



Keeping...

InTouch

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

Summer 1998

Volume 7

Issue 2

My Touch for Health Vision 1972-1998 & beyond

by John F. Thie, DC

I have often been asked, why? What did I see as the promise of sharing the ideas that I had gleaned from my chiropractic practice with lay persons, paraprofessionals, health professionals and patients? Thank you for the opportunity to share with you what was and continues to be my vision for the betterment of the world through Touch for Health Kinesiology.

My original vision as a health professional was to be able to train my patients to be able to help themselves to improve their awareness and participation in their own experience of health.

I developed a simple program of assessment and balancing of subtle energies through muscle testing and acupressure. My patients were able to bridge the gap between feeling "not well" or imbalanced and feeling "sick enough" to consult a professional. They improved their own preventative self-care habits and increased the benefit of professional health care. This was so successful that lay people who experienced the benefit of TFH wanted to "pass the word" as TFH instructors. This fit well with my model of TFH for personal health promotion. I envisioned a grassroots sharing of information and assistance among family and friends in the community as a support and supplement to the expertise of health care paraprofessionals and professionals.

Since that time TFH has flourished in both lay and professional settings.



Touch for Health
1973-1998

Thousands of lay people have become effective instructors of TFH and spread these simple, safe, yet powerful techniques throughout the world. Many lay people are in fact able to have a career as a TFH instructor. Also, many experts have developed and adapted the Touch for Health system in the specific contexts of their professions, which include religious ministry, psychological counseling, education, etc. Within the health-care field, TFH has proved beneficial across the spectrum in the context of nursing, chiropractic, massage therapy, and vari-

ous other modalities including traditional Western medicine.

In fact, the use of TFH together with standard medical care, before during and after more invasive medical procedures, is an area full of very positive results and vast potential future growth and benefit. TFH has been beneficial in reducing apprehension and stress, increasing the effectiveness of medication at lower doses, reducing the impact of side effects and reducing recovery time from surgery. So far, the use of the subtle energy model of TFH integrated with the biomedical model has been mostly informal and anecdotal. But the benefits make this a high priority for formal and specialized training for integration with the medical model as well as formal study and documentation of outcomes. As an adjunct to traditional biomedicine, the use of Touch for Health as part of a preventive wellness program can contribute to decreased need for drugs or surgery, fewer and shorter hospital stays, faster and more complete recovery, and enhanced awareness and experience of health.

Touch for Health has proven to be a minimalist approach, which complements the high-powered technology of modern medicine. Both the danger and the expense associated with drugs, machines and surgery have made us

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■ FROM THE PRESIDENT: LARRY GREEN

Dear Members and Friends,

If you are not yet aware of the special nature of this year's annual meeting, I will tell you now. This year's meeting is the 25th year celebration of

Dr. Thie first publishing the *Touch for Health* book. You know, the "Big Green" Book (which recently got a red cover.)

It is amazing how many people have been 'touched' by this book. Not just people involved and trained in

Touch For Health Kinesiology, but tens of thousands worldwide also impacted by the systems that grew out of TFH and Applied Kinesiology. Many of these systems have built wonderful techniques and modalities on the basic training that TFH provided.

This year's convention is a celebration and a coming together of all the kinesiologies. We have invited the creators of many schools of Kinesiology to come together. We will celebrate what we have done, learn from one another and create a vision of moving forward collectively.

If you have not been exposed to Professional Kinesiology Practitioners Training, Applied Physiology, Edu-K, 3 in 1 Concepts, Transformational Kinesiology, Psychological Kinesiology, Health Kinesiology, L. E. A. P., N. O. T., Hyperton-X, Integrated Kinesiology or other systems, this is THE time to meet them all.

If you know someone interested in exploring TFH and Kinesiology in general tell them this may be a once in a lifetime opportunity to hear directly from the leading lights in all these fields.

I find the conventional health field is rapidly opening up to ideas and systems that until very recently were shunned. We all know kinesiology is one of the most powerful approaches to wellness. As we come together we will share with each other how we can participate in the new integrated structure of health services. I strongly encourage you to join us for the conference and beyond.

Join our Listserve

A great new resource will soon be available for Touch for Health Kinesiology. TFHKA is starting our own listserve on the Internet. This is a way for everyone interested in TFHK and kinesiology in general to have a forum to talk with others. It is a place to ask questions and have dozens of knowledgeable people available to answer you. It is a place to share ideas, search for advice, and stay connected and excited.

I am a book publisher and have been on a listserve for small and medium book publishers for over a year. From this collective group's wisdom I have learned more useful advice about my business than from ALL the other many resources available to me put together. I also have a community of people helping and rooting for each other. At a recent convention in Chicago I went to dinner with 63 friends from this listserve, none of whom I had ever met face-to-face before, but many of whom I had been in direct contact with and felt a kinship for.

If you have been feeling isolated in doing TFHK, I recommend you join the listserve. If you have been wanting mentors, an ongoing chance to learn more about TFHK, a sense of connection to others in this field- sign on!

When you join, all the letters sent to the listserve will come to you whenever you check your e-mail. There is no cost. It's FREE. If you want to sign off because you are going out of town or you are not interested, it is as easy as signing up. You can come and go as frequently as your schedule allows.

If you have come to our conventions and wanted to stay connected to that sense of community and family you felt, this could be the way to do it. This listserve is a place for us to educate, support and encourage each other. It could become the most useful resource TFHKA has for its members.

To join, or if you have comments, questions or suggestions, please email us at admin@tfh.org. ■

Touch for Health Kinesiology Association

Logistics

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My TFH Vision

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all aware of the need for something like TFH that will allow safe, inexpensive, and effective interventions that start the natural healing system in a holistic, health promoting way. Where minor or mysterious, medically unexplainable symptoms can be ameliorated through lay assessment and balancing, TFH proves to be helpful to everyone who is not really "sick" but doesn't really feel "alive and well." Where symptoms persist or are severe, TFH aids in individual self-awareness and self-responsibility in seeking professional help before a medical emergency. TFH advocates awareness and attention to symptoms rather than denial or dismissal of "minor" symptoms as insignificant. TFH also advocates a wellness centered, life-affirming approach to life, which results in health-promoting and preventative action rather than disease-centered reaction.

This is perhaps most dramatically evident in the field of athletic endeavors where TFH is of great benefit for more frequent peak performances, enhanced personal bests, reduced injury rate and decreased recovery time. TFH promotes a whole person approach, which helps balance not only an athlete's training program, but also balances training and competition with other areas, purposes and relationships in life. TFH is easily learned by athletes who can use it to assist themselves and other athletes. TFH integrates very well with the advanced techniques of sports trainers, physical therapists, and sports doctors. World-class athletes from around the globe have reported delight at having done their very best and experienced more rapid recoveries through the use of TFH.

Great benefit has also been seen in the context of the classroom. Related Kinesiology, such as Edu-K, have had tremendous results and corresponding growth applying the TFH subtle energy model to the learning experience, par-

ticularly among children. The education of teachers and children in a holistic, wellness approach to life and learning is perhaps the greatest contribution we as TFH instructors can make to humanity. TFH helps increase the effectiveness of learning

and teaching. TFH also aids in identifying where learning is blocked and which learning modalities are most effective for each individual. Perhaps most importantly, TFH facilitates the discovery of each person's natural gifts, and the experience of their fullest potential. TFH fosters an early and ongoing awareness of each person's unique design and innate ability to improve their sense of well-being, transform their

attitudes, enhance their sense of purpose, and increase their ability to function. The continued growth of TFHK in the context of education could have an infinite positive impact on the lives of our children, on our communities and nations, our world and the universe.

