

TOUCH for HEALTH

FOUNDATION

1995

NEWSletter

Vol. 4, Issue 1

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Dr. Thie's Schedule for 1996

is being planned. See page 6 for 1995 schedule.

If you need him as a leader or keynote speaker, especially at Holistic Health, Complementary or Energy Medicine, Alternative Health programs or his special TFH Seminars in your area, contact us as soon as possible. His schedule is limited & fills quickly.

WANTED!

INSTRUCTOR ADDRESSES

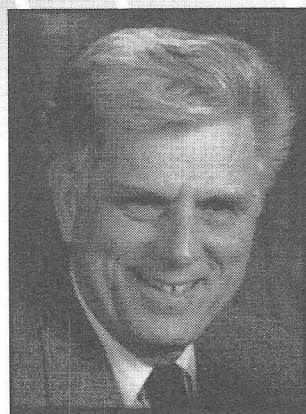
The Foundation is compiling a list of TFH Instructors. We believe a number of certified instructors do not belong to the North American or Canadian Associations. If you are one of those or know someone who is a part of that group, please write Touch for Health at the address below right. We are preparing special materials for instructors and want to include you in our mailings.

TOUCH FOR HEALTH: A practical guide to natural health using acupressure touch and massage to improve postural balance and reduce physical and mental pain and tension.

The procedures are complementary to other health interventions and may be all that are needed to help restore the natural recuperative functions, or may be utilized when other interventions have not been fully successful. TFH interventions have helped people perform their personal best at all levels of their lives.

TFHF PURPOSE: To research, gather, and report information on health promotion and touch healing, particularly as related to the TFH methods. Profits from the Foundation Newsletter fund education and research into Touch Healing, particularly Touch for Health.

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PURPOSE: To help our subscribers achieve healthier lives and perform their "personal best" in all aspects of their lives by providing useful, reliable, easy-to-understand health information that's timely, with an emphasis on touch healing.

Report from John F. Thie, D.C.

Report from Dr. Thie

People using TFH from all around the world tell me that their involvement in the TFHS has changed their lives for the better. As I write this update for January it is the end of 1994, and I am reflecting on the past 30 years since I became involved in Applied

Kinesiology. I have traveled from California to Europe to Canada, Indonesia, Fiji, Australia, and New Zealand, South America, China, Taiwan, Japan, etc. In all these places I have visited with TFH Instructors and others who are utilizing the TFHS methods as lay people and professionals. Many of these people have formed strong independent organizations to help themselves and others continue to learn about the benefits of the complementary methods of TFH natural energy balancing methods. When talking to these people and listening to their stories I feel so grateful to God for giving me this mission of spreading the word of the usefulness of touch in healing and enhancing performances.

Some of the stories from our travels are simply amazing. One mother showed me pictures of her son born five years ago as a premature infant with a heart defect that was expected to be fatal within a few months. She told of how she did TFHS balancing with him and he is now perfectly normal to her delight and the amazement of the doctors, who did not believe that the recovery was possible. This is one example of the many complementary uses of TFHS with orthodox medical procedures and surgical methods to keep her son alive, but it may have been the addi-

tional therapeutic effect of TFHS which did the trick.

When I was practicing chiropractic one of our physical therapy assistants had a baby with a similar problem, though it was born at term. The doctors said that they would have to operate on the heart to close a hole between the chambers that were not

closed at birth. This assistant was also a TFH instructor and utilized the natural energy balancing techniques with her child. On the reexamination the heart defect was no longer present!

Using TFH energy balancing techniques is perfectly safe and pleasant for the mother and the child, and can be done several times a day. These intentional healing touch methods seem to have helped chil-

dren with birth defects in the first months of their lives. I have asked the mother of the first child to write up her personal experiences and it can be published as other anecdotal reports have been. Are these two isolated experi-

Peak performances occur when you are able to have maximum energy where it is needed because you are already in balance.

continued on page 3

NEW ADDRESS & PHONES

P.O. Box 5547
Sherman Oaks, CA 91413-5547
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**TOUCH FOR HEALTH
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Australian Kinesiology Association
P. O. Box 190
East Kew, Victoria 3102, AUSTRALIA
(03) 859-2254

TFH ASSOCIATION Canada
3584 Rockview Pl., West Vancouver, B. C.
V7V 3H3 • CANADA
(604) 978-6292

