



Keeping...

InTouch

**The Newsletter of the
Touch for Health Kinesiology Association of America**

Winter 1997- '98

Volume 6

Issue 4

Celebrate the Vision: *Uniting the World of Kinesiology*

Can you believe it? It's been 25 years since the Touch for Health book was first published. That's a quarter of a century of bringing wellness to the world - of empowering people in the healing art of touch. We have truly come a long way.

Touch for Health is recognized worldwide. Literally hundreds of thousands of people have been touched for health. Today, there are thousands of people practicing this beautiful artform daily. And, come October, we're going to celebrate. Plan on joining us.

We are excited to be sponsoring the worldwide kinesiology community's celebration of the silver anniversary of the Touch for Health book. As we prepare for this gala, we have a special program in mind.

We have invited developers of the major kinesiology modalities to present their healing system to the worldwide community. This will give us all a chance to learn what each of the K's bring to the world of touch healing. It will also guide us (as individuals and as an organization) in determining what direction we want/need to grow in as professional

health care providers. As an attendee you will receive a book summarizing all of the K's written by the developers themselves.

Yet, that's only half the fun. We're going to celebrate our 25th anniversary

adjacent to Disneyworld Florida, "the happiest place on earth." We have negotiated extremely low room rates (\$48 per room per night - 1 to 4 people per room). So plan on staying as long as you like to enjoy Disneyworld, EPCOT, MGM Studios, Universal Studios, and the Wild Animal Park.

We will honor Touch for Health's not only for this

year's contributions, but special Silver Anniversary Awards will be given to honor successes throughout the 25 years. So, send in your award recommendations and get ready to party — cause we're going to DisneyWorld! See ya there. ■

CELEBRATE THE VISION

*Uniting the world of
kinesiology*

A Worldwide Kinesiology Conference

October 14-18, 1998

Orlando, Florida USA

**\$265 if signed up by
February 15, 1998**

*after February 15, 1998, \$340
including awards banquet*

**\$48 room rate
(1 to 4 persons)**

Attention Massage Therapists!

Touch for Health Kinesiology Association has been making new connections with the American Massage Therapy Association, which is the largest professional massage therapy association in the world with nearly 30,000 members nationwide. (There are an estimated 150,000 massage therapists with varying levels of training in the U.S.)

First, Dr. John Thie and John Varun Maguire gave well-received presentations on Touch for Health and TFH for pain control, respectively, at the 1996 AMTA national convention and conference in New Orleans and at UCLA.

Next, the Touch for Health Kinesiology Association plans to organize a booth for the exhibit hall at the 1998 AMTA annual convention in Washington, D.C. We are also applying to have one of our TFHKA Faculty be a presenter on integrating Touch for Health into a massage therapy practice. Now we are looking for massage therapists who are TFH graduates or instructors who use TFH in their massage practice and would like to participate in the TFHKA exhibit (October 29-31, 1998) by helping to demonstrate TFH techniques and benefits to some of the 800+ expected massage therapists attending the convention.

continued on next page

We're Moving

January 17, 1998 to:
11262 Washington Blvd.
Culver City, CA 90230

■ FROM THE PRESIDENT: LARRY GREEN

Remember how good it feels to get balanced? Dr. Thie has been telling us for a couple of years now to consider Touch For Health as a form of daily hygiene, like brushing your teeth. Did you brush your teeth this morning? Did you get a balance today? Even if no one around you has taken Touch For Health, you can show someone how easy it is to balance. Have them balance you.

Getting a balance is one way to help take care of yourself. As a member of the Touch For Health Kinesiology Association, we invite you to help keep your organization/family healthy too. Part of how you can do that is by giving feedback to us. I know some of you communicate with Laura and Alice in the office. They have a lot to do so I want to encourage you to also contact me or other board members with your feedback and ideas. My email is listed below. To contact other board members check the membership directory.

Our association is growing. Talking with Laura recently I realized that when she came to work with us three years ago we had 336 members. We now have over 500 members. That is more than 50% growth in three years. If we were a business our stock holders would be very happy with that.

Last year we added one full time and one half time staffer to our office to

help serve our members better. We have created new manuals for teaching TFH I-IV. We have secured CEU provider approval for Nationally Certified Therapeutic Massage and Bodyworkers and for nurses in 41 states who take our classes. We have reached out to other organizations like ASK-US, ABMP, and AMTA to work together.

We face challenges as we aim to make TFH more widely known and used. Yet we are inspired with the knowledge that we have something very powerful to offer. We empower people to help themselves, their families and friends. We help give people more control over their own lives. We save them money on their physical, emotional, mental and spiritual health and well being. We have something more useful and more positive to offer than almost any other product or service in the yellow pages! And it is simple. Once you learn it, it's free to continue using over and over again. So feel very good about what you know in Touch For Health. And let somebody else know what a wonderful thing they can have too. ■

Larry Green
1717 Wildcat Creek Road
Chapel Hill, NC 27516
greentfh@mindspring.com

Touch for Health Kinesiology Association

Logistics

Board of Directors

Larry Green	President
Judy Levin	Vice-President
Eliu Diaz	Secretary
Lana Muehling	Treasurer
Carol Boschetto	Member
Anita More Butts	Member
Connor Coward	Member
Leila Parker	Member
Richard Utt	Member
Rita Woods	Member
Arlene Green	IKC Faculty Liaison

Laura Sudar	Executive Director
Alice Putt	Bookstore Buyer

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1-800-466-8342

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 Association**
11262 Washington Blvd.
Culver City, CA 90230 USA
TEL: (310) 313-5580
FAX: (310) 313-9319
EMAIL: admin@tfh.org

 printed on recycled paper

MASSAGE THERAPIST (CONT)

On another note, the AMTA National Board voted initial group funding for the fiscal year ending February 28, 1998 to support up to 10 Special Interest Groups (SIGs) which could form to share and promote specialized areas of knowledge or training through conference calls, newsletters, articles in the Massage Therapy Journal, face-to-face meetings or demonstrations at conventional or regional conferences. If a group of AMTA massage therapists interested in forming a SIG around TFH Kinesiology applies for approval soon, they could get a \$400 seed grant to be used before February 28. If the SIG shows it is functioning as

planned, it would then be eligible for succeeding larger grants in ensuing years. What a great way to promote Touch for Health to many massage therapists all over the country!

