

# TOUCH FOR HEALTH®

The newsletter of the Touch For Health Foundation

## The History of Applied Kinesiology

—by John F. Thie, D.C., Foundation President

*We have all benefitted from Touch for Health and Applied kinesiology, and yet, most of us know very little about its early history. This article is written by Dr. Thie, the Foundation and President of TFH and Foundation Director of the International College of Applied Kinesiology. We hope you enjoy this article as much as we have.*

George Goodheart made a discovery in his private practice of chiropractic that seemed so elementary and fundamental to the manipulative practice of healing that he felt it was necessary for him to share this information with others.

This discovery was that what appeared to be muscle spasm was not an over tight, pathologically contracted muscle, but a normal muscle that did not have opposing muscles doing the necessary counter pull. By examining the patient for the inhibited muscle function and directing the treatment to that correction, rapid changes in the body posture could be made. Goodheart gave the name "Applied Kinesiology" to this approach of examining the body to determine muscle inhibition.

This type of kinesiological examination follows the standards set up by Kendall and Kendall in their work on muscle testing, except that much more minor variations in the muscles were considered significant in the diagnoses and treatments.

Postural analysis, always a significant part of chiropractic practice and procedures, took on much more importance as changes in the posture appeared almost instantaneously.

The reaction of the patient knowing that his body was responding in a very rapid way, from methods that were unsuspected prior to this time, caused great

enthusiasm on the part of both practitioners and the patients. Patients with intractable frozen shoulders, chronic sciaticas, palsys and other difficult cases in the muskuloskeletal conditions of the body and other organ systems, seemed to get almost miraculous results.

Goodheart, in his enthusiasm to share this knowledge, accepted speaking engagements from coast to coast at State and National conventions and special seminars sponsored by chiropractic organizations. His presentations and monographs were accepted with enthusiasm.

He had added a visual and mechanical technique to the practice of chiropractic, which seemed to prove, with testing of the patient, that what the chiropractors and osteopaths had been doing for 100 years with good clinical results could now be demonstrated readily to the patient and doctor. When the muscle balance was restored, improvement in the clinical picture often occurred simultaneously.

In June of 1965, Goodheart and I became acquainted personally when he appeared on the American Chiropractic Association program in Los Angeles. As a subject of his demonstration, I personally experienced the dramatic change that can take place in the ability of the patient to control the strength and function of isolated muscles.

The following year, Goodheart was invited to California by the California Chiropractic Association, and I spent the two one-day programs as Goodheart's assistant. Since that time, Goodheart and I have been close friends and worked to develop the concept of Applied Kinesiology and methods of presentation that made the material a practical clinical approach for all the health professions.

As Goodheart returned each year, his presentations were a delight to his audiences, as he seemed always to have a new wrinkle to his presentation — a new

idea that was a part of the already existing knowledge but in a dramatically different and exciting way, with the possibilities of helping patients with difficult problems by the use of Applied Kinesiology.

Complaints began to be heard among the doctors learning the techniques — "I see him do it, but I can't seem to make it work in my office"... "His material is not clear"... "It is difficult to understand"... "He's a great showman, but..." Many did not return for subsequent lectures. Many of us urged Goodheart to change his presentations from lecture demonstrations to a workshop format, so that they could be able to utilize it in their practices on the next day.

Goodheart was amenable to this idea, but it was difficult for everyone to test the same muscle, which was necessary to develop the skill in feeling the differences in muscle strength. As Sheldon Deal, D.C. of Tucson, Arizona, later was to demonstrate, the differences were minor compared to the dramatic differences as appeared from stage.

Deal showed that the differences between what we considered weak and strong muscles were all probably less than 20%. This difficulty led me to attempt, when sharing this information with others when Goodheart left each year, to utilize acupuncture sedation points to inhibit the muscle function so that all the members of the workshop could develop the skill of feeling the variation in the muscle strengths, and the restoration of the muscle strength by the acupuncture stimulation points or other techniques.

