

# In Touch Midwest



*The Quarterly Newsletter of the Midwest Region  
Touch For Health Association of America*

Issue 3

Spring/Summer, 1995

## Soul soother, Mark Victor Hansen to share wit and wisdom as Convention's featured banquet speaker

### Author of "Chicken Soup For the Soul" offers inspirational advice in a seminar to heal your heart, mind & soul

Everyone has been hit in the financial, social and spiritual solar plexus sometime in their life. This seminar will positively re-frame your thinking and future. During this high-energy and life changing seminar, Mark Victor Hansen will share with you his universally applicable principles that are the key to a happier, richer, and more fulfilling life. These principles and techniques have enabled thousands worldwide to unlock their hidden potential; change habits, beliefs, negative thought patterns and create new feelings for self-empowerment more easily than they ever thought possible.

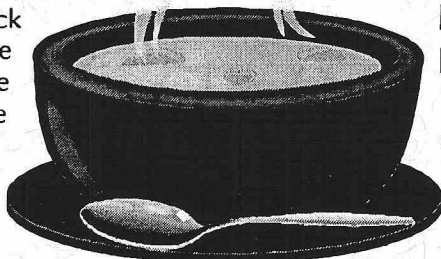
### Visualizing is Realizing

Mark Victor Hansen believes that if you can see it you can have it! Visualization is one of the most valuable tools that we can implement into our lives to create and recreate our reality. Everyone has heard about visualizing, now you can learn how to do it. Our Olympic athletes use visualization before an event, salespeople use the process before a presentation, and artists see their finished work before they even create

it. The human mind is controlled 87% by what we see. See what our heart desires, focus your energy, and strengthen your mind using Mark's 7 steps to creative visualization. Maximizing your mind power using this technique demonstrates that everyone has the opportunity to make a positive difference in their lives. Master the proven techniques and you'll be able to direct your visualization ability to help you attain your goals in life.

**About Mark Victor Hansen ...  
Motivational speaker, sales trainer,  
entrepreneur, #1**

**New York Times  
Bestselling Author**



Many people go through life and never experience their true calling. Mark Victory Hansen is a man who is one of the few to find his absolute life's

work. For more than 20 years, Mark has focused on the vital elements of human behavior that most affect the outcome of personal and professional lives.

Mark Victor Hansen is in high demand as a keynote speaker and seminar leader by many of North America's top corporations and professional associations. He is known as "The Master Motivator", and for good reason. During

**Oops!**

**We missed deadline!**

We apologize for being so late, but we wanted to be sure to include all the late-breaking news about the convention. Inside you'll find a listing of speakers and other special events planned before, during and after convention week.

**From the Newsletter  
Committee ...**

This is the official newsletter of the Midwest Region of the Touch For Health Association of America. If you are not receiving this newsletter in the mail, the Touch For Health Association does not have your name. Please take a moment to join our mailing list. Just put your name, address and phone number on a slip of paper and drop it in the mail to us or in the Mailing List box at the Convention.

In return, you will receive each quarterly issue of "In Touch-Midwest" for one year. We, the Board Members of TFHA-Midwest Chapter, feel that the news, information and updates that you will receive will be well worth your time.

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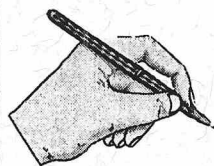
John McMulline Resource

Irene Cummings Program

Salvador Ayala Program

Marge Murray Liaison from IKC

Touch For Health Association  
6955 Fernhill Drive  
Malibu, California 90265  
(800) 466-TFHA



# From Our President

By Jacqueline Barnhart, Midwest Region

The date for the convention is quickly approaching and there is still lots to do. There is still room for more sponsors & always room for volunteers.

We are real excited about our lineup of speakers and workshops. I am particularly happy to have Mark Victor Hansen on board. His positive approach to healing and living certainly fits in with what TFH is all about.

We're also offering an Instructor Training Workshop and an Instructor Training Update. This is great for all of our Ohio instructors--and there are a lot of them. The update is part of the Association's move toward standardizing courses. It is very important, now that we have CEU certification, that all of the TFH classes be consistent from one instructor to the next, with only minor variations due to the instructor's own personal flair.