Touch for Health Centre
30, Sudley Rd., Bognor Regis
West Sussex, PO 21 1ER, ENGLAND
(0243) 841689

TFH Association Israel
P. O. B. 44803 • Haifa, ISRAEL
972-471-5404

Italian TFH Association
Via Flli Bianchi 5
25080 Mademo S/G BS ITALY
39-36-564-1553

So. African Assn. of Specialized Kinesiologists
2 Prince St.
Oranjezicht, Capetown 8001, SOUTH AFRICA
021-461-6510

TFH Association Francophone
6 RTE DeChene
1207 Genave CH SWITZERLAND
41-22-786-25-37

International Kinesiology College
Stiftung P. O. Box 3347
Ch - 8031 Zurich, SWITZERLAND
41-1-272-45-15

TFH Association Holland
Grotestraat 8 • 5151 Je Druden • THE NETHERLANDS
041-637-5617

Associations for TFH are forming in many nations all over the world. Please contact IKC (41-1-272-45-15) or TFH Foundation at (800) 826-0364 USA, for more current information.

If your association is not listed, please send documentation of your work to TFHF so you can be included in this worldwide movement of TFH Synthesis.

ANECDOTAL REPORTS

Take TFH First

This is part of a letter that was hand-delivered to me in Melbourne, Australia, in October this year.

"...It's four years since I've been into Kinesiology, done structural N. SK2 AP with Rick Utt and Charles K. TFH-KIT (Kinesiology Instructors Training) with Kerry Rowe only September, 94. I would have loved to come to Melbourne, but since it hasn't been possible this time, I look forward to the next. However, I'd like to share the following. I started using TFH about 12 months ago and together with the 3-1 or AP, my work has improved and am getting better results. I believe TFH should be the first stream to start with before any others as it gives one good foundation in understanding Kinesiology. I wish I had."

I have heard this kind of remark many times since I started traveling and teaching again. I hope that more trained TFH instructors will begin to realize how important they can be in making our world a better place by introducing TFH to the maximum number of people by teaching classes regularly.

Glad I forced myself to attend TFH 1+

In a letter from Jim Schmidt of Tacoma, Washington, he says, in part:

You know what, Dr. Thie? I am really glad I forced myself to attend your Seattle TFH 1+ two-day seminar last October 19. I was very hesitant to go because I knew you would announce that I was an instructor, but I was worried that I would embarrass myself because I was so out of practice in terms of teaching. At home I had only been doing the 14-muscle balance one way. On my family, I would check out the upper body muscles, then the lower body one, then I would chart it on the wheel to look for patterns of blockages, the way Gordon taught us. So at your seminar I felt very awkward because we had to do a "fix-as-you-go" balance and I had been so "locked into" doing it the other way. However, as uncomfortable as it was, it was the best thing I could have done for myself, because it was the perfect refresher course, after watching you lead that class so effectively, it gave me motivation and inspiration to do this whole series of classes this past year. So I "thank you" for that!

Jim states further in the letter that

he and his wife Kathy have taught classes in the greater Puget Sound region, in Olympia, Tacoma, Gig Harbor, Federal Way, Seattle, West Seattle, and Bellevue. Some of the classes have been held at churches and some at Community colleges. "We have introduced TFH to over 200 new people during this time period, working at it part-time and primarily on Saturdays."

Jim and Kathy had taught in San Diego in the early 1980's, but had not taught when they moved to Washington, just using the methods on themselves as a family. It's very rewarding for me to hear of such success in starting to teach again. Here are two of their anecdotal reports.

Jean U., an RN who took our TFH 1 class in April at Tacoma Community College, told me recently that she and her husband have been having "great results" using the neuro-vascular hold points to relieve their headaches. At the same time she mentioned that she has been able to find energy blockages successfully using the muscle testing methods she learned in the workshop.

Carolyn S. said that taking an introductory TFH, TFH 1, and TFH 2 has had an important effect on her life. She recently shared the following:

"I no longer look at health as something that is done to me, but realize it is something that I can be personally involved with. Also, I no longer see pain as an enemy. Instead, I see it as a 'signal.' I realize I have options: I can rest; I can cry; I can do Touch for Health; I have also found that I have a lot more energy now that I am more in tune with my body." Carolyn is continuing her exploration and study of TFH and is registered to take TFH 3 next month.