Goodheart adopted this format for his California seminars and the groups then grew again. As the success of the workshop method grew, more workshops by chiropractors teaching other chiropractors grew, and Goodheart encouraged this development by naming study groups

continued bottom pg. 2, col. 1

# Five Elements: Basic Principles

## Metal

—Richard Harnack, M.Rel.

*This is part three in a five-part series on the Five Elements. Here, Richard explains the Metal Element. Previous articles in this series gave brief synopses for understand of the Five Elements, and future articles will give you greater understanding of this law of meridian functions as utilized by our Touch for Health Faculty in educating their students how they can know more about their own health and enhance it through touch in all its forms.*

Phase: Metal

Meridians: Metal has two (2) meridians, the yin is Lung and the YANG is Large Intestine.

## Primary relationships

Creation cycle: Metal is enhanced by Earth. Metal enhances Water.

Control cycle: Metal is controlled/mitigated by Fire. Metal mitigates Wood.

## Other relationships

Mid-Day/Mid-Night: Lung is opposite Bladder. Large Intestine is opposite Kidney.

Pulse Points: Lung is on the right hand at the position closest to the thumb, deep touch. Large In-

testine is at the same position, light touch.

Alarm Points: Lung, Lu-1, Large Intestine, St. 25.

## Correspondences

Emotion: Grief/Regret. This is our ability to experience the value of our past in light of current change.

Sound: Weeping. A quality of voice which sometimes sounds whiny.

Color: White. In Japan, white is the color of death.

Direction: West.

Season: Autumn.

Climate: Dryness.

Flavor: Pungent, spicy as in certain cheeses, curry, peppers.

Organs: Lungs and Large Intestine.

Orifice: The nose. This includes the sense of smell.

Part of body: Skin and body hair.

Smell: Rotten. This is the "sick-room odor" that persists around certain people.

Fluid: Mucous.

Life aspect: "Animal spirit." This is our basic, instinctual level where we literally breathe in life.

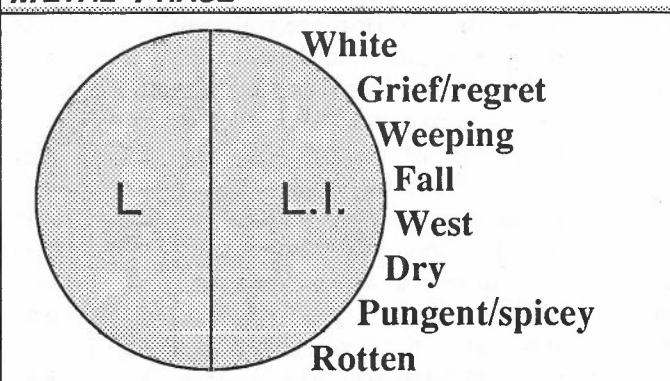
## General discussion

The understanding of Metal is at best vague. The skin and body hair are reflective of our state of balance in Metal because the "breathe" and are part of our elimination system. When we are out of balance in the phase, the skin may not look and feel healthy.

Our lungs are our "second heart," without which we cannot live. Our large intestine moves what we no longer need out of our body. When we tighten up and make shallow our breathing, we do not exercise this "second heart," nor do we nourish our body with much needed "fresh" air. If we abuse our large intestine so it cannot eliminate effectively, our body then passes waste through our skin.

Emotionally, if we are out of balance in Metal, we may be overly regretful and grieving. Alternatively, we may not be able to express true grief or regret when appropriate, thus becoming a "cold fish." Being able to feel and express grief and regret when appropriate is necessary in order to move on in our life.

## METAL PHASE



## History of AK, from Pg. 1

leaders in various areas, where persons interested could learn the material that he had originally presented, in a paced, workshop style.

Having discovered the difficulties of teaching this material myself, and at various other meeting speaking to others designated by Goodheart as workshop leaders, I encouraged Goodheart to make the study group leaders a formal organization and volunteered to put the first meeting together.

This first meeting of Goodheart Study Group Leaders was held in Detroit, Michigan, in the Summer of 1973. The criteria for attending this meeting was that

you were personally designated by Goodheart to be a Study Group Leader and that you would present a paper on the methods that you used in teaching classes in Applied Kinesiology or on some original finds in AK.

