



Keeping...

InTouch

The Newsletter of the
Touch for Health Kinesiology Association of America

Winter 1996-97

Volume 6

Issue 3

1997

A NEW
NAME...

...A NEW
LOOK...

...AND A NEW
ADDRESS!

3223 WASHINGTON BLVD. SUITE 201
MARINA DEL REY, CA 90292-5572
(800) 466-8342 • (310) 574-7833
FAX (310) 574-7830

<http://www.touch4health.org>

TOUCH FOR HEALTH KINESIOLOGY ASSOCIATION

I can't believe five months have passed since the 1996 Annual Meeting. Many new and wonderful things have been happening at the Touch for Health Association office. Our office has moved (see below, left). We needed to expand and now we have the space to improve our services to you. We have wonderful people working for us. Laura Sudar is our Executive Director, and Alice Putt in charge of our books and catalog. Chad Pedersen is handling general office, membership and registration duties. I am always amazed at how many steps it takes to process everything. We have a wonderfully capable staff.

We have counted the ballots from the annual meeting and those sent in from the newsletter and the overwhelming consensus is approval to add the word Kinesiology to our name (see page 2). We thank you for answering our request in the last bulletin and voting. We are now the Touch for Health Kinesiology Association (TFHKA).

Our World Wide Web Site is up and running and we are so proud and excited that we are on-line. It creates so many possibilities to make our Association grow. We have to keep ourselves up to date to show everyone our skill and expertise. So many people have heard something about Touch for Health and Kinesiology, but

don't know exactly what it is. We have a big task ahead of us to let the world know who we are.

A goal without a plan is a wish.

We have set our goals, we are working on the plans that will make them come true, and we are reaching out to all of you to help us make them come true.

The newsletters are now on track, the journals and directories have been sent to the members in good standing and the data base is filled with thousands of people who are interested in Touch for Health and want to be in charge of their own health. We are also publishing the Touch for Health Bulletin *In Practice* to reacquaint you with helpful techniques and information from the past. The Touch for Health manuals for I, II, III, and IV are ready and may be ordered through the Association. Much work from many people, and many, many, hours were needed to bring these to you. We look forward to your feedback to make improvements.

I have been noticing that in the news paper there are articles and on television programs involving alternative or complimentary practices to help the physician aid the patient heal better and faster. A case in point is a recent episode of a program called *Turning*

See President next page

President continued from page 1

Point with Hugh Downs. He was interviewing people with heart problems and cancer and their use of alternative therapies in conjunction with regular medical techniques. Before surgery, the patient who was having a triple heart bypass, had reflexology, therapeutic touch, hypnosis, yoga and meditation to ease the fear and trauma of the operation. The patient was in intensive care for only 24 hours and was able to go home without pain medication. They still need research. We need to share our results with them.

We are in the planning stage of our next annual meeting which will be in Colorado Springs, Colorado. We have teamed up with ASK-US to put on the meeting together. We have a team of dedicated people working on making this conference fantastic. The Meeting will be held July 10-13, 1997 at the Holiday Inn, Garden of the Gods. Registration will start on July 10, 1997 at 3:30 P.M. With all the great plans underway we want to encourage you to be sure and mark down and save those dates. We will sponsor an Instructor Training Workshop from July 14-20, 1997 and an Update July 8-9, to coincide with the conference.

We are also preparing to celebrate the 25th anniversary of the publication of Touch for Health by Dr. John Thie in 1998.

Working with Kinesiology Associations from around the world, we are hosting this event in Orlando, Florida in October of 1998. Please mark your calendars now and plan on attending this historic event!

TFHKA needs your help and skills. We have many things we want to accomplish and we would like to ask you to contribute some of your time and energy to make them all possible.

Look over the list and let us know where you can help.

1. Write an article for and/or advertise in the newsletter.
2. Clip articles published in your area that relate to the acceptance of alternative health care and submit them to us for the newsletter
3. Help us expand our World Wide Web site
4. Submit articles and advertise your classes and services in local publications. Need an ad? We can help.
5. Do you need books? Order from us by calling, faxing or ordering on-line via our WWW site. Need to place a large order for a class? Professional members—apply for credit with us and pay later!
6. Encourage your students and clients to join the Association
7. Renew your membership promptly
8. Participate in regional and national conferences

I am very fortunate and proud to be the president of this wonderful organization. I am surrounded by hard working dedicated people who have a vision of health and well-being for everyone. We are one of the ways people will find that can help them. The job is challenging but with wonderful people out there it is worth it. Thank you.

Judy Levin

TFH Name Change

Thank you to all who sent in your ballots. In all, we received ballots from 145 current Association members, who voted overwhelmingly in favor of changing our name to the Touch for Health Kinesiology Association of America.

Of the four votes cast against the

name change, two expressed concern over the length of the new name, one member thought we were wrong to not distinguish ourselves as "of the United States" instead of "of America", and one gave no reason.

Again, thank you to all who participated in this vote.

Touch for Health Kinesiology Association

Logistics

Board of Directors

Judy Levin	President
Larry Green	Vice-President
Carol Boschetto	Secretary
Connor Coward	Treasurer
Robert Aboulaché	Member
Salvador Ayala	Member
Irene Cummings	Member
Lana Muehling	Member
Leila Parker	Member
Rita Woods	Member
Paula Oleska	IKC Faculty Liaison

Laura Sudar	Executive Director
Chad Pedersen	Member Services
Alice Putt	Bookstore Buyer

The information in this publication is designed to assist you in the management of your well-being. The Touch for Health Kinesiology Association is not liable for any product or promotion contained herein. © 1997 Touch for Health Kinesiology Association. All rights reserved. For information or assistance contact the Association at:

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

Advertising Rates

Whole Page	\$250
Half Page	\$150
Quarter Page	\$75
Business Card	\$35

(Discounts available for multiple runs)

Touch for Health Kinesiology Assn.
3223 Washington Blvd. Suite 201
Marina del Rey, CA 90292-5572
(310) 574-7833

FAX: (310) 574-7830

<http://www.touch4health.org>

Meet ASKUS

by Linda Clark Scott, ASKUS President

I am writing to introduce you to ASKUS. Together with TFHKA, we will be co-sponsoring the joint Annual Meeting and Conference, "Together in Abundance", in Colorado Springs, in July, 1997.

What, you might ask, is a Specialized Kinesiologist?! It's a person who uses muscle-testing and energy balancing in the support of wellness. So Touch for Health, Edu-K, Health Kinesiology, Three-in-One, Bio-Kinesiology, N.O.T., Results, Transformational Kinesiology, Applied Physiology, etc., are all varieties of Specialized Kinesiology. We use the term "Specialized" to differentiate ourselves from Applied Kinesiologists and the kinesiology training that is offered in schools of physical education.

I am a member of both ASKUS and TFHKA. I have been impressed, while attending the conferences of both organizations over the last several years, by how very similar the two gatherings have been. Of course TFHKA has some unique traditions which ASKUS does not share, but if you look at the roster of presenters and the topics presented, the similarity is obvious.

