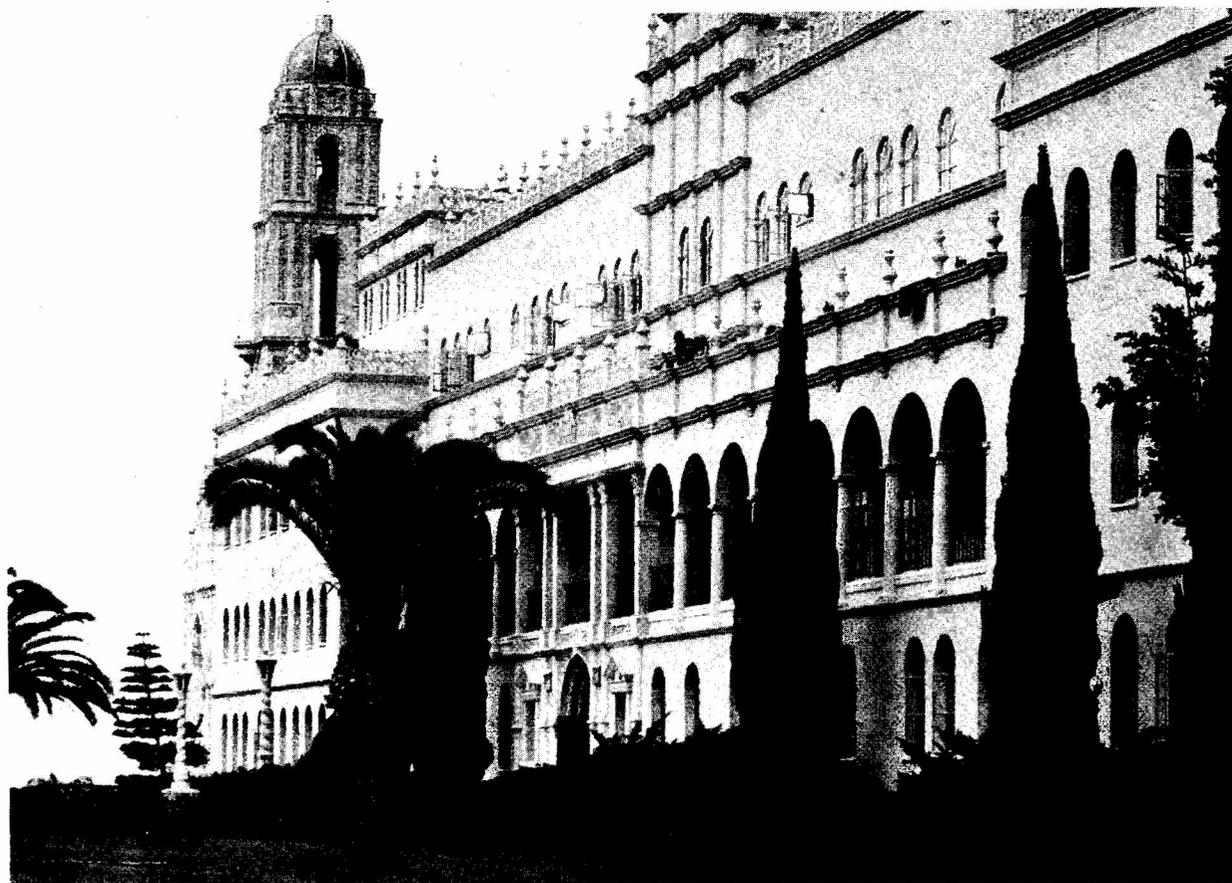


IN TOUCH FOR HEALTH

SOMEWHERE TO PLAN ON BEING!



**FEBRUARY
1981**

IN TOUCH FOR HEALTH

Touch For Health Foundation
Publisher

Charles A. Blanchard
Editor

The purpose of the Newsletter is to disseminate information on research plans, methodology, and results of self-development programs in health-care, both mental and physical. Further, the Newsletter is a forum to provide members with up-to-date information on programs, seminars, activities and training tips.

The Touch For Health Foundation is an educational non-profit corporation.

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Dan Hayward

Michael Schley, Annual Meeting Chairman for 1981 assures me this years meeting will be top grade, and as a formal kick-off, has written the following announcement.

SOMEWHERE TO PLAN ON BEING
Tuesday, June 23 - Sunday, June 28, 1981
University of San Diego, California, U.S.A.

TOUCH FOR HEALTH WORLD WIDE 1981 ANNUAL MEETING

Interest in the TOUCH FOR HEALTH WORLD WIDE is high. Already more TOUCH FOR HEALTH'ers have signed up to attend this years meeting than attended last year.

We've organized an INSTRUCTOR TRAINING WORKSHOP immediately before (June 12-June 20) the TOUCH FOR HEALTH WORLD WIDE meeting. This will enable those coming from long distances to maximize the benefit of their trip. Take advantage of this opportunity and encourage your student "INSTRUCTORS TO BE" to attend both. Your Instructor Training Commissions can pay for your annual meeting costs. (Remember you must submit class roster to the TOUCH FOR HEALTH FOUNDATION to get commission credit.)

The meeting promises to be the most exciting and interesting yet. There will be talks and presentations by Dr. John Thie, founder and president of TOUCH FOR HEALTH, other Doctors and TOUCH FOR HEALTH instructors with different backgrounds and experiences. The formation this year of the TOUCH FOR HEALTH WORLD WIDE INTERNATIONAL COMMITTEE insures attendance and health information sharing from all over the world. The subjects will be as varied as, Acupuncture; Making a Living with TOUCH FOR HEALTH; Right Brain, Left Brain and TOUCH FOR HEALTH applicatons; Color Therapy; the "latest" on TOUCH FOR HEALTH and Kinesiology; a fellow instructors' personally filmed experience with Phillipine Healers; and more new ways to use TOUCH FOR HEALTH in our lives.

We have scheduled free time so you can see San Diego and the surrounding area.

TOUCH FOR HEALTH WORLD WIDE 1981 will have something for everyone, so if you haven't signed up already, plan NOW to attend.