The meeting was a great success, and another meeting was scheduled for the Summer of 1974, where plans were begun to make the organization formal. The name "International College of Applied Kinesiology" was chosen, and ideas regarding its structure were presented.

At this meeting it was also decided that a second meeting each year be held where papers would not be required, but could be presented. This would be more

social with time to meet informally while enjoying pleasant atmosphere. The Winter meeting was held in Florida in November, 1974.

At that time, I was authorized to proceed with by-laws under the general provisions of the Touch for Health Foundation of Pasadena, California, but I later discovered that Goodheart and other members of the group had serious objections to having ICAK a part of the TFH Foundation. At the 1975 meeting of the group, in Gaylord, Michigan, the proposed by-laws were adopted eliminating the sections that made the ICAK part of the TFH Foundation.

**End of part one**

# Five Elements Reactives

—Joan Dewe, MA & Bruce Dewe, MD

**M**ost people seem to have difficulty knowing where to start when doing reactive muscle corrections. Many complicated ways have been demonstrated which serve to make some of us feel even more inadequate. This method is simple to learn and is being taught in ITW's throughout the South Pacific. New instructors are working with reactives without stress.

## Method

1. **AFTER** doing the normal Five Element correction look again at the five element picture on your chart.

2. **THE FIRST OVERENERGY** meridian **BEFORE** the underenergy meridian you started balancing with is likely to be the **PRIME REACTOR**. This means there will be a muscle in this meridian that is "switching off" lots of other muscles in a reactive manner. The **PROBABLE REACTIVE** muscles will be in the **UNDER-ENERGY** meridians on the five element chart you have produced.

3. **ACTIVATE THE PRIME REACTOR** by muscle testing. Check all the previously underenergy muscles. If they are **REACTIVE** they will test weak. Usually this is the case.

4. **SWITCH OFF THE PRIME REACTOR** and reset all the reactives by muscle testing.

5. **RETEST** all the former underenergy reactives. The reactive pattern will have gone.

6. **NOW GO BACKWARDS** around the five element chart and treat the **NEXT** overenergy meridian back as the source of the **SECONDARY REACTOR**.

7. **TREAT** this muscle in the **SAME WAY** as we did the prime reactor in numbers 3,4,5 above. That is, check all the former underenergy muscles against it as possible reactives. It will have **FEWER** reactives to it.

8. **THE THIRD** overenergy meridian back from your starting point will be the **TERTIARY REACTOR** and if present has even **FEWER** reactives to it.

9. This process clears out most reactives rapidly especially if you check all the muscles on the underenergy me-

ridians as reactives and **NOT JUST THE USUAL INDICATOR MUSCLE**.

10. **OCCASIONALLY** it will be another muscle from the one you were testing on the **OVERENERGY** meridian that is the prime reactor. For instance, if Kidney is the five element starting point and Lung is overenergy, then it may not be Anterior Serratus that is the prime reactor but could be Coracobrachialis.

## Goal

In Touch For Health we are communicating with a biocomputer, assessing its performance and upgrading the programming. The TFH balance is more than just a structural assessment of the body's musculature to see if the left and right sides of the body are working equally or if the front and back muscles are working in harmony. Muscle testing of each of the body meridian systems can give us a "computer readout" of the internal status of the body.

We can access the mind and the mental and emotional states and upgrade our performance in these areas too. Events of the past and thought of the future can effect our present functioning. Past traumas may have had a "toxic" or "biocidal" effect which is not only impairing the present but preventing us reaching out to achieve our potential in the future. Not only can we "detoxify" the past (we learn this in TFH 2), but we can balance for the future by programming a **GOAL** into the biocomputer.

Do your normal balance. This will be 14 muscles "fix as you go" in TFH 1 or a Five Element balance in later classes.

Now programme a **GOAL** into the computer "as if it were a fact in time right now". The sort of goal you may start with in the basic TFH 1 class is: "This individual is good at muscle testing and balancing", or "This individual learns new skills easily and readily applies them in daily life."