For several reasons I am delighted that our two organizations will meet together this year. Neither presenters nor attendees need to choose which meeting to attend, and the members of both groups will have the opportunity to meet each other. We are all truly part of one family. I think of ASKUS and TFHKA as siblings!

ASKUS is a chapter of the International Association of Specialized Kinesiologists. IASK has been in existence for nine years. It is a professional organization for Specialized Kinesiologists from any training background. One of ASKUS' goals for the near future is to develop meaningful standards for evaluating courses offered by anyone in the field of SK, as well as standards for individuals who wish to earn the title of Professional

Specialized Kinesiologist.

Several years ago, IASK' members decided that the needs of each country are unique enough to warrant separate national chapters. IASK is now an umbrella organization, linking national chapters around the world. ASKUS is the IASK chapter in the United States. We are proud of our growing membership, exceeding 111 people from both the US and Canada.

ASKUS is now three years old. We have our own Constitution and By-laws, are incorporated, and enjoy non-profit status. We have an elected Board of Directors which includes six officers and six directors. We publish a quarterly newsletter and an annual membership directory.

The highlight of our year is the Annual Meeting and Conference. The '1997 meeting in Colorado will be our fourth. Last year's meeting was in Tucson, and it was a joint conference with IASK. That meeting was particularly satisfying because of the number of non-North American Kinesiologists in attendance. Many people came from as far as Europe and Australia to meet with us.

One feature of that meeting which was enthusiastically received was a six-member panel of international SK luminaries (including Robert Aboulaché) who shared their visions for the future of our field. A subsequent luncheon discussion time provided everyone the opportunity to air their views on related topics and to meet each other as they developed their ideas and visions together. We anticipate a similar opportunity at the Colorado meeting in 1997.

I look forward to being with you in Colorado Springs. Save the dates: July 10-13. And save a little time for sight-seeing, too. We'll be meeting in the shadow of Pikes Peak and the Colorado Rockies. And don't forget the Garden of the Gods, literally minutes away! What's that? Come and find out!!!

Board News

by Carol Boschetto, Secretary TFHKA

The 1996-'97 TFHKA Board of Directors met in Colorado Springs, Colorado October 25-27, 1996 at the Holiday Inn, Garden of the Gods. We wanted to look over the site of our 1997 Joint Conference with ASKUS as well as plan the coming year. The meeting was a complete success!

Simone Charlop, Ph.D., Vice-President in charge of Annual Meetings from ASKUS joined us. We discussed details for the 1997 annual meeting and got to know each other.

Besides the usual TFHKA business, plans were discussed for looking into making TFHKA a vocational school. This move was in response to concerns several California Instructors have raised regarding the legality of teaching TFH in the state and giving out certificates. A committee was set up to look into the pros and cons of becoming a school and the feasibility of doing so. If you are interested in volunteering for this committee, please contact the Association office or the committee chair, Lana Muehling at (805) 584-8600.

Judy Levin reported that we have received the final determination of our Federal tax exempt status from the IRS. This means that we will be listed in the national listing of charities and qualify to receive government and private grants and tax-deductible donations! This final determination concludes our five year trial period as a new organization.

Lella Parker, a life member of the Association and first-year Board Member, wrote a new TFH introduction manual for use in a new correspondence school forming in New Mexico.

The Board also heard reports from the Midwest and new Puerto Rico regions (see reports on page). Connor Coward did a wonderful balance with us for continued success and growth for TFHKA!

The next meeting will be a telephone conference and is scheduled for February 16, 1997.

■ TECHNIQUE SECTION

The Latissimus Dorsi

by Richard D. Utt

The story of the elderly priest begins like this. One day after attending a free lecture on Applied Physiology a concerned Catholic priest called and asked me if there was any hope that he could continue to give mass each and every morning as he had done for many years. I set up an appointment that afternoon to see what could be done. The priest explained that when he raised the chalice and Eucharist above his head, he would get excruciating pain in the front shoulder and low back on both sides. In addition, while holding the chalice and giving the eucharist for 15 minutes or more during the Holy Communion, this same pain was aggravated. He confessed that sometimes he was in so much pain that he just wanted to hand everything over to the altar boy but he knew he couldn't.

As it turned out, through a balance to the latissimus dorsi, the priest was quite sensitive to the wine in the chalice. The sweetness of the red wine

Contraction to extension

(facilitation monitoring)

CLIENT START POSITION:

Client supine. Arm to be monitored parallel to body in full medial rotation, palm facing laterally.

MONITOR HAND POSITIONS:

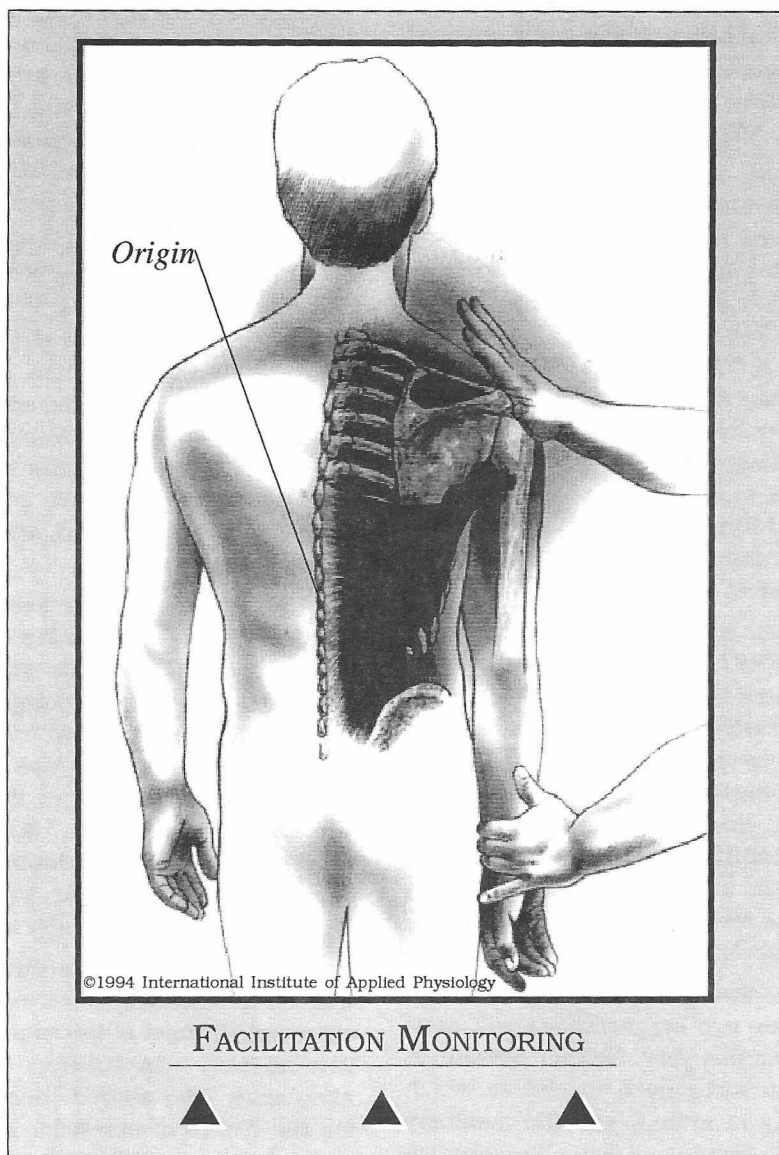
Fixating hand on shoulder. Monitoring hand on wrist between arm and body of client.