We're expecting a lot of Ohioans to attend the convention this year. It's a great opportunity for folks who usually can't go to the convention when it is held in exotic places like Vancouver or Las Vegas. It will afford Ohioans to attend on the local level and at a relatively inexpensive cost.

We hope that having the convention in Columbus will get some attention for TFH and therefore get some new members on line. We would like to expand the membership here in Ohio and the whole Midwest Region. The convention will call attention to the fact that we do have a local board here. We really want to spread the word about TFH so people can learn how to do this themselves and help make their own families healthier, happier and more balanced.

See you at the Convention!

# In My Opinion

By Chris Holderman

As a professional Holistic Practitioner, I frequently receive literature and special offers from companies claiming to have "the" key to my client's health and happiness and my financial security. All I have to do is sell this or that product to my clients (at a 100% markup) and their problems will go away... as long as they continue to use the product. As a practitioner of Touch For Health, I know that by doing regular balances, the need for supplementation can be greatly reduced. I also know that if a person is willing to cut down on processed foods and fast foods and add more fresh fruits and vegetables, nutritional supplementation can almost be eliminated.

Remember, the human body is designed to be healthy. By using regular balancing, good nutrition, a nurturing lifestyle and reducing unnecessary stress, the human body will stay healthy without a lot of extra supplements. We Americans need to get away from the idea that our problems can be solved by taking a drug, vitamin, mineral or herb and doing nothing else. If you are doing that, you are simply treating a symptom and not addressing the cause.

Please don't get me wrong, supplements can be very useful when used appropriately, but they do not necessarily need to be taken every day for the rest of your life.

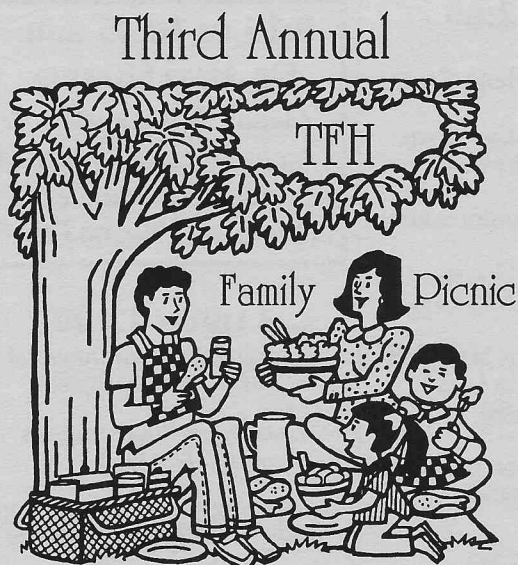
If you are a practitioner of Touch For Health, use the techniques, they really do work! Test for nutritional supplementation after doing a meridian balance. My experience has been that the human body has less need for supplements after a balance than before. Regular balancing can help the body achieve its best level of health without relying on supplements. If you are looking for improved health for yourself, have regular balances and test for supplements after the balance. Your health will improve and you'll probably save yourself money at the same time. In addition to this, it is necessary for best health to eat a well balance diet, including fresh fruits and raw or lightly steamed vegetables.

For more information or to discuss this further, please contact me at (614) 787-1073.

## What's Your Opinion?

Let us know!

Send your comments to *In Touch*,  
c/o Anita Butts  
3010 S. River Road  
Zanesville, Ohio 43701



July 29, from 2-9

At Winecca Retreat Center



\$10 per family, part of proceeds benefit TFH Midwest. Camping: \$10 per family.

Bring a dish to share. There will be a fire to roast hot dogs and lots of fun stuff to do - volleyball, softball, hiking, horseshoes and a hayride tour of the facility. It's been great fun in the past and sure to be again! For more information contact Chris Holderman at (614) 787-1073.

From Columbus, take 70 east to the Gratiot-Brownsville exit (#141). Turn left onto 668. Then right on State Route 40. Watch for Hopewell School on right, about 3 miles. Turn left on Country Line Road (across 40 from the school). Follow the Winecca signs.

