

IN TOUCH FOR HEALTH



APRIL 1981

IN TOUCH FOR HEALTH

Touch For Health Foundation
Publisher

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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.

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CONTENTS

Volume 6

Number 3

April, 1981

PAGE

1. PRESIDENT'S COLUMN- DR. JOHN F. THIE
John talks about expanding TFH and gives his views on licensing boards.
2. FROM THE EDITORS- Dick makes announcements concerning IN TOUCH FOR HEALTH including the submitting of articles and sale of back issues.
3. EMOTIONAL STRESS AND FIVE ELEMENTS- A NEW APPROACH- Kevin Siddons
Kevin talks about using TFH in an alcohol treatment program.
6. TEACHING TFH: TRAINING TIPS- Mary Marks, D.C.
Mary introduces muscle testing charts to make record keeping easier.
9. EXTRA - MORE FROM JOHN.
11. KNOW YOUR MERIDIANS- Dick Harnack
This month's meridian is LUNG.
12. TOUCH FOR HEALTH WORLDWIDE 1981 ANNUAL MEETING-
Time is running out! Hurry and register.
14. ANNUAL MEETING REGISTRATION FORM
15. REPORTS FROM THE FIELD- by Aleta McCormick
Aleta relates an experience using TFH as an emotional therapy.
16. THEEnterprises- Grace Baldrige

AS ANNOUNCED LAST MONTH, DR. JOHN THIE WILL BE TEACHING
A TOUCH FOR HEALTH BASIC COURSE THROUGH THE UNITED
METHODIST CHURCH OF MALIBU MAY 15 & 16, JUNE 5 & 6. FOR
FURTHER INFORMATION PLEASE CONTACT CHRIS WEILER-ALLEN AT
(213) 457-9669.

Dr. JOHN F. THIE

PRESIDENT

At the last meeting of the Board of Directors, a long discussion was held on the directions we should be taking to spread Touch for Health. I would like to ask all of you to take a moment and think about the directions you feel we should be taking. We are continuing the Instructor Training program and expanding the number of people involved in this. We are also attempting to increase the number of para-professionals and professionals that give therapy to include Touch for Health methods and teachings as part of their services.

Our directions have been toward keeping this organization a peoples' movement. We have kept the requirement for enrollment in the Instructor Training workshop to a knowledge of the material in the Touch for Health book. We have found, as people come to the ITW's, that their skill levels vary greatly - even though they have taken a basic Touch for Health class.

This year we are launching our first attempt at having more control of who remains a certified Touch for Health instructor. We are asking all instructors to agree to teach the same materials in order to have the course uniform throughout the world. We are requesting that certain material be covered and by the end of the course, a person be able to balance using the 14 muscle test of the 14 meridians. We hope by this method, the materials can be shared by a larger population and therefore make our world healthier.

We are presently considering having special training for doctors' assistants to qualify and encourage them to use muscle testing as part of their doctor's examination and therapy procedure. We are also putting on special classes for doctors to aid them in getting started using muscle testing and Touch for Health as part of their practice.

What do you think about these additional programs for the Foundation to sponsor?

We have had from time to time, requests for the Foundations to promote Touch for Health as a licensed therapy. I have personally opposed this idea because I feel licensure does not do what it is supposed to do - protect the public from fraud and incompetence. I do not believe you can legislate morality. I believe you must show trust and faith and then you will receive it. I was pleased to read (in the February 23rd, 1981 issue of the "Leading Edge Bulletin") that Nobel Prize winning economist, Milton Friedman agrees with me (or I with him). Quote, "For the past fifty years we've operated under a philosophy of 'Papa knows best'. That means big government knows best, or professional licensing boards know best. What you're seeing is a strong reaction - not only against paternalism in government, but a deep-rooted movement toward consumer self-determination and self-reliance in every field." Occupational licensure, both in the professions and the trades, is drawing fire from critics who say that state boards serve the specialties by limiting competition.

"I'm in favor of unlicensing practitioners in any field as long as there is strict enforcement of laws preventing fraud."

con't. next page.....

From the editors...

This issue marks the beginning of a new editorial board of In Touch For Health. Richard Harnack is in charge of the solicitation and editing manuscripts and Aleta McCormick is in charge of the lay-out and technical side of the magazine.

All materials submitted need to be typed double spaced. Any graphics accompanying an article must be camera ready. We would like to have a current photograph to be printed with your article, a simple black and white polaroid will do.