MONITOR:

Pull arm in lateral direction, abducting it.

RANGE OF MOTION:

Beginning of position 1: arm adducted against body. End of position 7: arm abducted until arm starts to rotate laterally.



had triggered the pancreas and latissimus dorsi to spasm for 10 - 40 minutes after tasting, or even smelling, the innocent looking fluid!

As the priest was adamant about the tradition of the wine in the mass, we monitored him until we found a wine he was not sensitive to, and I suggested he rub his front Neuro-lymphatics before and after each sip.

I saw him again two weeks later and he reported that he never felt better and could resume full duties regarding daily mass.

A year later I popped in to see him at his rectory. Though he wasn't in at the time, I did notice a green Touch For Health book lying on the bench next to his desk. As I left the rectory, I chuckled to myself, gladdened by the thought of Applied Physiology's and Touch For Health's new connection in the spiritual realm. One small step for the latissimus dorsi, one big step for the delivery of the Eucharist!

Richard Utt may be reached at the International Institute of Applied Physiology at (520) 889-3075.

■ **FOR YOUR INFORMATION**

TFH Helps Runner Go the Distance at the New York City Marathon

by John Varun Maguire

Have you ever thought about running a marathon – a 26.2 mile race run by those people you see running in your neighborhood everyday with their perfect, lean bodies and seemingly tireless energy. Well I was one who said, "Sure, I'm going to do that some day." But deep inside I feared, "I'll fall apart by the tenth mile." You see, as a child I had foot problems and had to wear corrective shoes. By high school I developed a bone defect in my legs and was unable to attend gym classes. Physical activity of any kind was out of the question.

My bone defect did heal over time, so eventually I was able to become more physically active. Still my experiences of running were not triumphant. I completed a 10K (6.2 miles) race when I was 22, but afterward was unable to walk without severe pain for several days.

In the late 1980's my career in Touch For Health led me to work with Ironman Triathletes in Hawaii. I was incredibly inspired by the courage and perseverance of particularly the non-professional and older athletes, some of whom were well into their sixties, who braved the intense heat, humidity and winds of the Kona coast to complete the 143 mile swim/bike/run competition.

The athletes I had the privilege to work with using Touch For Health made great improvements in their times. One man came in second place

overall and set a world record for his age group. Another man, 67 years old, racing in his seventh Ironman, came in second in his age group. His previous best place was fifth. A

woman I worked with, who had broken her leg earlier in the season, was not expected to do well. She surprised everyone finishing in third place to set an American record. What was particularly impressive was she felt so good at the end of the race that she stayed at the finish line for more than seven hours cheering other racers as they completed their 143 mile odyssey.

Knowing how effective Touch For Health procedures were at improving athletic performance, I considered the question: "Could I accomplish something that for me seemed impossible – completing a marathon?" This Spring I asked myself this question in the right company of friends.

In April I had the great honor to spend a week with Tony Robbins, his wife Becky, and eight of their closest friends at Tony's magnificent private resort, the Namale Plantation, in Fiji. Tony and one of his other guests were planning to run the New York City Marathon on November 3.

vember 3.

My first thought was "That's great they are going to do that, but I can't do a marathon." Tony has a saying, "If you can't, you must, and if you must, you will." I rose to the occasion and decided I would also run the marathon.

At the time my physical condition was such that I got tired running up the stairs, let alone 26.2 miles. I realized I better get in shape so I sought out the advice of someone who knew how to train for long distance events, my friend, Stu Mittleman, the world record holder in the 1,000 mile race.

The first thing Stu told me was I must apply through the lottery system for a spot in the race. Even though 30,000 people run in this, the largest race in the world with 10,000 foreign runners, there are only a few thousand spots for Americans like me who haven't qualified for the race with a previous fast marathon time. So I filed my application with tens of thousands of other people and hoped for the luck of the draw.

While I awaited my destiny, Stu started me on a training program

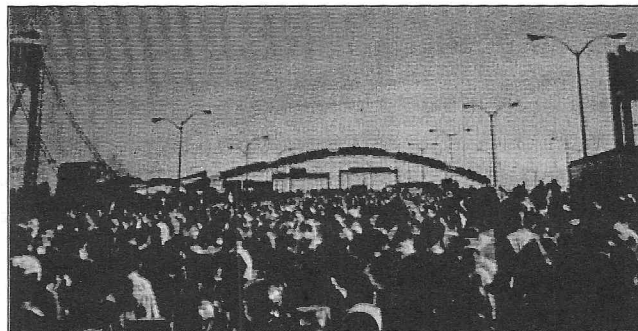
which happened to follow the principles in my Sports Kinesiology course. The key was to wear a heart rate

monitor and run in my aerobic target zone (heart rate of 130-140 beats per minute). I warmed up for 15 min-

Please see *Marathon* on page 11



John Maguire after completing the 26.2 mile New York Marathon.



The starting line at the 1996 New York Marathon.

*The Midwest Region of the Touch For Health Association of America
is proud to present:*

Life Energy and the Emotions

A one-Day Seminar by

Dr. John Diamond, M.D.

D.P.M., F.R.A.N.Z.C.P., M.R.C. Psych., F.I.A.P.M.,
D.I.B.A.K. (Past President of the International Academy of
Preventive Medicine)

March 16, 1997



Author of
***Your Body Doesn't Lie
and Life Energy:
Unlocking the Hidden
Powers of Your
Emotions***

***An exciting part of the TFH
Midwest Spring Conference,
March 15 & 16, 1997***

Dr. John Diamond has been an Associate of Dr. George Goodheart, the Founder of Applied Kinesiology, for over 25 years. From the beginning, Dr. Goodheart said that Dr. Diamond would be the one to add the Emotions side to the Triangle of Health.

Now for over a quarter of a century, Dr. Diamond has concentrated on just that, delineating the major positive and negative emotions associated with each meridian and thus establishing the foundation of psychosomatic medicine--the acupuncture system as the communicating link between the emotions and the organs and muscles.

Every disease, every bodily imbalance, every muscle problem--and even every gesture--will have an emotional component which can now be accurately determined by its mediation through the acupuncture system, opening up many lines of treatment.