It's SOMEWHERE TO PLAN ON BEING!!!

Please see elsewhere in this issue, details of registration, and also a review of the rules concerning commission credit for registering persons for the June 12th ITW.

DIRECTOR

Dr. JOHN F. THIE

A long number of years ago, Stephen Gaellet wrote the poem "Do It Now", it goes as follows:

I expect to pass
through this world but once.
Any good thing, therefore,
that I can do or any kindness
I can show--
to any fellow human being
let me do it now.
Let me not defer
nor neglect it;
for I shall not pass
this way again.

Often times I think of this idea when working with promotion of the ideas behind the Touch for Health Foundation. I feel that we can really help make ours a better world by touching.

The techniques in Touch for Health give a way of getting people to "Touch" in the many senses of the word. Working with another person to relieve suffering or to prevent suffering or to enhance performance, all take touch - mentally, physically, and spiritually. When we remember the great mission that God has given us to love one another, we can see how the use of Touch for Health techniques give us a way of loving. Love is non-existent until we give it away. That is the trick of love. We cannot tell that we are loved until an action step is taken in the form of "Touch" - mental, physical, written, or spiritual.

We can show our love for our fellow human beings by sharing what we know in such a way that they want to learn more and share back with us. Teaching Touch for Health techniques is one way. Those of you that will be reading this message can show your love for us here at the Foundation by sharing Touch for Health with others - telling others about the



Instructor Training Workshops, by giving muscle balancing to your friends and family, by teaching basic information to others, by writing articles for this newsletter, by making contributions of cash for the ongoing programs. We show our love for you by doing our best to give you information that will be useful to you, in your personal health, in your teaching and ways of improving your health knowledge. We need two way communication -- write to us.

I will again be teaching the basic Touch for Health Class at the Malibu United Methodist Church, as part of a fund raising project that I hope will be of benefit to all interested in Touch for Health. The classes will be once a month from April through November. I am doing this as a volunteer and all funds from this will go towards the churches special building project. If any of you would like to attend these classes please contact Chris Wiler-Allen, 213/457-9669.

PRESIDENT

TEACHING WEEKEND

TFH

CLASSES

by ROBERT MACMULLEN

Well, now that you have decided to teach TOUCH FOR HEALTH, what are some of your objectives. They should include:

- * Teach as many as is effectively possible.
- * Be remunerated for your services.
- * Gain referrals from satisfied students.

We have found, through trial and error, that at first we tried to teach too much, too fast. We have now developed a class structure that we find is most comfortable for both of us and our students. We teach Basic classes using the outlined curricula in this article, but we also teach a separate Advanced class to those who desire further study. We offer these Advanced classes about three times a year and really have fun teaching them as everyone is familiar with the basics and ready to absorb more.

By teaching two levels of classes we find that our students are not overwhelmed and leave our Basic classes knowing how to do a basic 14 muscle balancing with corrections, confidently!

With this in mind, where do we start?

BEGIN BY COMPILING A MAILING LIST

For starters, include anyone you have

ever talked about TOUCH FOR HEALTH with. Add local Chiropractors and Dentists. Ask friends and professional associates for any referrals. Our list has grown to over 400 in less than a year.

SELECT A SUITABLE TEACHING LOCATION

We have found that we can teach more people more effectively by renting a room at a local hotel. Our home is only large enough to accomodate six to eight students and is subject to frequent interruptions (children, telephone, doorbell, etc.). We can teach twenty or more easily at a hotel banquet room with the added advantage of no-hassel parking and convenient food services.

Here are a few guidelines:

1. Is the room large enough for a workshop, and teaching?
2. Will management supply banquet tables for your workshop? Plan on three students per table.
3. Are there windows, or bright cheerful lighting?
4. Are there decent places to eat lunch, on the premises, or close by?

PREPARE A PROFESSIONAL INVITATION

1. Have TOUCH FOR HEALTH typeset in bold, stylish print. Arrange your invitation so that you can reuse the typeset portion, and fill in new dates, location, etc.
2. Use colored ink and colored paper. If using envelopes, use matching color. Brown on goldenrod or violet on gray work quite well.
3. Be sure to include the phrase, "Like to talk about it?, then call (your phone number)".
4. Have a Registration Form on the bottom of your invitation.
5. Have invitations in the mail 4-6 weeks prior to class.

Now that we have mailed our invitations and registrants are coming in, let's get ready to teach.

1. Visit the teaching site and give management a written layout of your needs, plus coffee break requirements.
2. Purchase sufficient fruit, juices, herb teas, and other nutritious snacks. Also provide distilled drinking water. We love our students, and this helps that come through.
3. Arrive at the teaching site 1-2 hours early the first day to be sure everything is in order. Set up the snack table, registration table, etc., and be ready to welcome your students with a smile.

OUR WEEKEND TOUCH FOR HEALTH PROGRAM

Plan your course in four segments of 3 hours each, including workshops and breaks. This basic segment schedule allows you to present one segment per evening, or to run two segments each day on a weekend. (See our basic outline)

FINANCIAL CONSIDERATIONS

Plan to spend about \$300.00 getting your class organized and taught. This breaks down to approximately:

Room Rental (varies widely)	\$150.00
Printing, Postage	60.00
Coffee & Refreshments	<u>70.00</u>
(Misc. supplies, such as easel pads, included in above.)	
TOTAL EXPENSES	\$280.00

Now here is the good part:

Gross Receipts for 15 Students @\$65.00	\$975.00
Net profit on 15 TFH books	<u>50.00</u>
TOTAL GROSS CASH IN	1025.00
TOTAL CASH OUT FOR EXPENSES	<u>(280.00)</u>
AMOUNT LEFT OVER FOR INSTRUCTOR	<u>745.00</u>

These figures can vary, but you will be well paid for a hard, joyous weekend's work.

SUMMARY

Don't force feed your students too much material. Remember, you will be giving an Advanced class, and they are just beginners. (Remember your first class!!)

Keep the group small enough to allow adequate workshop supervision. Barbara and I like to work with 15 to 20 students.

Use the Muscle Dance (14 muscles) frequently during the class.