We 'programme' this into the biocomputer by having the student hold this goal in mind while we test a strong indicator muscle. The muscle will probably **NOT LOCK** indicating that the statement is not acceptable as a possible fact.

continued pg. 4, col. 1

## Fitness team report

—Margaret Sheehan

The TFH Fitness Team has completed a marathon public relations event. March 2 - 6 dedicated volunteers and faculty presented TFH techniques to attendees of the pre-race health and fitness expo at the Los Angeles Marathon. We also had a booth at the finish line festival the day of the race. Harun Magnuson did a terrific job of organizing and financially supporting this effort. Without his support and vision we would not have been there. Dale Cunningham, Marissa Upson, D.C., Tia Olsen, C.W. Scott Rubel, Rd Plasschaert, Varun Maguire, and myself all made a definite and powerful impact by participating in this public relations event. Congratulations are in order.

This project was helpful to the volunteers, the Foundation, and the athletes we reached. The athletes benefited by learning simple techniques to prepare them for the race ahead. Many reported that our being there made the difference between racing or not. Some felt such improved performance that they could barely wait until the next TFH class was available. The volunteers got the satisfaction of seeing what a difference they could make by empowering these athletes to improve their performances. The TFH Foundation will benefit from an increased mailing and referral base, more visibility in the athletic community, contacts with other organizations with similar goals, and wonderful feedback from athletes about their needs and interests.

Events like this have proven so successful that we are looking at building a structure to support our continuing to do them. In the past we have attempted to support these activities through donations from our membership and it has not been successful. I am very excited about the ideas our new Executive Director has produced and very happy that MAPS will be the first class to fit into this new structure. The details of this new structure have not been finalized though the vision is there. TFH is changing, growing and moving as never before, and I see that it is a most positive shift, a way that we can step into a more concrete future while maintaining the ideals and vision that are our roots.



## Reactivities, from previous page

The 'reprogramming' is accomplished by re-muscle testing and balancing any muscles that now show a 'Non-Lock' status while the student holds the GOAL in mind. (Fix as you go or five element are both OK) You will note that the muscle picture is quite different from that which showed with the first balance. Different goals will show different patterns of weakness.

Now restate the GOAL exactly as before. The indicator muscle is tested and this time LOCKS, indicating that the goal is acceptable and the body will work toward achieving it. A piece of negative programming from the past has just been balanced by an acceptable positive programme.

You can test and balance for several goals one after another. Not feeling good about yourself? Get balanced for this. "I accept myself as a beautiful, loving and lovable person." Now wait for the positive results. It is amazing how quickly they follow.

Once you are confident in accepting the "muscle picture" goals produce, there is no need to do a preliminary balance. You can make every balance a goal balance and really put power into your TFH.

In TFH 2 and 3 you will learn other techniques for 'detoxifying' past traumatic programmes which hold pain and tension in the body.

## Balancing with sound

Many of us have looked at the "THIRD WHEEL" on the FIVE ELEMENT CHART and wondered, "How do I use it?" or "Why is it there?"

The TOUCH FOR HEALTH books and charts always seem to have something new to teach us about ourselves. We can

use the "third wheel" in conjunction with the five element chart to help our students obtain greater understandings of why they are not in balance and then help THEM make very deep and powerful corrections. I am using the example of sound to illustrate how to use this chart. The sounds we make, (or avoid making) tell a Chinese Physician or a skilled TFH'er a great deal about us.

Set a "Goal" for the balance. This is now standard TFH practice.

Do a FIVE ELEMENT assessment. By this I mean:

Test Supraspinatus and Teres Major and correct if indicated.

Now check at least one muscle from each of the other Meridians and plot these on the five element chart without doing any corrections.

Check the alarm points to find the overenergies. Plot these on the five element chart.

Look at the chart and find the starting point in the usual way.

i.e. First underenergy after an overenergy in a clockwise direction Yins fist.