In this seminar you will have a chance to learn:

- The major positive and negative emotions associated with each meridian.
- How the acupuncture system is the communicating link between the emotions and the organs and muscles--thus establishing the foundation for psychosomatic medicine.
- How every disease, every bodily imbalance, every muscle problem will have an emotional component which can be accurately determined.
- Specific meridian points for specific meridian problems, psychological and structural.

This seminar offers you a chance to benefit your personal and professional life!!

About John Diamond, M.D.

***"A rare blend of psychiatrist,
traditional healer, and
spiritual guide. He has
combined an eclectic array of
cultural and healing arts to
address the intractable issues
of the human soul... This is a
man who speaks plainly and
clearly about serious
matters!"***

*Tom Monte,
East/West Journal*

Dr. John Diamond, M.D., graduated from Sydney University Medical School, and in 1962 was awarded his Diploma in Psychological Medicine at Melbourne University. He is a fellow of the Royal Australian and New Zealand College of Psychiatry, a foundation Member of the Royal College of Psychiatrists and is a Fellow and past President of the International Academy of Preventive Medicine.

Dr. Diamond has held numerous senior clinical and university teaching appointments in clinical psychiatry, basic sciences and the humanities; and has given countless lectures to professional and other organizations. Dr. Diamond is a Director of The Institute for Life Enhancement where he teaches and conducts ongoing research as well as giving lectures and seminars throughout the world.

In his workshops and seminars he draws on insights from over 35 years of experience to provide guidelines for holistic living. His approach combines the idealistic and the practical supplying tools each individual can use in all aspects of life, personal and professional.

Author of:

- *Your Body Doesn't Lie*
- *Life Energy: Unlocking the Hidden Power of Your Emotions*
- *Life Energy Analysis: A Way to Cantillation*
- *The Re-Mothering Experience*
- *Notes on the Spiritual Basis of Therapy*
- *The Life Energy in Music, Vol. 1-3*
- *Speech, Language and the Power of the Breath*
- *A Book of Cantillatory Poems*

To Register, call TFH Midwest at (614) 470-2176

Membership Drive

1998 marks the 25th anniversary of the publication of the Touch for Health book. The Touch for Health Kinesiology Association will play host to the worldwide Kinesiology community at our October 1998 conference.

We are planning quite an event to commemorate this occasion and would like to show how far Kinesiology has come in these 25 years. Please help us grow our Association to 1000 members by 1998!

How can you help to increase our membership?

- Renew your membership promptly.
- Take the Instructor Update or (better yet) review the ITW in 1997.
- Enroll your students as members
- Invite your students to attend the Annual Meeting and ITW.
- Contact a Board member - Give us your ideas for improved service and membership growth.
- Consider donating 5 to 10% of your class earnings to the Association.

2000?

1500

1450

1400

1350

1300

1250

1200

1150

1100

1050

1998? 1000

950

900

850

800

750

700

650

600

550

1996 500

450

400

1994 350

300

250

200

150

100

50

0

The Joys of...

TFHKA 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 TFHKA 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.

■ FOR YOUR INFORMATION

Use and Abuse of Muscle Testing: What to ask and not to ask the body

by Leila Parker

Muscle testing works like an "on/off" mechanism. Whatever you ask the body through muscle testing will produce either an "on" or "off" response.

What you're testing is the stress and energy imbalances attached to the question, issue or feeling.

Can we get accurate information about our experience of life in the past or in present time? No. What muscle testing tells us is whether or not there's stress experienced in the situation. We work with the stress on that issue, not with the issue itself.

Can we test or ask questions based on the future or disease? No. We will get an "answer", but we may be picking up the person's expectation. In addition, when it comes to the future, too many variables cloud the picture. When it comes to disease, we do not deal with the disease or disease symptoms. We work with defusing the negative stress on an issue, but not the issue itself.

Example: If you ask your Kinesiologist: "Should I have an operation?" he or she should answer: "Let's find out how much stress you have on the issue. We can defuse that stress so you can make an appropriate choice for yourself."

Research suggests that on present time and past time issues, muscle testing is accurate up to 97%—but only when issues are accurately identified. We can't accurately predict events in the future or the progression of disease.

Always work with a tester you trust, one you're assured uses clear circuit muscle testing. Accurate muscle testers must stay neutral and have integrity as well as be knowl-

edgeable to correctly identify issues and stresses.

Some people get so enthusiastic with muscle testing that they start using it for everything, often very appropriately, but sometimes also inappropriately, such as to what they should or should not be doing, what they should wear or what store they should go to. I know a couple of people who use self testing for everything and wouldn't go out of their house or put anything in their mouth without testing first to be sure it's okay to do so.

This is taking the use (and abuse) of muscle testing to the extreme. This is certainly not a way I recommend that you use muscle testing!

The Good in Muscle Testing

Muscle testing is a wonderful tool to help us identify stressors and defuse the blocks that prevent us from making positive and appropriate choices for ourselves. Muscle testing taps into our body's innate intelligence, our true intuition. The body knows...so we know. We just don't always know that we know.

**Be as you
want to be,
more than
you believe.**

—author unknown

Muscle testing gives us the opportunity to learn to listen to our body's messages and learn to trust our intuition and our deep sense of inner knowing. Sensations such as heat, cold, lightness, heaviness, density, fuzziness and pulls, are all messages that reflect our inner knowing. They are part of the body's biofeedback system just as pain and the muscle testing on/off responses are.

Muscle testing is a tool available to practitioners to facilitate and guide clients in accessing their own healing

ability.

Let's not use muscle testing to make the choices for us. It won't. Rather, let us make the choices based on the clarity we gain from defusing old patterns that cloud the issue. This is our opportunity to heal, grow, enforce our personal strengths, and to enhance our current skills and open the way for more.

**To grow is to
change and
evolve; to go
from being
inhibited to an
inhabitant of
our body.**

—author unknown

Kinesiology and the use of muscle testing is a way for us to take charge of our life and well-being. Let's not give our power away to the muscle test. Let's rediscover and develop our own power to attain optimal health and well-being, and to create the fulfilling life that we long for. Let's use Kinesiology to help us let go of our "excess baggage" and to get clear on what we really want for ourselves, our loved ones, our community, our planet, and then go for our dreams.

Healing with Kinesiology is an educational as well as a transformational experience. We are in charge of our experience, and our purpose is to learn more about ourselves and use muscle testing to help us achieve a new level of balance and optimal functioning in our lives. All mental, emotional and physical changes we experience are a result of our own ability to learn, grow, choose and transform within ourselves. The positive results are created through our own intelligence and empowerment, from that part of us, deep inside, that knows how to resolve, heal and grow.

With Kinesiology as a holistic healing system, one balances for wholeness, integrity and unity of the person within themselves.

■ BOOK REVIEW

by Alice Putt

The TFHKA Bookstore is pleased to add the following great products on the Five Elements to our catalog. They will help you use the Five Element concept with your pets, for personality types, emotions, chakras and foods.

First, we now have a six audio-tape series by Steven Acuff, nutritional counselor, for balancing through the Five Elements by eating the right foods. The series begins with *Introduction: Healing with the Five Elements* (TAPE 9542). The connections between food, energy and the five elements. The concept of Yin and Yang is also explained.