Invite your students to repeat for a nominal registration fee. Our current fee is \$65.00 for new students, \$40.00 for additional family members, and \$10.00 for repeaters. All books are purchased separately.

NOW RELAX AND ENJOY THE REWARDS OF A TOUCHING LEARNING EXPERIENCE THAT MANIFESTS UNIVERSAL LOVE AND PEACE.

SEGMENT #1 - Introduction by Partners

Introduction to TFH, Course
Outline, Code of Ethics

Balancing Demonstration

Introduction to Muscle Dance
(14 Muscles)

Basic Acupuncture Theory -
Demo Meridian Tracing

Cross Crawl Exercise

-----BREAK-----

Art of Muscle Testing

Central, Governing, Stomach,
Spleen Muscles (1 each)
(Note: Use the wheel)

Workshop

Closing Circle

SEGMENT # 2 Welcome Back and Review

Understanding Body Structure
- Page 16

Heart, Small Intestine,
Bladder, Kidney, Circulation
/Sex

Workshop

-----BREAK-----

Neurolymphatic Corrections
with Demo.

Challenging

Neurovascular Corrections
with Demo.

Surrogate Testing

Closing Circle

SEGMENT #3 Welcome Back and Review of
Muscles and Corrections

Wins and Questions

Structural Awareness.
Pages 14, 15, and 126.

Triple Warmer, Gall Bladder,
Liver, Lung, Large Intestine

Workshop

-----BREAK-----

Acupressure Holding Points
with Demo.

Visual Inhibition

Closing Circle

SEGMENT #4 Welcome Back, Full Review

Pain, the Holistic Approach
(Fix what you find)

Nutrition Testing with Demo

Allergy Testing with Demo

Importance of Pure Water

Food Testing Workshop

-----BREAK-----

Facts about the TOUCH FOR
HEALTH FOUNDATION

Promote Advance Class and
ITW

Certificates and Closing
Circle

TFH & Our Daughter's Heart Defect

by Lucy Whyte-Ferguson

When our baby daughter was 3 days old, the Pediatrician discovered a heart murmur and we were sent to a Pediatric Cardiologist the next day. The Cardiologist informed us that Andrea had a medium-sized hole between the pumping chambers of the heart - a ventricular septal defect. The effect of this defect is that there is backflow of oxygenated blood from the left side of the heart into the right side. The right side then has to work extra hard to pump a larger amount of blood through the lungs. He said Andrea had twice as much blood as normal pumping through the lungs. As a result of the extra blood in the lungs, the breathing is shallower and more rapid. While we were told that Andrea's condition was not life-threatening because complications like congestive heart failure develop slowly enough to allow medical intervention (medications or other measures), we were very concerned about her. We were also told that there was a 10 to 15% chance that the defect would close sufficiently for her not to require surgery, and that such a closure was usually gradual during the first year of life. The extra effort required to breathe and pump blood under these conditions sometimes makes it impossible for babies to gain weight and grow normally and sometimes surgery to correct the defect has to be performed earlier than is optimum.

Andrea was very healthy but it was clear that her pulse was rapid and her breathing was rapid and shallow. The heat and smog one day seemed to bother her, and she slept on her side with her back very arched, her upper back almost at right angles to her lower back - probably to give more room for her lungs. We restricted her contact with little children because we had been advised to avoid illnesses which could precipitate complications.

We wanted to do everything possible to help Andrea. We surrogate tested her

and found the muscles on the Lung meridian weak, although the Subscapularis (Heart meridian) was strong. After gently working the NL points and holding the NV points for the muscles on the Lung meridian, these muscles surrogate tested strong. We worked on these points daily. Touch for Health uses NV points from a system devised by Dr. Bennett and a friend who is trained in the Bennett system showed us a point for the heart which is located on the torso. Holding this point seemed to calm Andrea, so we also held this point daily. When our fingertips were over this point, our hands naturally were held right over the heart and we visualized healing taking place. My husband, Allen, and I visualized the tissues of the septum growing together. I nursed Andrea, and made sure I had a good diet. And we loved Andrea a lot!

When Andrea was a month old we returned to the Cardiologist for an echogram to determine more accurately the size and location of the defect. Andrea seemed to be doing well. She was gaining weight rapidly and her breathing had slowed. The Cardiologist informed us that her defect had closed to a pin hole and she would never require surgery, and we should be no more concerned about her health than we would be about a child who had not had a heart defect. He told us that he was amazed by the rapidity with which a defect of that size had closed. In the emotionality of the moment, we can't remember whether he said he had never seen anything like it, or had hardly ever seen anything like it, in his entire time in practice. A week later the Pediatrician checked her and told us there was no longer any murmur; the defect had closed.

We certainly don't know what, if anything, we did was responsible for her rapid healing. In large measure I feel that Andrea healed herself because it seemed from the start that she wanted to

(Continued on page 10)

REACTIVE MUSCLES: A REAPPRAISAL

by Richard Harnack & Jeannie McClue, R.P.T.

Last year two articles appeared in IN TOUCH FOR HEALTH on the reactive muscle technique (ITFH Jan. 1980 and April 1980). Since then Jeannie McClue and I have been using her modification of the reactive muscle technique and have found consistent, immediate and effective results in nearly 100% of the cases (nearly, because in some cases the persons had suffered such severe trauma to their muscles they did not respond as well, but in all cases where the trauma was not severe, the technique worked). This article is a revision and combining of those two earlier articles and is intended to present an updated approach to reactive muscles.

BACKGROUND ON THE MECHANISMS OF THE MUSCLES: THE SPINDLE CELLS

The spindle cell mechanism is located in the belly of the muscle. Its primary function is the "fine tuning" or maintaining the tone of the muscle. This fine tuning allows us to use our muscles in a highly coordinated manner. The spindle cells accomplish this by sending messages to the nerve, spinal cord and the brain as to the tone of the neuromuscular system.