If there is more than one possible starting place use the "ONE POINT" balance system to Circuit Locate the best meridian to start with. Your starting point will usually be one the Yin meridians. Note which Element it represents. Check the "third wheel" for the sound associated with the Element.

This is the sound the person is NEEDING TO MAKE to achieve balance in relation to that GOAL. It is a sound that they are NOT expressing enough or even be actively be suppressing.

Have them make the sound. They will often say "But I never..." Say "I understand that," and then really encour-

age them to do it.

It is very helpful to combine the emotion with the sound. An example: IF LIVER were the starting point we would not the emotion as being ANGER and the sound being SHOUTING. We combine the two by having the person SHOUT, (and I mean loudly) "I AM REALLY VERY ANGRY AT MYSELF". Normally they will say it or speak it loudly. Encourage SHOUTING. Often they will try the next sound around the Five Element wheel. In this case instead of shouting, they try laughing. (Chuckle, chuckle..."I never shout...chuckle, chuckle)

There will frequently be a huge emotional shift as they make the "CORRECTION" for themselves. This may be the first time for years they have ALLOWED themselves or been given PERMISSION to shout/laugh/sing/cry/groan. They may need to hold the "Positive Points" (NV#4) to assist the process.

Now check the five element picture. All weak (non locking) muscles will lock (be strong) and all overenergy will have gone from the alarm points. The PERSON has BALANCED THEMSELF by acknowledging an underexpressed sound then making it.

Now check. They will test strong on the GOAL.

The person self-corrected: TFH taught them what to do.

## Are you MOVING?

Tell us, then.

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Pasadena, CA 91104-3797

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The purpose of the Touch For Health Publication is to disseminate information on research, methodology, results, and teaching of self-development programs in health enhancement, both mental and physical. Further, the newsletter is a forum to provide up-to-date information on programs, seminars, and activities of the Foundation and its members.

The Touch For Health Foundation is a tax-exempt, non-profit educational corporation. Publications of the Foundation include the Curriculum Catalogue and "In Touch For Health," (sent to all members). Members also receive the "Touch For Health Journal" of comprehensive research papers and training information and applications. The Journal is published in July of every year. Members also receive the Membership Directory.

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Still one of the most popular self-care books of the decade. This is our 1988 revision. This 1975 was done so well that there were only slight changes added. After close study, only TFH Instructors and AK Professionals could discover the change. So the book is very much the same. TFH is internationally known for it's excellent techniques to reduce physical and mental pain. Recommended for everyone. Encourage this book to your friends or patients. New spiral binding for durability; 11 x 11, 132 pp.

# THE 13th WORLD-WIDE

July 12 – 17, 1988

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## REGISTRATION INSTRUCTIONS

### Name and Address

Complete the name and address section. If you are coming as a couple, please make sure to include both membership numbers.

### Registration Fee

There is a one-time registration fee for the annual meeting regardless of the number of days you attend. (The fee includes the cost of the Harbor Cruise.) The minimum registration deposit is US\$50. The registration fee is:

US\$235 if you send in your registration form with a minimum of \$235 postmarked on or before May 15th.

US\$285 if you send in the minimum registration fee or register after May 15th.

Enter your correct registration fee in the box in the right hand column.

### Room and Board

The room & board rate is US\$58 per person per night for a single room, and US\$48 per person per night for a double room & meals.

If you stay off campus and commute to the meeting, your use and insurance rate is \$15 per day. Commuters may purchase their meals at the door for cash. Meal rates are: breakfast, \$3.00 lunch \$5.00, dinner \$8.00

Refer to the calendar on page 6 to determine what dates you will be in San Diego. If you are staying on campus, mark an "S" in the boxes on the registration form for the nights you will be staying on campus. If you are commuting, mark a "C" in the boxes for the days you will be on campus.

Calculate your total room and board or commuter fee, and enter the amount in the box to the right.

### Tuition

If you are not attending the Facilitator Program (FP), Kinetic Education Instructor Training (KEIT) or MAPS certification class, place a "0" in the box opposite the line, "Total Tuition Due" near the bottom, and go to the "Payment" section of these instructions. If you plan to take any of these courses please read on, you can receive substantial tuition discounts!

