

# In Touch-Midwest

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

Issue 2

Winter 1995

## T.F.H. celebrates 25 years

### Thie reminisces, makes predictions for the future

In my interview with Dr. John Thie, founder of the Touch For Health Foundation and the Touch For Health Association, we talked about how he came to develop Touch For Health, how and why it has grown and about the future of T.F.H. in the Family and in society in general.

Dr. Thie, son of a holistically oriented naturopathic/chiropractic doctor, says he's "kind of genetically a natural health practitioner." This upbringing laid a strong foundation for the theories he later developed.

**"Well, I felt that in my chiropractic practice that there was a great deal that people could and should be able to do for themselves in taking more responsibility for themselves."**

At a meeting in 1965, Dr. Thie met Dr. George Goodheart, who was demonstrating applied kinesiology. He then took the information home to his practice. "After I used it in my practice for a while . . . I said, this is something that could allow for an introspection of 'how are you?' Instead of adapting, you could find out about it."

Dr. Thie thought that there should be a book on A.K. for lay people and since he couldn't convince Dr. Goodheart to do it, he decided to write it himself.

You know the book, that oversized spiral bound paperback in luminescent green which explains step-by-step how to balance the body's muscles and subtle energies. The Touch For Health book has sold in the United States over 500,000 copies and it's in 15 languages including Braille.

Dr. Thie talks with humble awe of how Touch For Health has grown from one chiropractor's office to being used around the world.

**". . . I wanted to write the book, but I never thought about having it spread the way it has with teachers all over the world."**

He developed the information for the book by giving seminars. "People came up to me in those beginning seminars and said 'John, I really think this stuff is great, it's really wonderful I want to do what you're doing.'"

That is, teaching the Touch For Health material.

"So even before the first book came out, people were wanting to become instructors. . . We just kind of empowered people. . . just freed them up, you know, to just go out and do it."

As a result of this freedom, Dr. Thie estimates there are 50 or 60 techniques based on Touch For Health. "It just spread all over the place. I'm delighted."

**What makes Touch For Health so popular? "It works! People us it and they feel better!"**

Dr. Thie explains that we have both "hard wiring" and "soft wiring" in the body. The hard wiring is the physical body and the soft wiring is the emotions, spirituality, volition, etc. which uses the Meridians for communication. "What Touch For Health does, it takes the reality of how God designed us and utilizes both the soft and hard wiring as they were designed to be used."

The culture is changing on the doctors and the scientific community, Dr. Thie observes, but science is coming around. "There are people now in the scientific orthodox community that are beginning to look at what chiropractic and Meridian Therapy have been saying for centuries . . . that there is a subtle energy. It goes to the nerves and it uses the nerves of the body, the physical body, but it is more than that. Our inherent recuperative power and our healing system are there and it is more than we are able to measure. There is a mystery."

**"I think there will always be a mystery about that because what people are coming to is a worldwide revival in spirituality. . . There has to be a mystery about it because so many people have different ways of looking at spirituality."**

The common bond all spiritual beliefs have is that they honor a force beyond themselves. "We are going to have that spiritual aspect recognized more and more. Since Touch For Health recognizes [the importance of a person's spiritual

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## Deepak Chopra invited to 1995 Convention July 5 - 9

According to Rob Aboulache', T.F.H. national president, Deepak Chopra has been invited to the 1995 annual convention in Columbus.

Dr. Chopra will be the first to receive an award from the Association. The award has not been named yet, but Rob says it will become an annual award for outstanding contribution to holistic health practices. It looks good that Dr. Chopra will accept the invitation. Let's keep our fingers crossed!

Speakers who are already confirmed include, Dr. John Thie, Richard Ult, Sheldon Deal, Rob Aboulache' and John McMullin. Other speakers of national and international appeal have been invited, plus many of our own local celebrities will be there.

It's shaping up to be the biggest convention ever!

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Membership Information

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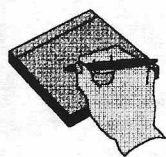
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# From our President

## From Robert A. Aboulache', President of the Touch For Health Association of America

As we start this new year, I look forward with much anticipation and great excitement. 1995 marks our fifth year as the Touch For Health Association and 25 years since T.F.H. first began.

Our membership has doubled in the last year and a half. We now have a small paid staff and a new location in Malibu.

This year promises great gains in the size of the Association as we make a stronger effort to publicize the work. We're also working to get research projects funded to add an extra measure of credibility.