TFHK is one of the ways that the special ability of healing can be discovered and developed in all people. Some people are particularly gifted in healing, but our present system of training healers isn't really geared to identifying and encouraging naturally gifted healers. In the effort to protect the public, we continually increase the requirements that must be met before any healer can have contact with any "patient". Many healers are thus prevented from exercising their gift because of financial or philosophical barriers, while others pay the high price in time and money only to find that they aren't happy in their career. There need to be more opportunities for all health professionals, surgeons,

kinesiologists, nurses, chiropractors, dentists, internists, osteopaths, naturopaths, etc., to be sure that they have a gift of healing, or at least some aptitude and a real desire to be healers, before they start into years of preparation for the professional schools. Learning the basics of TFH is an excellent low-risk first step for anyone considering a career in health care, and can facilitate the discovery and development of the gift of healing in many people who might never have considered the possibility that they could be healers.

TFH has also had an awe-inspiring impact among the retired and elderly population. With the increased mobility and individuality in our societies, there has been an unhappy disintegration of families resulting in a large amount of neglect of older people and a huge loss of wisdom and caring that older people have traditionally provided our young people. I have been deeply moved to see my elders thriving in second or third careers as TFH instructors, full of life and energy in their old age, helping themselves and others truly enjoy their "golden years". In the U.S we are experiencing a crisis in public education. Retired people represent a potential volunteer

army that can serve in schools as teacher's aids or visiting teachers. We can provide the fundamentals of TFH and the wellness approach to life, together with grandparent-like interaction that so many children lack. Other elders, and children trained in TFH methods, could be of vast benefit in convalescent hospitals and retirement homes. Supplementing traditional medical care, they

might reduce the need and cost of medicine, enrich the sometimes isolated lives of the elderly and infirm, and increase the sense of purpose and richness in

Envisioned a grassroots sharing of information and assistance among family and friends in the community as a support and supplement to the expertise of health care paraprofessionals and professionals.

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KINESIOLOGY NEWS

MIDWEST TFHKA

The Board of Directors of the Midwest Region of TFHKA met in July. It was a wonderful, productive meeting with everyone in agreement regarding the things that need to be done to keep the region growing.

We decided to change the Midwest Spring Conference from a one day meeting as in years past to a weekend retreat. Deer Creek Park, near Mt. Vernon, was chosen as the location because it is so peaceful and beautiful, yet still centrally located. The theme of the retreat will be simple, useful therapies for the practitioner.

We agreed that what our students want most is practice. There will be several sessions teaching and practicing techniques that people need help with. We will be asking for input on just what these sessions will cover. There will also be a balancing room open for participants to give and receive balances throughout the weekend.

Due to conflicts with other area events, we decided to move the conference to the last weekend in March 1999. The conference will begin Friday evening, March 26th and continue through Sunday afternoon, March 28th. The Board will meet again in August to iron out more details so check for updated information in coming issues of KIT and the Midwest Region newsletter.

I am also pleased to have taken on the job of cochairing the year 2000 Annual Meeting committee for TFHKA. I am currently working with several of our members from around the country to find the best location. Preliminary details will be available in October at the 25th Anniversary conference in Orlando. I am looking forward to seeing you for what promises to be an interesting and exciting week.

Anita Butts
Member, TFHKA Board of Directors
Midwest Region Liaison

ASK-US News

In May, I attended the Association of Specialized Kinesiologists in the United States' (ASK-US) Annual Meeting in New Orleans as a representative of TFHKA. ASK-US is a friendly group with an open, cooperative spirit. They had a panel discussion on the accrediting process for kinesiology. They see, in the future, that kinesiology courses will be added on to existing programs, such as massage therapy, as well as some stand-alone programs, probably much like we have now.

The idea to have standards was the overall accepted perspective of this group. Documentation and research would be interwoven and incorporated as part of the client history and note-taking, which they see as necessary for the profession. One member of the panel, Adara Walton, spoke of the need to maintain the spiritual character to such an organization or undertaking. By keeping the body, mind, spirit focus, as well as the connectedness and human ethics, we are staying clear of intent. Jimmy Scott, speaking from the floor, reminded the group that validation, independent from kinesiology, is important, in order to keep the profession free from the astral imagination.

Also important to the group are internal testing procedures to assure that teaching practices are good and in line with professional practices. They realize that this will create control issues with some people, but this group recognizes the need to formalize the standards and encourages all involved to view this from an expansion perspective, not a limiting one.

Dr. Parker presented *BodyTalk*. Check it out if you are not familiar with it on the Internet at:

<http://www.parama.com>.

The focus of the board of directors for next year is going to be increasing membership.

Rita Woods
Member, TFHKA Board of Directors

EDU-K GATHERING

The Educational Kinesiology Gathering this year was exceptionally exciting and full of new information. It was held in a resort near Toronto, Ontario Canada, in the old building of the Guild of Artists and Craftsmen, with beautiful gardens full of sculptures, including an authentic looking Greek Theatre, overlooking Lake Ontario.

The Gathering was attended by over 300 participants, not only from the U.S. and Canada, but also from Australia, New Zealand, South Africa, Singapore, China, and Russia. There were many varied lectures and workshops, but the main topic was the heart. The keynote speaker, Joseph Chilton Pearce, whose lecture attracted over 400 people, addressed mostly the new research about the heart. Many scientists now consider the heart to be the organizing principle of both body and brain. Hearts emit very strong electromagnetic waves, which can be measured even three feet away from the body. In the fetus, it is the mother's heartbeat that provides the stable rhythms necessary to grow its own heart, which then directs further development. In adults, it has been demonstrated that brain waves conform to the frequency of the heart and not the other way around. More on this exciting subject can be found in Pearce's book *Evolution's End*.

Carla Hannaford provided further scientific data about heart. Gail Dennison presented us with our playful hearts, and Paul Dennison, Ph.D. showed us how to honor the wisdom within. There were many other interesting presentations on such topics such as left-handedness, twelve senses, the vestibular system, ADHD, biofeedback research, movement development, shadow archetypes, and many more.

On Saturday night we bellydanced with Irene Yaychuk and explored other movements with Pamela Curlee and Leilani. We sang and danced with karaoke and gambled for play money. Everyone agreed it was the best Gathering to date.

Paula Oleska, IKC & Edu-K Faculty



APPLIED PHYSIOLOGY

Hello from Tucson, Arizona and the International Institute of Applied Physiology. This is Richard Utt to give you a perspective as a Touch for Health Board Member on the state of Touch for Health (TFH) around the world as I perceive its interrelationships with Applied Physiology (AP). The first thing I would like to announce is that all new AP Association members (USA or International) automatically become members of TFHKA! We challenge all the other branches of the great Applied Kinesiology tree to participate in kind and support the root of all kinesiology, Touch for Health.

As I travel around the world I see TFH burgeoning by leaps and bounds with the support of people like Mac Wolontis in Sweden, Dominique Monette in Belgium, Alfred Schatz in Germany, Charles Krebs in Australia, Rita and Joël Prévost in Bern, Switzerland as well as many others. Being the core of kinesiology, Touch for Health has spread like wildfire throughout the world, including Asia and Russia. It is AP's intention to help TFH become a solid organization here in the United States where it originated.