The messages the spindle cells send to the brain and spinal cord can be changed by simply pushing them together or pulling them apart. Pushing together causes an artificial contraction of the muscle causing the spindle cells to send the message "stretch-relax". Pulling apart causes an artificial stretch causing the spindle cells to send the message for contraction. It is this balance between stretch and contraction which the spindle cell maintains as muscle tone.

HOW MUSCLES BECOME REACTIVE

When there is a trauma to the muscle (i.e. sudden overstretching/quick contraction, or an actual physical blow to the muscle) the spindle cell mechanism

sets the tone of the muscle at a higher level. This in turn forces the muscles which remain in normal tone to be over-pulled by the muscle with the higher tone, thus causing imbalance.

When this happens, the person may complain of persistent aches even after the regular balancing procedure, although all the muscles test strong (i.e. a 'sore' knee may reflect reactivity in the quadriceps, hamstrings, popliteus, fascia lata, sartorius, gracilis, adductors and gastrocnemius).

PRELIMINARIES TO REACTIVE MUSCLE TESTING

Utilize the two basic tools of Touch for Health: POSTURAL ANALYSIS and MUSCLE BALANCING. Postural Analysis aids in evaluating the over-all balance of the person BEFORE and AFTER muscle balancing. (see IN TOUCH FOR HEALTH, November 1979, pp. 1-3.) Muscle balancing, testing all 43 muscles, establishes the base for evaluating muscle tone (i.e. the muscles being tested are now strong in their own right).

Once you have done the postural analysis and balancing, have the person demonstrate the position he or she was in when the trauma occurred. By having the person do this, you can further evaluate the holding patterns of the body (the muscles which may have been over-tensed or overstretched) and thus isolate which muscles might be reactive. THIS ONLY GIVES YOU A STARTING POINT - THERE MAY BE MORE REACTIVE MUSCLES THAN THE OBVIOUS ONES.

REACTIVE MUSCLE TESTING AND RE-ESTABLISHING THE BALANCE BETWEEN THE MUSCLES

Once we have balanced the person and evaluated their posture, select the area to work on (remember, all muscles in the body interact with one another, so the reactive pattern may not be confined to the immediately obvious problem area).

Using the data from your postural analysis and muscle testing determine which muscles may be involved. Establish which muscle is the "strong" muscle by using the procedure listed below, but instead of correcting pairs of reactive muscles, make a list of the muscles which test weak to the one "strong" muscle. (In some cases the list may exceed twenty muscles.) Lower the tone (weaken) of the muscle set too high (strong) by using spindle cell massage. Test the muscle to check it has been "weakened", set the balance by retesting all of the muscles which had tested weak initially, and finally, recheck the muscle which you had weakened to make certain it tests strong. Recheck to make sure the desired corrections were made.

To test for reactive muscles first indicate to the person being tested the sequence of the test, for example deltoid then rhomboid. Test each muscle individually to make sure both are strong, then quickly retest them in the sequence you demonstrated. If the second muscle goes weak in the quick test, then you have established your reactive pattern. Test other muscles in relation to the first muscles to determine further reactive patterns, then follow the procedure mentioned above.

EXAMPLE: A person has a pain in between their shoulder blades. Test the rhomboid in relation to the deltoid, levator rhomboid is the "strong", then using the spindle cell massage in the belly of the muscle, lower its tone (weaken). Retest the deltoid, levator, and latissimus, they should test strong. Retest the rhomboid, it too should test strong. Re-

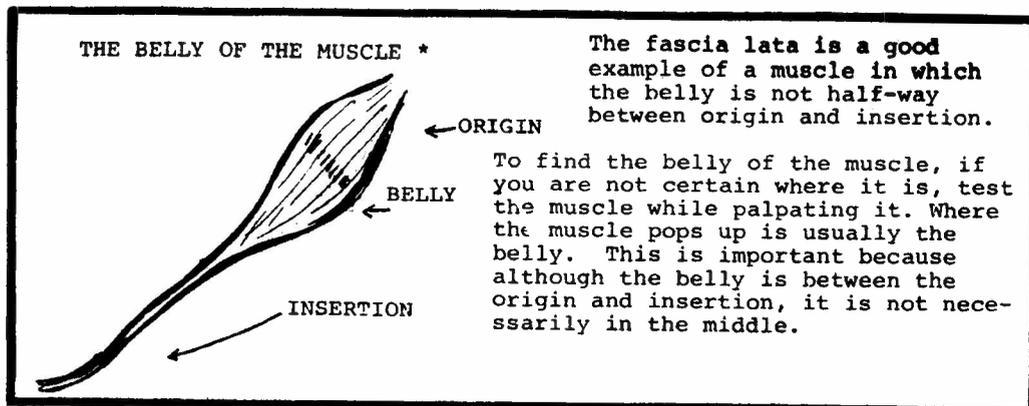
check the reactive combinations, none of the muscles should test weak in relation to the rhomboid.

BENEFITS OF THE REACTIVE MUSCLE TECHNIQUE

The major benefit of the reactive muscle technique is the release of major energy blockages. This release is sometimes very dramatic and gratifying to both tester and testee. Other times there may not be a dramatic change; it depends in part on how long ago the trauma occurred. Another benefit is the increase in total muscle tone. Not only does the person begin to feel better, but because the tone is more in balance, he or she looks better. (The before and after postural analysis is really helpful in noting such changes.) A side benefit sometimes happens when muscle reactivity involving the abdominals is corrected: the resetting of muscle tone can cause a reduction in the waistline. Finally, the reactive muscle technique can relieve the persistent ache the person had. This may not happen right away, or the pain may not totally disappear, but the person will notice a definite difference.

CONCLUSION

This revised approach to the reactive muscle technique is less tiring for the person and of greater benefit because it is now possible to reset several sets of different reactive muscles in a short period of time. It also allows for re-establishing the optimum energy flow throughout the whole person. Use it with those for whom you care and practice it with confidence.



USING THE MERIDIAN WHEEL

by Richard Harnack

The Meridian Wheel reflects one approach to the body's energy system. The meridian energy flows in a clockwise direction around the wheel with the Central and Governing meridians acting as storage batteries for the meridian energy. Starting with the Stomach meridian in the correction cycle, the meridians alternate in YANG/YIN phases as is illustrated on the wheel reproduced on the next page. Notice the TRIANGLES connect either three YIN or three YANG meridians, while the squares connect two YIN and two YANG meridians. (For further information see the TOUCH FOR HEALTH book pp. 112-113, Rev. Ed.)