Report on Learning Improvement from Jan Cole, teacher in Colorado

As of the week of April 7, 1993, Kathy Fulenwider's eight-year-old son received an all-A report card and is being considered for the gifted and talented program at his school in Gilpin County, Colorado. How significant is this? Kathy, as a Learning Disabled teacher in middle school, has been trained in many ways of working with learning disabled children. She has tried many of the methods of working with classes in a private school, all to no avail. In January of 1991,

continued page 5

ences, or have others around the world used the TFHS natural energy balancing methods with similar improvements? Unless we have them written down, few people will ever know they happened. Would you write your experiences to the TFHF, so that others can see the potential benefits of the TFHF resource?

There is a new medical journal from a medical publisher called "Alternative Therapies," which is a peer-reviewed journal just coming out in the United States. This is another first. The advertisement for it says "We are no longer confined to one school of thought, one method, one way. New ideas are spreading across America about what health really is and how it is best achieved. Do you have the knowledge it will take to practice in this new world? One journal will prepare you. We at Alternative Therapies believe that alternative, complementary, or unconventional therapies have a major role to play in the future of the health care in our society. Our goal is to explore objectively and fairly those alternative therapies that hold genuine promise. We invite you to join this journey of exploration." Larry Dossey, MD, Executive Editor.

Are some of you ready to submit material for this journal? Do you believe that the people using the TFHS methods should be contributors to this type of journal? Our newsletters and journals from the TFH and Kinesiology annual meetings are important and necessary. Please contribute to them. Alternative Therapies is at P.O. Box 627, Holmes, PA 19043.

In the November, 1994 issue of AM, published by the Office of Alternative Medicine, National Institutes of Health listings are given for Exploratory Grant Awards (R-21s) and Exploratory Center Grant Awards (U-24s). Although no awards were made for the funding of projects using Kinesiology or TFHS, there were, however, applications made by members of these groups and that is the first step. I encourage those who applied to apply again and encourage others to apply in the future. The total of the awards came to over two million dollars to be spent in the next three years.

The two centers funded for three years are the (One) Center for Alternative Treatment for HIV/AIDS, BASTYR University, Seattle, Washington. Lenna Standish, principal investigator: \$840,000. The funds will be used (1) To describe forms and patterns of use of alternative therapies for patients with HIV/AIDS. (2) To screen and evaluate such therapies. (3) To train AM practitioners in scientific approach to evaluation of their therapies, and (4) To educate the conventional scientific biomedical community about alter-

native traditional and ethomedicine, energetic therapies, pharmacological and biological therapies, and bioelectromagnetic medicine. (Two) Center to Evaluate Alternative Therapies for Addiction and Related Disorders, Minneapolis, MN, Medical Research. Thomas Kiresuk, principal investigator: \$810,000. Funds to be used to focus on utilization, applicability, and effectiveness of certain AM treatments for addictive, health, and psychological complications of substance abuse. Major directives will be (1) to establish linkages among AM practitioners and between AM and conventional medical practitioners, (2) to conduct field assessments of AM thera-

pies, (3) to develop and promote the transfer of knowledge of AM therapies through education and technical assistance, and (4) to work with an advisory group, conduct peer reviews and evaluations and maintain liaisons with other AM centers and interests.

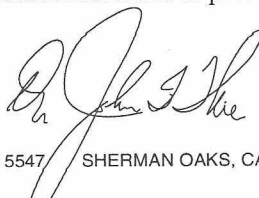
For people using TFHS as professionals and teachers this may be an unprecedented opportunity if you are working with people who

have these complaints and problems for which they have received research money. You can contact these two centers and inquire about sharing your experiences. They want to fulfill the grant criteria and you can be a helpful resource to them. Let us know about any contact that you make and the results.

The other twelve grants were R-21's, which were all for approximately \$30,000. Seven of the twelve were for acupuncture or traditional Chinese treatments. One was for Homeopathy. Two were for EEG, or Transcranial Electrostimulation, and two for nutritional therapies.

Will you take advantage of the changes taking place and become part of the solution to the worldwide crises in disease and injury care and share what you are doing and your experiences?