Not only do we have a new editorial board, but we are now receiving articles from instructors all over the country. Last month we featured an article on Dyslexia by Paul Dennison and this month I am glad to have Kevin Siddons share with us his preliminary research on emotional stress release and the law of five elements. Both of these articles mark what I hope will be the beginning of many more original research articles by TOUCH FOR HEALTH Instructors.

If you have any ideas, stories, research or teaching tips you would like to share with others in TOUCH FOR HEALTH, here are the requirements for the various departments of In Touch For Health.

- Major articles - 500 - 800 words
- Reports from the Field - 150 words maximum
- Announcements - 75 words maximum

Finally, there are a limited number of back issues of IN TOUCH FOR HEALTH available for sale. The cost per issue is \$1.00, or 12 issues for \$10.00. Postage is \$.50 per issue in the U.S. and \$1.00 per issue for all other countries. Issues currently available are: May 1979, July 1980, August 1980, September 1980, October 1980, November 1980, December 1980, January 1981, February 1981, and March 1981. When ordering, please print clearly the issues desired, quantity, and your name and address. Pre-paid orders only. All orders are sent first class and are subject to stock on hand. To order write: IN TOUCH FOR HEALTH, c/o Touch For Health Foundation, 1174 N. Lake ave., Pasadena, CA 91104. ATTN: BACK ISSUES.

Aleta and I hope you enjoy the issue, and - as always - keep in touch!

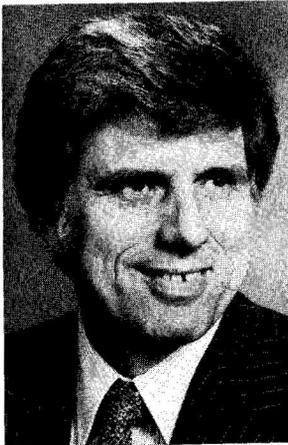


John con't.....

What I would like to see, is that when a Touch for Health course is given, the skills promised are delivered in such a way that the members of the class leave able to make choices to enhance their health and self-esteem.

In this way, I think we can feel good about what we are as an organization.

Please write me or speak to me personally at the annual meeting in San Diego.



EMOTIONAL STRESS and FIVE ELEMENTS

A NEW APPROACH

by Kevin Siddons

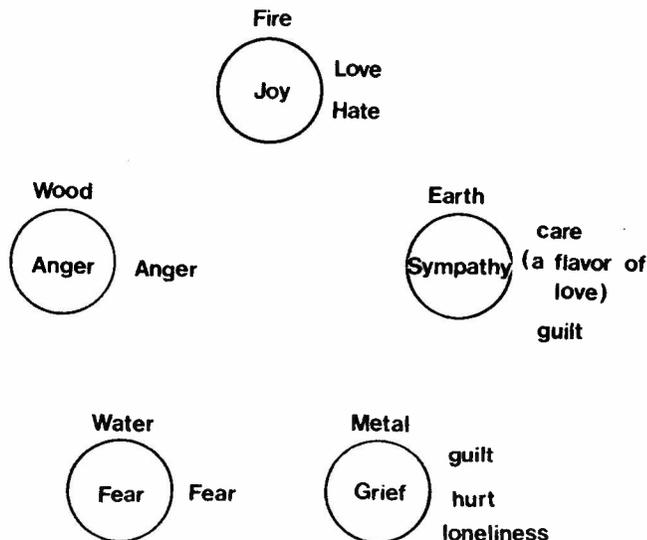
Kevin Siddons, Coolfont 1980, has been using TOUCH FOR HEALTH in an alcohol treatment program at the Halfway House of Lehigh Valley. Kevin uses Touch for Health as an educational tool "in concert with group therapies and individual counseling".

The treatment philosophy of our program is that Alcoholism is a wholistic disease and is best treated physically, psychologically, socially and spiritually. To address the psychological aspect of this dis-ease, we work on feelings, attitudes and beliefs. I believe there are seven basic feelings: love, anger, hate, fear, hurt, loneliness and guilt (guilt can be broken down into fear and anger).

One of the groups I run at the Halfway House, focuses on feelings and I wanted to see if this group was helping people to become more balanced. I began testing the emotional stress response with some of the residents. In an effort to refine the results, I did the following experiment.