When using the wheel in testing for imbalances we begin with the Central and Governing meridians, then move to the edge of the wheel at the Stomach meridian, testing all 14 indicator muscles. Note on the wheel where the 'weak' muscles are and see if there are any specific patterns such as the TRIANGLES and SQUARES, groupings of imbalances going clockwise around the wheel, or imbalances located directly across from one another in the "mid-day/mid-night" positions. If any of these patterns exist begin your corrections with the first weak muscle in the pattern going clockwise. If there are not any specific patterns, begin your corrections with the first weak muscle on the wheel. If either the Central or Governing meridian show an imbalance, begin with them. Once you have completed all corrections and all of the muscles test strong*, use the pulse check (p. 29 TOUCH FOR HEALTH, Rev. Ed.) to locate any over-energy. Using a strong indicator muscle, (usually the quadriceps) check all of the pulses for over-energy. Sometimes it is possible to have more than one over-energy. Once you have located the over-energy (there will not always be one) look at the wheel and locate the first weak muscle after the over-energized meridian and USE THE ACUPRESSURE HOLDING POINTS TO STRENGTHEN

(Tonify) for that muscle/meridian. Re-check all of the pulses, the over-energy should now be gone.

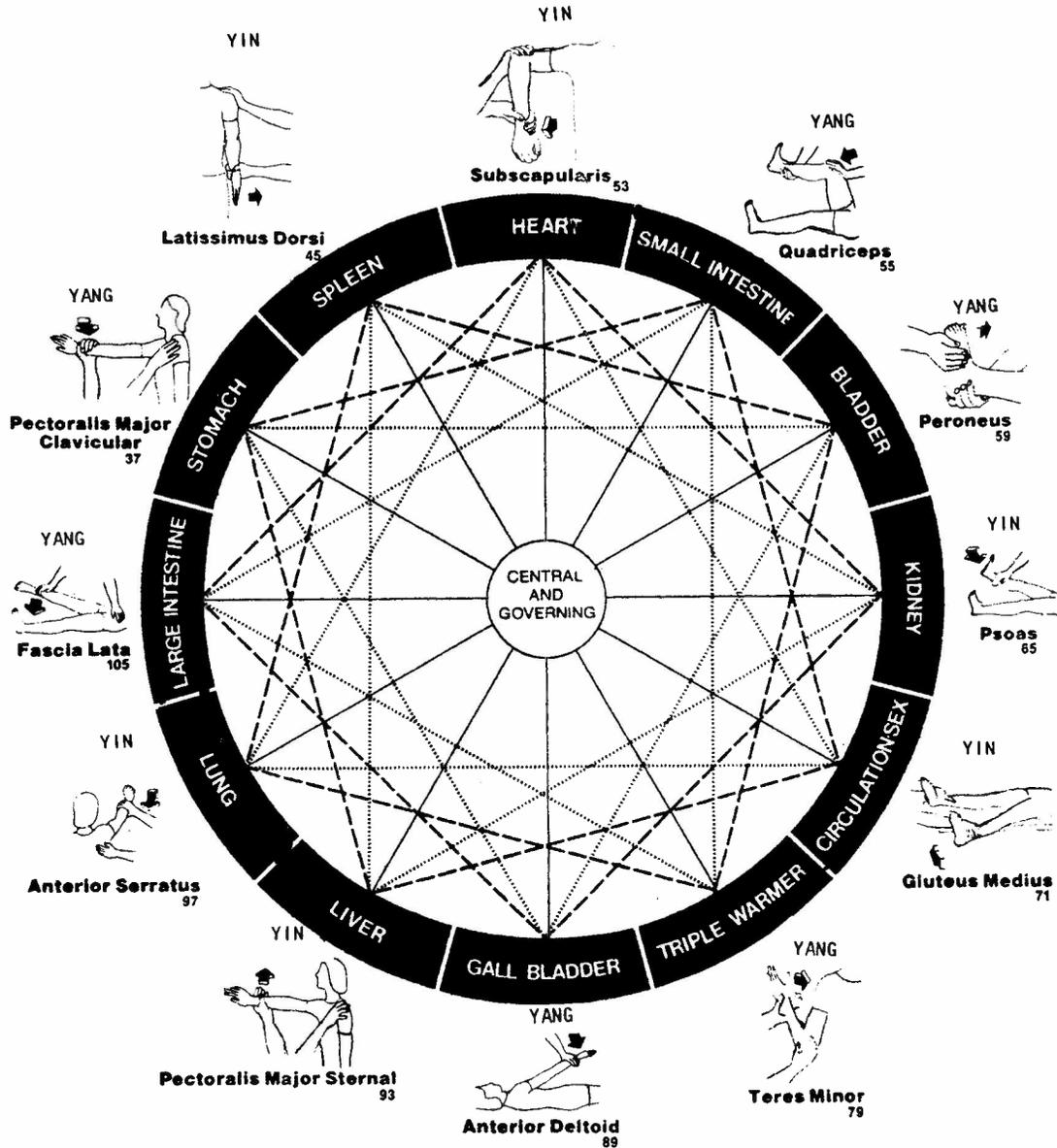
For example, our muscle test shows imbalances in the Spleen, Small Intestine, Circulation-Sex and Liver meridians. We correct the weaknesses and check the pulses for over-energy. The pulse check shows over-energy in the Stomach meridian, then we go to the acupressure holding points to strengthen the Spleen meridian because it is the first imbalance after the over-energy. This should take care of the over-energy.

The under-lying principle comes from traditional acupuncture theory which holds that in general it is better to strengthen (tonify) rather than weaken (sedate). Experiment with this approach to balancing and let us know your results.

*NOTE: Sometimes a muscle will not get strong with the corrections. If it does not strengthen up by the time you get to the meridians, leave it and go on to the next weak muscle. This is because you may have other energy imbalances interfering with the correction process.