If these possibilities excite you, please contact the TFHKA office at 1-800-466-8342 to express interest in the AMTA convention booth or call Jeanne Girard at 719-269-1912 to ask about the Special Interest Group she is forming. (Jeanne has been a Touch for Health instructor and a member of the AMTA since 1978 and currently serves on both the AMTA National Board and the AMTA National Education Committee.) ■

"Together in Abundance"

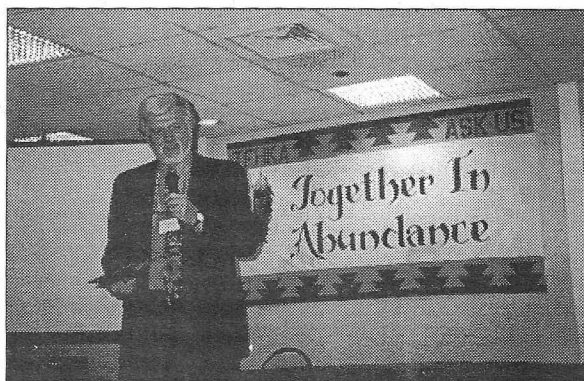
Colorado Springs, CO
July 11-13, 1997

A joint Conference of TFHKA and ASK-US

by Leila Parker

In the splendid setting of the Rocky Mountains, at 6,800 feet, Colorado Springs was the site of the first Touch for Health Kinesiology Association (TFHKA) and Association of Specialized Kinesiologists in the United States (ASK-US) joint conference this past July.

The highlight of this year's annual meeting was the opportunity to help build a relationship with ASK-US. The theme of the conference was chosen to emphasize the joint efforts of TFHKA and ASK-US. We share the same vision to teach and promote wellness to the world with kinesiology.



JOHN F. THIE, DC PRESENTING AT THE CONFERENCE

Co-chairs Carol Boschetto (TFHKA) and Simone Charlop, Ph.D. (ASK-US) labored many months to bring this event to fruition. Bravo! Wanda Cope Orton, Board Member of ASK-US acknowledged these efforts in her report: "The Board members of both groups worked long and hard to create a conference that would truly represent both organizations. The result was a beautiful, blending of all the members in attendance". Linda Clark Scott, president of ASK-US also put it beautifully: "TFHKA and ASK-US are no longer unknown to each other. We blended seamlessly, to the ongoing benefit of Specialized Kinesiology in North America. Our joint conference was truly a gift to us all."

The quality and success of the conference was the result of many dedicated and stronghearted individuals: Our hardworking executive director and angel of our association, Laura Sudar, got everything working in proper order. Marcia Hart took on the laborious task of publishing the conference journal, a

job beautifully done. Leila Parker created decorations with a southwestern and spiritual flare. The presidents of both organizations, Judy Levin (TFHKA) and Linda Clark Scott (ASK-US), ironed out the inevitable kinks that go with putting together such an important event. Priscilla Leeds organized and moderated the Friday morning panel and networking sessions about the fac-

ets of Abundance. Many volunteers dedicated their time and heart to whatever was needed. Together, with the enthusiasm of all the participants, they made this conference a true success.

During the conference, we had an opportunity to share the traditions and strengths of both organizations, and have come together in an abundance of heart, knowledge and information. The featured speakers were very informative, as they usually are. They were professional, well prepared and excited about their work.

Dr. John Thie gave the opening keynote address demonstrating the five phases of faith in the cycle of life (you will find his article on page v-xi of the journal). A special panel discussion was organized by ASK-US. The theme was An Abundance of... and during the break-out session, we all contributed our ideas: An abun-

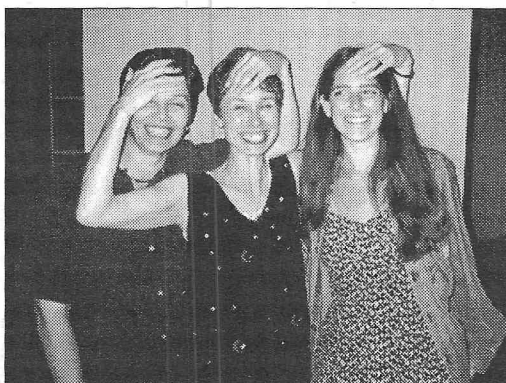
dance of Cooperation/Unity, Healing, Rewards, Recognition, Respect, and Information. The balancing room, always a highlight, attracted many participants giving and receiving balances, from a simple 14 muscle fix-as-you-go to sharing their personal experience of the many modalities available today in the world of Specialized Kinesiology. "Saturday Night Live," another of TFHKA traditions, was brilliantly lead by our Master of Ceremonies, Wayne Topping, Ph.D. and acknowledged, as it does every year, the many participants demonstrating musical, comedic and dramatic talents.

The TFHKA board of directors welcomed newly elected members: Anita More Butts from Ohio, Phyllis Gould from North Carolina, and Eliu Diaz from Puerto Rico. Re-elected to the board was Judy Levin, for her third term. The board elected Larry Green president, Judy Levin vice president, Lana Muehling treasurer, and Eliu Diaz secretary.