I determined the feeling that produced the emotional stress response by muscle testing (I usually use the deltoid). The muscle would go weak on the feeling which produced the stress (cf. p. 119 of TOUCH FOR HEALTH, by John Thie, D.C.) Then the person says, "I feel _____" and says the feeling that produced the weak response. I found that after expressing the stress producing feelings several times, the individual almost always re-tested strong. In fact, sometimes it was only necessary to express a feeling in this way and the rest of the stressed feelings would re-test strong (just like a regular Touch for Health balancing).

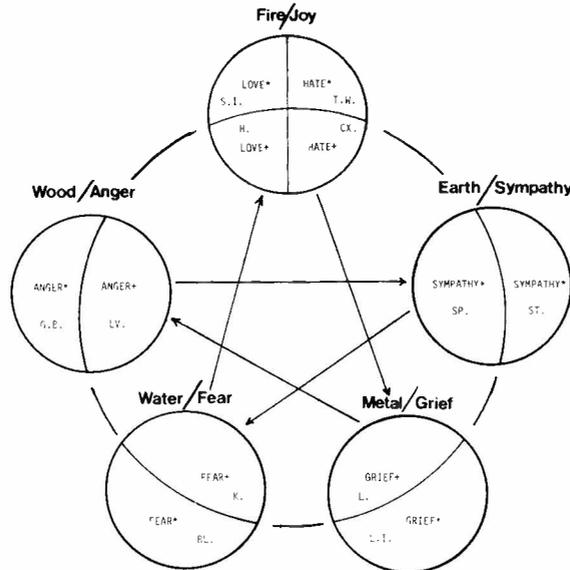
The next step was to relate the feelings used with the Five Elements to the feelings used in groups. Using muscle testing, I came up with the following results:



From this point, I had the following questions:

- 1) What is the difference between Liver meridian anger and Gall Bladder meridian anger?
- 2) Wouldn't there be a difference with overenergy and underenergy anger?

Professionally, I have seen people expressing how "scared" (fear) they are and they did not feel better until they expressed their anger. In that case, fear is the overenergy and anger was the underenergy. Yin/yang energy can be thought of as relating with self and yin/Yang energy as relating with others. Now the Five Elements look like this:



*All Yang meridians (outside) indicate feelings toward others.

+All Yin meridians (inside) indicate feelings for self.

Now, each meridian has an associated feeling/relationship. To determine if the involvement is overenergy or underenergy, first muscle test all the feelings with relationships. This can be done by using an indicator muscle that tests strong, saying "anger with self", for example, then re-testing the indicator. Then check alarm points. Using an indicator muscle, touch test the liver meridian alarm points and say "anger with self", for example.

At this point, I went back to my original experiment of pre-testing, having the person saying how they felt and re-testing. The difference now being, I would ask the individual to express the feelings that tested underenergy. If the feeling was directed at self, I would ask them to say it out loud to themselves. If the feeling was directed at others, I would ask them to direct it at someone. (To determine "who" this someone is, test an indicator muscle. Have the individual think of someone who they think might be stressing them and muscle test. The ones that test weak are prime candidates. To determine the feeling not being expressed with the candidates, have the testee say the feeling out loud to the candidate. When the unexpressed feeling is finally said out loud, the muscle will test very strong.

The candidates do not have to be present for this to work.

EXAMPLE: Norman Noman

Pre-Test

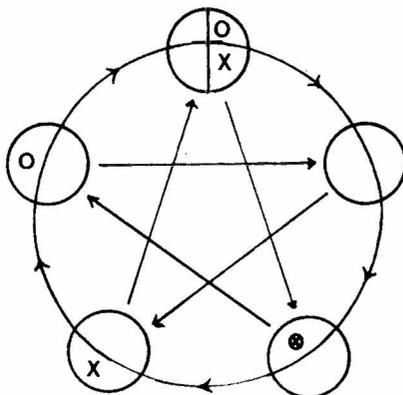
Muscle test the deltoid (strong). Say to the testee:

| | |
|-------------------------------|----------------------------|
| "Hate with others" (test) | "Fear with others" (test) |
| "Hate with self" (test) | "Fear with self" (test) |
| "Sympathy with others" (test) | "Anger with others" (test) |
| "Sympathy with self" (test) | "Anger with self" (test) |
| "Grief with others" (test) | "Love with others" (test) |
| "Grief with self" (test) | "Love with self" (test) |

Touch Test Alarm Points

Touch Lung meridian alarm point, say "Grief with self" and test. Do the same with all alarm points with appropriate feelings/relationships.