The second tape in the series, *Healing with the Fire Element* (TAPE 9541) covers the bitter taste and the balancing of the heart and circulatory system as well as the effects of coffee.

The third tape, *Healing with the Earth Element* (TAPE 9540) regulates blood sugar, and balances the spleen and pancreas. The fourth tape, *Healing with the Metal Element* (TAPE 9543) continues the series by cleaning the lungs and large intestine utilizing the pungent taste, and clears mucus, constipation and diarrhea.

The fifth tape, *Healing with the Water Element* (TAPE 9544) goes into the kidneys and the salt taste. It also concerns protein balance and arthritis. Finally, the sixth tape in the series, *Healing with the Wood Element* (TAPE 9545) is related to the liver and gallbladder and the sour taste. The key to healthy fats and oils is revealed along with information on the prevention of gallstones. Each tape is available for only \$10.95.

New Books

Four Paws, Five Directions (PET 7532) by Cheryl Schwartz, DVM, is a

comprehensive guide to Chinese Medicine for cats and dogs using acupuncture, herbs and diet to solve many physical problems including some behavioral situations also.

For the people in your life, check out *Soul Return: Integrating Body, Psyche and Spirit* (EF 4558) by Aminah Raheem, Ph.D. This fascinating book unifies psychology, spirituality, the five elements, chakras, meridians, body armor, rebirthing and emotional healing. 214 pages, only \$12.95.

What About Men? (OM 7060) by

approved workshop is an excellent stand alone resource which uses Touch for Health methods to enhance performance in sports and fitness, help speed-up muscle recovery, reduce injuries and go beyond physical limits in exercise. 50 pages, \$15.00.

In Fitness and in Health: Everyone is an Athlete (ATH 3001) by Dr. Philip Maffetone. The popular book "Everyone is an Athlete" has been revised and renamed "In Fitness and in Health". Packed full of the latest facts and new findings on exercise, this book covers the nutritional needs of differing body types and different exercise: aerobic vs. anaerobic.

The book also discusses heart rate monitoring and many other important facts for athletes and anyone else interested in exercise. 220 pages. \$14.95.

Surviving Exercise (ATH 3007) by Judy Alter. Are you doing toe touches with a bounce? Deep knee bends? Head rolls? If so, you may be setting yourself up for an injury. What you don't know about exercise can hurt you a lot! This vital book adds important knowledge

on injury prevention for your own use and to help you in working with athletes, both weekend and professional. Well illustrated and easy to understand, this book is a must for \$7.95.

Call today to place your order!

Hello Touch for Healthers! My name is Alice Putt and I was the former Buyer and Manager of T.H. Enterprises. I am now with TFHKA to expand our services to you. You can now phone us and special order those T.H.E. Catalog Books (and any others in print) that you have been looking for. We will try to locate and ship them to you. As we are doing special orders and do not carry extensive stock, this service will take a little longer, but you will be able to get those hard to find books again!

We are carrying a new book, "Kinesiology: Muscle Testing and Energy Balancing" by Ann Holdway that is excellent for the beginner. Also the hit of the 1996 Annual Meeting, "What About Men?" by Luc de Schepper, M.D., relates personality types to the five element cycle and is one of the most exciting books I have seen in several years.

Enjoy... And look for our upcoming TFHKA Book Catalog this Spring. Alice Putt

Luc De Schepper, M.D. covers the personalities of men as related to the five element types and what they need to balance them. Also, how to place your relationship on the five element wheel and see how it flows. Women can take the five element test and see where they fit into the five element wheel. On sale now for \$12.95.

Health and Fitness

In line with John Maguire's article on running in the recent New York Marathon (*go, John!*), we are pleased to offer the following books for your consideration:

Maximum Athletic Performance System (MAPS) (AK 1310) by John V. Maguire. This manual for the TFHKA

Visit...

The Touch for Health Kinesiology Association's interactive World Wide Website!

Featuring:

- Online course schedule
- Online Directory
- Product Catalog
- And more...

Directory Changes/Corrections

The 1997 Membership Directory is out! If you have not received your copy, please contact the Association immediately.

Please note the following corrections and additions in your directory and be sure to look here in each issue of *Keeping...In Touch* for new members over the year.

Corrections

Paula Oleska 212/242-7528
Lorraine Mittler
(A Professional, should be on p.53)
Victoria Di Ana 607/522-3349
Dannie La Russo-Wright
PO Box 3334
Durango, CO 81302
Karen K. Blount 908/663-0275
22 Milan Place
Deal, NJ 07723

Richard Hamre 714/648-2290
Sharon Promislow fax 604/926-1106
(A Professional, should be on p.77)

New Basic Members

Marion Morris 919/247-6835
3617 Sunny Dr
Morehead City, NC 28557
Marilyn Dickerson 864/843-1312
#1 Ridgeline Drive
Liberty, SC 29657
Cherie Hecht 406/755-6452
1685 McMannamy Draw
Kalispell, MT 59901-7179
Jan Castanis 314/968-4619
833 Sanders Pl
St. Louis, MO 63126
JacQuaeline 303/464-0023
11560 Chase Way
Broomfield, CO 80020

Gladys Stern-Heiman, R.N.
726-B Avenue Majorca
Laguna Hills, CA 92653

Camellia Pratt 604/872-7065
102 - 522 E 8 Avenue
Vancouver, B.C. V5T 1S8
Canada

New Professional Members

Marcy Garms 203/263-4949
198 Bethlehem Rd
Woodbury, CT 06798
Susan M. Signs 607/659-4407
96 Hubbard Hill
Candor, NY 13743
Andrea Schroepel 415/255-6830
618 Fillmore #3
San Francisco, CA 94117

*The best video
available on
Touch For Health*

TOUCH FOR HEALTH

NOW ON VIDEO!

NEW!

Call for details: 1-800-555-9205, Ext. 993

"These tapes are one of the best ways to review all the basic TFH material from Dr. Thie's book, week after week. They are entertaining, easy to understand - very well done! The Best on the market!... JacQuaeline, former Executive Director of Touch For Health Association

"I never thought learning could be so entertaining! It's so easy, it's fun."...

Margaret S., Palos Verdes Estates, CA

"I found this video program a great follow up to my TFH 1 classes. Even clients who don't want to come to a class, either rent or buy the video tapes."... Judy Levin, Instructor, President, TFHA

**Follow along with the video as you easily learn or review the
Touch For Health BASICS...with a little extra!**

Instructors/Practitioners -

A fabulous follow-up to your classes or sessions.
Rent / sell copies for additional income.

Students -

Review & Learn the Basics - EASILY
A perfect companion to your TFH Book!