We left Colorado Springs recharged and looking forward to a great year for both organizations. ASK-US is gearing up for their annual meeting, April 16-

19, 1998 in New Orleans (see ad page 11). We are now focused on our next annual meeting which will be held in Orlando, Florida, October 14-18, 1998. We will be celebrating the 25th anniversary of the publication of the Touch for Health book and also hosting the IKC's annual faculty meeting. It

is always special to mingle with so many people from all around the world. Our next conference will be very unique in many other ways too. We are excited to see you next year in Orlando! ■



GINA NELSON, ARLENE GREEN, AND LAURA SUDAR
PRACTICING ESR

■ CONFERENCE NOTES

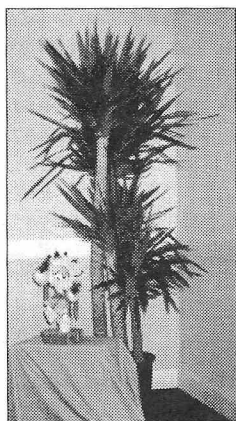
Gina Nelson and Jacqueline Wurn have been practicing the Left Ear Dominance technique that Dr. Sheldon Deal presented at the 1997 TFHKA/ASK-US conference. He said there is core switching at the root of every serious problem. Here are a few additions to the described technique that we found helpful:

Dr. Deal described how to close a session if one isn't able to effect a balance.

- 1) We ran into that situation, but instead of closing the session, we used age regression and eye rotations to continue and complete the balance.
 - 2) Dr. Deal also said that if one is unable to effect a balance one should investigate nutrition. We realized that parasites are the most likely offender to investigate at this point.
 - 3) Dr. Deal said that more than one muscle may need to be balanced. We asked that all ages that need to be addressed come on line.
- ENJOY!

Gina Nelson

....



Thank You!

Michael Clark, proprietor of the Greenhouse at Jackalope, in Santa Fe, NM, loaned us eight beautiful plants for our 1997 Annual Meeting in

Colorado Springs. Thank you, Michael, for helping to make our conference room a warm and inviting place to learn.

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) 313-5580
Referrals, Advocacy, Continuing Education. Fax: (310) 313-9319
Conferences, certificates, registration <http://www.tfh.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) 669-8481
Canadian membership, referrals and certificates Fax: (604) 669-8481
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
A university without walls based in Switzerland. Fax: 41-1-273-15-45
Faculty members promote and accelerate the kinesiology@active.ch
growth of kinesiology through the teaching of
Instructor Training Workshops & basic Touch for Health classes.

International Institute of 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

Associated Bodywork and Massage Professionals (303) 674-8478
Professional TFHKA members receive \$50 off Fax: (303) 674-0859
liability insurance through ABMP

Educational Kinesiology Foundation (805) 650-3303
A remarkable way of re-educating your whole Fax: (805) 650-0524
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.

■ BOARD NEWS

The TFHKA board of directors met in Orlando Florida recently. While in Orlando we stayed at the Ramada Inn at Maingate, which we have chosen as the site for our 25th Anniversary conference, October 14-18, 1998.

We are very excited to be hosting the international community in 1998, as we will be celebrating the 25th anniversary of Dr. Thie's book. And we will be using it to help bring together many of the kinesiology systems that have grown out of TFH. We plan to share our knowledge and find ways to work together with the other kinesiologies.

At the board meeting, we discussed many items that are needed to keep the association running. One is the office, which is swamped. We have more staff than we did 18 months ago, but also more projects. We are looking into systems to help facilitate the office work. So if you call the office, please be patient. If anyone is interested to volunteer time or help a favorite project, please let us know. We are a member-run association and need your input and assistance to grow and succeed.

Phyllis Gould, elected this year, resigned from the Board recently, leaving a vacancy. Fortunately for TFHKA, Richard Utt, founder of Applied Physiology and TFHKA member, expressed interest in the spot. The Board voted unanimously to appoint Richard to the Board. He will serve until the next election in October 1998. He brings enthusiasm, experience and many good ideas. Welcome Richard.

The board and staff discussed at length our failure to publish the quarterly newsletter regularly. This is due in part to creating a brand new catalog which has taken up time and printing priorities. Leila Parker of the board offered to take on overseeing the newsletter and

freeing up the office of this task. If you are reading this issue, you know she is doing her job. If you have a thought for an article, please contact Leila.

We could use a lawyer or well trained legal person to help us navigate the California incorporation laws. We need to upgrade our non-profit status. If you can help, or know someone who can, please contact Laura.

Puerto Rico reports that they are having trouble with proposed legislation there. The government is considering a bill that would allow only Naturopaths to practice kinesiology. Eliu Diaz from the board has been working very hard to prevent this. The board is helping him out. The board also decided to recognize Puerto Rico as a regional association of TFHKA. Congratulations.

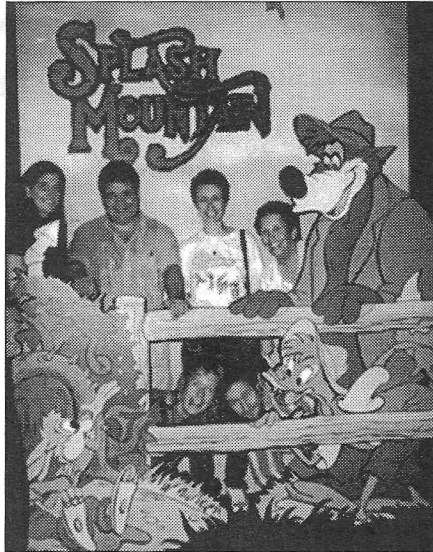
It was pointed out that most non-profit organizations do fund raising. We have not. If anyone in the membership has some ideas for this, or experience and input, please contact the board president Larry Green.

Many other items were considered and worked on at the meeting. If you want more information or would

like to volunteer your time on a committee, please contact a board member. Thank you. ■

The next board meeting will be held in San Francisco, California,

April 23-25, 1998.



BOARD MEMBERS AT DISNEY WORLD

Offer CEU's for your Classes

We are proud to announce that we have received final approval from the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a category A provider for continuing education for their 24,000+ certified practitioners. All currently updated teachers can offer these CEU's for TFH I-IV. C.E.U.s can also be given for mini workshops- like the Top Ten series, if you are certified to teach these courses.

