic and therapeutic methods being developed.

The new profession of TFH Kinesiologists is developing in response to the needs of society. You can be one of the pioneers in this new profession and are in the right place at the right time to be of service to humanity today. You can be in more perfect balance as you utilize the TFHS in your daily life. Will you?

*Dr. John F. Thie, DC is Founder and Author of Touch for Health. He and his wife, Carrie, travel internationally, where Dr. Thie follows and extensive seminar and lecture schedule training professionals, paraprofessionals, and lay people. He can be reached at TFH Education by calling 310.589.5269.*

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#### SPECIAL MEMBERSHIP RATES for Touch for Health practitioners!

- **Practitioner/Professional Membership:** Complete ABMP Benefits Package. Regularly \$199 value. \$149 per year!
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Provided by Golden Ratio Woodworks (\$600 value)*
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*from Myofascial Release Seminars (\$550 value)*
- **ONE bodyCUSHION FULL PRO SYSTEM**  
*Provided by Body Support Systems (\$549 value)*
- **CRANIOSACRAL THERAPY I WORKSHOP**  
*from The Upledger Institute (\$495 value)*
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*Provided by St. John Neuromuscular Pain Release Institute (\$495 value)*
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*from Best of Nature (\$50.00 each)*
- **(2) AROMA MASSAGE VIDEOS**  
*from the Australasian College of Herbal Studies (\$24.95 each)*
- **(4) ESSENTIAL OIL ASSORTMENTS**  
*from The Essential Oil Company (\$45.00 each)*

*Muscle Testing continued from page 7*

entific reasons behind the processes of muscle response, but that is no reason to shy away from such a useful tool that gives so much good of itself.

Muscle Testing is here to stay, vindicated by its simple, inexpensive, practical, non-invasive nature. It is something that can be effectively used by the interested lay person as well as the experienced health practitioner. Its uses are far ranging and only limited by the scope of one's imagination. Scientists say that we are only using up to 10% of our innate mental capacities. This technique allows us to tap the vast unseen abilities of the body brain and biocomputer... a brain/mind computer so awesome in its full potential, that simple assessment of the body's biosystems is mere child's play.

Why then should we find this process mystifying or difficult to comprehend? By using what we have at hand, we arrive, step by step, at ever better methods of dealing with illness. This is the scientific path, the evolutionary path, the path of progress. Progress that embraces a concept of a future free of premature aging and death without dignity. A future where chronic, debilitating illness is the exception rather than the rule.

Dr. Dorobiala is a Holistic Chiropractor, Director of North Valley Chiropractic Clinic, in Granada Hills, CA. He is the author of the book, "A Ten Minute Cure for the Common Cold" and is a recognized authority on the cure of colds, flu and related viruses all treated by natural means. He may be reached at (818) 360-2224.

## Deadline

Winter Newsletter Ads  
and Submissions:

December 15, 1995

# TFH/Kinesiology Directory

Please note this directory is updated quarterly. Our Spring 1995 issue reversed the telephone and fax numbers for PKP. Following each is a brief description of services offered. TFHA is not responsible for mistakes or errors of omission. Please address any comments or corrections to TFHA, attention TFH Directory. Thank you.

## TOUCH FOR HEALTH..... THE FOUNDATION TRAINING FOR KINESIOLOGY

**Tough for Health Association of America** ..... (800) 466-8342  
Regulating body for TFH in the U.S.A. .... (310) 457-8342  
Referrals, Advocacy, Continuing Education. .... Fax: (310) 457-9267  
Conferences, certificates, registration..... E-mail: tch4hlth@aol.com

**Tough for Health Education** ..... (310) 589-5269  
Dr. John F. Thie DC, Founder and ..... Fax: (310) 589-5369  
Author, Touch for Health. Research, Workshops.

**Tough for Health Association of Canada** ..... (604) 739-4005  
Canadian membership, referrals and certificates  
Members receive journal of N. American Conference  
and newsletter.

**International Kinesiology College** ..... 41-1-867-14-77  
An international university without walls based ..... Fax: 41-1-273-15-45  
in Switzerland. Faculty members promote and  
accelerate the growth of kinesiology through the  
teaching of Instructor Training Workshops & basic  
Touch for Health classes.