(Ask about the Holiday Special, Satisfaction Guaranteed)

Marathon continued from page 5

utes, by walking to gradually increase my heart rate into the zone, and then ran for around 30 to 40 minutes in my aerobic target zone. I finished with walking another 10 to 15 minutes to cool down. Running on a treadmill at the gym, I had to run at a very slow pace to stay in my target zone when I first started. Slowly I made progress as my endurance and pace gradually increased over time.

If you are considering starting a running program and you are out of shape, here is the key: begin each workout with walking, gradually increasing your speed for 10-15 minutes to warm up. Then walk fast or run slowly at a pace you could carry on a conversation without getting out of breath. Maintain that pace for 15-30 minutes. Finish with 10-15 minutes of cool down by slowing your pace to a walk. You may be surprised by the tremendous benefits you gain: increased energy and endurance, improved digestion and elimination, lower body fat, better skin, stronger immune system, sleep better and live longer. I highly recommend getting a heart rate monitor. Tony Robbins advised me, "Sell your car and by a heart rate monitor - it will take you further!"

The end of July I got the great news - I was drawn in the lottery to be one of the runners. Now that I was certain I was going to do the marathon in three months, I became more committed to my training. Since we were going to run the race on city streets and not on 30,000 treadmills, I decided to find pavement that I could pound for 20 to 35 miles a week and stay motivated. Fortunately there is a long parking lot at the beach near where I live where I could run watching the surf and the seagulls and hear the crashing waves. If you are starting a running program, find a place you look forward to going to so you will stay motivated.

Now as I increased my mileage, my body became more challenged and it was necessary to call on my TFH skills to keep going. Before running I

Please see Marathon next page

TFH/Kinesiology Directory

Please note this directory is updated quarterly. Following each listing is a brief description of services offered. TFHKA is not responsible for mistakes or errors of omission. Please address any comments or corrections to TFHKA, attention Kinesiology Directory. Thank you.

TOUCH FOR HEALTH THE FOUNDATION TRAINING FOR KINESIOLOGY

Touch for Health Kinesiology Association of America (800) 466-8342
Regulating body for TFH in the U.S.A. (310) 574-7833
Referrals, Advocacy, Continuing Education. Fax: (310) 574-7830
Conferences, certificates, registration <http://www.touch4health.org>

Touch for Health Education (310) 589-5269
Dr. John F. Thie DC, Founder and Fax: (310) 589-5369
Author, Touch for Health. <http://www.touch4health.com>

Touch for Health Association of Canada (604) 876-9969
Canadian membership, referrals and certificates
Members receive journal of N. American Conference
and newsletter.

Midwest Touch for Health Kinesiology Association (614) 470-2176
Midwestern U.S. membership, referrals and certificates
Publishes quarterly regional newsletter and produces
regional events.

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.

Applied Physiology (520) 889-3075
A powerful system of stress management pro- Fax: (520) 573-3743
cedures. Key feature--the depth and accuracy
of its muscle testing & monitoring techniques.

Association of Specialized Kinesiologists in the U.S. (705) 696-3176
Organized to provide ethical, professional Fax: (705) 696-3664
and legal acceptance of S.K. as an adjunctive
Health Care System

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

Educational Kinesiology Foundation (800) 356-2109
A remarkable way of re-educating your whole
body/brain system to function and learn in more
resourceful ways.

Professional Kinesiology Practice Int'l 64-9-575-2818
Advanced courses for professional Fax: 64-9-575-2813
Kinesiology practioners.

Summit University of Louisiana (504) 241-0227
An assessment University that evaluates Fax: (404) 543-1243
personal and community learning E-mail: summithq@aol.com.

Three-In-One Concepts (818) 841-4786
An educational corporation focused on Fax: (818) 841-0007
correcting learning disabilities, dyslexia, stress
reduction and training.

Marathon continued from page 11

diaphragm, quadriceps and hamstrings. I focused on taking slow, deep abdominal breaths and relaxing my body to keep an easy flowing stride. Drinking plenty of water was also helpful. Occasionally a cramp would develop, so I used the feathering technique, rubbing briskly over the cramp, to alleviate the spasm. I also took various performance enhancing food supplements and antioxidants.

After each run my assistant balanced my hamstrings, quads, gluteus medius, fascia lata and gastrocs using neurolymphatic, neurovascular and origin/insertion techniques. In addition, I had my legs massaged and my gait reflexes stimulated. I did several goal balances over the three months to "complete the marathon in under six hours, feeling great the entire distance."

My longest training run was 18 miles two weeks before the marathon. I felt good afterward, yet ran at a slower pace than my goal of under six hours. The additional 8 miles were uncharted territory for me, which other people painted as a grueling journey— "hitting the wall at mile 20" and "crumbling in the last 6 miles."

I flew into New York three days before the race to adjust to the time and climate. The weather report forecasted sunny skies for the marathon with temperatures between 35°-45° with the wind chill around 20°. Since the lowest temperature I trained in was 65°, I made a shopping list and walked what seemed like a half marathon around Manhattan finding the right clothes. New York is the fashion capital of the world and with two million spectators lining the course, the typical NY marathoner's motto is "it's not whether you win or lose, it's how you look while you're running the race."

The night before the marathon, I got together with four other runners to do pre-race tune-ups. We tested for aerobic muscle function, gait reflexes and balanced our quadriceps, medial and lateral hamstrings, gastrocs, gluteus medius and diaphragm. I also had my intercostal

muscles worked to enhance my breathing. As I went to sleep that night, I held my frontal eminences and visualized each phase of the race—feeling light and strong and full of energy. I focused on feeling particularly good through the last 6 miles and saw myself crossing the finish line in less than six hours, feeling great.

The start of the race was quite a sight— 30,000 people stampeding across the Verrazano Bridge. Out of courtesy, I let the other 30,000 get a head start so as to not be trampled by the onslaught of zealous runners. It took 8 minutes from the starting gun until all 30,000 got across the starting line, which gave me time to take my shoes off and work my gait reflexes for one final tune-up.

The crowd support was amazing. People of all ages lined the streets and there were several different bands playing everything from rock to reggae and classical to country. Imagine going to a 26 mile long party with 2 million guests.

Although I felt tremendous for most of the race, I had several challenging moments where I needed to use my TFH skills. At various times I had different areas cramp up, sometimes so intense it felt like a vice grip bearing down on my legs. Every time I was successful at totally alleviating the spasm by doing 20 seconds of neurolymphatic massage for the

muscle where the tightness occurred. The muscles where I needed relief were the quadriceps, hamstrings, sartorius, gastrocnemius, popliteus, adductors and sacrospinalis. Sometimes I did the feathering technique of brisk rubbing over the cramp. I also rubbed the insertion of muscles around my knee to effectively alleviate pain there. In addition, I gained benefit from adding vitamin C powder to my water every 4 miles.

At mile 20 I did not "hit the wall." In fact I was feeling surprisingly good. I decided to stop and work my gait reflexes to give me an extra boost for the final six miles. I was able to pick up my pace and continue running the entire final six miles, even charging up the longest hill of the course in mile 23. I felt so strong, I thought I could keep on running for days. One of the spectators sensed how I was feeling and shouted, "Run, Forrest, Run!"