## All Welcome to Board Meetings

Anyone is certainly welcome to attend any of the Midwest Region Board Meetings. We will be meeting June 5 and August 7 (the July meeting has been cancelled due to the convention). You are particularly invited to attend the August 7 meeting because we will be electing the new Midwest Board at that time. Your input is valuable!

Meetings take place at the Shoney's on Brice Road in Columbus from 6:30 to 9:00 p.m.



## Balancing Life with TFH

By Anita Butts

I want to tell how I use TFH everyday but also how TFH can be used successfully in conjunction with other therapies.

My husband and I decided to try some Rolfling after having a good deal of success with regular massage. My massage therapist felt that it might help for longer lasting results.

As you may know, Rolfling can be very painful but it also causes a release of energy that needs to be dealt with between sessions. Once, the day after a rolfling session, I was in extreme pain and my husband was out of town. So I had a friend test me. She found that the kidney meridian was over energy. She then held the weakening points for almost ten minutes and the pain subsided. During the same week I had to weaken the kidney meridian at least once a

day when I would experience that pain.

That was the most severe time, but my husband and I both find that we need balancing quite a lot after a rolfling session. I don't feel that I could have continued the sessions or gotten the good out of them that I have without simple TFH 14-muscle balancing. Incidentally, our Rolfler is amazed at the progress that we both have made and wondered how we came back each time so evenly balanced, with so few complaints and ready for the next session.

**How do *you* use TFH to keep your life balanced? Let us know!**

Send your comments to *In Touch*  
c/o Anita Butts  
3010 S. River Road  
Zanesville, Ohio 43701



## CEU's Now Available

Touch For Health Courses now qualify for Continuing Education Units for all health disciplines that require them.

Summit University of Louisiana handles all the paperwork. For more information, instructors and interested others should contact the TFHA office.



## Chicken Soup (continued from page 1)

his 20 year career, his message has reached over one million people, live, world-wide and virtually every major city in the United States and Canada. Over 150 audiences a year are stimulated to personal and professional success by his electrifying presentation style sprinkled with humor, loaded with personal empowerment strategies and thought-provoking substance.

He has also made a profound influence through his empowering library of cassette programs and video seminars. These programs are often utilized as a key component in corporate sales training. In addition to his recorded materials, Mark is also a prolific writer with many bestselling books. *Chicken Soup for the Soul*, since its publication date in June 1992 has over two million copies in print. *Dare to Win* is also destined to become a best-seller. Released in August 1994 with Berkeley Press, they have sold 200,000 copies to the book trade nationwide.

Mark Victor Hansen is reshaping the vision of what is possible in our lives and is credited with having a profound influence on the attitudes and actions of those who hear him.



## Pre-Conference Workshops

**June 28 - July 4**

### Instructor Training Workshop

(IKC Faculty)

\$750

9 a.m. to 5 p.m.

**PKP III (Cancelled)**

### War of the Inner Tribes

(Coby Schasfoort)

\$280

9 a.m. to 5 p.m.

**July 4**

### Emotional Reflexology

(M. Flatley)

\$ 95

9 a.m. to 6 p.m.

### What's Stopping You?

(Sharon Promislow)

\$ 35

9:00 a.m. to 12 n

### Top 10 for Professional Speakers

(Sharon Promislow)

Pre-requisite: "What's Stopping You?"

\$ 60

1:00 p.m. to 5:30 p.m.

**July 5**

### Kinesiology and Chi-Kung

Hugo Vermeesch

\$ 48

1:00 p.m. to 5:30 p.m.

