

# In Touch Midwest



*The Quarterly Newsletter of the Midwest Region  
Touch For Health Association of America*  
Issue 5

Winter, 1996

## Midwest Conference Planned for March 16.

Wow! We're all very excited about presenting the Midwest's First Regional Conference.

It is a wonderful time to meet up with old friends and make a few new ones.

For those of you who have already taken one or more TFH classes, this is a perfect opportunity to see what's new.

If you are not all that familiar with TFH, this conference will be a fabulous introduction for you.

TFH and the related kinesiology fields are used everyday by thousands of doctors, massage therapists, chiropractors, sports therapists and other practitioners. But more importantly, it is used everyday by nonprofessionals as well. TFH is a practical, easy-to-learn technique for keeping yourself and your family healthy.

*You are cordially invited to attend the  
TFH Midwest Region's first*

### *Midwest Conference*

*March 16, 1996*

*at the Franklin Park Conservatory  
Columbus, Ohio*

*Lunch is to be provided.*

*Cost is just \$25.*

*A \$5 discount will be given to  
those who register by March 1.*

*Conference fee includes lunch.*

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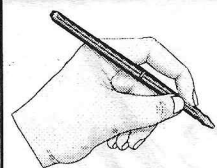
Marge Murray Liaison from IKC

Touch For Health Association

6955 Fernhill Drive

Malibu, California 90265

(800) 466-TFHA



# From Our President

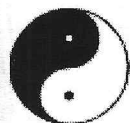
By Anita Butts

Many people that I know say that after they have taken classes that they don't use TFH much. Then they start telling me stories of how they helped daughter with this or did one technique on a co-worker, and oh! they did such and such with someone and so on and so forth.

I'd like to say that the ideal would be to give and receive TFH balances every day (and I know how effective it can be.). But if you have even one opportunity a day to use one technique to help a family member, a co-worker or yourself, how wonderful that is. If you do nothing more than rub a point to give yourself a boost one day or help a co-worker with a nagging back ache the next, and the next help a child with a simple injury, that is fabulous!

I have a large family (seven children) and so I may have more opportunity than most to practice the techniques. I find that every day I am using figure eights, ESR or supplement testing. When my husband and I took these classes several years ago we were so eager to use this knowledge and we **know** our children thought we were looney. Now they come to us to ask our help because it has become a part of their lives, too.

Give yourself credit! If you acknowledge every day what you use, you will find yourself using more and different techniques. If you only use this knowledge to help you family or yourself, isn't it worth every hour and every dime?



Viki

Massage • Reflexology

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## Health Empowerment Systems

John & Anita Butts

- Certified TFH Instructors • Hypnotherapists
- Professional Kinesiology Practitioners

Classes and private sessions by appointment

(614) 454-1748

## Interested in practicing your TFH skills?

Come join us for  
**Practice**

**Gatherings**

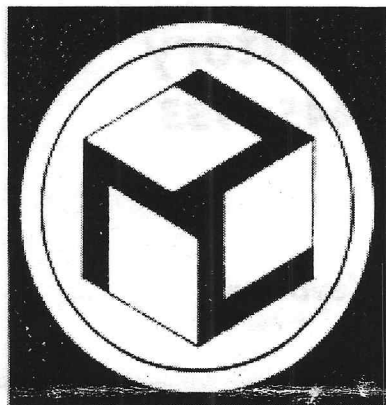
at the home of  
**Michael Frazier,**  
the second Monday of every  
month at 7:00 p.m.

For more information and  
directions, call Mike at  
(614) 860-9850.

**Free!**



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here! See page 7  
for rate details.**



*Love of the Universe  
Protect Me  
Heal Me  
Guide Me to My  
True Spiritual Home*

*el Ariana Imram Antares*

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*4554 Ellery Drive  
Columbus, Ohio 43227  
(614) 860-9850*

## Dear Char

*Thank you for your column in the TFH Midwest Newsletter. My question has to do with the Meridians and the emotions. I have only taken TFH I and when I asked how they were connected, I was told that each Meridian was associated with a different emotion, but I would learn more about this in TFH II and TFH III. I would like a reference to help me understand the association.*

*Thanks,  
Miss Curious, Sandra*

Dear Miss Curious,

Thanks for writing. Your TFH instructor was correct. TFH II and TFH III both explain more about the meridians and the emotions and how to balance them using the *5 Element Chart* and also "Balancing According to the Wheel." You will also learn things like a *Meridian Wheel* and *Time of Day Balance*, *Bilateral Muscle Weakness*, and how what we think affects our feelings and vice versa.