I would like to thank all of the Applied Physiologists for their support and their continued support for TFH as it grows throughout the USA at the same rapid pace it is growing worldwide. I look forward to seeing you all in Orlando at the TFH Annual Meeting for a high powered collection of kinesiology potpourri. In health and love, I'll see you there!

P.S. Don't you dare miss the First Annual Frank Mahony Memorial Karaoke Blowout. Bring your best voice and I'll provide the tunes, loony or not!

Richard D. Utt
President, International Institute
of Applied Physiology
Member, TFHKA Board of Directors

■ HENRY & IDELLE WEISSENBERG SCHOLARSHIP FUND

In honor of Henry and his widow, Idelle Weissenberg's unwavering spiritual, intellectual and financial support over the years, the Henry and Idelle Weissenberg Scholarship Fund was created. Its purpose is to assist students of Touch for Health to further their education and begin a career, via the instructor training workshop or attend an Annual Meeting and be inspired by the kinesiology community.

March 19, 1998 marked Idelle Weissenberg's 75th birthday. She requested that in lieu of gifts commemorating this special occasion, donations be made to the scholarship fund.

This fund makes a special way to help celebrate other birthdays, anniversaries and other special occasions. In so doing, you are helping ensure the continued growth of TFH through providing educational opportunities to beginners in the field. The contributions are tax deductible and checks should be made payable to TFHKA Scholarship Fund and sent to TFHKA. Donors names are listed in *Keeping In Touch* unless otherwise specified. Thank you! ■

SUMMER TFH ANGELS

Robert Aboulache
Marianne Barbano
Geraldine J. Brech
Jack & Sandra Brill
Jaon A. Brown
Leslie A. Davis
Irwin & Shirley Demberg
Donna J. Dose
Inge & Al Feinswog
Shirley Goldstein
Joan & Garrick Grinzi
George Harb
Harold & Frida Heyward
Ruth Insel
James & Ann Lemke
Rosemarie Michelsen
Marilyn W. Siegel
Dr. John & Carrie Thie
Aaron & Rosalie Ulrich
Gunter B. Weissenberg
Melville & Helen Wolf
Barbara L. Zell

Judy Levin - Electric Stapler
Michael Pizzuto - Life Member

paid advertisement

4 Exciting Days at TFH in Orlando Advanced Self-Help For Stress and Pain plus Learning Blocks

Using their newly revised and expanded book plus additional new techniques not in the book, Elizabeth and Hap Barhydt, with 18 years of experience, will teach powerful yet simple techniques to relieve a broad spectrum of conditions, including new techniques for reactive and hypertonic muscles, tension and migraine headaches, tendonitis and carpal tunnel syndrome, allergies and other environmental sensitivities, accurate muscle testing for foods and supplements, and more.

Monday-Thursday, Oct 19-22

9:00 am-5:00 pm

Prerequisite: TFH III

\$350 plus book

To enroll:

call TFHKA at 1-800-466-8342

For info:

call Elizabeth Barhydt at 702-358-1432

or E-mail at <feelgood@lovinglife.org>

or website at www.lovinglife.org

Loving Life

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■ A CALL FROM THE BOARD OF DIRECTORS

Now is your chance to get involved in the development and implementation of Touch for Health Kinesiology Association goals and projects. Many of you have excellent ideas for running the Association and growing Touch for Health in the U.S.A. Take an active role in bringing these ideas to fruition by joining the Board of Directors.

The Board consists of ten members, each serving staggering three year terms. Each year three or four spots open up (however this year there's an additional seat open for two years only to complete the term of a member who resigned before the term was completed). The four officers (President, Vice-President, Treasurer, and Secretary) are not elected by the membership; they are elected each year by the Board at its first meeting after the election.

Read on to see what some current members of the Board have to say about serving TFHKA and consider running yourself. Nominations will close on October 1, 1998 (write-in candidates will be taken during the Annual Meeting). Please send a short biography to be included on the ballot.

Only committed TFHKers need apply. What we need from potential board members in a single word is commitment. We need people with the willingness to take on a job and see it through. Last fall, Leila Parker

volunteered to coordinate the quarterly newsletter. This is an ongoing job for her. Anita More Butts is chairing the year 2000 Annual Meeting committee and coordinating the conference workshops this year in Orlando. These types of jobs free up the office to get many other projects done.

The board could also use people with skills in accounting, internet, and public relations.

Really think hard about the three year commitment. If you run, intend to come to all the meetings. Figure on putting in 10+ hours per month as a volunteer (that is like one long day of just TFH). I have found if I am involved and work toward the goals of the group I get so much more back.

Larry Green, President

We are planning for the annual meeting and again it will be the best ever. We have much to be pleased about and much to do, and I love to be in the middle of it.

Please think of joining us in Orlando and also think of joining us on the Board of Directors. We always need new ideas and enthusiasm. You wouldn't be in Touch for Health if you didn't have it.

Judy Levin, Vice-President

UPCOMING EVENTS

TFH 25th Anniversary International Conference

October 14-18, 1998 Orlando, FL (800) 466-8342

International Somatics Conference

February 25-28, 1999 Arrowhead, CA (415) 339-8606

Applied Physiology 2nd Annual Meeting

March 8-14, 1999 Tucson, AZ (520) 889-3075

Association of Specialized Kinesiologists in the United States

April 22-25, 1999 San Mateo, CA (212) 685-0865

Educational Kinesiology Foundation Gathering

July 19-22, 1999 Victoria, B.C. (800) 356-2109

Awards Nomination Questionnaire

Please take the next few minutes to nominate those individuals you feel deserve recognition for their work with TFH. You may nominate yourself!

Spreading the word of TFH:

Name: _____

Reason for selection: _____

Teaching TFH:

Name: _____

Reason for selection: _____

Innovation in the field of TFH:

Name: _____

Reason for selection: _____

Research in the field of TFH:

Name: _____

Reason for selection: _____

Humanitarian Award:

Name: _____

Reason for selection: _____

Artistic contributions to TFH:

Name: _____

Reason for selection: _____

Other contributions to TFH:

Name: _____

Reason for selection: _____

Silver Anniversary Award:

Name: _____

Reason for selection: _____

Thank you for your consideration of these awards. Use a separate sheet of paper if necessary. Please send or fax nominations **by October 1st** to:

Touch for Health Kinesiology Assn.
11262 Washington Blvd.
Culver City, CA 90230
Phone: (310) 313-5580
Fax: (310) 313-9319

■ IN PRACTICE

Application of the Energy Drain Technique to TFH

by Marilyn Joyner, R.N., B.S.N., C.Ht.

Abstract: This powerful technique, taught primarily to relieve pain, can be integrated with TFH to open the flow of blocked energy in the meridians, as well as to stimulate painful neurolymphatic points without causing discomfort. It is also extremely effective in alleviating migraine headaches.