My gentle touch
becomes a healing art,
when my hands express
the love that's in my heart.

-Pearl Flynn



HEART DEFECT

(from page 6)

be totally healthy and unencumbered. But in a time when we were overwhelmingly concerned with her health and well-being, it was beautiful that we knew things we could do which we thought might help her. We felt that we were working with her, giving her everything we possibly could. I'm sure that without Touch for Health and the other similar techniques we used, we would have felt much more overwhelmed and powerless in the face of our daughter's serious medical problem. Being involved in our daughter's healing was a very special experience for both of us.

KNOW YOUR MERIDIANS

by

GALL BLADDER (GB)

by Richard Harnack

ELEMENT: WOOD

YIN/YANG: yin/YANG (Worsley has listed this as "lesser yang" on his 5 Element Chart)

PULSE: Left wrist, second position, light touch.

TONIFICATION POINT: GB-43, located immediately above the joining of the 4th and little toes.

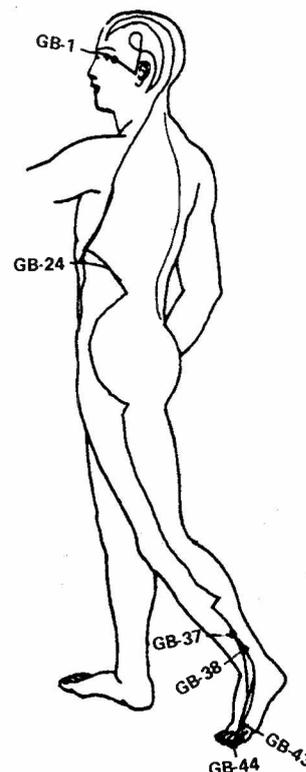
SEDATION POINT: GB-38, located 4 human inches above and slightly forward of the ankle.

LUO POINT: GB-37, located 5 human inches above and slightly forward of the ankle.

TIME OF DAY: 11 p.m. - 1 a.m. (peak)

MUSCLES ASSOCIATED: Anterior deltoid and popliteus.

FUNCTION: The function of the gall bladder meridian is decision making.



ALARM POINT: GB-24. The location of this point seems to be in dispute. Drs. Thie, Walther and Stoner locate GB-24 at the costal border just where the floating ribs begin in line with the nipple. Drs. Worsley, Austin and Manaka, however locate this point in the eighth intercostal space in a vertical line with the nipple. In TOUCH FOR HEALTH we use the point at the costal border as per Drs. Thie, etc.

PATHWAY: Begin at the outside corner of the eye, drop back and down toward where the ear lobe joins the ear, move up approximately 4-5 human inches and slightly back, make a forward loop downward toward and just above the upper forward crease of the ear and skull, trace back following the line of the ear approximately 2 human inches above the ear down to the lower border of the occiput just at the outer edge of the mastoid process, come back over the skull to just one human inch above the eyebrow centered on the pupil, come back over the skull to below the occiput on the neck, move out on the shoulder, down and under the axilla, forward on the rib cage to the joining of the floating and fixed ribs, back to the tip of the 12th rib, forward and lateral to the umbilicus in a vertical line with the tip of the 11th rib, drop down and slightly forward of the trochanter, move laterally and posteriorly to the trochanter, follow the outside of the leg to just below mid-calf, move forward slightly in line with the ankle, follow the curve of the foot down and end at the nail root on the 4th toe nearest the little toe. There are 44 acu-points on this meridian.

EXCURSUS: Traditional acupuncture theory relates imbalances in this meridian to vision problems as well as other more specific problems. There is a general toxic release point on this meridian on the side of the leg just where the middle finger reaches. Hold for 7 seconds with heavy pressure, release for 7 seconds, repeat several times.

KNOW YOUR MUSCLES

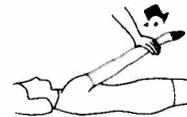
by
Gordon Stokes

ANTERIOR DELTOID

This muscle takes its name from the Greek, deltoeides (delta = triangular or shaped like a delta, and eidos = form). The anterior and posterior portions of the deltoid act synergistically in abducting the arm in the frontal plane. The two portions also act antagonistically to flex and extend the arm - as in swinging the limb forward and back. Acting together with the trapezius, the deltoid aids upward rotation.

MUSCLE TEST

Test with the subject lying face up, the arm held straight and with palm down at about a 40 degree angle from the horizontal. Pressure is against the forearm, pushing downward.



Anterior Deltoid
Gall Bladder

TO STRENGTHEN

Use the front Neuro-Lymphatic points between ribs 3 and 4, and 4 and 5, near the sternum (breast bone). On the back, use the same basic locations, one inch to each side of the spine. NV POINT #4 in the TOUCH FOR HEALTH text is the one to use.

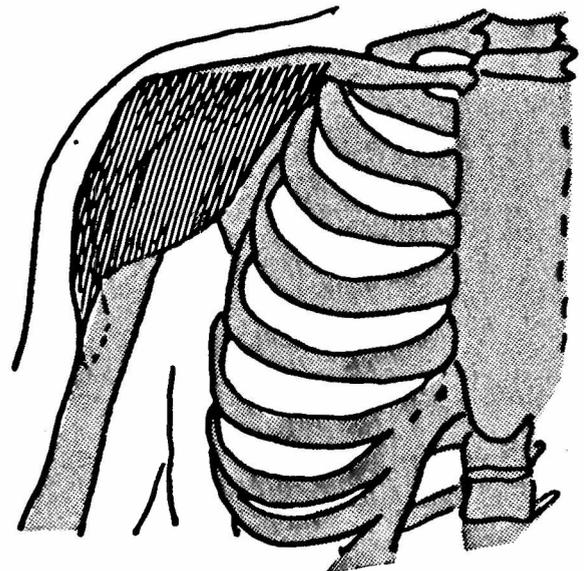
MERIDIAN

Gall Bladder

ORIGIN/INSERTION

ORIGIN: The latter 1/3rd of the clavicle.

INSERTION: The deltoid tuberosity of the humerus.