There are three tuition levels for the FP and KEIT workshops:

Regular price

Refresher price if you are repeating the class, and

Scholarship rate for ITW graduates. (The scholarship rate for the FP is an annual meeting special.)

Check the appropriate tuition box for each of the courses and place the tuition figure for each class on lines *a* and *b*. Total lines *a* and *b* on line *c*.

If you attend the annual meeting and take advanced classes, you will receive the following tuition discounts:

10% on one class if you attend the annual meeting and take one class

20% on both classes if you attend the annual meeting and take both classes.

Calculate your total tuition discount and place that amount on line *d*.

If you are taking the MAPS Certification class, place \$65 on line *e*.

Your total class tuition on line *f* is equal to line *c* minus line *d* plus line *e*.

If you are paying regular or refresher rates, you are entitled to additional prepayment discounts. (Individuals receiving an ITW scholarship for the FP and KEIT workshops are not eligible to receive prepayment discounts.) If you send in 100% of your tuition due by June 5th, you will receive a 10% prepayment discount. If you send in 100% of tuition due by May 5th, you will receive a 20% prepayment discount. Place your proper discount dollar figure on line *g*.

Your total tuition due equals line *f* less line *g*. Place this figure on line *h*, and on the box in the right hand column.

### Payment

Add up the three boxes to arrive at your total money due. Indicate the amount of money included with your registration form, and show the remaining balance due.

*Send in your registration fee and class tuition as soon as possible. This helps us in our planning, and saves you money. We ask that you pay the total amount due before June 15th, as we are required to prepay the University of San Diego. All money must be paid upon your arrival.*

# ANNUAL MEETING

University of San Diego

## Registration Form

Name \_\_\_\_\_ Name (if couple) \_\_\_\_\_  
Address \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State/Prov. \_\_\_\_\_ City \_\_\_\_\_ State/Prov. \_\_\_\_\_  
Country \_\_\_\_\_ Zip/Post code \_\_\_\_\_ Country \_\_\_\_\_ Zip/Post code \_\_\_\_\_  
Membership # \_\_\_\_\_ Telephone \_\_\_\_\_ Membership # \_\_\_\_\_ Telephone \_\_\_\_\_

### REGISTRATION FEE

Full registration fee sent *before* May 15 ☐ Member: ☐ Non-Members  
Full registration fee sent *after* May 15 ☐ \$235 (U.S.) per person ☐ \$285 (U.S.) per person  
Harbor Cruise included in registration fee ☐ \$285 (U.S.) per person ☐ \$335 (U.S.) per person

\$ \_\_\_\_\_

### ROOM & BOARD OR COMMUTE

Room rates include 3 meals per day. Commuter fees do not include meals. You may purchase them individually.

- ☐ I would like a single room for \$58 a night per person  
☐ We would like a double room for \$96 per night  
☐ I would like to share a room for \$48 per night.

Please try to place me with \_\_\_\_\_ whose telephone # is \_\_\_\_\_

- ☐ I will be staying off campus and paying the commuter fee of \$15 per day.  
☐ We will be staying off campus and paying commuter fee of \$30 per day.

I (we) will be staying these nights (enter S in dates below), or commuting these days (enter C in dates below).

TUES	WED	THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN
5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24

Room & Board is (Room Rate) \_\_\_\_\_ x \_\_\_\_\_ (nights indicated) = \$ \_\_\_\_\_

or Commuter fee is (\$15/person) \_\_\_\_\_ x \_\_\_\_\_ (days indicated) = \$ \_\_\_\_\_

\$ \_\_\_\_\_

### TUITION

- ☐ I (we) will attend the Facilitator Program  
☐ I (we) will attend the Kinetic Education Instructor Training  
My (our) tuition is (check one for each class)

#### Kinetic Education Instructor Training

	Single	Couple
Regular	<input type="checkbox"/> \$ 785	<input type="checkbox"/> \$1,300
Refresher	<input type="checkbox"/> \$ 220	<input type="checkbox"/> \$ 380
Scholarship	<input type="checkbox"/> \$ 385	<input type="checkbox"/> \$ 700