The technique which I refer to as an energy drain, is taught in Healing Touch as a pain drain. I altered the terminology within my own vocabulary once I realized its various applications beyond eradication of pain. Since I often combine techniques which I have learned in various disciplines, I tried applying this technique to painful neurolymphatic sites, hoping that massaging these points would then be less uncomfortable for the subject. What I discovered, however, was that after using this technique, massage was no longer necessary, as the correction was made! At a later time I was having difficulty opening the flow of energy in a blocked meridian, so I identified the location of the block through muscle testing while scanning the meridian. I then applied the energy drain technique to the area where the energy was blocked, and the affected muscle became strong.

The purpose of the technique as taught in Healing Touch is to drain off the excess energy which is responsible for the pain. Once the excess energy is drained off, the pain disappears. It is effective for all four levels of pain, including (in descending order of severity) numbness, ticklishness, pain, and pressure. When relieving more severe pain, if the technique is discontinued too soon, a lower level of pain is often realized by the subject. For instance, when relieving someone of the discomfort of a ticklish spot, I often purposely stop the technique prematurely to demonstrate that the once ticklish spot has since become painful. When the technique is continued again, the discomfort

will diminish to pressure, then eventually disappear. Even if the client does not identify an area of blocked energy as being painful, suspect that the discomfort level falls within the numb range and use the technique regardless. There

is always some accumulation of energy associated with a block.

The technique is simple to do, but depending upon the amount of excess energy, and correspondingly, the degree of pain, may take up to a half hour to complete. It most often only takes up to five minutes though. In Healing Touch it is taught that the left hand

must be placed over the painful site, and the right hand turned downward towards the ground. This is, according to their teachers, because the negative polarity of the facilitator's left hand serves to pull the excess energy from the area on the subject, and allows it to flow out of the positively charged right hand of the facilitator. Conversely, it is taught that to infuse energy for healing requires the right hand to be placed on the area to be healed, while the left palm faces the sky. Although this is consistent with the principles taught in Reiki that the left hand receives energy and the right hand delivers energy, it has been my experience that either hand position works for either technique, and it is merely the intent of the facilitator which determines the direction of the flow of the energy. This is important to know because it is not always convenient to use a particular hand, especially when applying the technique to yourself. Bearing in mind that energy follows intent, it becomes obvious that limiting beliefs only serve to complicate the process.

Proceeding with clear intent allows the process to unfold. Place either hand over the spot and merely allow the excess energy to drain. For those facilitators who feel energy, the sensation is of pulsations from the hand on the subject to the opposite hand. These occur in waves, sometimes as slow pulsations and sometimes as fast ones. Eventually the pulses in both palms will become synchronized, signaling that the process is complete. As the sensitivity of the facilitator develops, both the quality and the severity of pain can be discerned kinesthetically.

The first application of the technique to TFH that I discovered was to correct painful neurolymphatic points. Draining the energy from these points not only relieves the discomfort, but also strengthens the corresponding muscle. I only use it when rubbing the point is painful, and/or only a partial correction is achieved through massage, even though circuit locating indicates that a neurolymphatic correction is appropriate.

The application which I have found most useful is in opening up blocks in meridians. By scanning a meridian while muscle testing, one can determine the exact location of the energy block. Draining the energy from the site of the block then opens the flow of energy and strengthens the corresponding muscle.

The situation in which I most frequently apply this technique is to relieve migraine

headaches. These are due to blocks in the gall bladder meridian, causing an excess of energy and therefore pain, in the temporal area. While using the technique to the temporal area is somewhat effective, I have found that identifying the exact location of the block through

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continued on next page

INSTRUCTOR'S CORNER

Updates from the IKC

TFH 1

AURICULAR EXERCISE

Please ask students using the TFH Manual to add the following to the technique on page 121.

Evaluation may include head turned in its fullest position. Balance with the ears turned in the direction of weakness. Challenge by "crumpling" the ear and retesting.

VISUAL INHIBITION

Please ask students using the TFH Manual to add the following to the technique on page 122.

Evaluation may also include eyes in their furthest position up and down, far and near etc. Balance with K27s and with the eyes in the mode of weakness.

TFH 2

FIGURE 8 ENERGY FLOWS

Please ask students using the TFH Manual to add the following to the technique on page 122.

Evaluate the following eight areas:

Head (front and back). Torso (front and back). Below the waist (front and back). Top of Head. Soles of feet.

GAIT TESTING

Please ask students using the TFH Manual to change the following in the technique on page 123.

Contralateral Gaits

Sitting or standing, the person twists to the right (hands placed on opposite shoulders) and at the same time raises the left knee.

Simultaneously press back on the left shoulder (to untwist) and down and in toward the midline on the knee. Test the opposite combination, twisting to the left.

Evaluation for all Gait positions may be done standing.

FOODS FOR STRENGTHENING

Refer to the Functions and Indications column for each muscle page. Working with unlocked muscles, select foods that raise the body's energy. Remember to use Sensitivity Mode. ■

Energy Drain

continued from previous page

scanning the gall bladder meridian on the affected side while muscle testing, and then applying the energy drain technique to that area, is most effective. Scanning with the hand may be impractical since it takes two hands to stabilize the subject and effectively muscle test. I therefore often scan with my eyes instead of my hand.

For those of you who are inexperienced in Touch for Health Kinesiology and do not have the meridian pathways memorized, as long as your intent is clear, you can scan the picture of the meridian in your text book with your eyes while muscle testing your client. Depending upon the severity of the pain, it may take up to a half hour to relieve a migraine headache. ■

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Jarrell, David G. Reiki Plus Natural Healing. Tennessee: Reiki Plus Institute, 1983.

Mentgen, Janet, R.N., B.S.N., & Bulbrook, Mary Jo Trapp, R.N., Ed.D., Healing Touch I Notebook. N.C.: North Carolina Center for Healing Touch, 1994.

What's TFH, What's Not?

- Governing Meridian is *not* evaluated in TFH pretests.
- Occipital Holding is *not* used in TFH with E.S.R.
- Five fingers around the navel is *not* used in TFH.
- There are *no* finger modes in TFH.
- There are *no* "yes / no" questions in TFH, nor is there silent muscle testing.
- We concentrate on the "self responsibility" model when working with people.
- We emphasize that the person is in charge during the whole TFH balance.

Touch for Health Kinesiology Midwest Annual Conference

March 24-26, 1999
Deer Creek State Park Lodge
Mt Sterling, Ohio
5 pm Friday to 12 pm Sunday

For more information contact
Anita Butts at (740) 452-6232

■ BUSINESS BUILDING

Presenting TFH at Expositions and Fairs

by Alice Putt, Buyer TFHKA Books

You have taken Touch for Health 1 through 4 and completed your Instructor Training Workshop. What do you do next? Just go teach a class, right? But where are the students going to come from? Your ITW Manual suggests giving presentation talks to existing groups or at festivals, expositions, and agricultural fairs. Here are some additional tips to set up a booth and form a class afterwards.

Plan Ahead

Gear your presentation to the group you are addressing. Do animal balancing demos at agricultural fairs, stress release and crosscrawl at business gatherings, nutritional testing at the Farmer's Market. Be creative.

Fortunately there are now Expos throughout the USA dealing exclusively with Holistic Health and other alternative groups, like Whole Life Expo or National Health Federation. These types of gatherings are attended by people who would be open to Touch For Health and an easier place to start, although you will have to pay a higher fee for a booth.

Pick a good location for the booth that people will pass by: entrances, food sources and bathrooms can be a plus. If the booth is too expensive consider sharing a booth with someone. See if you need a resale number for sales, or a business license or if the booth rental covers your sales. Usually it is best not to have any food or samples that can be consumed connected with a booth as this will entail federal health standards and will take more time and money.