**International Association of Specialized Kinesiology** ..... (707) 459-0757  
Organized to provide ethical, professional ..... Fax: (707) 459-3984  
and legal acceptance of S.K. as an adjunctive  
Health Care System

**Association for the Integration of the Whole Person** ..... (707) 586-9484

**Applied Physiology** ..... (602) 889-3075  
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**Educational Kinesiology Foundation** ..... (800) 356-2109  
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Advanced courses for professional ..... Fax: 64-9-575-2813  
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An assessment University that evaluates ..... Fax: (404) 543-1243  
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## International Institute of Applied Physiology

Greetings from Applied Kinesiology! Some of you may remember back to 1986 when we at AP made an offering to invest in "Stress the Nature of the Beast" textbook. At that time, just over 100 people contributed \$150.00 each toward our endeavor.

At the time, we thought that \$15,000.00 would easily cover our project. It is now 9 years later and we are in the completion phase of the text. The investment to date to create this reality, (200 full color pages) and more that 200 pages of professionally written text has climbed to over \$250,000.00. We estimate at the current rate we should have our first 300 copies finished by December 1995. The book will be hard bound and personalized for each of the 100 contributors. Another 200 copies will also be available through advanced sales at \$250.00, \$50.00 less than the retail offer of \$300.00 U.S.

Over the years many of our original investors have moved, married, remarried, etc. Listed below are the names of those trusting folks who never lost faith in AP or myself. If you know any of these wonderful people, would you either let them know we are looking for them or send us the last known address you have for them? Even a telephone number would be extremely helpful! Listed are all of our contributors. We are looking for the people with the underlined names.

I would like to thank you all for your support over the years. I trust that this TFHA newsletter finds you in good health and harmony.

Love,



Richard D. Utt

### Participants

Lance Morris, N.D.  
Marjorie Ragon  
Sheldon Deal, N.D., D.C.  
Mr. & Mrs. Larry Schleusner, D.C.  
Reginald Profant, D.C.  
Marjorie Medford  
John Brook Andrews, PhD  
Trudy Basset  
David Hancock, D.C.  
Torbjurn Hanson  
Bonnie Epstein  
Linda Korfman  
Sandra White  
Dr. James Reid  
Andrew Verity  
Kathleen Utt  
Richard & Bernice Trimarco  
Charlene Day  
James A. Miller, D.C.  
Gary Schoenbeck  
John Thie, D.C.  
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Mae Joanne Soszynski  
Nebojsa Prvulov  
Terry Pezzi  
John Krenlin D.C.

Klara Burrows  
Gordon Dickson  
Alfred Felix D.C.  
Bruce Lubitz D.C.  
Doreen Wilson  
Ian Hope D.C.  
Erna Janson  
Trevor K. & Jacklyn Savage  
Marcus Hale  
Garner R. Stickland D.C.  
John J. & Pam Hannon  
Burtram L. West D.C.  
Barry Watson  
Rosemary & Ian Selkirk  
Arlyn Tombleson D.C.  
John N. West D.C.  
Flemming Olsen  
Catherine Ewins  
Don Viney  
Alice Ohman  
Ann Myrick  
Rodman Gleeson D.C.  
Richard L. Cook D.C.  
Mary Alletta Laird  
Charles Toby Klyn  
Donna Eden  
Jean Rampage  
Jim McCormick  
Dr. Jeffery E. Weber  
Dr. Asar Ha-Pi  
Angela Burr-Madsen  
D. Lance West, D.C. Inc.

Kirk M. Crist, P.A. D.C.  
William R. Stempel D.C.  
Robert Shane  
Norma M. Ross  
A.J. Woodson D.C.  
Rachel Bilbo  
Dipl. Pad. Matthias Lesch  
Dr. F. Marcellino  
Janet M.L. Hetzel  
Jeaneane M. Moore  
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Bruce Dewe M.D.  
Joan P. de Boer  
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R. Ryan  
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R. Iacoe  
R. Williams  
John Barney  
Elin E. Larsen  
Wolfgang Gillesen  
Karen Kaupanger  
James V. Durlacher B.A.D.C.  
Grethe Flemming, Rolf Housbol  
William Dunn  
K. Joy Bradley  
Percy Johnson, D.C.  
M.A. Strudwick, D.C.  
Noel Chong  
Lou Ann Kane, Lmt.  
Lola Graeme