Results



Underenergy

Circulation-Sex meridian and hate with self.
Bladder meridian and fear with others.

Overenergy

Triple Warmer meridian and hate with others.
Gall Bladder meridian and anger with others.
Lung meridian and grief with self.

Prime Candidate

Uncle Waldo (deltoid tested weak when imagined)
When Norman says, "Uncle Waldo, I feel scared" and "Norman, I feel hate" several times each, he re-tests very strong.

Post-Test

Norman stays strong with all feelings/relationships and all alarm points re-test strong.

TEACHING TFH: TRAINING TIPS

BY MARY MARKS, D.C.

This month, we are featuring new forms and charts to make muscle testing and record keeping easier and more efficient. This checklist is designed so that one could do either the 14 muscle balance, or the full 42 muscle balance. The major indicator muscles, the 14 muscles we usually use to check the general energy and postural balance, have the initials of their meridians to the right, with the other muscle used with that meridian listed just below it.

To use the form, be sure to mark every muscle that was tested. I use a dot for strong muscles, and indicate the imbalances with R or L when one-sided, an X or B when both fail to respond. Remember, if there is any doubt when the muscle is tested, consider it weak and balance! The circles at the bottom of the form represent the wheel and the Five Elements for quick reference when balancing the muscles. Yin/Yang are indicated as inside (yin-side) or outside the circle.

On the back of the muscle testing checklist is a simplified wheel and Five Element diagram. When this sheet is placed in a clear plastic cover or laminated, the weak muscles can be marked with a china marker or washable felt pen. After the results have been transferred to the person's muscle balance record, the chart can then be erased and used again.