 Please turn to page 6

**Wednesday, July 5**

**3:00 - 4:30**

Grand Opening Ceremonies

**5:00 - 6:00**

Communication Skills For Kinesiologists: How to Get Clients (Marge Murray)

Unconditional Mind of Man (K. Frain)

The Power of Touch and Caring (S. Chadwick)

Emotional Reflexology: An Overview (M. Flatley)

Integrating Emotions Into a TFH Balance (Wayne Topping)

Body Posture: a Ritual Doorway (Belinda Gore)

**8:00 - 10:00**

**Welcome Rob Aboulaché,**  
President, TFH  
Association of  
America

**Dr. John Thie**  
Founder, TFH  
"The Science of  
Touch For Health"

**Thursday, July 6**

**8:00 - 9:00 a.m.**

Tai Chi (Mike Frazier)

**9:15 to 10:45 a.m.**

**Gordon Stokes,**  
President,  
**Three-in-One Concepts**  
"What Muscle Testing  
Can and Cannot Do"

**11:00 - 12:00**

Transformation (Arlene Green)

How We Create Our Own Addictions (Ed Ireton)

Aroma Therapy (Sandra Smith)

The Structure/Gravity Connection (A. McElroy)

Your Thymus Minus Stressful Foods = Weight Loss (D. Kramolis)

Tension Equalization Massage (Ilse Jakobovits)

**1:30 - 2:30**

**TFH Annual Meeting**

**3:00 - 4:30**

Beyond Relaxation: The Trager-Kinesiology Partnership (K. Sellhausen)

Natural Vision Improvement (C.J. Wilson)

Understanding the Energy of Cell Salts, Flower Essences and Aromas (A. Hall)

Maturing Process: Insights Into Our Inner Child (Carol Gottesman)

**3:00**

Self Help 101 (Vic Dutro)

**3:45**

Spirituality Wholeness (Glassman)

**Group trip to Tecumseh Outdoor Drama \$30**  
(buses leave by 5 p.m.)

**Friday, July 7**

**8:00 - 9:00 a.m.**

Tai Chi (Mike Frazier)

**9:15 to 10:45 a.m.**

**Dr. Hari Sharma**

"Maharishi Ayur-veda: A Comprehensive System of Natural Medicine and Preventative Health Care"

**11:00 - 12:00**

Coping with Environmental Stress (Hap Barhydt)

Debugging Your Dragons (N. Meissner)

Awakening the Persona Energy Body Consciousness (Dottie and Joe Asselin)

Body and Soul Split Into Many Pieces (M. Patton)

Alternative Health Choices for Mental ... (M. Minor)

TFH Synthesis: As Taught in Switzerland (B. Studer)

**1:30**

Healing Using God's Love (Mike Frazier)

**1:30 - 3:30**

TK - Unfolding Human Potential (K. Sellhausen)

Protecting Yourself Legally (Marge Murray)

Switched On Creativity (Sharon Promislow)

Re-education of the Shoulder Girdle (Bruce Doolin)

Macrobiotic Approach to Emotional & Physical Illness (O. Woodford)

**2:15**

States of Existence (J. Bear)

**3:30 - 5:00**

Repattern Procrastination (J. Cole)

Empowering Our TrueSelves (A. Franks)

Healing Through Rhythm (A. Wedmedyk)

Enhance Your Chi Energy  
(R. Wagner)

Intelligent Movement (P. Oleska)

Polarity Therapy (B. Nilsson)

**4:30**

Shapes of Stress (H. Vermeesch)

**7 - 8:30 p.m.**

**Dr. Sheldon Deal**

**8:45 - 10:15 p.m.**

**Richard Utt**

Founder, Applied Physiology  
"Advances in Muscle  
Information"

**Saturday, July 8**

**8:00 - 9:00 a.m.**

Drumming Presentation,  
Rainbow Peoples Drum Lodge

**9:00 - 9:15**

Announcements

**9:15 to 10:45 a.m.**

**Dr. Virgil Chrane**

"A Little Known Secret  
About Stress"

**11:00 - 12:00**

Learning to Love Myself/  
Yourself (Star Fire)

Working With the Inner Child  
(Elizabeth Barhydt)

Emotional Impact on Vision and  
Empathic Sense  
(L. Anderson)

A Kinesiological Approach to  
Chi-Kung (Hugo Vermeesch)

Longevity Balance  
(I. Yaychuk-Arabet)

How To Influence Responsive  
Muscles with Massage and  
Applied Kinesiology (Kate  
Montgomery)

**1:30 - 2:30**  
**TFH Annual Meeting**

**2:45 - 4:15**

The Voice of Healing  
(C. Carlisi)