# 1995-1996 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	Boulder, CO	November 11-18	Victoria Di Ana	(800) 484-7213 x 9611
App. Phys.	Tucson, AZ	Nov. 25-Dec. 3	Richard D. Utt	(520) 889-3075
PKP 2	Chapel Hill, NC	Jan. 25-28; Feb. 8-11	Arlene Green	(919) 933-9299
ITW	Portland, ME	Feb - May	Victoria Di Ana	(800) 484-7213 x 9611
PKP 1	Chapel Hill, NC	March 15-17; 29-31	Arlene Green	(919) 933-9299
ITW	Chapel Hill, NC	April 13-20	Arlene Green	(919) 933-9299
PKP 1	Berlin, NH	May 25-29	Arlene Green	(603) 752-6577
ITW	New York, NY	June 2-9	Paula Oleska	(212) 864-4507
I. Update	San Diego, CA	July 7-8	IKC Faculty	(800) 466-8342
ITW	San Diego, CA	July 17-24	IKC Faculty	(800) 466-8342
PKP 3	San Diego, CA	July 17-24	PKP Faculty	(800) 466-8342
ITW	Boston, MA	September 15-22	Paula Oleska	(212) 864-4507
PKP 3	Chapel Hill, NC	September 23-29	Dr. Bruce Dewe	(919) 933-9299

## ATTENTION, TOUCH FOR HEALTH INSTRUCTORS!!!

Do you have 10 or more students interested in becoming TFH Instructors?

Contact the Association for information on sponsoring an Instructor Training in your area

# Touch For Health Product Order Form

Item	Qty.	Price	Extension
<b>Touch for Health Book</b> 1994. Basic text describing TFH		24.95	
<b>Touch for Health Video</b> 1994. 30 Min. Color. VHS.		19.95	
<b>Touch for Health Reference Chart</b> 29x43. Laminated.		33.95	
<b>Touch for Health Meridian Chart</b> 35x23. Laminated.		18.95	
<b>Touch for Health Reference Folio</b>		19.95	
<b>Touch for Health Reference Pocket Folio</b>		14.95	
<b>Touch for Health I Primer</b>		8.50	
<b>TFH Midday/Midnight Law &amp; Five Elements Chart</b>		24.95	
<b>TFH Midday/Midnight Law &amp; Five Elements Book</b>		9.00	
<b>Touch for Health Energizers</b> Audiotape. Carol Albee		10.00	
<b>TFH 1984 Annual Meeting Journal</b>		10.00	
<b>TFH 1986 Annual Meeting Journal</b>		10.00	
<b>TFH 1987 Annual Meeting Journal</b>		10.00	
<b>TFHA 1990 Annual Meeting Journal</b>		12.00	
<b>TFHA 1992 Annual Meeting Journal</b>		12.00	
<b>TFHA 1993 Annual Meeting Journal</b>		20.00	
<b>TFHA 1994 Annual Meeting Journal</b>		20.00	
<b>TFHA 1995 Annual Meeting Journal</b>		30.00	
<b>1995 Spirit of the Healing Heart T-Shirt</b>		12.00	

TFHA Member Discount: \$301 - \$400 = 20%  
 \$50 - \$200 = 10% \$401 - \$500 = 25%  
 \$201 - \$300 = 15% \$501 or more = 30%

**Shipping/Handling:**  
 \$4.00 first item  
 \$1.00 each add'l

**Total Cost of Items**

**Less Discount** \_\_\_\_\_ %

**Sub Total**

**8.25% sales tax in CA**

**Shipping**

**TOTAL**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone \_\_\_\_\_ Fax \_\_\_\_\_  
 Payment Method:  
☐ Check  
☐ Visa/MasterCard  
☐ Discover  
 Credit Card #: \_\_\_\_\_ Exp. \_\_\_\_\_

# Touch for Health Association

## Audio/Video Tape Order Form



### AUDIO TAPES

#### 100 SERIES

- ☐ 101 Marguerite Murray  
*Communication Skills for Kinesiologists*
- ☐ 102 Sandy Chadwick, R.N., N.H.C.  
*The Power of Touch and Caring*
- ☐ 103 Michael Flatley  
*Emotional Reflexology*
- ☐ 104 Wayne Topping  
*Integrating Emotions into Touch for Health*
- ☐ 105 Belinda Gore, Ph.D.  
*Ecstatic Body Postures*
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