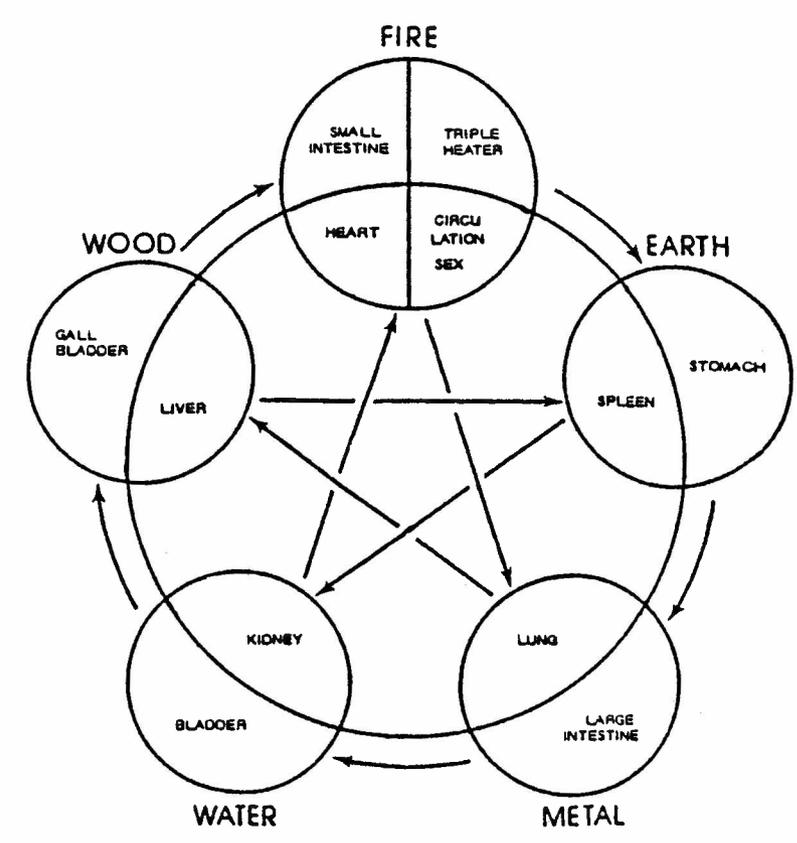
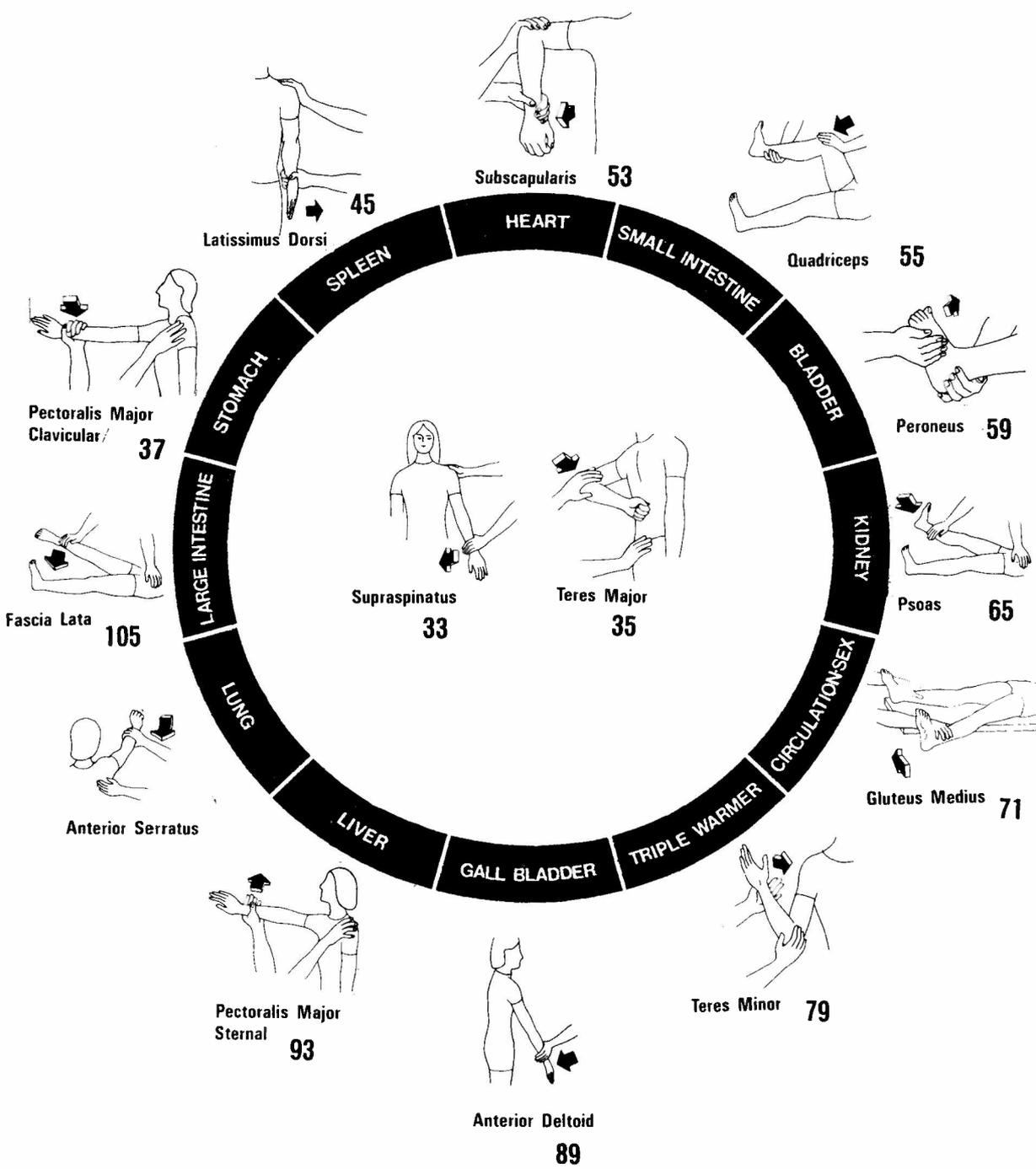


Kevin Siddons (con't.)

CONCLUSION

I found that after expressing the underenergy feelings, the individual would test strong. Several times, I muscle tested the fourteen basic muscles and alarm points, then I checked the feelings. The person would then express the underenergy feelings. When re-tested, the fourteen muscles and alarm points were balanced. Also, a postural analysis was done before and after the testing and expression. When the individual expressed the underenergy feelings, their posture improved.

To summarize, I find that each meridian of the Five Elements has its own particular feeling/relationship. Muscle testing can be used to determine if the feeling is underenergy or overenergy. Expression of the underenergy feeling with the appropriate relationship is strengthening and balancing.