Intentionality, Body Mechanics  
and Holiness (P. Linden)

What Every Kinesiologist  
Should Know About  
Geobiology  
(J. Scott)

Body Typing (J.R. Schroeder)

Toward Heaven On Earth:  
Healing Body ... (M. Pitstick)

Spiritual Growth Kinesiology  
(Boschetto)

**3:30**

War of the Inner Tribes  
(Coby Schasfoort)

**4:45 - 5:45**

The New Healing Paradigm  
(R. Walden)

Beyond Technique (P. Gildner)

Hypertonic Diaphragm  
(F. Mahoney)

The Journey Process To  
Transform Core Issues  
(John Maguire)

Positive Regard  
Mel Suhd

**6:30 - 8:00**

Awards Banquet

**8:00 - 10:00**

**Mark Victor Hansen**

"The Spirit of the  
Healing Heart"

**\$45**

Advance purchase only.  
Deadline June 15th.

**10:00 - 12:00**

**Dance the Night Away!**

**Sunday, July 9**

**8:00 - 9:00**

Tai Chi (Mike Frazier)

Non-Denominational  
Worship Service

**9:00 - 9:15**

Announcements

**9:15 - 10:45**

**Richard Welch**

"Welcome to Tomorrow:  
Advanced Natural Uses  
of the Brain-Mind For  
Healing and Education"

**11:00 - 12:00**

The Warren Balance  
(Warren Jacobs)

Clearing Limiting Emotional  
Patterns (R. Walden)

New In Vibrational Healing  
(S. Devita)

**1:30 - 2:30**

Closing Panel

**2:30 - 3:00**

Closing Ceremonies

**Conference**

**Meal Plan**

**\$75**

Includes

breakfast and  
lunch July 5 - 9

**Post-Conference  
Workshops**

**July 9**

**Top 10 Pain Releasers**

Arlene Green

\$50

3:00 - 7:00

**Stress Release**

Wayne Topping

\$65

3:00 - 10:00

**Creative Visual/  
Shapes of Stress**

Hugo Vermeesch

\$48

4:00 - 7:00

**July 10**

**Science of TFH**

Dr. John Thie

\$100

9 a.m. to 5 p.m.

**TFH For Nurses**

Ilse Jakobovits

\$65

9 a.m. to 6 p.m.

**July 10 - July 11**

**Instructor Training  
Update**

(IKC Faculty)

\$125

9 a.m. to 5 p.m.

**Warren Balance**

Warren Jacobs

\$150

9 a.m. to 6 p.m.

 **Please turn to page 6**

Post-Conference Workshops  
(continued from page 5)

**July 10 - July 12**

**Stress, Pain &  
Learning Blocks**

Hap & Elizabeth Barhydts

\$265

9:30 a.m. to 6 p.m.

**Wellness Integration  
Techniques (K.I.T.)**

John McMullin

\$200

10 a.m. to 7 p.m.

**July 10 - July 14**

**Muscle Monitoring &  
Flower Essences**

Richard Utt

\$650

9 a.m. to 6 p.m.

**Stress, Pain &  
Learning Blocks**

**Instructor Certification**

Hap & Elizabeth Barhydts

\$35

6 p.m. to 9:00 p.m.



Pre-Conference Workshops  
(continued from page 4)

**July 5**

**Making \$ Your Friend**

Jan Cole

\$60

9:00 a.m. to 2:00 p.m.

**Past Life Therapy**

Martin Patton

\$85

9:00 a.m. to 3:00 p.m.




## Conference Fees

	Regular Rate	After 6/15/95
<b>TFHA Member</b>	<b>\$250</b>	<b>\$310</b>
<b>Non-Member</b>	<b>\$325</b>	<b>\$400</b>

### Legislative Alert!!!!

According to an employee at Basset's Health Foods, the herb, Ma Huang is now unavailable in Ohio. It's sale has been banned over an incident involving a teen using a synthetic form of ephedrine.

This teen apparently was consuming 40 times the recommended dose for several days when he suddenly died from a heart attack.