Health promotion and enhancing the natural recuperative powers of each person with our natural energy balancing methods will not reach the maximum number of people until we all get ourselves balanced every time we are aware of the imbalances being present. Waiting until pain and discomfort force you to do something is not health promoting. Peak performances occur when you are able to have maximum energy where it is needed because you are already in balance. Start with yourself and allow yourself to have more peak performances by getting yourself balanced as prevention.



**Waiting until
pain and
discomfort
force you to do
something is
not health
promoting.**

- **Can You Tell If Your Outcome Will be Good?**

In disc surgery patients "...bad outcomes were in patients who had lower levels of education and work status. They were much more likely to apply for work disability payment. They had a greater duration of pain, and longer period of reduced working capacity, they had fewer reflex deficits and suffered more often from depression. But the most important factors predicting a bad outcome were multiple locations of pain around the body, reduced physical mobility and a high reported pain intensity."

from "BackLetter," Volume 9, #10, 1994



- **Cost Lower If You Rest Less**

"Combining two inexpensive treatments—bed rest and pain medication—seems to be an expensive recipe for back care, according to a new study by Michael Von Korff, Sc.D., and colleagues from the Back Pain Outcome Assessment Team. Patients of physicians who frequently prescribed bed rest and pain medication had much higher long-term back care costs than patients of physicians who rarely prescribed these treatments. Because back pain is a recurrent condition, long-term costs of back care may be influenced by whether a patient views back pain as a condition amenable to self-care or a condition that requires medical care during each "acute" episode.

from "BackLetter," Volume 9, #10, 1994

- **Mental Decline With Age Affects Relatively Few People**

In a study by Paykel researchers in studying dementia evaluated 1,195 persons age 75 or older who initially did not have any signs of the dementia (increased tendency to lose or misplace possessions, mild impairment in learning new information and in recalling recent events, and occasional errors in occupational tasks or housework). They found over the years that the rate was three percent for people over 75 and approximately double every ten years so that those between 80-89 had an eight percent chance and those over 90, nearly 30%.

One of my hypotheses is that having regular TFHS balancing with goals would reduce this rate of increase with age. Have any of you noticed in working with family members changes in the signs of early dementia?

Paykel, E.S., et al, "Incidence of Dementia in Population Older Than 75 Years in the United Kingdom." Archives of General Psychiatry, Vol. 51, No.4 (April, 1994) pp. 325-332, reported in November, 1994 "Menninger Letter."



Some natural calcium supplements made from bone and oyster shell can endanger the health of pregnant women and children. These products were found by researchers to contain more than three times the FDA's tolerable total daily intake of lead for children age six and under. However, safe levels of lead were found in synthetic supplements, such as calcium carbonates and calcium chelates.

Drug topics, April 6, 1992 reported in ACA Journal

Reward Achievement: Enhance Creativity

When we are using TFHS natural energy balancing methods we feel that we are enhancing the creativity of the person in healing themselves and having more effective performances. The use of goals prior to the balancing techniques adds to this effectiveness. It is our Hypothesis that with a stated goal creativity is enhanced. We know this from our personal experiences and the anecdotal reports from other TFH instructors. Bruce Dewe, MD, of New Zealand, Sharon Promislow of Canada, and Marge Murray of Wisconsin and many others have both written about and demonstrated the value of goal setting in TFHS balancing procedures.

R. Eisenberger showed in a study that the more difficult the task for the mind to accomplish the greater the creativity carry-over to other tasks. This to me is further reason for us to engage our students and clients in the goal-setting procedures and then allow them to grade their outcomes. Grading the outcome of the TFHS intervention is a reward that carries over to other activities. Here's part of how it was described in the Menninger Letter.

"To determine how rewards affect cre-

ativity, researchers Eisenberger and Michael Selbst conducted a study of 504 schoolchildren. One group of students was given monetary reward for rearranging some or all of the letters in an assigned word to produce six new words. These students actually showed more creativity in a different activity (drawing) later on. But, when the reward was given for a less demanding activity (making up just one new word), then their drawings were also less creative. Creativity was again stimulated, however, when the size of the reward was increased or its presentation delayed. The researchers found that creativity appears to be enhanced when rewards are offered only for exceptional output."

We believe that the best results can be obtained with TFHS natural energy balancing methods if the person receiving the balance has a goal that is exciting for him or her, and there is a strong desire to achieve it. Assisting the person to decide on an exciting goal over and above just relief of pain is important.