IN TOUCH FOR HEALTH - Apr. 1987

EXTRA!

I believe everyone should read the following article and think about its significance. Our modern diets have changed away from natural foods, which contain all the vitamins and minerals, that we need to utilize fresh foods in as near a natural state as possible and, if not always possible, take supplements. If mental retardation can be, so can other functions of an inadequate diet. -John-

[The following article first appeared in the March 9, 1981 issue of Brain/Mind Bulletin, Vol. 6, #6, under the title of "Diet supplements increase IQ's in mentally retarded".]

The addition of 11 vitamins and eight minerals to the otherwise unaltered diets of 16 mentally retarded children has produced dramatic results in a Virginia experiment:

- *Over eight months, an average increase in IQ of some 16 points.
- *A 30-to-40-point IQ increase in four schoolchildren subsequently transferred from mentally retarded to regular classes.
- *Improved visual acuity, which enabled two children to dispense with eyeglasses.
- *Doubling of weight gain, more rapid increase in height and -- in four Down's syndrome children-- a pronounced normalization of physical appearance.

The Down's syndrome subjects, whom most professionals consider to be hopeless, showed the greatest improvements. One gained 25 points in IQ, and all tended to lose the accumulation of facial fluids that produce so-called 'mongoloid' features.

During the first four months of research directed by Ruth Harrell of Old Dominion University, Norfolk, Va, the children took either two supplement or two placebo tablets per meal. None of the children, parents, or evaluators of the research knew who received which tablets until post-testing was completed.

The placebo group exhibited a mean gain of only 1.1 IQ points compared with a 10.8-point gain for those who regularly took supplements. The placebo group then received the same nutritional therapy with essentially identical results. Each group during four additional months of receiving supplements, achieved another mean gain of five IQ points. Younger children averaged the greatest gains.

The four children who became capable of regular classwork registered IQ jumps from the mid-60's to a range between the mid-90's and over 100. They continued to take the supplements after the formal research was concluded.

The direct findings of Harrell's research team received several incidental confirmations:

*The vision improvements were detected by physicians unaware of the experiment.

*Those who took their supplements sporadically failed to improve.

*A 15-year-old who achieved normal grade-level performance, when taken off supplements at the insistence of a family physician who suspected quackery, regressed to an IQ of less than 50.

Harrell implemented the research to test the theory that some diseases are based on genetically caused insufficiencies that can be prevented or ameliorated with appropriate nutrients. This "genotrophic" theory was advanced 30 years ago by Roger Williams, professor emeritus of chemistry, University of Texas.

The research design reflected sensitivity to criticisms that the IQ benefits of previous nutritional studies resulted from increased attention, socialization or training.

"Our study initiated no change whatever in the schooling, socialization or lifestyle of these kids," Harrell said. The pills -- supplements or placebo -- were the only observable difference.

Harrell's work was featured in a series of recent front-page interviews in Medical Tribune 22: 3, 4, 5. Harrell: Psychology Dept., Old Dominion U., Norfolk, VA 23508.

TFH Instructor David Isaacs writes concerning the book Pain Erasure by Bonnie Prudden.

"...I bought the book when it was first published - read it cover to cover - and tried it on myself and friends. Results... It hurts! It increases tension in the affected area and does not decrease the pain.

It is possible that manual pressure on "trigger points" could work - but why bother when there is a technique that incorporates trigger point release without increasing any pain!... It is called Orthobionomy-phased reflex technique. Many active TFH'ers in the Bay Area have taken the training over the last few years and now use it with TFH.

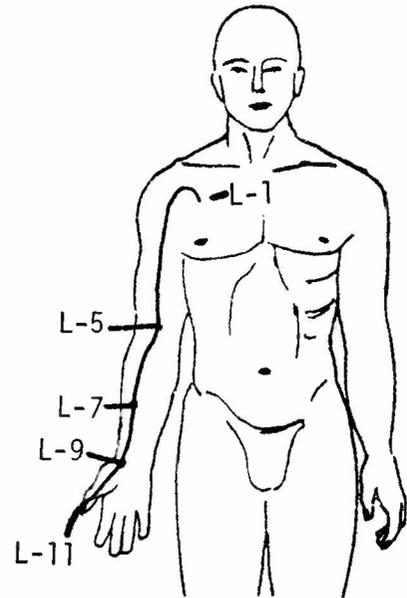
The trigger point work, mentioned in the text, was further developed by an osteopath by the name of Jones and in recent years by Arthur Lincoln Pauls, D.O. Their discovery - the triggers will release spontaneously, if the body is positioned properly! Gentle pressure and movement does it all. (If you scan Pain Erasure, you'll notice anything but gentle pressure.)