A good reference for this in for is *Life Energy* by Dr. John Diamond. Dr. Diamond explains that each meridian represents a positive and negative emotion. The liver meridian, for example is the Meridian Of Happiness. Unhappiness is the negative emotion. When someone is feeling unhappy, that unhappy feeling can be locking their liver energy. Dr. Diamond takes a closer look at where and how the emotion of being happy is identified with the liver meridian. This book explains in detail, how to muscle test to balance that meridian. Other Meridians, Associated Organs and Positive Emotional States are:

<i>Meridian</i>	<i>Organs</i>	<i>Positive Emotional State</i>
Lung	Lungs	Humility, tolerance, modesty
Gall Bladder	Gall bladder	Reaching out with love, forgiveness and adoration
Stomach	Stomach and sinuses	Contentment, tranquility
Large Intestines	Colon, rectum, appendix	Self-worth

Unfortunately this book is hard to come by. Bob Peters, at **Phoenix Book Store**, 3110 North High Street, (614) 268-3100 has been able to acquire it directly from Dr. Diamond. Please call or stop by.

Thanks Curious!

Send your *Dear Char* letters to:  
Char Young  
P.O. Box 141161  
Columbus, Ohio 43214 or  
Call (614) 785-9868

*Char!*





**The Midwest Region  
of the Touch for Health Association presents**

# **The Midwest Conference!**

**March 16, 1996**

**at the beautiful Franklin Park Conservatory**

**1777 E. Broad Street • Columbus, Ohio • (614) 645-8733**

**Featuring well known names  
and faces from the Midwest  
Region.**

## **Marilyn Daubenspect**

Certified TFH instructor

PKP Practitioner

Licensed Massage Therapist

**"Bringing Love Into  
Holistic Health"**

## **Bruce Doolin**

L.M.T.

Certified TFH Instructor

**"TFH Techniques In  
Soft Tissue Work"**

## **Vic Dutro**

Certified TFH Instructor

TKV

**"Development & Expression of Intuition"**



## **Colin Hearon**

B.A., B.S., D.C.

**"Ear as a Computer Keyboard  
to the Body"**

## **Chris Holderman**

Holistic Practitioner

Certified PKP Practitioner

Clinical Hypnotherapist

**"Everyday Uses of Kinesiology Techniques  
to Enhance Personal Pleasure and Life  
Enjoyment"**

## **Schedule**

<b>9:00</b>	<b>Registration</b>		
<b>10:00</b>	Ed Ireton Vic Dutro Marilyn Daubenspect	<b>1:30</b>	Colin Hearon Sandy Smith
<b>11:00</b>	Bruce Doolin Chris Holderman Judy Ireton	<b>2:30</b>	Jeanne Nelson Andrew Sylvie
<b>12:00</b>	Lunch	<b>4:00</b>	Break
		<b>4:30</b>	Marilyn Joyner Gene Irwin





# Balancing Life

with TFH

## A Central Ohio TFH instructor writes:

I would like to tell about the "wonderfulness" of surrogate balancing and how effective I have found it to be. This is one example:

My daughter was in Canada visiting friends and was going to leave from there to go to New Jersey to tryout for a group that she wanted to join. We had done some PKP balancing on calmness, learning ability and stamina before she left for the visit but before the week was out she called to tell me that she was in a panic and wanted to come home and besides didn't think she could make all the flight connections and to please do a balance for her. Using my husband as a surrogate, I did a simple 14 muscle balance with calmness and ease of learning as the goal.

When she came home, she told me that it had been very hard work, but that she had been able to do it and how much easier it had been than she had expected. She also said that she had felt more accepted into the group and had made all flight connections easily. She was asked to come back to the group.