This is a great drawing card for your classes. You need to make sure your Resume/Curriculum Vitae is complete and on file in the office, you have attended an instructor update, have a signed instructor agreement on file, and keep up your professional dues with the Association, to qualify to be a CEU provider. Then, simply submit an evaluation form from each student and include their NCBTMB number on your class roster along with an additional \$2.50 processing fee per student per class to the Association.

We have also renewed our continuing education provider status with the California Board of Registered Nursing, which allows certified instructors to give continuing education credit to RNs and LVNs in 41 states. Florida, Iowa, Kansas, Kentucky, Nevada, Oklahoma, Oregon, South Dakota and Wyoming, are not current participants in the California Board of Registered Nursing's program of reciprocity or do not have continuing education requirements. Instructors in these nine states may apply directly with the appropriate agency in their state to provide continuing education to nurses.

We are now working on CEU provider applications for Acupuncturists, Physical Therapists, and Occupational Therapists. Please contact the Association if you can be of any assistance with these applications. ■

Visit Us on the Web...

<http://www.tfh.org>

Featuring:

- online course schedule
- online Directory
- product catalog
- and more!

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 review the ITW in 1998.
- 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.

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, MasterCard, 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 PKP or Applied Physiology.

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.

1997 TFH Angels

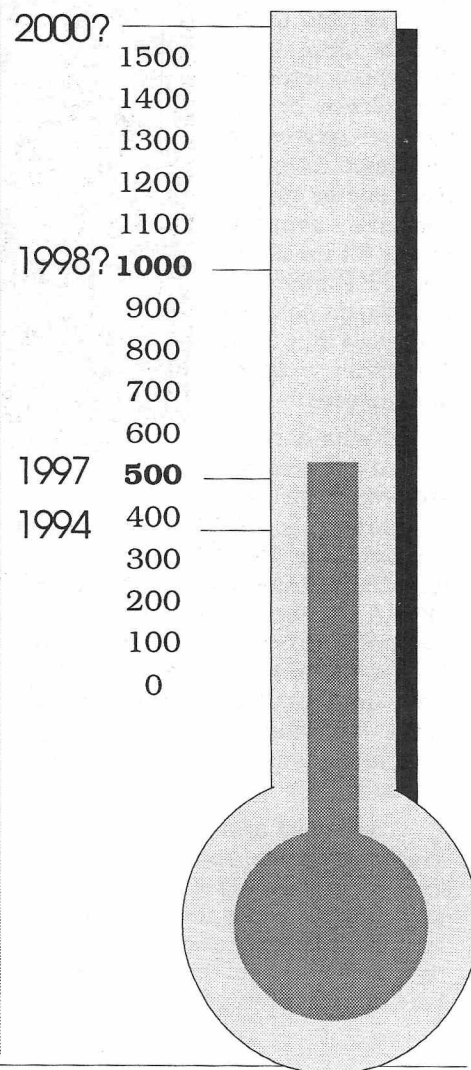
A warm thank you goes to the following for their generous donations:

... ☞ ...

Drs. Hap & Elizabeth Barhydt
Connor Coward
Ron and Joy Bradley Crough
Olive Kasinoff, R.N.
Kathryn Keegan
Eugene & Melva Meyer
Paula Oleska
Leila Parker
Sharon Promislow
Robinson Family Foundation
Laura Sudar
Dr. John & Carrie Thie
Yves & Barbara Veillette
Kim & Alice Vieira
Idelle Weissenberg

... ☞ ...

Membership



■ BUSINESS BUILDING

Expanding Your Health Care Business:

JQ's "Bakers Dozen"®

by JacQuaeline

Part 1 of 2

Health care practitioners today spend a lot of time and money in 'being the best you can be'. You go to seminars, keep up with new techniques, trends, nutrition, research and you give, give, give.

A few practitioners 'luck' into a groove where clients just come. Referrals happen, and business explodes and supports that person nicely.

If you are finding that you could use a few more clients, a few more students each month, a few more referrals and return clients....and you feel your work is good...then please read on. If you would like to boost your income by \$300, \$1,000, \$3,000 per month, (or more) read on and make a plan to implement the "Bakers Dozen". It's a recipe for success.

People need your services. You probably think that too. So, how do you share that fact with others and get paid to do the work you love?

Other than finding an 'angle' marketer, or promoter, you need to become *proactive in marketing*. Here are a few 'pain-free' quick tips that can help you earn more money - when you put them into practice.

Make sure to start these first 6 powerful ideas now and get ready for more easy tips in the next issue of *In Touch*.

Keep referring back to this list every month. Create a plan to do a little bit, step by step. Write down the plan and put it on

your scheduling calendar. Do one new income producing activity every day or at least for one hour per week. Start in the morning to set your day in an expanding mode. You'll find that within six months, your client flow, cash flow and student enrollments will dramatically change. This stuff works when you work it. If you read this and think, "YEAH, good ideas, but...." and one month goes by with no action....you may need help. Call me. I have an affordable coaching, mentorship program where I guarantee results. Every

successful athlete has a coach or a partner in their corner. Now, start cookin! I welcome and appreciate your comments and your calls.

JacQuaeline, former Executive Director of Touch for Health Association, Health Care Practitioner, Business & Marketing Consultant & Coach. A full, more in-depth explanation of JQ's "Bakers Dozen" is available from JacQuaeline. She may be reached by: Phone: 303/464-0023, Voice mail: 1-888-668-8277, Email: JQ3@aol.com

1 Business cards

List products and services, add your photo to your card for that 'personal' touch - people will remember who you are when they look at the card!

2 Use voice mail

as a marketing tool - leave a brief service message. Example: "Thank you for calling Jane Doe's office, the place where you walk out feeling better than you came in. Jane's not available for the phone now but please leave a message....." Or, "You've reached JacQuaeline and Dynamic Systems Int'l., producers of "Visionaries In Business" radio talk-show where we show you how to make your dreams come true... leave your name and number....."

3 Start a focus/support group

on "how to" improve or market your business. Perhaps a breakfast meeting twice a month? Many successful people participate in Master Mind groups. This can be done on the phone with other practitioners or colleagues as well.