NUTRITIONAL INFORMATION

Non-fat food sources of Vitamin A: carrots, parsley and other yellow and green vegetables.

TOUCH FOR HEALTH WORLDWIDE 1981 ANNUAL MEETING

ANNUAL MEETING CALL FOR PAPERS:

Topics:

We are interested in papers on subjects related to Holistic Health, self-help and topics directly related to TOUCH FOR HEALTH.

Publication:

A synopsis of the conference proceeding will appear in the August newsletter, and appropriate presentations will be published.

What To Submit: (1 copy)

1. A clear descriptive and informative title.
2. An outline of the proposed presentation.
3. Approximate amount of time required.
4. Audio/visual equipment or special facilities desired.

When:

Deadline is May 1, but preference will be given to early entries due to time constraints.

Where:

TOUCH FOR HEALTH
1174 N. Lake Avenue
Pasadena, CA 91104
Attn: Michael Schley

RETURN to scenic San Diego for the 6th annual meeting of the Touch for Health Foundation.

LEARN from fellow Touch for Healthers new areas being explored.

SHARE your knowledge, expertise and experiences in Touch for Health. (See the "Call For Papers" for further data.)

ENJOY the surroundings of the University of San Diego near historic "Old Town".

JOIN us in this international experience.

MAKE this year's meeting much bigger and better than last year's.

REGISTER NOW! Save \$25 off the conference fee. (To qualify registrations must be received by April 1, 1981.)

INSTRUCTOR TRAINING WORKSHOP IN DEL MAR JUNE 12-20. Immediately before the Annual Meeting there will be an ITW. Register for both and have a TOTAL TOUCH FOR HEALTH EXPERIENCE. (Instructors! Do not forget the roster and registration fees you earn by having your students take an ITW!)

ANNUAL MEETING REGISTRATION FORM
DO IT NOW

TOUCH FOR HEALTH - 1981 WORLDWIDE REGISTRATION FORM
JUNE 23 - 28, 1981 SAN DIEGO, CALIFORNIA

NAME _____ PHONE () _____
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CITY/STATE/ZIP _____

CHECK STATUS AND CHOICE:

CONFERENCE FEE: \$110 (\$85 if before April 1st) - Current Member
 \$135 (\$110 if before April 1st) - Non-Member (includes
new or renewal membership for 1 year from date of
registration)
ACCOMODATIONS & MEALS \$125 Share a room
 \$150 Private room (these are available on a limited basis)

PREFERRED ROOMMATE _____ Smoker Vegetarian
Non-Smoker Non-Veg.

\$50 minimum deposit (\$20 is non-refundable) T-Shirt Size M F

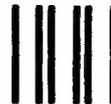
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NEWSLETTER ARTICLE REQUEST

We are actively seeking articles for the Newsletter. Have an experience you want to share with your fellow TFH'ers? Send it in!

Involved in using TFH professionally, or are developing and using it in different and exciting ways? Write an article and share your knowledge.

The purpose of the Newsletter is to report on TFH as it is and to serve as an exchange of ideas, experiences and new information.

Our goal is to have as many topics covered in forthcoming issues as are possible. In order for us to achieve this goal we are actively soliciting manuscripts from instructors.

Planned topics for the coming year include:

- FURTHER RESEARCH ON MUSCLES
- SPECIAL APPLICATIONS OF EMOTIONAL STRESS RELEASE
- MORE "HOW TO" ARTICLES ON TEACHING METHODS
- TOUCH FOR HEALTH AND PREGNANCY
- A NUTRITION UPDATE
- FEATURED ARTICLES FROM THE ANNUAL MEETINGS
- TFH AS A BUSINESS
- PROMOTING TFH CLASSES
- TOUCH FOR HEALTH AND SPECIAL GROUPS - PRE-SCHOOL CHILDREN, ATHLETES, DRUG AND ALCOHOL ABUSERS
- AND ANY MORE YOU CAN THINK OF!!!

SEND TO: TOUCH FOR HEALTH
1174 North Lake Av.
Pasadena, CA 91104
ATTN: Newsletter Editor

ITW GRADUATES

PHOENIX, AZ - Dec. 5-13, 1980

Dr. Mary Marks, Instructor

Jennifer Boulanger - Houston, TX
Dana L. Carlos - Lake Park, FL
Colleen A. Crawford - Taylor, AZ
Emma Espinosa - Blanca, CO
Janie Fleuret - Oceanside, CA
Telse Hunter - Ontario, Canada
Mary Joann Hurley - Tucson, AZ
Beverley Louise Nall - Ashland, KY
Linda Pert - Binghamton, NY
Irene Radamski - Toms River, NJ
Gary Trexler - Phoenix, AZ

PASADENA, CA - Jan. 9-17, 1981

Nancy Joeckel Crockford, Instructor

D. L. Pepper Brydon - Studio City, CA
Dennis P. Higgins - Three Rivers, CA
John A. Higgins - Three Rivers, CA
Ruth L. Higgins - Three Rivers, CA
Charlotte Ishikawa - Pasadena, CA
Georgia Lee Mandel - Thousand Oaks, CA
Joni Okimoto - Bellflower, CA
C. Danny Salerno - North Hollywood, CA
Kathleen Sylvia Street - Portland, OR
Peter Olof Wilhelmsson - Culver City, CA
and Sweden
Syndi Winters - West Hollywood, CA



Back Row: Nancy J., Peter, Georgia, John, Dennis, Danny.
Middle: Carol Bondi, Kathy Street, Ruth, Pepper. Front:
Charlotte, Joni, Syndi.