I continued to pick up my pace the last 2 miles and sprinted towards the end. As I approached the finish the loud speakers were blasting the song "New York, New York" by Frank Sinatra. The song ended just as I crossed the finish line. The feeling of exultation was indescribable. I completed the race in less than 6 hours and felt fantastic — I accomplished my goal!

please see Marathon page 14

Kinesiology Events

▲ Midwest TFHKA Regional Conference

March 15, 1997 Columbus, OH (614) 470-2176

▲ TFHKA Regional Conference

April 19, 1997 Marina del Rey, CA (800) 466-8342

▲ International Association of Specialized Kinesiology (IASK) International Conference

April 24-27, 1997 England 44/124 358 3350

▲ TFHKA/ASK-US Joint Annual Conference

July 10-13, 1997 Colorado Springs, CO (800) 466-8342

▲ International Kinesiology College (IKC) Conference

October 14-18, 1997 Zurich, Switzerland 41/56 242 2080

1997 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
I. Update	Bingamton, NY	January 11-12	Victoria Di Ana	(607) 522-3349
I. Update	New York, NY	January 25-26	Paula Oleska	(212) 242-7528
ITW/Update	Ithaca, NY	February 1	Victoria Di Ana	(607) 522-3349
ITW/Update	Houston, TX	March 1	Victoria Di Ana	(713) 977-0005
I. Update	Chapel Hill, NC	March 19	Arlene Green	(919) 933-9299
PKP 1	Chapel Hill, NC	March 31 - April 4	Arlene Green	(919) 933-9299
ITW/Update	Salt Lake City, UT	April 5	Victoria Di Ana	(801) 292-1879
ITW	Chapel Hill, NC	April 6-13	Arlene Green	(919) 933-9299
I. Update	Marina del Rey, CA	April 19	Marge Murray	(800) 466-8342
PKP 2	Chapel Hill, NC	April 24-27; May 8-11	Arlene Green	(919) 933-9299
ITW/Update	Seattle, WA	May 1	Victoria Di Ana	(360) 647-2703
PKP 1	Chapel Hill, NC	May 14-18	Arlene Green	(919) 933-9299
PKP 1	Milwaukee, WI	June 11-15	Marge Murray	(414) 253-4905
PKP 2	Chapel Hill, NC	June 22	Arlene Green	(919) 933-9299
I. Update	Colorado Springs, CO	July 8 - 9	IKC Faculty	(800) 466-8342
ITW	Colorado Springs, CO	July 14 - 20	IKC Faculty	(800) 466-8342
PKP 3	Chapel Hill, NC	July 17-31	Arlene Green	(919) 933-9299
PKP 2	Milwaukee, WI	July 25-27; 31- Aug 3	Marge Murray	(414) 253-4905
PKP 3	Chapel Hill, NC	July 28 - August 3	Arlene Green	(919) 933-9299
ITW	New York, NY	August 17-24	Paula Oleska	(212) 242-7528
PKP 3	Milwaukee, WI	August 22-24; 28-31	Marge Murray	(414) 253-4905
I. Update	Milwaukee, WI	September 13-14	Marge Murray	(414) 253-4905
PKP 4	Chapel Hill, NC	September 27	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 News

New York, NY—We have a newly formed TFH club of instructors - about 20 people. We meet once a month to discuss our goals and balance as a group. So far we have generated a lot of excitement!

For information please contact Paula Oleska at (212) 242-7528. ☎

Madison, WI—As of August 2, 1996, the Chi Energy Resource Center has started a new school. Many doctors are trained to know and use one healing art. Instead of running to several types of doctors to receive the care you want, now you can learn the

natural approaches to many types of healing arts. For a reasonable price, you can learn many correlations in Four Semesters.

Call (608) 244-1715 for a catalog or for information on attending an upcoming Holistic Health Day and Introduction. ☎

Columbus, OH—Chris Holderman, President of the Midwest TFHKA, is one of the anchors of the "Alternatives: Health and Healing" forum recently launched by America Online. He is a Kinesiologist and frequently mentions Touch for Health and related

modalities. Hiw screen name is "AHH Chris". ☎

Zürich, Switzerland—Plans are underway for the 1997 Worldwide Kinesiology Conference October 14 - 18, at the University of Zurich. The International Kinesiology College as well as the Edu-K Foundation and their faculties will be guests of this conference.

Translators familiar with various Kinesiology methods are needed for the following languages: German, English, French and Italian. Please contact the Association office as soon as possible if you are interested. Compensation will vary. ☎

Marathon continued from page 12

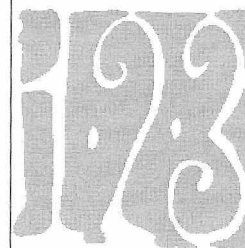
and felt fantastic - I accomplished my goal!

Because I stayed primarily in my aerobic range, drank plenty of water and worked my muscle reflex points when needed, I had plenty of energy after the race. I walked five miles to a post race party and met the other people I had worked on the night before. They all had great races, too, and one woman, who had previously

pulled her hamstring, did the entire race with no problems in her legs.

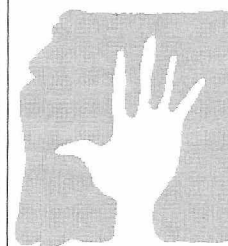
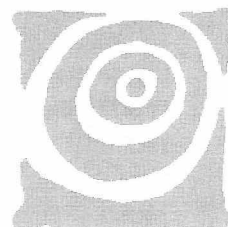
My coach, Stu, was very excited to learn how I was able to overcome my muscle cramps throughout the race and maintain my energy. If you'd like to join me in a marathon or learn ways to bring your body to peak health and fitness through aerobic training and Touch For Health, contact me at (310) 457-8407.

TFHKA's New Look



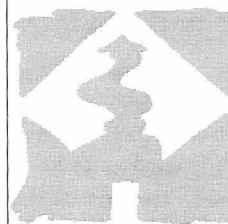
What we do is as simple as 1, 2, 3. We help make healing simple.

Our healing art is aligned with universal laws. Intelligent touch reverberates throughout the whole of us.



All you need to do to use Touch for Health is a pair of loving hands. We touch.

Healing with heart. We emphasize wellness: an apple in a heart shape and a vocal cord within is imminent of our willingness to share all that we are.



We are more than a healing art...we are a Holistic path of Love, Light and Enlightenment.

There Is A Cure.

"Thought Field Therapy™ is one of the most revolutionary and helpful therapy procedures that I have ever come across in my endless search for better therapy."

Dr. Gary Emery, Co-Author
**Anxiety Disorders and Phobias
Cognitive Therapy of Depression**

And it is Thought Field Therapy™

It is powerful. It is revolutionary.
It is tomorrow's therapy here today.