4 Client follow-up

Do it. Create a follow-up note to send out to your new client within two days of their first visit. Create a phone schedule to call and check up to see how they are doing. Show you care. Ask if they want to see you again. Tell them you appreciate their referrals. You may give a 'special thank you' referral gift - a discount or frequent visit tune-up offer.

5 Accumulate at least one testimonial

letter per month and distribute them appropriately. There are several clever ways to get them.

6 Write a short article

which could be human interest - "what I found", or topic related - "stress releases", etc. These could be sent to local publications, associations, trade magazines and etc. (A series of articles could end up being chapters in your new book!)

■ IN PRACTICE

Now incorporating
"TFH In Practice"

Imagery, Cancer, and the Immune System

by Larry Green

If you know how to worry, you are already skilled at the art of imagery

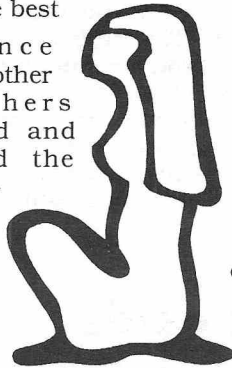
The term "psychosomatic illness" is commonly known to mean the mind has the power to make the body ill. While that idea is widely accepted by doctors, the idea of "psychosomatic wellness" is just beginning to take root in the medical establishment. The scientific/medical name for this new field of study is psychoneuroimmunology, or sometimes psychobiology.

Some cornerstones of this new field are relaxation training, biofeedback, and guided imagery or visualization. Imagery is probably a better and more inclusive word than visualization. Studies in Neuro Linguistic Programming (NLP) have demonstrated that our imagery often is in a feeling and/or auditory mode, as well as visual. Many people when first asked to do "visualization" respond that they can't visualize.

Lack of awareness and understanding of how we already do imagery accounts for this response. If you know how to worry, you are already skilled at the art of imagery. The father of modern medical imagery is Carl Simonton, M.D., who began training cancer patients to use imagery in the 1970's. Soon joined in this work by his wife Stephanie, who subsequently became a psychologist, the Simontons quickly had results far surpassing their expectations. Many patients, though not all, responded with decreased tumors, or cancer growth that slowed or stabilized. A few spectacular cases had complete remissions. When the Simontons employed imagery for enhancing the body's use and acceptance of chemotherapy and radiation, pa-

tients had better results from treatment and fewer side effects. The Simontons also found that those patients who most strongly believed imagery would be an effective adjunct or addition to treatment had the best results.

Since many other researchers studied and expanded the imagery in white



Initiating the Relaxation Response

Lay flat on your back, close your eyes, exhale a few times letting all the tension flow out of you.

Beginning at the feet, notice a soothing, warm feeling of relaxation entering the feet and softening and relaxing all the muscles of the feet. Then notice that feeling spreading up into the calves, then knees, thighs, hips, pelvis- relaxing as it goes, completely relaxing the lower body.

Do the same bit by bit in the upper body, including relaxing the major organs individually. Then do the neck and face, relaxing each feature of the face- chin, lips, nose, cheeks, eyes, brow and ears. End by relaxing the muscles on the side of head, on back of head, on top of head. Breathe easy and comfortably throughout the process.

count and enhance other specific aspects of immune function. Burn patients have experienced quicker recovery using imagery. Asthma patients have demonstrated imagery's ability to help control and decrease attacks.

A recent study of 130 patients by the colon and rectal surgery department of the Cleveland Clinic found that patients using imagery left the hospital 1.5 days sooner, returned to bowel functioning 1.2 days sooner, and needed only half the pain medications as compared to the control group. These patients also reported less anxiety both before and after surgery. Dr. Victor Fazio, M.D., Chairman of the department said, "We were surprised by the significant measurable gains experienced by patients using guided imagery." And probably the top indicator that more hospitals and doctors will be investigating the use of imagery: the Cleveland Clinic expects to save 1.4 million dollars annually, using it in this one department.

How can you use imagery? It is not difficult, but to be effective, imagery requires a bit of training. It is best to begin by going into a relaxed state. Dr. Herbert Benson, M.D., of Harvard University has documented many health benefits from learning the "relaxation response" (see highlight box) This is a simple procedure everyone can learn to do for themselves with practice. Hypnosis is another similar way to become relaxed but should only be done under the guidance of a trained professional.

Once you have become relaxed, having someone knowledgeable about imagery training to guide you is very helpful. Guided imagery train-

continued on next page

ing for improving your health can be broken down into two parts: receptive and active. Combining the two is the most beneficial. Receptive imagery invites and allows the unconscious spontaneous images that we already have to come forward into consciousness. This is done initially without judgment of editing. It is important to find out what unconscious imagery you already have. One cancer patient discovered in her spontaneous imagery that the white blood cells were like soap bubbles bouncing off the cancer, which was a brick wall. Once you have identified your unconscious imagery, using an active approach to enhance, modify, or change your imagery is appropriate.

One important thing to understand is that everyone's imagery, both the receptive and active response, will be unique. Discovering and engaging your own unique imagery will be most effective for you. Some people will thrive on imagery of the body's immune system fighting and destroying cancer. Other people will prefer not to employ imagery of violence. Many people improve their response as they learn more detailed knowledge of how the immune system functions. Still others work better using metaphorical imagery. Remember, the unconscious, during dreaming, talks to us in symbols and images. Conscious imagery is a way to communicate back.

Guided imagery can also give you insights into yourself and your response or relationship to a disease. Many people have discovered insightful metaphors or truths of which they had previously been unaware. This also can lead to positive changes in lifestyles that benefit healing and quality of life. Once you have found and tailored a strong, positive imagery for yourself, regular use is encouraged. Many trainers recommend setting aside fifteen to twenty minutes twice a day. Other approaches include reinforcing the imagery regularly throughout the day, such as every time you turn on an electric switch.