It is our goal that every family have at least one person who knows T.F.H. We hope that people will first check for and correct any imbalances before heading for the medicine cabinet.

The tide is turning in this country where people are coming to a consciousness of self improvement and getting closer to Spiritual source. T.F.H. is a beautiful vehicle to teach you ways of attaining your highest good and that influences how you function in the world.

Being tense and dealing with others can lead to great tension. On the other hand, being clear and healthy with vital free-flowing energy can help you have healthy relationships as well-- not only with other people, but with your Spiritual sources, too.

I think T.F.H. is part of the wave that is re-humanizing health care and empowering people to take the initiative. Part of the reason T.F.H. has grown as much as it has is because the beautiful inroad to having people become more aware of their bodies.

As for the '95 Meeting, we will not only have T.F.H. stuff, but many leaders in the field of holistic health as well. We hope to make this the biggest convention ever so your help is vitally important. Contact us at the National office or one of the local board members to volunteer.

### 25 years (continued from page 1)

connection], we're in the right place at the right time."

In the future, Dr. Thie sees more people using T.F.H. and other self-help techniques once we are able to change the cultural attitudes about health.

"... Touch For Health is not going to reach its own ... until it is seen as something other than just another form of treatment of disease and injury. ... More and more people are using the Touch For Health system to balance themselves everyday for peak performances and personal bests. Not because they're sick, but because they want to be better balanced and prevent themselves from operating at below capacity level.

Dr. Thie hopes that the T.F.H. balance will become one of our daily routines, like brushing our teeth or taking a shower.

You know inside yourself how you are feeling, says Dr. Thie, if you learn how to listen to your body. "When you're feeling good you don't need to go to a health professional. You need to look more inside yourself and make your own changes spiritually, mentally, emotionally, physically, and be aware of what's affecting you."

"So many people have been trained in Touch For Health, but aren't using it. ... The thing I want to say is, use the things you know, take the time to take care of yourself. You deserve a better life than you have."

Dr. Thie is available to speak anywhere a group gathers. He can be reached at the Touch For Health Foundation at (818)798-7805.

Dr. Thie will be a keynote speaker and teaching a seminar at the upcoming Touch For Health Association International Convention.



# Calendar of Events

Course	Location	Dates	Instructor	Contact #
TFH I	Dayton/Springfield	Jan 14 & 15	Judy & Ed Ireton	(513)845-8232
TFH I	Worthington	Jan 14 & 15	Bruce Doolin	(614)846-2874
TFH I	Akron	Jan 14 & 15	Carol Gottesman	(216)759-0797
Intro Open House	Zanesville	Jan 22	John & Anita Butts Dee Martin	(614)454-1748 (614)452-5411
TFH II	Dayton/Springfield	Feb 11 & 12	Judy & Ed Ireton	(513)845-8232
TFH II	Worthington	Feb 11 & 12	Bruce Doolin	(614)846-2874
TFH II	Akron	Feb 11 & 12	Carol Gottesman	(216)759-0797
TFH I	Zanesville	6-week, evenings Beginning Mar 1	John & Anita Butts Dee Martin	(614)454-1748 (614)452-5411
TFH III	Worthington	Mar 18 & 19	Bruce Doolin	(614)846-2874
TFH III	Akron	Mar 18 & 19	Carol Gottesman	(216)759-0797

**Deadline for Spring issue is February 15.**

## 1995 Convention Discounts



### Group Discount

Gather a group of 15 or more members or non-members and each of you will receive \$50 off your Convention price. Enrolling agent is not eligible for referral fee.

### \$50 Referral Fee

Register a non-member by sending in the money and registration yourself and you will receive a \$50 credit toward your convention fee. Register enough and you can get in FREE!!!

## 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

## 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 tests and exercises designed to pinpoint body weaknesses are demonstrated.

### T.F.H. II

The skills 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.

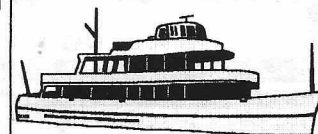
In just 18 hours you'll learn powerful brain integration techniques as well as how to balance the inner clock and to address past trauma.

### 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.

**Get your raffle ticket!!!**



Well, no, we're not giving away a yacht.

**But it is a Samsung 4-Head VCR.**

Raffle tickets now available for a donation of \$1 each or 6 for \$5.

Contact John Butts at 454-1748