I urge any instructor interested in trigger point techniques to approach Pain Erasure with caution.

For information on Orthobionomy contact: Phased Reflex Foundation, 30 Orchard Way, Novato, CA 94947."

KNOW YOUR MERIDIANS

by
Richard Harnack



LUNG (L)

ELEMENT: METAL

YIN/YANG: YIN/yang

PULSE: Right wrist, first position, deep touch.

PONIFICATION POINT: L-9, at the wrist fold on the radial artery just above the heel of the thumb.

SEDATION POINT: L-5, in the elbow fold just lateral to the tendon insertion of biceps.

LUO/SOURCE POINT: L-7, two human inches above L-9

ALARM POINT: L-1, first intercostal space lateral to the head of the humerus (round your shoulders forward, the hollow formed is where L-1 is)

TIME OF DAY: 3 A.M. - 5 A.M. (peak)

MUSCLES ASSOCIATED: Anterior Serratus, Deltoid, Coracobrachialis, Diaphragm

PATHWAY: Begins at the first intercostal space lateral to the head of the humerus goes up to the 2nd point just below the clavicle, down the middle of the biceps remains on the mid-line of the arm to the fold at the elbow from here it follow close along side the radius to the curve of the heel of the thumb around the thumb and ends on the nail root. There are 11 acu-points on this meridian.

FUNCTION: To bring the outside (air) into ourselves and to replenish the supply of "chi".

EXCURSUS: In some schools of acupuncture the lung meridian is the beginning of the meridian cycle. This is because of its time of day is towards sunrise and we begin our day with a good stretch and yawn inhaling the fresh air of the day.

1981 ANNUAL MEETING

TOUCH FOR HEALTH

MORE ON THE ANNUAL MEETING!

PROGRAM: Dr. John Thie, Founder and President of TOUCH FOR HEALTH; Dr. Sheldon Deal, current President of the ICAK; Dr. Len Duhl, U.C. Berkeley professor and author of many books on health planning and urban policy; Gordon Stokes, our much travelled Training Director; Dr. Mary Marks, Instructor Trainer and editor of the current Instructor Training Manual...This is just a partial listing of the speakers, more next month.

WHAT TO DO WHILE YOU ARE THERE: Not only will you be involved in the many lectures and workshops planned, but there will be plenty of time to enjoy the surroundings of the University of San Diego and the beauty and excitement of San Diego itself - Old Town, the Wharf area, and the beaches, to mention a few attractions. The accommodations are comfortable and the meals are excellent - both vegetarian and non-vegetarian.

SOME ANSWERS TO OFTEN ASKED QUESTIONS:

If I wish to come for less than the full program, must I still become a member?

Yes, the memberships are what make this meeting possible.

What is the conference fee for less than the full program?

The conference fee is \$25 per day for less than the full five days.

What are the meal costs for "off-grounds" participants?

Breakfast: \$2.75; Lunch: \$4.00; Dinner: \$5.75. Total cost: \$12.50 per day.

Is there an "off-grounds" fee?

Yes, the University will be charging \$7.50 per day to cover their administrative costs. It actually costs less to register for the full conference and stay at the University than to live off-grounds and attend. (Also, the TOUCH FOR HEALTH family gathers after hours to share songs, stories, experiences and lots of hugs!)

What is the schedule of the conference?

The committee will meet again in May to finalize the schedule.

As always any questions on costs, travel and accommodations will be gladly answered by the Foundation -- give us a call.



LAST CHANCE TO SAVE \$20!
Register by May 1 and save
\$20 off the conference fee!