Make sure that tables and chairs are included in the booth, possibly an electrical source (if you want to run Dr. Thie's TFH video in the background), and can you hang a sign, and are table covers included? Get help from friends, family members or previous students as it will be difficult to do everything by yourself.

Set Goals

Be a speaker. This will inform people about TFH and set your booth out from the others. You can also be prepared to sell TFH books, videos and have a class sign up sheet and a "I am interested in..." list available in the back of the room.

Re-coupe your booth expenses. Do a 10 minute balance and charge \$10.00 and have a daily sign up sheet. Have Touch For Health books and charts for sale (TFHKA will let you have them on consignment). This will give you a 40% profit on sales.

Get a mailing list. Have a free drawing for: a TFH Book, a full TFH Balance, a free lecture seminar. Get names, addresses and phone numbers. Also include a section on the form to check off, "I am interested in learning more about TFH, hearing about seminars, receiving a TFH Balance". Be sure you do the free drawing at the end of the expo and contact the people who win.

Send flyers for upcoming TFH Classes to those on your new mailing list and do this within days after the expo. Consider having a TFH Introductory class already set up so they can sign up at the expo on the spot, possibly even a TFH 1 class planned. Let some of them (or all of them) win the drawing and invite them to bring a friend for free to the TFH Introduction. This will double your exposure and lead to sign ups for TFH I at full fee. Also let TFHKA know your schedule and we'll put your classes on our web page and on our printed class schedule. You can also contact us for a list of potential students from your area to mail your class flyer to.

Get class sign-ups. Be prepared to sign people up for classes. Do a short public DEMO every hour or two and post a list of times for these demos. Choose someone from your audience to work on who looks seriously interested. Beware of using loud mouth skeptics for the first person up.

Follow up!

The expo is over. Use your mailing list. Follow up - Follow up - Follow up! Give out the free drawings, do the balances, help people experience TFH physically and they will want to take the classes. Point out the benefits. If someone is very enthusiastic but has no money for classes, propose that they get a specific number of their friends together and host the TFH class for their fee, or at least give them a good discount for the class. If you have too many people sign up for a class at your house, rent a conference room at a nice nearby hotel or contact community centers and recreational centers for more affordable room rental. This would look the most professional and most of our top successful instructors usually use a conference room set up for their classes. Make sure (especially if renting a conference room) that you get your students to pre-pay or at least put down a non-refundable deposit (\$25) to hold their place in the class.

Have a written refund policy you send when you receive sign-ups. Will you transfer them to another class? Refund the whole amount? Refund, but keep the deposit? Also does the class price include a TFH book or should they buy this separately from you (remember your 40% discount)? The price should also include the \$6.25 for registering them with TFHKA, \$2.50 extra for nurses and Nationally Certified massage therapists (NCBTMB members) wanting CEU's, and \$8.75 for the supplementary texts.

Remember to have at least samples of the TFH charts, folios and videos on display so you can put together a group order and receive your discount (unless you still have your consignment products there to show and sell).

Teaching Touch for Health can do more than make you feel good for sharing these valuable techniques. Using these tips, help from TFHKA, and other marketing strategies, you can find yourself with a steady income doing something you love. ■

■ SCIENCE CORNER

How Muscle Testing Works: New clues from a neurologist

by Paula Oleska

Antonio R. Damasio, M.D., Ph.D., an award winning neuroscientist, discusses his theory of "somatic markers" in his recent book, *Descartes' Error*. Based on his research, he believes that our bodies send signals to our conscious minds, attaching a subtle emotional bias to all incoming information. This makes some pieces of information more desirable than others: sort of a screening device. Instead of an infinite number of possibilities, the conscious mind then considers only the ones qualified by our body signals as relevant, beneficial or promising. How do our bodies know what is relevant? Research shows they learn from experience. Damasio's conclusion is that making choices as well as learning, both considered intellectual tasks, are actually body-based.

Damasio demonstrates that the absence of "somatic marker" signals makes decision making nearly impossible. He describes how one of his patients, whose brain damage prevented him from processing emotional information, took hours to decide on the time for his next appointment, endlessly reciting all of the possible choices. Since there was no emotional bias, he was unable to prioritize them or select the best one.

But Damasio's research shows something even more interesting: the body seems to know BEFORE the conscious mind does. He demonstrates this in an experiment he performed in his laboratory, with two teams playing a card game while hooked up to a polygraph. One team consisted of healthy individuals, who were self-professed high risk takers. Members of the other team, who considered themselves low risk takers, were like the patient from the above example: they had all sustained damage to their right pre-

frontal lobe, which prevented them from processing emotional information. In every other way, however, they acted normally, and they had normal or outstanding IQs.

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In the beginning of the game, the polygraph showed that both winning and losing (play) money caused both groups to respond with changes in their skin conductivity. However, as the game progressed, the polygraph recorded increasingly strong responses from the normal individuals BEFORE they made a bad move. Their bodies seemed to be learning from their experiences and sending progressively stronger warning signals. Consequently, these players intuitively gravitated toward safer, winning moves. Their emotionally challenged opponents did not show any anticipatory responses and continued to make high risk, losing choices.

In other words, Damasio is saying that it is not the player's conscious mind that stores results of his previous choices: the player's body is learning and responding with a measurable reaction. Isn't this exactly the assumption behind muscle testing? And we know that a change in a skin response can cause a change in a muscle response. (One of the PKP techniques demonstrates that switching off the skin disables the muscle underneath it). So it seems to me that what muscle responses are is essentially amplification

of somatic markers. Since most of us are not sensitive enough to detect these signals consciously, it helps to have a "loudspeaker" in the form of a gross motor activity, like a movement of an arm or a leg, to bring it to our conscious awareness. Perhaps ultimately we could become so tuned in, we would just sense the reaction, without the need for amplification. (Edu-K is making steps in that direction by teaching "noticing" skills in Brain Gym classes).

What is also interesting is that the phenomena described by Damasio seem to explain both nonverbal and verbal muscle testing. People always ask, "But how does the body know the answer to that question?" In Damasio's experiments, the subtle change in skin conductivity answered the player's unconscious question, "Is it OK to draw a card from this deck?" In kinesiology, we would ask the question out loud and observe a muscle response.

This brings me to my favorite point: this research seems to confirm that in order to obtain accurate answers to questions through muscle testing, the questions have to deal with something the body has experienced. If questions deal with things outside of that realm, even though a muscle response may change, there is no way to know what that means.

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In conclusion, thanks to Antonio Damasio's research, we now have a new hypothesis of how muscle testing works, which we can use to put scientifically oriented minds at ease. We also have a new rationale for using muscle testing responsibly. ■

■ BOOK REVIEWS

A REVOLUTIONARY WAY OF THINKING: FROM A NEAR-FATAL ACCIDENT TO A NEW SCIENCE OF HEALING

By Charles Krebs, Ph.D. and Jenny Brown. 413pp. AK1454 \$20.25.

A new, breakthrough book in kinesiology that every instructor and practitioner should own. Dr. Krebs tells his amazing story of recovery from a major accident using kinesiology. Being a marine biologist trained in the scientific method, he has gone on to write a clear, detailed description of the workings of the brain and nervous system. He then goes into the applications of kinesiology and his Learning Enhancement Advanced Program (LEAP).