This ban was done very quietly with no warning, the officials throwing the natural, whole herb in with the synthetic extracts. There is a difference!

Bassett's and others are working to get the ban repealed, but we must all be aware of what is going on before all of our rights to self-health are slowly and quietly whittled away. You can do your part by writing your state representative today!

### Vaccines may be forced on us, too.

According to **Ohio Parents for Vaccine Safety**, the proposed restructuring of tax-supported medical care for Ohio's poor, so-called "OhioCare" would enroll all recipients in Health Maintenance Organizations (HMO). Under this plan the state would withhold payment from participating HMO's for not vaccinating a designated percentage of their patient populations (blackmail). This would, in turn, trample on the rights of parents to give informed consent for their child(ren)'s medical care. Informed consent is a basic tenet of medical practice, and as such, is part of Ohio law.

More and more U.S. states are linking public assistants to a family's child(ren) being vaccinated with all government "recommended" vaccines. OhioCare's vaccine mandate is a "back door" approach to accomplish this in Ohio.

Those not on public assistance could still be affected. If the state is successful in linking vaccinations to tax-supported medical care, the government may then mandate private health insurance companies to pressure families to "fully vaccinate" their children. Families could be threatened with losing their health insurance.

For more information, contact  
**Ohio Parents For Vaccine Safety,**  
251 West Ridgeway Drive, Dayton, Ohio 45459.

# Calendar of Events

Course Location	Dates	Instructor	Contact
TFH II Zanesville, OH	April 22,23	John & Anita Butts	(614) 454-1748
		Dee Martin	(614) 452-5411
TFH III Columbus	April 22,23	Jackie Barnhart	(614) 794-3951
TFH I Medina, OH	May 6, 7	Bruce Doolin	(614) 546-2874
TFH I Columbus, OH	May 20, 21	Bruce Doolin	(614) 546-2874
TFH III Zanesville, OH	May 20, 21	John & Anita Butts	(614) 454-1748
		Dee Martin	(614) 452-5411
TFH I Columbus, OH	June 3, 4	Bruce Doolin	(614) 546-2874
Board Meeting	June 5	Shoneys, Brice Road	
Convention	July 5 - 9 '95	Columbus, Ohio	
3rd Annual Family Picnic	July 29	Winecca Retreat Center	2p.m. to ?
Board Meeting	August 7	Shoneys, Brice Road	

**Deadline for Summer issue is July 15**

## T.F.H. Course Descriptions

### T.F.H. I

This 18-hour basic introduction course presents the skills necessary to manage stress, reduce pain, and to provide yourself and others with an overall boost of energy.

You'll learn 14 basic muscles and meridians and the parts of the body they affect. In addition, specific test and exercises designed to pinpoint body weaknesses are demonstrated.

### T.F.H. II

The skill learned in T.F.H. I are expanded with 14 new muscles and the introduction of Alarm Points, the Five Element Theory, and other balancing approaches.

In just 18 hours you'll learn powerful brain integration techniques as well as how to balance the inner clock and to address past trauma.

### T.F.H. III

Use of the Five Element Theory is expanded to include emotions and balancing with sound and color. You'll also be introduced to yet another set of 14 muscles

In this 18-hour course you'll learn crucial techniques to release stress and pinpoint and reduce pain.

# High Touch Tour

An Exposition of Complementary and

Alternative Therapies  
Coming to Columbus

June 9 - 11

at the Ohio Exposition Center at the Fairgrounds

Volunteers needed to work the TFH booth.

Contact Laura at National office.

**TFH is for every body!**



## Membership Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Business Phone: \_\_\_\_\_

**National T.F.H. Membership** (Includes Regional)

\_\_\_\_\_ Midwest Region \$20

\_\_\_\_\_ Basic \$50

\_\_\_\_\_ Lifetime Member \$500

\_\_\_\_\_ Instructor/Professional \$100

**TOTAL:** \_\_\_\_\_

Make checks payable to: **T.F.H. Midwest**

**T.F.H. Midwest Region, c/o Anita Butts, 3010 S. River Road, Zanesville, Ohio 43701**