Balancing Life's Energy

- Touch For Health Certified Instructor
- Stress Management
- Kinesiology
- Guided Imagery
- Reiki
- Reflexology
- Hypnotherapy

**Char Young**  
(614) 785-9868

P.O. Box 14161 • Columbus, Ohio 43214

# WELLNESS WORKS

## Holistic Health Center

422 Morse Road • Columbus, Ohio 43214  
(614) 885-HEAL

- Acupressure
- Therapeutic Massage
- Healing Touch
- Personal Fitness Training
- Craniosacral Therapy
- Touch For Health (PKP)
- Hypnotherapy
- Juice Plus™/Nutritional Products
- Touch For Health Certification Classes

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BRUCE DOOLIN, L.M.T., C.P.F.T., C.H.T.  
ROBYN MORRISON, R.N., B.S.N., C.H.T.

## Business & Professional Images

Cassie Holderman

Graphic Design/Writing of:

- Brochures
- Flyers
- News Releases
- Resumes, etc.

9005 Hidden Springs Rd.  
Hopewell, Ohio 43746  
(614) 787-2947

Kinesiology • Herbology • Hypnotherapy

**Chris Holderman**  
Holistic Practitioner  
(614) 787-1073

*I make  
house  
calls!*

9185 Hidden Springs Rd. • Hopewell, OH 43746

## Ed Ireton

Certified TFH Instructor  
Pharmacist  
Clinical Hypnotherapist

**"Oriental Five Element Theory and How  
to Determine Acupressure Points to  
Stimulate Meridians"**

## Judy Ireton

Certified TFH Instructor  
Clinical Hypnotherapist  
Stress Release Therapy

**"The Four Faces  
of Stress"**

## Gene Irwin

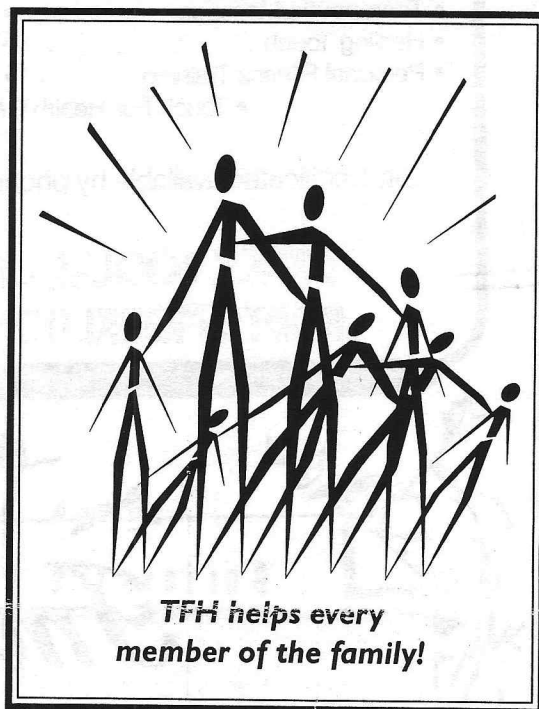
3-In-1 Concepts Advanced Trainer  
Gemstone Therapy  
TFH & PKP facilitator

**"New Insights To Uses and  
Practice of the Behavioral  
Barometer"**

## Marilyn Joyner

B.S.N., R.N., Clinical Hypnotherapist, Certified TFH  
Instructor and Consultant at the Arthur G. James Cancer  
Hospital and Research Institute at The Ohio State  
University

**"Integrating TFH Techniques Into A  
Holistic Approach To Treating Cancer."**



## Jeanne Nelson

N.D.  
Transformational Kinesiology  
**"Transformational  
Kinesiology"**

## Sandy Smith

B.A.  
Certified TFH Instructor  
Clinical Hypnotherapist  
**"Holistic Aromatherapy  
Balancing"**

## Andrew Sylvie

Signature Sound Practitioner  
**"Integrating TFH and Signature Sound"**

### Conference Fees

\$25 per person  
\$20 if paid by March 1.  
**Price includes lunch.**

## Midwest Conference Registration

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

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

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

☐ \$25 each

☐ Early pay discounts just \$20  
(If paid by March 1)

Make checks payable to **TFH Midwest**

☐ I would like to volunteer at the conference.  
Please have someone call me.