Dr. Krebs utilizes techniques from Touch for Health, Brain Gym, Applied Physiology, and Three-In-One Concepts to restore the brain's functions. And being a scientist, he has explained the anatomical and physiological background for kinesiology's beneficial effects.

Electromagnetic radiation (EMR), candidiasis, hyperactivity, hydration, stress, and deformed palates with crowded teeth, all contribute to imbalances in the brain's processes. Towards the end of the book Dr. Krebs ties in energy fields such as meridians, auras and chakras to truly complete the human system. This is a book you will be referring to for years.

- Alice Putt

THE PHENOMENON OF INDICATOR MUSCLE CHANGE: AN EXPLORATION OF ITS VALIDITY AND MEANING

By Dr. Anna E. Rolfes, M.D. Ph.D. 222pp. Paper. AK1453 \$19.25.

Here is the kinesiology book you have been asking for; a scientific treatise on muscle testing with research, quantitative data and scientific studies. The reading is not easy but this is the book to whip out when confronted by those dataholics who insist on scientific proof! Let the book do the talking and watch their eyes glaze as they amble through: research design with quanti-

tative and qualitative studies, methodology in investigation, the phenomenon of indicator muscle change in relation to acupuncture channel stimulation, and more.

The second half of the book includes interviews with the people who experienced the balances and both their opinions of what happened along with a professional interpretation of the phenomenon.

- Alice Putt

MAKING THE BRAIN BODY CONNECTION

By Sharon Promislow with illustrations by Laura Loucks. 176pp. Paper. AK 1332 \$15.95.

Sharon Promislow, the author of **Top Ten Stress Releasers**, has a new book out at last and it was worth the wait. This outstanding new kinesiology book will sell to the general public readily. The text is easy to read and uses techniques from Touch For Health, Brain Gym, NLP, Hyperton-X, and Three-In-One Concepts among others. Learning is made simple with the humorously delightful drawings by Laura Loucks, illustrating the major points and techniques.

This book is hands-on, practical, fun, and will be very appealing to most people. It is also designed to be used in conjunction with a course that would appeal to businesses and their employees, schools and other mainstream groups. It will introduce the benefits of kinesiology to many people, and induce them to go on.

- Alice Putt

ROOT CANAL COVER-UP

By George E. Meinig, DDS, FACD
Sale Price \$14.96 (no discounts)

Dr. Meinig was a practicing dentist for 47 years, specializing in root canals, and a founder of the Association of Root Canal Specialists. Upon coming across studies conducted by Dr. Weston Price, Dr. Meinig found that the bacteria contained in the mouth when sealed up by a root canal would mutate into a new virulent form able to leave the tooth and travel to various areas of the body. These bacteria were unreachable by antibiotics as their source was encased in the tooth without any form of circulation to bring in the medication. Problems caused by this included arthritis, sinus infections, headaches, chronic fatigue, and other serious maladies. People with compromised immune systems, such as cancer or AIDS, or those with a family history of degenerative diseases especially need this information. A must-have resource. ■

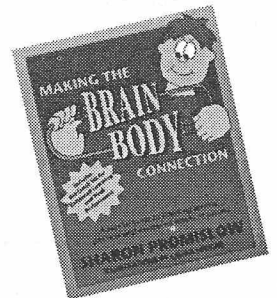
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Making the Brain/Body Connection

A playful guide to releasing mental, physical and emotional blocks to success

By Sharon Promislow



The book you've been waiting for is finally here! *Making the Brain/Body Connection* combines cutting edge brain and learning research with Specialized Kinesiology. This book is perfect for introducing clients to Kinesiology and the change process. It explains why our techniques work so well! Practitioner's discounts available through TFHKA. 176 pages Size 9 3/4" X 8".....\$15.95

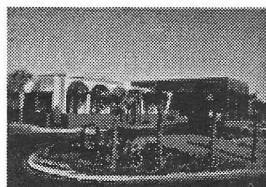
CERTIFY TO TEACH MAKING THE BRAIN/BODY CONNECTION AT THE CONFERENCE!
OCTOBER 19-21

Instructors can certify to teach Sharon's *Making the Brain/Body Connection* course at the upcoming Conference in Orlando! The 3 day intensive will teach Lightning Learning techniques along with top notch presentation skills. \$350 US

Call TFHKA at 1-800-466-8342 to register.

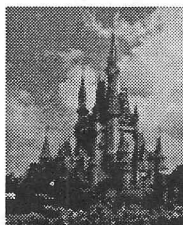
ANNUAL MEETING

What: 25th Anniversary Touch for Health Conference
When: October 14-18, 1998
Where: Ramada Inn Resort Maingate
 2950 Reedy Creek Blvd., Kissimmee (Orlando), FL USA
Cost: \$340 (Hotel: \$48+tax per night)



Plans are underway for the 25th Anniversary Touch for Health Conference in Orlando. A five-day conference, we will feature over 15 noted speakers from the TFH and Specialized Kinesiology commu-

nity. We will also sponsor 10 days of separate admission pre- and post-conference workshops (see list at right). Join us for this momentous occasion as we **Celebrate the Vision: Uniting the World of Kinesiology.**



Pre/Post Conference Workshops

TFH INSTRUCTOR UPDATE Marge Murray
 PROTECTING YOURSELF AND YOUR FAMILY
 FROM INFECTIONS Jimmy Scott, Ph.D.
 BIOKINETIC EXERCISES Wayne Topping, Ph.D.
 INTRO. TO REFLEXOLOGY WITH FOOT ANALYSIS Nettie Meissner
 RESET Philip Rafferty
 RESET INSTRUCTOR WORKSHOP Philip Rafferty
 ENERGY CENTERS Wayne Topping, Ph.D.
 INTRO. TO LEAP BRAIN INTEGRATION Susan McCrossin
 PSYCHOLOGICAL KINESIOLOGY: CHANGING
 THE BODY'S BELIEFS William F. Whisenant, Ph.D.
 MAKING MONEY YOUR FRIEND Jan Cole, M.Ed.
 MAKING MONEY INSTRUCTOR CERTIFICATION Jan Cole, M.Ed.
 RE-PATTERN YOUR SABOTAGING WAYS Jan Cole, M.Ed.
 MAKING THE BRAIN/BODY CONNECTION Sharon Promislow
 KINERGETICS INTRO., 1, 2, & 3 Philip Rafferty
 NEURAL ORGANIZATION TECHNIQUE I & II Evelyn Rupp
 ADVANCED SELF-HELP FOR STRESS AND PAIN PLUS
 LEARNING BLOCKS Hap and Elizabeth Barhydt, Ph.D.