Eisenberger, R., et al, "Does Reward Increase or Decrease Creativity?" "Journal of Personality and Social Psychology," Vol. 66, No. 6 (June, 1994) pp. 1116-1127, reported in the November 1994 "Menninger Letter."

Functional Measures

Every week I read about how success measurements are being changed in the health-care field. More and more, patients and providers are being asked to become more accountable for the care received and given. Here are some quotes that I hope will stir you into keeping records and reporting the outcomes of using the TFHS in yourself, family, friends, and clients.

"...develop a set of functional outcomes measures. Used to quantify the success of mental health treatment, such measures would not rely on traditional clinical outcomes, but rather on how an employee is functioning in life after treatment...direct patients to the provider who has the best chance of making them better. It uses patient and provider surveys to calculate outcomes and

patient satisfaction...A cost-driven system will produce the horror stories of people denied care they need and should have gotten...And employers should play a role in making peace between the warring factions, the best way to do that is to nurture a new sense of accountability among providers while working with managed care organizations to develop better ways to measure the performance of mental health providers...to establish standards to monitor the quality of care and to change course if employees are being denied care or are complaining loudly."

from "Business and Health," November, 1994 article "Mental Health: Solving the Quality Problem," by Barbara Starr and Steven Findlay.

ANECDOTAL REPORTS, continued from pg. 2

she hired a reading tutor to work with Josh three times a week. Four months later, when I met Kathy in the Reprogramming class I taught for Adams State College, he was beginning to remember sounds and a few words. One day after class she asked what I might suggest she do for him. I told her only two things: that if he were my son I would have him take a specific strand of RNA (ribonucleic acid part of the memory cell) and have him do cross crawls every day. I suggested she might take the Brain Integration class I'd be teaching that summer for more ideas.

During the summer class, just three months later, she informed the class that Josh was making great progress and was reading Dr. Seuss books. The tutor thought her request to have her son to cross crawls was a bit strange, but agreed to do so. Within a week, she said, "Whatever you're doing keep doing it." He was making progress faster than the first four months she had worked with him. Last October, 1992, before Parent Teacher Conferences, I called Kathy to see if she would be willing to talk to some of my parents who also had children with learning problems. She would. Excitedly she informed me that Josh now as a third grader was reading on a fourth grade reading level. He had gone from a 0 reading level to a fourth grade in a little over a year! Most of his progress was due to cross crawls! He didn't like taking "the pills," but has become very sensitive to his switched-off behaviors and frequently does the cross patterning. She also completed several declarations with him, a basic self-image/self-esteem statement and another on enjoying reading using the reprogramming method from the first class she took from me. She's worked at cleaning up his diet, particularly eliminating refined sugary foods.

Josh's inability to read triggered behavior problems, as well. As a six-year-old in first grade, he would hide behind a couch, under a table in the classroom, or get himself purposely in trouble so he could be sent to the principal when reading time came around. Kathy received daily phone calls concerning his behavior. Since his reading has improved, none of this happens anymore. Holding ESR or Positive points have become a frequent routine to defuse upsets at school whether academically or socially.

Josh's father is just as pleased with Josh's progress. He had learning difficulties as a child, and will sometimes get teary-eyed

when Josh brings home a good report. He would have given anything to know what they know now about Enhanced Learning/Brain Gym activities. The most he'd ever get right on a spelling test was three words, usually only two.

Kathy also used Enhanced Learning/Brain Gym activities daily in her Special Education classroom with sixth and eighth graders. At one time when some of the children were getting bored or resistant doing the exercises, she decided to have those students be a control for spelling tests. A pretest was given the first day. All children were involved in studying the words the following days, but one group participated in the learning exercises, while the control group did not. The control group improved 20-30%. The exercise group improved up to 90%. After three weeks, the control group begged to do the exercises again.

One of her students who had previously been tested at Children's Hospital in Denver, was told she had trouble with the corpus callosum and there was nothing they could do about it. Her father, an assistant principal, has seen significant improvement from doing Lazy Eights and Cross Crawls and is now sharing this information with friends and relatives.

Thanks to Jan Cole for sharing her experiences. I hope this will encourage more people to help each other with learning problems and report their outcomes.