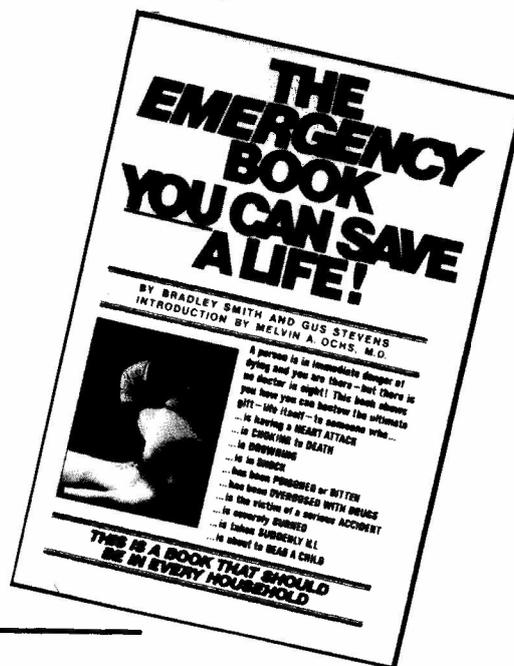
THE ENTERPRISES THE STORE



THE EMERGENCY BOOK

by Bradley Smith and Gus Stevens

Every year in the U.S. more than 600,000 people die from heart attacks and more than 100,000 from accidents. Had there been someone with basic medical knowledge nearby to give instant treatment, many of these people might have lived. In Seattle many, in fact, have been saved, thanks to a well-known program there in which thousands of people have been taught CPR in case they have to treat the victim of a heart attack. The Emergency Book now brings the Seattle program to you, plus techniques for saving people in a variety of other life-threatening situations. Softbound, \$4.95



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Touch for Health Tee-Shirts	\$ 9.00
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Structural Kinesiology--Out of Print	
Use Both Sides of the Brain	\$ 6.95
Dancing Wu Li Masters	\$ 6.95
Acupuncture by Mann	\$ 2.95
Acupuncture Therapy By Austin Out of Print	
Acupuncture Without Needles	\$ 4.95
Barefoot Doctor's Manuel (Running Press)	\$ 7.95
Do-It-Yourself Shiatsu	\$ 6.95
Your Healing Hands	\$ 6.95
Body-Mind	\$ 2.25
Back to Eden	\$ 2.95
Vegetarian Cooking Made Easy	\$ 3.00

(Prices subject to change without notice.)

HOW TO ORDER

By Mail — Send requests to Sales Department, THE ENTERPRISES STORE, 1200 N. Lake Ave., Pasadena, CA 91104.

Shipping: Please add \$1.50 for the first book, 50¢ each additional one. Add \$1.75 for the first chart (toko, clothing, or other item), 50¢ each additional item.

By Phone — In a hurry? Call us at (213) 798-7893 and we'll ship via United Parcel Service C.O.D.

PURCHASES CAN BE CHARGED TO YOUR VISA CARD OR MASTERCARD. Simply supply card number and expiration date.

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Touch for Health Foundation Members, in good standing, are extended a Courtesy Discount of 10% on most items.

Satisfaction guaranteed. Any unsatisfactory item must be returned within 10 days after receipt.

WHEN IN PASADENA, visit our new, enlarged bookstore at 1200 N. Lake Ave. (near Washington Blvd.). All items are on display.

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Saturday, 9:00 a.m. to 1:00 p.m. (P.S.T.)



THE MEMBERSHIPS

INTEREST MEMBER: Annual dues \$20. Interest members receive the monthly newsletter and regular mailings about TFH activities.

PARTICIPATING MEMBER: Annual dues \$30. In addition to the newsletter, participating members receive a TFH pin and reduced rates for Foundation sponsored conferences. They may also participate in the annual meeting and weekly TFH Club meetings.

PROFESSIONAL MEMBER: Annual dues \$60. Professional members who are not Instructors receive the monthly newsletter, reduced rates at Foundation conferences, professional discount rates on selected publications through THEnterprises, a TFH pin and a subscription to the journal (as published). Professional members are listed in the directory (as published) and receive professional referrals from the Foundation.

LIFE MEMBER: Gift or pledge of over \$1000. Life members receive monthly newsletter, reduced registration fees for Foundation sponsored conferences, discount on selected publications through THEnterprises, a pin, a recognition plaque, a journal subscription and a directory (as published). They are eligible to participate in annual meetings and the TFH Club.

CERTIFIED TFH INSTRUCTOR MEMBERSHIPS

Active: Annual dues \$25. Active instructor members are those actively teaching Touch for Health. They receive the monthly newsletter, regular mailings about TFH activities, a TFH pin, reduced rates for Foundation sponsored conferences. They may participate in the annual meeting and weekly TFH Club. They receive referrals for their basic classes, a TFH directory and journal as published, a 25% discount on 4 or more copies of TFH publications, and a 10% discount on other items through THEnterprises.

Professional Instructor: Annual dues \$50. In addition to the above benefits, professional instructors receive professional referrals from the Foundation.

All memberships are tax deductible.

APPLICATION FOR MEMBERSHIP

NAME (PLEASE PRINT) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

OCCUPATION _____

Specialty Areas _____

TFH Activities (including A.K.) _____

TYPE OF MEMBERSHIP (check one)

- Interest Member** (annual dues \$20)
 Participating Member (annual dues \$30)
 Professional Member (annual dues \$60)
 Life Member (\$1000 gift or more)
INSTRUCTOR MEMBERSHIPS
 Active (annual dues \$25)
 Professional (annual dues \$50)

(Foreign addresses add \$12 for airmail)

please give applicable information

- New Member
 Renewal of Mem. # _____ exp. date _____

Basic class inst. _____ Date ITW taken _____

I, _____
hereby apply for membership in the TOUCH FOR HEALTH FOUNDATION. This application is an expression of my desire to contribute to the realization of the Foundation's objectives.

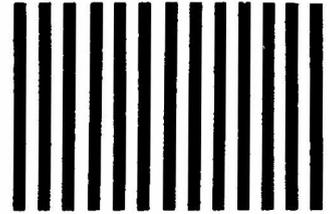
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NEXT ISSUE

COMING NEXT ISSUE:

A SEMINAL ARTICLE ON TOUCH FOR HEALTH AND DYSLEXIA!

Instructor Paul Dennison reports on his year long research using TFH with dyslexic adults and children.

ALSO

A personal account from Instructor Linda Paricio on Balancing the Fetus.

PLUS

Our usual columns by Gordon, John, Dan, Grace and Richard

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