1998 - 1999 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
TFH ITW	Toronto, Ontario	October 1-8	Michael DeLory	(604) 669-5424
TFH I. Update	Orlando, FL	October 12-13	Marge Murray	(800) 466-8342
TFH I. Update	New York, NY	October 31 - Nov. 1	Paula Oleska	(212) 242-7528
TFH ITW	Sugar Hill, NH	November 1-8	Arlene Green	(919) 933-9299
TFH ITW	Edmonton, Alberta	November 1-8	Michael DeLory	(604) 669-5424
PKP III	Chapel Hill, NC	November 16-22	Arlene Green	(919) 933-9299
AP 10 Day Agape Quest	Tucson, AZ	Nov. 28 - Dec. 6	R. Utt & L. Parker	(520) 889-3075
TFH ITW	Austin, TX	Nov. 29 - Dec. 5	Arlene Green	(919) 933-9299
AP Advanced Professional	Tucson, AZ	Jan. 4 - Feb. 5, 1999	Richard Utt	(520) 889-3075
AP Facilitator Training	Tucson, AZ	Feb. 22 - March 7	Richard Utt	(520) 889-3075
AP 10 Day Agape Quest	Tucson, AZ	Feb. 27 - March 7	Richard Utt	(520) 889-3075
TFH ITW	Victoria, B.C.	March 1999	Michael DeLory	(604) 669-5424
PKP I	Chapel Hill, NC	March 3-7	Arlene Green	(919) 933-9299
TFH I. Update	Ontario, Canada	April 8-9	Michael DeLory	(604) 669-5424
PKP II	Chapel Hill, NC	April 10-16	Arlene Green	(919) 933-9299
PKP III	Chapel Hill, NC	April 19-25	Arlene Green	(919) 933-9299
PKP IV	Durham, NC	May 19-25	Bruce Dewe, M.D.	(919) 933-9299
TFH ITW	St. Louis, MO	June	Arlene Green	(919) 933-9299
PKP I	Milwaukee, WI	June 25-27; July 9-11	Marge Murray	(414) 253-4905
PKP II	Milwaukee, WI	August 12-15; 19-22	Marge Murray	(414) 253-4905
PKP III	Milwaukee, WI	September 5-12	Marge Murray	(414) 253-4905

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.

INSIGHT

Healing is a Dance of Transformations

By Leila Parker

A holistic approach to health and energy work links every aspect, level and dimension of our being.

We are all in possession of a holographic computer, known as the physical body, which is monitoring externally everything that is going on internally—containing and expressing the sum of all our experiences since conception...and beyond. These experiences are perceived by our thought patterns, belief systems, unresolved emotions, traumas, etc.

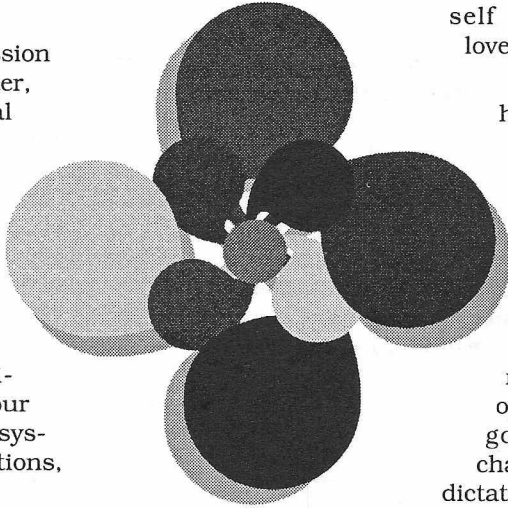
Touch for Health Kinesiology is a simple, yet profound way of communicating with our body, tapping its wisdom and making good use of what it tells us. By honoring this concept through monitoring the muscles' responses, we can access information often not available to the conscious mind, going behind the symptoms to isolate the causal factors at the subconscious and cellular levels. Specific muscle testing and established procedures enable us to identify the energy blocks and imbalances that cause stress within the physical and metaphysical levels of our being. They also tell us the corrections the body needs to defuse the current stress, thus recreating balance and harmony.

True healing takes time, often a lifetime, unfolding layer after layer. The body has the ultimate wisdom of choosing just the right sequence and timing for clearing these components.

There are many approaches to choose from when seeking answers, yet we need to realize that these answers are always somewhere inside us. The therapist is a facilitator, assisting us in our healing process. It is our openness and honesty with ourselves, facing courageously our own inner truth, that will allow us to find our wholeness and Oneness with the Universe.

This adventurous journey, a "Dance Of Transformations", will take us to inner places of self forgiveness, love, and choice.

On our healing adventure, there are no promises; no guarantees. It is our own commitment, readiness and openness to let go, and to change that will dictate our pace toward recovery.



Healing is Within Us

Healing and life energy are within us. It is life energy that enables us to heal and grow. Paracelsus spoke of it as Archeus. It is Prana, Chi, Spirit. It evokes the true and only healing, that which occurs from within. A drug may relieve the symptoms of a disease, but it does not cure. A true cure usually involves a major change in the person's attitude toward him or her self and toward life.

It is life energy that flows through the acupuncture meridians and vitalizes the organs and tissues. An imbalance of the flow of this life energy leads ultimately to disease. An imbalance of this energy flow comes from stress on the body, whether physical or psychological, internal or external.

We need to reduce the stresses that cause specific energy imbalance throughout the body in order to enhance our life energy. We need to see

exactly what has pulled us away from our natural, "normal" state, and what we are doing to lower our own healing energies. Whether these behaviors are in the areas of nutrition, life style, physical activities, or mental/emotional attitudes, we must recognize them to alter them. We need to correct the stress and the specific negative emotional attitudes that are the base of the disease patterns. The first physical manifestation of imbalance within the body is at an energy level. Corrections can be made at this level to prevent further malfunctions as well as restore the body to its best possible state to heal itself.

Instant Healing

The process of healing is sacred, and it cannot be done by gulping a magic elixir which instantly transforms us into a Buddha or Christ. Inflated promises and instant solutions should always be questioned. While they may be very appealing, they are inevitably temporary.

Each new awareness is an instant healing and each healing experience is transformational. In Kinesiology, we call this a "clearing" and/or "defusion." Both of these experiences give us an inner sense of how rich and full life can be, and also let us see how we are living it. When we look at the big picture, this represents only one facet or one layer of our entire life experience, and this new perception of our-

selves is one element on our quest for better health and fulfillment. ■

True healing takes time, often a lifetime, unfolding layer after layer. The body has the ultimate wisdom of choosing just the right sequence and timing for clearing these components.

■ PERSONAL HEALTH

Fatigue: The most common complaint

by Philip Maffetone, DC

At some time everyone is plagued by fatigue—that excessively tired feeling. What causes fatigue? Here are some common culprits.

Dehydration

Most people need to drink 40-64 ounces of water daily between meals. Other liquids, such as coffee, tea and juice, are processed differently and are not a substitute for water.

Oxygen Regulation

This process occurs in the lungs; however, many areas of the body have a greater influence than the lungs on oxygen and carbon dioxide, such as the diaphragm muscle, which pushes air in and out of the lungs. A low red blood cell count or anemia also may cause improper oxygen usage. Sometimes, this is attributable to a low iron level. Other causes may be poor digestion, lack of Vitamin B-1 or liver problems.

Adrenal Insufficiency

The adrenal glands act as our reserve energy supply and stress regulators. They also influence one's blood sugar level. They are negatively influenced by excess stress, high sugar intake, too much coffee, and too little exercise.

paid advertisement

Help Wanted: in Eureka, California, Full-time salaried position. THERAPIST to be trained to use accuscope and myopulse equipment for chiropractic office. Qualified person will have some training in one of the following:

**Touch for Health, Applied Kinesiology,
Acupuncture, or Nursing**

Please call for more information. Janet King (707) 725-5555.

TIME TO CONSIDER A LIFE-STYLE CHANGE?