When I was in Australia and New Zealand in October, 1994, I heard several similar stories about children improving in their learning abilities. The reporting of results is very difficult for some reason. I hope that more people will write out their stories. Anecdotal reports are valid. Though they are not considered the gold standard in research, they do give us the background information that will allow other research to be funded. Thanks in advance for your help.

Letter from Nellie David, age 75

Dear Dr. Thie,

Your TFH book has saved me much misery and money. The chiropractor introduced me to TFH, so I got the book. I used it for many years, but did only the meridians. It helped, but I knew I'd like to learn more,

continued next page

• Mysterious Drop in Disc Surgery Success Rates

"For reasons that aren't clear, disc surgery seems to be providing diminishing benefits, according to prominent Swedish researcher Alf L. Nachemson, MD, of the Department of Orthopedics at the University of Gothenberg in Sweden. The efficacy of disc surgery has inexplicably dropped over the past four decades, in terms of return to work and good and excellent results in scientific studies. 'If you look at the results of surgery for disc herniation in 1950,' says Nachemson, 'we all had 95% good results.' Studies from Germany, Sweden, and other countries today, stresses Nachemson, find good results in only about 75% of patients."

• Second Operations Among Disc Surgery Patients: Beware of Poor Outcome!

60% of patients who had a second operation were permanently disabled at long-term follow-up. This is from a study by P.I. Mannismaki and colleagues from the University Hospital in Oulu, Finland.

from "BackLetter," Volume 9, #10, 1994

We know that many people who still had back pain after surgery have had TFH methods with successful outcomes. Are you one of those people, and will you report your own story to us?



New distributor in the UK!

Fowler's phone number is

0181-597-2491

Call for the names of book stores carrying TFH items.

**DR. JOHN THIE'S TOUCH FOR
HEALTH SPEAKING SCHEDULE**

1995

Jan. 15-21 **San Bernardino, CA**
TFH 6-Day Intensive for Lay & Health Professionals. Limited enrollment. Each student will be personally balanced by Dr. Thie each day.

Jan. 25-28 **Lanai, Hawaii**
Int'l Applied Kinesiology Board of Examiners Meeting

Jan. 28-29 **Kona, Hawaii**
Introduction to TFH & review for Instructors.
Virginia Hammond (808) 885-4141

Feb. 25-26 **Geneva, Switzerland**
TFH Health Promotion & Wellness Seminar. Contact Jean-François Jaccard, 6 Rte. de Chene, CH-1207 Geneva, Switzerland 41 22 349 56 00

Mar. 3-5 **Bognor Regis, England**
TFH Update Participant-Centered Workshop for Instructors. Contact Pat Harrington, 3 Strand Way, Felpham, Bognor Regis, West Sussex PO22 7L11, ENGLAND, call between 1:00 & 1400 hours California time.
FAX 011 44-243-585-452

Mar. 10-12 **Brussels, Belgium**
2-Day Workshop for TFH Instructors & Body Workers.
Dominique Monette, MD, 46 Ave. Ducpetiaux, 1060 Brussels, Belgium.
011-32-2-537, FAX 32-2-537 64 61

Mar. 15-21 **Copenhagen, Denmark**
Speaker at Danish TFH Association Annual Meetings, public talk & 2-Day Seminar on TFH for Instructors.
Lena Bosinge Jorgensen
FAX 099-45 31 60 61 19

Mar. 25-26 **Austria**
TFH Seminar for Instructors & Body Workers. Alfred Schatz or Susanne Degendorfer, Zasiussstrasse 67, D-79102, Freiburg, GERMANY
49-761-7 27 29, FAX 49-761-70 63 84

Mar. 31 **Frankfort, Germany**
Public Lecture

Apr. 1-2 **Frankfort, Germany**
TFH Seminar for general public & Body Workers. Dr. Brita Dahlberg

May 7-13 **Santa Monica, California**
TFH 6-Day Personal Intensive Training w/ limited enrollment, persona balancing by Dr. Thie each day for each participant.
Contact Art.
(818) 509-9945, FAX (818) 509-9946

May 20-21 **Vancouver, BC**
TFH Basic, contact Carol-Ann Bikerstaff

June 24-25 **Chicago, Illinois**
TFH Speaker & Seminar Leader at the Oasis Center's "The Healing Journey: Energy Medicine for Self-Healing."
(312) 274-6777

July 5-11 **Columbus, Ohio**
Keynote speaker & 1-Day Instructors Participant Centered Workshop.
(800) 466-8342

Aug. 1-6 **Boston, Mass.**
Int'l College of Applied Kinesiology & Int'l Examining Board Meetings.