Come to the 1997 **Thought Energy
Synchronization Therapy™** seminars
and learn how TFT:

- Cures specific emotional disorders, **sometimes within minutes**;
- provides immediate and permanent relief **without retraumatization**;
- improves your therapy success rate;
- calms rather than discomforts;
- surpasses conventional treatment methods.

Healthcare professionals nationwide applaud TFT and its success.

Find out why they highly recommend you use it in your practice.

Thought Energy Synchronization Therapy Seminars

Albuquerque, NM ... January 11-12

Chicago, IL January 18-19

Baltimore, MD February 1-2

New York, NY February 15-16

Austin, TX February 22-23

Boston, MA March 8-9

Albuquerque, NM ... March 15-16 (Level 2)

Chicago, IL April 5-6 (Level 2)

New York, NY April 12-13 (Level 2)

Baltimore, MD April 19-20 (Level 2)

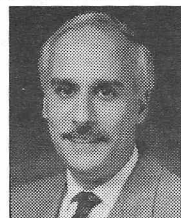
Austin, TX May 3-4 (Level 2)

Boston, MA May 31-June 1 (Level 2)

Seminar Presenters



Psychologist
Gregory Nicosia, Ph.D.



Psychologist
Fred Gallo, Ph.D.

For more information, please call, write or fax

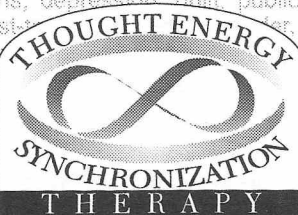
Advanced Diagnostics, P.C.

4927 Centre Avenue • Pittsburgh, PA 15213

call (412) 683-8378 (TEST) fax (412) 683-1215

or Psychological Services call (412) 346-3838

or fax (412) 346-4339



TOUCH FOR HEALTH KINESIOLOGY ASSOCIATION PRODUCT ORDER FORM

No.	Description	Qty.	Price	Total
1010	TFH Book Basic text describing TFH method - Dr. John F. Thie, DC.		24.95	
1015	Balance Muscular Para La Salud - Dr. John F. Thie, DC		16.95	
1020	TFH Reference Chart 29" x 43" color coded, laminated. Basic information.		33.95	
1040	TFH Reference Folio The essence of the TFH Reference Chart in book form.		19.95	
1050	TFH Reference Pocket Folio Scaled-down version fits in pocket or purse.		14.95	
1060	TFH Meridian Chart 35" x 23", laminated. All acupuncture points clearly illustrated.		18.95	
1070	TFH Midday/Midnight Law & Five Elements Chart 24" x 32" full color, laminated.		24.95	
1090	TFH Midday/Midnight Law & Five Elements Explains use of chart. 24pp, illustrated.		9.00	
1100	TFH Video 1994. 30 Min. Color. VHS. Introduction to TFH with Dr. John Thie.		19.95	

Total of Discounted Items

Less Discount ____ %

Subtotal AMEMBERS DISCOUNTS

ALL BASIC AND ABOVE TFHKA MEMBERS RECEIVE 10% OFF ALL BUT SPECIALLY MARKED ITEMS, AND THE FOLLOWING DISCOUNTS ON TFH ITEMS (1010 - 1100).

	BASIC	PROFESSIONAL
\$0 - \$200 =	15%	20%
\$201 - \$300 =	25%	35%
\$301 - \$400 =	30%	40%
\$401 or more =	35%	40%

Make payable in U.S. funds and send to:
Touch for Health Kinesiology Association
 3223 Washington Blvd. #201
 Marina del Rey, CA 90292-5572

For Phone Orders call 1-800-466-8342
 outside the USA call 1-310-457-8342
 fax your order 24 hours to 1-310-457-9267
 or, now order on the internet via TFHA's
 WWW Site: <http://www.touch4health.org>
 prices are subject to change without notice

Limited Discount:

1310	Maximum Athletic Performance System (MAPS) - John Varun Maguire		15.00	
1415	Thorson's Introductory Guide to Kinesiology - Maggie La Tourelle & Anthea Courtenay		11.00	
1435	Kinesiology: Muscle Testing & Energy Balancing - Ann Holdway		9.95	
1700	Life Energy - John Diamond, M.D.		10.95	
2040M	1996 AM Journal - Touch for a Better World		30.00	
3001	In Fitness and in Health: Everyone is an Athlete - Dr. Philip Maffetone		14.95	
3007	Surviving Exercise - Judy Alter		7.95	
5620	Your Body's Many Cries for Water - F. Batmanghelidj, M.D.		14.95	

SHIPPING/HANDLING

\$4.50 first item
 \$1.00 each add'l item
 Orders shipped via UPS Ground.
 No P.O. Boxes.
 Estimated price only.
 Call for actual cost of order.

Total of Regular Items

Less Member Discount 10 %**Subtotal B****Subtotal A + Subtotal B**

8.25% sales tax in CA

Add Shipping and Handling

GRAND TOTALPAYMENT METHOD: ☐ Open Account # _____☐ Money Order ☐ Check # _____☐ Visa ☐ MasterCard ☐ Discover

Credit Card # _____ Exp. Date _____

Signature _____

Name _____ Member N°: _____

Address _____

City _____

State _____ Zip _____ Country _____

Telephone _____ Fax _____

Internet Address/Email _____

Please allow 1 - 3 weeks for delivery. There will be a \$15 fee on returned checks.

In This Issue

From the President	1
TFHKA Name Change	2
Meet ASK-US	3
Latissimus Dorsi	4
NYC Marathon	5
Membership Drive	7
Use of Muscle Testing	8
Book Review	9
Directory Changes	10
Kinesiology Directory	11
Upcoming Events	12-13
TFH News	13
TFHKA's New Look	14
TFH Catalog	15
Member Benefits	16



Benefits of Membership

Associate Member - \$25 (US)

- Subscription to the Keeping In Touch newsletter

Basic Member - \$50 (US)

- Above, plus...
- Subscription to the TFH In Practice newsletter
- The Touch for Health Kinesiology Assn. Annual Journal
- Listing in the Association membership directory
- One copy of the Membership Directory
- Discounts on Association catalog items
- Discounts at TFH meetings and events
- Voting privileges for all TFHKA elections

Instructor/Professional Member* - \$100 (US)

- All of the above, plus...
- Student and client referrals
- Expanded listing in the membership directory
- Discount on Liability Insurance through ABMP
- Special promotional materials
- Participate in the development of TFHKA curricula

* Graduates of TFH I, II, III & IV and either the Instructor Training Workshop (ITW) or other TFHKA approved professional courses are invited to apply for the Professional membership.

1-800-466-TFHA

Touch for Health Kinesiology Association of America

3223 Washington Blvd. Suite 201

Marina del Rey, CA 90292-5572

PH: (310) 574-7833 • FX: (310) 574-7830

<http://www.touch4health.org>

Nonprofit Org.
U.S. Postage
PAID
Inglewood, CA
Permit No. 812

Save the Date:

1997 Joint TFHKA & ASK-US
Conference
July 10 - 13, 1997
Colorado Springs, CO