The growing field of psycho-neuroimmunology and the use of guided imagery offers hope, more tools, and enhanced self-empowerment for people facing cancer. If you have been wanting to be more active in treating yourself, this can be a useful adjunct to treatment. If you believe imagery can enhance your health and well-being, it probably will. ■

A CALL

The Silver Anniversary celebration will be an event

FOR

you won't want to miss. Take the step forward and display your

wares. We will have exhibit space available to sell your health

EXHIBITORS

enhancement items.

And by submitting a paper to TFHKA, you may be selected

AND

to have it published in our annual journal, and present it at the

conference. Contact the Association for further details.

PAPERS

See you October 14-18, 1998 for the 25th anniversary

sary as we Celebrate the Vision: Uniting the World of Kinesiology.

Call for Awards

For the 25th anniversary celebration, we would like to recognise those who have made a difference in the world of Touch for Health and Kinesiology over the past 25 years. Please send nominations to:

TFHKA, 11262 Washington Blvd., Culver City, CA 90230.

Fax (310) 313-9319 • Email admin@tfh.org

UPCOMING KINESIOLOGY EVENTS

- **Midwest TFHGKA Regional Conference**
March 14, 1998 Columbus, Ohio (614) 470-2176
- **ASK-US 5th Annual Meeting**
April 16-19, 1998 New Orleans, LA (212) 685-0865
- **IASK Conference**
April 29-May 3, 1998 Barcelona, Spain +34-3-568-4024
- **Educational Kinesiology Foundation Conference**
July 9-12, 1998 Toronto, Canada (800) 356-2109
- **Three-In-One Concepts Conference**
August 6-9, 1998 Long Beach, California (818) 841-4786
- **TFH 25th Anniversary Worldwide Conference**
October 14-18, 1998 Orlando, FL (800) 466-8342
- **Applied Physiology 2nd Annual Meeting**
March, 1999 Tucson, AZ (520) 889-3075

Touch for Health News

Alternative Therapies in Health and Medicine at this time would like to extend a special subscription rate of \$40 (regularly \$51) to the members of the Touch for Health Kinesiology Association — a 20% savings off the annual subscription price. Call 1-800-345-8112 to subscribe.



Touch for Health at graduate school John F. Kennedy University, Graduate School of Holistic Studies, offered for the first time in summer 1997 a course in Kinesiology. The class was entitled "Introduction to Kinesiology: Touch for Health." Graduate students in Holistic Health Education, Counseling Psychology and Somatics Psychology, could receive two units toward their master's degree for this elective class.

Adjunct faculty member and Touch for Health Instructor, Yvonne Bowman Burton, taught the class. Yvonne was delighted to have the opportunity to bring an awareness of Specialized Kine-

siology to these students who will be going out into the world to teach or counsel in holistic practices. The basics were presented so that students came away knowing enough about Touch for Health to use it for themselves and to make informed referrals in the future.



Green Angel Press is putting together a book of successful kinesiology stories similar to the *Chicken Soup for the Soul* books and is soliciting stories about TFH and other kinesiology stories that have helped people. They need inspiring stories of people helping themselves and others: both simple stories about good results from basic TFH 1 techniques, and the "miraculous" type stories that many of you have experienced. They can be written by the practitioner or the client. Either way the practitioners can have their name listed with the story. If the clients would like their identity kept anonymous, that is OK.

Once we have 100-150 stories we will be ready to go to press. Please do

not submit more than five stories per person. It is unlikely that more than 2-3 will be used from any single person, as part of the reason for this book is to show how wide-spread the successful use of TFHK is today.

Please send inquiries and stories to:

Green Angel Press
1717 Wildcat Creek Road
Chapel Hill, NC 27516
Attn: Kinesiology Stories
Or they can be emailed to:
GreenAngel@mindspring.com



Loving Life and Elizabeth & Hap Barhydt, Ph.D. have moved. Please contact them regarding Self-Help for Stress and Pain Plus Learning Blocks and other workshops at:

1241 Ian Court
Sparks NV 89434
Phone/fax (702) 358-1432
Email: feelgood@lovinglife.org
<http://www.lovinglife.org>

1998 Advanced Course Schedule

Location and dates subject to change - call to confirm.

ITW = Instructor Training Workshop • PKP = Professional Kinesiology Practitioner • AP = Applied Physiology

Course	Location	Dates	Instructor	Contact
AP Adv. Professional	Tucson, AZ	Jan. 5 - Feb. 6	Richard Utt	(520) 889-3075
TFH ITW & I. Update	San Juan, PR	Feb. 7 - 14	Marge Murray	(414) 253-4905
PKP 1	San Juan, PR	Feb. 16 - 20	Marge Murray	(414) 253-4905
PKP 2	San Juan, PR	Feb. 23 - March 1	Marge Murray	(414) 253-4905
AP 10 Day Agape Quest	Anchorage, Alaska	Feb. 28 - March 9	Richard Utt	(907) 337-7453
TFH ITW	Victoria, BC Canada	March 14 - 21	Michael DeLory	(604) 669-5424
TFH I. Update (French)	Montral, PQ Canada	April 2 - 3	Michael DeLory	(604) 669-5424
TFH I. Update	Toronto, ON Canada	April 6 - 7	Michael DeLory	(519) 941-2885
PKP 1	Dayton, OH	April 16 - 19	Arnetta Hildreth	(937) 845-8232
PKP 1	Chapel Hill, NC	Apr. 17-19; May 8-10	Arlene Green	(919) 933-9299
TFH ITW	Chapel Hill, NC	April 26 - May 2	Arlene Green	(919) 933-9299
AP Facilitator Training	Tucson, AZ	April 27 - May 10	Richard Utt	(520) 889-3075
AP 10 Day Agape Quest	Tucson, AZ	May 2 - 10	Richard Utt	(520) 889-3075
PKP 1	Chapel Hill, NC	May 6 - 10	Arlene Green	(919) 933-9299
PKP 2	Chapel Hill, NC	May 13 - 19	Arlene Green	(919) 933-9299
TFH ITW	Milwaukee, WI	May 16 - 23	Marge Murray	(414) 253-4905
TFH I. Update	Milwaukee, WI	May 23 - 24	Marge Murray	(414) 253-4905
TFH ITW	Cleveland, OH	June 7 - 14	Arlene Green	(216) 261-5316
TFH ITW	Salmon Arm, BC Can.	June 21 - 28	Michael DeLory	(250) 833-0523
PKP I	Cleveland, OH	June 24 - 28	Arlene Green	(303) 258-0646
TFH ITW	Toronto, ON Canada	July 14 - 21	Michael DeLory	(519) 941-2885
AP Basic Professional	Tucson, AZ	Aug. 24 - Oct. 9	Richard Utt	(520) 889-3075