Sept. 22-26 **Bergen, Norway**
TFH Training for Instructors & Body Workers. Tom Pedersen, Herman Gransv. 17A, 5031 Laksvag, NORWAY
Ph/FAX 47 53 46 480

Sept. 27-Oct. 8 **Verona, Italy**
Keynote Speaker at Int'l TFH/IAASK Meetings & 1-Day Participant-Centered Seminar

Oct. 10-15 **Holland**
Speaking & Seminars, Aria den Hartig, Harriet Freezerlaan, 10 NL-6532 SM Nijmegen, NETHERLANDS
31-80-56 38 33

Oct. 21-22 **Friedburg, Germany**
Increased Wellness Seminar, see address above under March 25 entry.
49-761-7 27 29, FAX 49-761-70-63 84

Oct. 28-29 **Zürich, Switzerland**
TFH for Instructors, Rosmarie & Bernhard Sonderegger Studer, Hubigstrasse 157 CH-1207 Buchberg, SWITZERLAND
41-1-272-45 15, FAX 41 1 273 15 45

Nov. 4-5 **Geneva, Switzerland**
TFH for Instructors. See contact address under Feb.25 entry.
41 22 349 56 00

Nov. 17-18 **Philadelphia, PA**
TFH & Your Personal Wellness at the CHI Center for Human Integration. Contact Sister Mary Em (215) 742-3505

For a seminar in your area please contact Touch For Health Foundation: (909) 873-8292.

Special Thanks from John Thie



Michael Wild, President of Australian Kinesiology Association, presenting award to Dr. Thie, joined by his wife, Carrie.

TOUCH FOR HEALTH ASSOCIATION OF CANADA. I would like to give special appreciation and thanks to all members for the honor they gave me in July, 1994, in Vancouver. The plaque honoring me with your "Lifetime Achievement Award" for my work in promoting TFH hangs in an honored place in my study/library. Thank you all and I believe you who were at my address know how much TFH means to me and how I believe that we can make our world a better place by sharing these methods with others.

TO THE AUSTRALIAN KINESIOLOGY ASSOCIATION. Thanks to all the members and officers for the honor you bestowed on me in Melbourne in October, 1994, by giving me the "Award of Appreciation" of

your association for my contribution to the growth of Kinesiology in Australia. It was my great pleasure to meet so many of you at this international meeting, which was one of the largest and best organized meetings. Thanks to all of you who promised to send me anecdotal reports on the outcomes of your use of the TFHS in your families, with your clients, and results that your students have achieved. I know that those of you who heard my keynote remarks know how much I believe that the TFHS is making our world a better place.

TO THE NEW ZEALAND TOUCH FOR HEALTH ASSOCIATION. Thank you all for honoring me with your first "Honorary Lifetime Membership Award." I treasure this honor and the certificate presenting my two-day workshop to TFH Instructors prior to your annual meeting and making the opening keynote address. Your reception of my presentations was wonderful and I am looking forward to being invited again in 1996. I am also looking forward to receiving your anecdotal reports and results of your registration board work with the government.

ANECDOTAL REPORTS, continued from pg. 5

so when I read about the video, I sent for it and now I'm doing a great job.

I am 75 and my husband Albert is 80. We've been in poor health for some time, so we will check out at least some things nightly. ...I'm an avid gardener and had been too weak to even play cards. I decided to get rid of two nylon rugs. TFH testing had shown me these nylon rugs were bad for me, but it was a lot of work and money to redo two rooms. I decided however I had to do it as I need to feel better. A day or so later I had more energy than I had had in year. Muscles had really weakened, but responded to TFH incredibly...

Nellie goes on for eight handwritten pages about her favorable experiences using TFH for herself and her husband Albert, making their lives together more fulfilling. This anecdotal report really gladdens my heart as they continue to see the chiropractor and medical doctor occasionally, but they have fuller lives taking care of themselves using TFH natural energy balancing methods. She has never taken a class. She learned what to do from the book and was encouraged by the videos.

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