#### Facilitator Program

	Single	Couple
Regular	<input type="checkbox"/> \$ 465	<input type="checkbox"/> \$ 750
Refresher	<input type="checkbox"/> \$ 120	<input type="checkbox"/> \$ 200
Scholarship	<input type="checkbox"/> \$ 215	<input type="checkbox"/> \$ 400

### TOTAL TUITION FEES:

Facilitator Program *a* \$ \_\_\_\_\_  
Kinetic Education Instructor Training *b* \$ \_\_\_\_\_  
Total for Facilitator & Instructor *c* \$ \_\_\_\_\_  
Less Discount (10% for one class; 20% for both classes) *d* - \_\_\_\_\_  
MA.P.S. Certification Class (\$65 per person) *e* \$ \_\_\_\_\_  
Total Class Tuition *f* \$ \_\_\_\_\_  
Prepayment Discount (for non-scholarship students only)  
10% If all 100% received prior to 6/5/88  
20% If 100% total tuition received prior to 5/5/88 *g* - \_\_\_\_\_  
Total Tuition Due *h* \$ \_\_\_\_\_

\$ \_\_\_\_\_

Amount Enclosed or Authorized

Signature \_\_\_\_\_ ☐ Check ☐ Money order  
☐ Visa ☐ M/C

Expiration Date \_\_\_\_\_

Amount Remaining



# IN TOUCH FOR HEALTH®

## In This Issue

### Annual Meeting

Registration .....	6 & 7
Book Store .....	5
Fitness Team Report, M. Sheehan .....	3
Five Elements	
(Basic Principles) Metal, R. Harnack .....	2
Reactives, B. & J. Dewe .....	3
History of Applied Kinesiology, Dr. Thie .....	1
Hyperton-X .....	5
Massage for Everyone .....	below

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ADDRESS CORRECTION REQUESTED

## REMEMBER

\$50 discount off annual meeting registration.  
**Register before May 15!**



### Misprint

A misprint occurred in the last issue of "In Touch" concerning the video *Massage for Everyone* by Sara Aeikens when we listed its retail price as \$19.95. Retail through the Book Store (pg. 5) is actually \$29.95. We apologize to the Book Store, Sara Aeikens, and to anyone else to whom this misprint may have caused inconvenience. Below is a reprint of the review with the correct price.



### Video review

*Massage for Everyone* by Sara Aeikens

—Review by Richard Harnack

Touch For Health Instructor Sara Aeikens of Minnesota has put together a basic massage tape for use by families. It is a simple and easy-to-follow program, taking the novice through the basic steps of a relaxing massage. The perspective Sara presents on the tape, and, in the accompanying booklet, is that of a "nurturing, non-sexual touch." Drawing upon her background in counseling with families, Sara works to make a gentle caring touch part of the family.

This is a good tape to follow and pace yourself with, and to share with those near and dear to you.  
Available through T.H. Enterprises, \$29.95.  
See order form page 5.

## National Course Schedule

### Facilitator Program

Hours are 9a – 6:30p.

Location	Date
California, San Diego (U.S.D.)	July 6 – 10, '88
(818) 794-1181	(preceeding Annual Meeting)
Iowa, Ft. Dodge	October 12 – 16, '88
(712) 288-5385	
North Dakota, Bismarck	May 18 – 22, '88
(701) 255-4159	
Ontario, Toronto	Sept. 14 – 18, '88
(519) 759-3524	
Pennsylvania, Pittsburgh	June 13 – 17, '88
(412) 373-8638	
Washington, Bellingham	May 2 – 6, '88
(503) 293-1488	
Wisconsin, Milwaukee	June 21 – 25, '88
(715) 258-7733	

### Instructor Training

Hours are 9a – 7p.

California, San Diego .....	July 18 – 24
(818) 794-1181	
Missouri, St. Louis .....	May 7 – 13
(314) 968-3071	