■ LETTERS TO THE ASSOCIATION

Dear TFHKA,

Recently I had the opportunity to attend a class given by the International Institute of Applied Physiology. The class that was being offered was the Agape Quest, a module of Applied Physiology, taught by Richard Utt in Tucson, AZ.

I went out from Ohio thinking I would be learning a few new techniques and reviewing a lot of things I already knew and used about muscle testing, which is what a lot of classes I've taken recently are about. Much to my surprise, what I came back with are some of the most exciting information and techniques I have seen and used. The research that has gone into this material is astounding, and Richard Utt and his staff's quality of teaching was amazing to me. They had a way of getting this technical information across so that everyone, including me, could understand it and also do it. The text and materials we received were some of the

best and most professional I have ever seen.

This would be a wonderful next step for anyone interested in muscle monitoring. Even if you have only taken a Touch for Health 1 class, you can still learn and use this information. I have always trusted this process and knew that it worked although it was never really clear in my mind how it worked. Well this class not only told me how but why it works and I also learned more about anatomy than I ever knew.

I could go on, but for now I'll invite anyone to call the Institute or call me if you have any questions. I'm very excited about this information and plan to go to additional classes when the time is right for me.

Thank you Richard Utt for your warmth and love, and for sharing the information.

John Butts (614) 450-7355

Dear TFHKA,

I took the Touch for Health Instructor Training Workshop (ITW) for the first time in 1993. Though a review/update wasn't due or required, I chose to retake the ITW again in 1994 because it was being taught near me. I was thrilled with my improvement in teaching skills and confidence. I would also recommend reviewing or co-teaching TFH I-IV with another instructor before taking/retaking the ITW. Personal and professional development is our responsibility.

We love this work because it changes people's lives for the better - not because we can make a few dollars on the weekend teaching. Dr. Thie's vision of teaching Touch for Health for use in the home/family is definitely still valid, but the reality seems to be that those who have an affinity for the work become professional practitioners and/or instructors.

Connor Lee Coward

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This entire course costs only \$595.00 U.S. including meals and materials

Also this Spring...

TOUCH FOR HEALTH I

• March 13th to 15th, 1998 •

This Spring, the International Institute of Applied Physiology is proud to sponsor Touch for Health I with Leila Parker. Touch for Health is the recommended prerequisite for all Applied Physiology trainings, and this Spring, IIAP is bringing Touch for Health to the Institute.

A Touch for Health instructor since 1985, Leila Parker is a health practitioner using Touch for Health along with other Specialized Kinesiologies. A Life Member of the Touch for Health Kinesiology Association, Leila is the author of "Touch for Health Kinesiology: A Conceptual Overview" and "Der Praxisbuch der Kinesiologie", available in Europe.



SPONSORED by the International Institute of Applied Physiology

The course "Touch for Health I" taught by *Leila Parker* is \$195.00. All materials are included and workshop will be held at the International Institute of Applied Physiology in Tucson, Arizona.



For More Information Please Contact:
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Touch for Health Regional News

TFHKA MIDWEST

The Midwest TFHKA has been busy this fall. We sponsored an ITW update in September, and had a good attendance with instructors from Ohio, Michigan and Indiana. In October we sponsored an iridology workshop, and most recently we had a booth at the Universal Light Expo in Columbus, Ohio. Our focus was promoting TFH in general, the Midwest region and our instructors who worked the booth. We gave 14 muscle balances for a small fee, sold TFH related materials and talked a lot to people, letting them know what TFH was all about. We also had a drawing for a free introduction workshop. We all felt there was a lot of interest and we have already reserved a booth for next year.

♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦

PUERTO RICO

Greetings from the enchanted island in the Caribbean: Puerto Rico.

Here in the island we have eight Touch For Health Kinesiology instructors. We teach people from different occupations and fields. Many people here now know about Kinesiology. And more and more people are interested about this way to keep their body in balance.

The government in Puerto Rico is trying to regulate the Naturopath profession. To achieve that goal they have assigned a commission to evaluate and create a Naturopath bill for the legislature. All the Naturopaths got together to support this bill.

One of the commission's delegates asked us to make a presentation on TFH, and we agreed. We emphasized that any person who has been trained can safely practice TFH. A stressful situation started when the committee recommended that only approved Naturopaths (and no one else) should be allowed to practice TFH or any kinesiology. Our vision as instructors is that any part of the TFH synthesis should be available for anyone in any occupation to use.

The Midwest is moving ahead with its plans for its third Spring conference. A number of interesting speakers are lined up for a very interesting day. The conference will be held *March 14, 1998* in Columbus, Ohio. Call (614) 470-2176 for information. We will also represent TFH with a booth at the Dayton Holistic Fair in May.

Welcome also to the newest region – Puerto Rico. Eliu and Gladys Diaz are a wonderful example to us all in their work for TFH. We know they and their fellow instructors have a lot of work ahead of them and we wish them good luck!

Anita More Butts
TFHKA Board Member and
Midwest Liaison

We have sent letters to the Puerto Rican Secretary of State and to the governor (both visionary people who support recognizing a new health paradigm), to the legislature, and to the Naturopath committee. We are waiting for their replies. We have done a lot of networking and lobbying in person also.