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

**TFH Midwest Region • c/o Pam Graham • 141 Ann Court • Lancaster, Ohio 43130**



# Calendar of Events

Course	Location	Dates	Instructor	Contact
TFH III	Akron	Feb 4 & 11	Randy Gibson	(216) 836-5060
Board Meeting		Feb. 5	Shoney's Brice Rd, Columbus	
Practice Gathering		Feb. 12	At Mike Frazier's	(614) 860-9850
TFH II	Zanesville	Feb. 17 & 18	John & Anita Butts	(614) 454-1748
Board Meeting		Mar. 4	Shoney's Brice Rd, Columbus	
Practice Gathering		Mar. 11	At Mike Frazier's	(614) 860-9850
<b>Midwest Conference!</b>		<b>Mar. 16</b>	<b>Franklin Park Conservatory</b>	
Board Meeting		April 1	Shoney's Brice Rd, Columbus	
Practice Gathering		April 8	At Mike Frazier's	(614) 860-9850

**List your TFH class here for free!**  
**Deadline for Spring issue: Feb. 1**

The class you want not listed? Call our voicemail number and let us know so we can get it arranged.

## What's Your Opinion?

Let us know!  
 Send your comments to  
**In Touch,**  
 c/o Anita Butts

3010 S. River Road • Zanesville, Ohio 43701

*When registering for a class, be sure to ask if the instructor is a certified instructor and a current member to ensure that your participation will be registered with National. Only certificates issued by the Midwest Region or National are official and recognized by the TFHAA.*

## TFH Course Descriptions

### TFH II

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.

### TFH II

The skills learned in TFH 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.

### TFH 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.

## Advertising Rates:

Full Page: ..... \$100  
 Half Page: ..... \$50  
 Quarter Page: ..... \$25  
 Business Card: \$..... 15  
 Insert: ..... \$75

## Membership Registration

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Business Phone: \_\_\_\_\_

\_\_\_\_\_ Midwest Region \$20  
 \_\_\_\_\_ Lifetime Member \$500

### National TFH Membership (Includes Regional)

\_\_\_\_\_ Basic \$50  
 \_\_\_\_\_ Instructor/professional \$100

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

Make checks payable to **TFH Midwest**

**TFH Midwest Region • c/o Pam Graham • 141 Ann Court • Lancaster, Ohio 43130**



What is  
Touch  
For  
Health?

**Simple and safe**, Touch For Health (TFH) is a practical process of balancing the body's energies to reduce pain, improve body function and ease the stresses of everyday living.

**TFH is the best of East meets West**, utilizing ancient Oriental acupressure and acupuncture techniques along with recent Western developments in wellness and preventative care.

**TFH does not diagnose**, prescribe or treat illness, but when used regularly, it is a powerful tool in achieving total well being

**TFH Midwest  
VoiceMail #  
(614) 470-2176**

## Midwest Region Benefits of Membership

### Basic Member - \$20

- Voting privileges for all Regional elections
- A subscription to In touch-Midwest
- Listing in annual membership directory
- Discounts at Region-sponsored meetings, classes and events
- Discount on National membership

## T.F.H.A. National Benefits of Membership

### Associate Member - \$25

- A subscription to the *Keeping In Touch* newsletter

### Basic Member - Just \$30, when purchased with Regional membership for a total of \$50

- Voting privileges for all TFH elections
- A subscription to the *Keeping In Touch* newsletter
- Listing in the Association directory
- An annual journal of the latest developments in TFH
- Selected discounts at T.H. Enterprises bookstore
- Discounts at TFH events and meetings

### Instructor/Professional Member - \$100

- All of the above plus...
- Referrals
- Promotional assistance
- Special promotion materials
- Development of TFH curricula

**March 16  
Midwest  
Conference  
speaker  
descriptions in  
this issue!**



## Touch For Health Association

Midwest Region  
c/o Anita Butts  
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