Have you dreamed of living on a deserted sea coast, or in a small town? Would you like to live among the redwood trees? It's possible in Eureka, California and still be near the cultural events that Humboldt University, and College of the Redwoods provide. Hiking, nature trails, camping, ocean river and lake fishing, bird watching, surfing, horseback riding on the beaches and through the redwoods are not just for vacation once a year, they are what makes up our life-styles. Most of our town is made up of Victorians built about 100 years ago. These big old houses can be had at surprisingly reasonable prices compared to Southern California.

Call me if you are thinking about a change.
Janet King (707) 725-5555

Poor Circulation

When the circulation is poor, oxygen and nutrients cannot reach all the body's cells. Consequently, the body becomes malnourished and waste products cannot be eliminated. The best protection against faulty circulation is exercise. Sedentary people may have up to 70% of their blood vessels not working.

Nutritional Imbalance

Too much or too little intake of essential vitamins and minerals also can lead to fatigue. ■

My TFH Vision

continued from page 3

their own lives.

It is with great joy and satisfaction that I am celebrating with you the 25th anniversary of the publication of the Touch for Health Manual and the first Instructor Training program. I remain undaunted in my continued support of the many Touch for Health and Kinesiology Associations, as well as the educational institutions, which have Touch for Health methods as part of their curriculum. I especially appreciate all the former Touch for Health Foundation ITW Instructors, who have continued my vision and continue to certify through the organization of the International Kinesiology College, since the TFHF transferred certification of TFH Instructors to the IKC, in 1990. Thanks to all you pioneers around the world and those new members of the International Kinesiology Faculty.

For those of you who would like to stay in contact with me personally, I write a report on my current findings and thinking related to our mutual love of Kinesiology. You may subscribe to my newsletter by contacting me personally at:

Phone 1-310-589-5269

Fax 1-310-589-5369,

Email thie@touch4health.com

I promise a minimum of four newsletters per year. In fact, I have had so much to say so far that we have had one or two bonus issues each year of its 7-year existence. Thanks again for your continued support of my vision of making our world a better place through touching for health. ■

*The education of
teachers and
children in a
holistic, wellness
approach to life
and learning is
perhaps the greatest
contribution we as
TFH
instructors can
make to humanity.*

TFHKA BOOKS 25% OFF CLEARANCE SALE!**1-800-466-8342**

Thank you to all our members and friends for supporting this third year of TFHKA Books! The following books have been discounted for all customers (no member discounts apply). Sale limited to stock on hand. Please call to order today!

QUANTITY		REGULAR PRICE	SALE
—	ATH3019 <i>RSI: Repetitive Strain Injury: Carpal Tunnel Syndrome...</i> by Mill	\$8.00	\$6.00
—	BUS3901 <i>Business Mastery</i> by Sohnen-Moe	\$19.95	\$14.96
—	BUS3931 <i>The 7 Devils That Ruin Success</i> by Dillehay	\$6.95	\$5.21
—	FOOD5410 <i>How To Get Well</i> by Airola	\$12.95	\$9.71
—	FOOD5420 <i>The Natural Way To Vibrant Health</i> by N. Walker	\$5.95	\$4.46
—	FOOD5456 <i>Complete Guide To Anti-Aging Nutrients</i> by Hendler	\$16.95	\$12.71
—	HEAL5536 <i>Goodbye Pain</i> by Lawrence	\$5.95	\$4.46
—	HEAL5538 <i>Healing Back Pain</i> by Sarno	\$10.99	\$8.24
—	HEAL5621 <i>Solved The Riddle of Illness</i> by Langer	\$10.95	\$8.21
—	HEAL5628 <i>Root Canal Cover-Up</i> by Meinig	\$19.95	\$14.96
—	HEAL5786 <i>Dr.Fulford's Touch of Life</i> by Fulford	\$20.00	\$15.00
—	HERB6035 <i>New Bach Flower Body Maps</i> by Kramer	\$19.95	\$14.96
—	HERB6036 <i>New Bach Flower Therapies</i> by Kramer	\$12.95	\$9.71
—	HERB6070 <i>Natural Healing For Women</i> by Curtis & Fraser	\$15.00	\$11.25
—	KID6414 <i>How to Raise a Healthy Child in Spite of Your Doctor</i> by Mendelsohn	\$5.99	\$4.49
—	OM7071 <i>Breast Connection...Treatment of Breast Diseaseby Chinese Medicine</i> by Wolfe ...	\$10.95	\$8.21
—	REF8032 <i>Better Health With Foot Reflexology</i> by Byers	\$15.95	\$11.96
—	SELF8578 <i>Touching: The Human Significance of the Skin</i> by Montagu	\$15.50	\$11.63
—	SELF8581 <i>Positive Regard-Carl Rogers & Other Notables he Influenced</i> by Suhd	\$26.95	\$20.21
—	SELF8747 <i>Feeling Great</i> by J. Segal	\$7.95	\$5.96
—	SELF8748 <i>Living Beyond Fear</i> by J. Segal	\$9.95	\$7.46
—	SP9035 <i>Healing Words: Power of Prayer</i> by Dossey	\$13.00	\$9.75
—	SP9164 <i>Messengers of Light</i> by T.L. Taylor	\$9.95	\$7.46

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Your own personal Coach

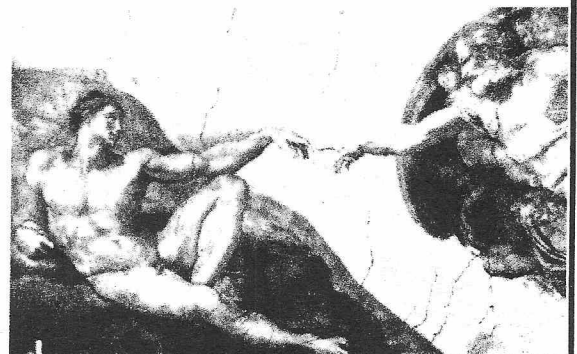
Hi! I'm Dee Martin, your personal coach. I know that you can reach any goal you desire!

All that you need is a coach, someone in your corner to partner with you to help focus and keep you directed toward your goals.

What I want for you is to live the life you dream!

For 30 minutes each week, by telephone, we will meet to set a plan of action. We will review and celebrate each step and decide on the next step
Let's get started!

I want to work with you, to know all about you, your dreams, your goals and concerns. Call me today for a free 30 minute session at, 740-453-6468 or E-mail dee@y-city.net.



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Benefits of Membership

Associate Member - \$25 (US)

- Subscription to the Keeping In Touch newsletter

Basic Member - \$50 (US)

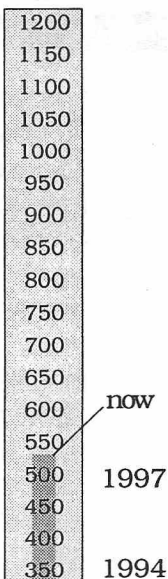
- Above, plus...
- The Touch for Health Kinesiology Assn. Annual Journal
- Listing in the Association membership directory
- One copy of the Membership Directory
- Discounts on Association catalog items
- Discounts at TFH meetings and events
- Voting privileges for all TFHKA elections

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

- All of the above, plus...
- Student and/or client referrals
- Expanded listing in the membership directory
- Discount on Liability Insurance through ABMP
- Provide CEUs to Nurses and NCBTMB Members
- Participate in the development of TFHKA curriculum

* 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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