We deeply thank Carlos Rivera and Rafael Hernandez, both of them professional reporters, naturopaths and kinesiologists for their support. We also appreciate and thank Marge Murray, Larry Green, Dr. John Thie and all the other people who have supported us during this time.

Keeping in touch with love,
Gladys Figueroa de Diaz

News Update!

Since the submission of this Article, the Puerto Rico government ruled in favor of allowing Touch for Health to remain available to everyone. And, Puerto Rico has become TFHKAs newest official region. Congratulations Gladys and Eliu Diaz and all our Puerto Rican friends, and thank you for representing us so well.

IKC NEWS

The International Touch for Health/ Kinesiology Convention was held in Zürich, Switzerland October 14-18. This year's conference was held in conjunction with Edu-K's annual meeting too. There were over 700 people in attendance which made it the largest gathering of kinesiologists so far.

There were approximately 500 Swiss participants, with the remaining 200+ coming from over 15 countries, including 25 people from the U.S. There were many excellent presentations and memorable moments. Both John Thie, D.C. and Paul Dennison, Ph.D. gave lectures. They were also honored at the awards banquet, after which they embraced each other, which brought tears to many an eye.

Prior to the International Convention, 20 faculty members and trainers of the International Kinesiology College from 15 countries met at the IKC offices in Zürich for a 5 day retreat to update their knowledge of techniques and skills.

One of the highlights of the retreat was a one day communication workshop course taught by Carrie Thie. Carrie worked with the pioneers of communication, therapy, and the human potential movement and it was a special treat to have her share her knowledge from someone so close to the source. Dr. Thie extended his fatherly presence throughout the meeting, clarifying fine points of techniques and application.

Toni Gralton, the dean of the TFH School, presented a new ITW manual for instructors to be used world wide. It will now be available at the ITWs and Instructor Updates. There will also be some upgrades to the current TFH 1-4 student manuals which will include photos of standing up positions. We hope to have them complete and available at the 1998 Annual Meeting in Orlando.

Arlene Green and Paula Oleska
IKC faculty

■ BOOK REVIEW

Amazing Grace: Autobiography of a Survivor

by Grace Halloran, Ph.D.
HEAL5506 \$14.95

One woman's triumph against incredible odds gives hope to all of us in solving our own problems.

As an 18 year old, Grace was involved in a car theft and then encountered a get-tough judge who sent her to Federal prison. She was separated from her first child, and later found that she, and probably her youngest child, were going blind from a genetic disorder, retinitis pigmentosa.

There was nothing that the regular medical establishment could do to aid her. So she began a search that led her to techniques that would improve her eyesight, save her child and lead to helping countless others. Using Touch For Health, color therapy, nutritional changes, supplements, eye exercises, stress management and visualization she gradually improved until she could see again.

The book is filled with the details of her victories over continuous roadblocks until she was able to teach others and help many of them maintain or improve their sight. And this is for a hereditary eye disease that has no cure or treatment according to the current medical position, which maintains this position by avoiding research into hopeful techniques.

Due to political pressure, funding was cut off to the eye clinic that was helping so many people. Their reasoning? They couldn't be helped because there was no cure. The fact that many people went from blind to partially sighted had no meaning. Give me a rat any day.

This real life drama is more engrossing than fiction and Grace's delightful sense of humor which kept her going, keeps us enjoying what could otherwise be a heavy subject. The obstacles and personal agony that she overcame are a magnificent lesson to us of the ascendancy of the soul. This is true inspirational reading. Order this book and you will be stimulated to accomplish your own dreams.

- Alice Putt

Touch for Health Kinesiology: A Conceptual Overview

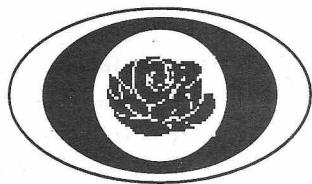
By Leila Parker
AK1446 \$15.00

A new supplementary text to the *Touch for Health* book is out. Written by Leila Parker, a TFH Instructor since 1985 and member of the TFHKA Board of Directors, she has clarified many details of the TFH synthesis. The manual covers such issues as how to do quality muscle testing, bilateral muscle weakness, reactive muscles, food & supplement testing, ESR, goal setting, and valuable information on the TFH Book itself. A chapter on the TFH Courses, content and certification process and the role of the TFHK Association gives the newcomer an idea of the training involved.

This manual is an excellent preface to TFH techniques and is useable as a text for the Introductory TFH Course.

- Alice Putt

Integrated Visual Healing by Grace Halloran, Ph.D.



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■ NEWS BRIEFS

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TOUCH FOR HEALTH KINESIOLOGY ASSOCIATION PRODUCT ORDER FORM

No.	Description	Qty.	Price	Total
1010	TFH Book <i>Basic text describing TFH method - Dr. John F. Thie, DC.</i>		24.95	
1015	Balance Muscular Para La Salud - Dr. John F. Thie, DC translated by Marge Murray		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 F. Thie, DC.		19.95	

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1700	Life Energy - John Diamond, M.D.		10.95	
1233	1997 Joint TFHKA & ASK-US Conference Journal - Together In Abundance		20.00	
3001	In Fitness and in Health: Everyone is an Athlete - Dr. Philip Maffetone		14.95	
3506	Amazing Grace: Autobiography of a Survivor - Grace Halloran, Ph.D.		14.95	
5620	Your Body's Many Cries for Water - F. Batmanghelidj, M.D.		14.95	

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In This Issue

25th Anniversary	1
Massage Therapists.	1
From the President	2
Together in Abundance.....	3
Conference Notes	4
TFH/Kinesiology Directory	4
Board News	5
CEUs for Classes	5
Membership Drive	6
JQs "Bakers Dozen®"	7
Imagery & Immune System	8
Upcoming Kinesiology Events	9
TFH News	10
Advanced Course Schedule	10
Letters to The Association	11
TFH Regional News	13
Book Review	14
News Briefs	14
Product Order Form	15



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* 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.

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We are moving:

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See address above