WORLDWIDE

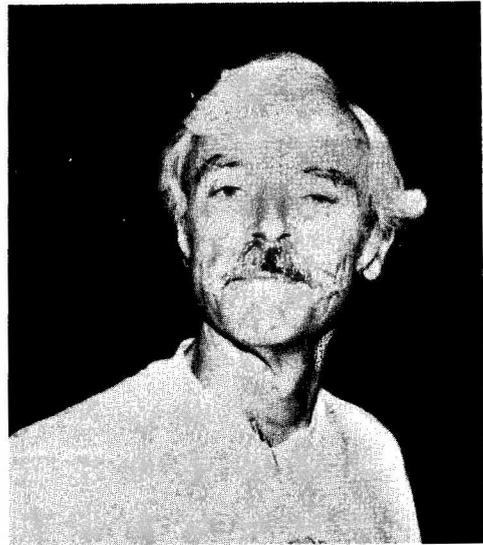


IMPORTANT DEADLINES:



***All recommendations for awards and special recognition need to be in by MAY 1, 1981!
Send these to:
PEGGY MADDOX
Awards Chairman
627 Camino De Encanto
Redondo Beach, CA 90277

***All papers, outlines and synopses for presentations at the Annual Meeting are due by MAY 1, 1981. Send to:
TOUCH FOR HEALTH, 1174 N. Lake Ave., Pasadena, CA 91104 ATTN: Mike Schley



***T-Shirt size. We need your size and style by -- surprise! May 15th. All who register before May 15th will receive their T-Shirt as part of the Conference fee. Additional T-Shirts will be on sale at the Meeting.

"What is your size?"

REPORTS FROM THE FIELD

By Aleta McCormick

We first met over ultrasound. Mr. X was a quiet, listless elderly man who came on a regular basis to Thie Chiropractic. His doctor faithfully sent him back for physical therapy and often it was I who administered his treatments.

Although his conversation carried many of the usual complaints, he appeared hopeful, firmly resolved to get well. Mr. X was medically in good health, but for no apparent reason, he suffered from chronic fatigue and muscle pain in the neck and upper back.

In spite of all the doctor's efforts, the weeks and treatments rolled by without any response to Mr. X's problem. By this time, Mr. X was no longer a pleasant hopeful man. A heavy aura of gloom followed him into our Physical Therapy Department. Feeling helpless, I began to dread his coming.

One day, Mr. X showed up with something new added to his regular P. T. order - muscle balancing, touch for health syle. Also, his wife was now to accompany him to each P.T. session. We were instructed to teach her how to work on Mr. X at home. Two therapists were assigned to him, Eileen Feruzzi and I. Alternately we worked on him, doing a simple muscle balance and making sure that he and his wife always left with "homework".

Mr. X's spirits were the first to improve. Then little by little, he began to acquire, with each treatment, more vitality and more over-all muscle strength. Touch for Health was working.

Still, his progress was slow and it would vacillate between improvement and backsliding. So with his doctor's permission, Eileen and I added something extra to his regular muscle balancing therapy. We began working with his emotional centers. At the end of each treatment, we would have him close his eyes and while we held our fingers lightly over his front NV holding points, we had Mr. X imagine all the fears and problems that plagued him that day. Sometimes he would verbalize them, but often he remained silent, simply telling us when he had everything visualized clearly. Then we would ask him to place these problems in a large, brown envelope and throw it into a huge white fire. He was then to tell us when they had disintegrated. Sometimes Mr. X did not want to throw his "bagged" problems into the fire. So we allowed him to file them away in a file cabinet until another time. As before, he would tell us when the problems were filed away. Then we would have him picture a scene from his memory that gave him a feeling of joy. We then told him to experience that feeling so completely that it filled his mind and life. When he had completed this task, his session was over.

From here on, Mr. X's progress was dramatic. Within a couple of months, it was a happy, still quiet but energetic man who asked to see Eileen and me. As we walked out to the front office, we discovered that Mr. X had come to say good-bye; he was moving back East. He thanked us profusely for our help and assuring us he'd never forget us, he exclaimed to all within hearing distance that we had "saved his life."



THE ENTERPRISES THE STORE



SHUFFLEBRAIN by Paul Pietsch (\$10.95 from Houghton Mifflin)

The (hologramic) theory has power. It has range and generality. It is consistent with every relevant fact I know about memory in living organisms. It relates mind-brain to nonliving systems and thereby suggests that the mind is not a supernatural entity but a part of Nature. The theory reconciles diverse bodies of previously unequivocal evidence.

And, without fail, it has predicted the results of all my experiments, some of which I still find hard to comprehend.

Yet the theory could be false, in the logician's sense of the word. And nowhere will I try to tell the reader that a theory is true....Strictly speaking, true scientific theories do not exist. Does a given theory work? Is it logical? Does it generate new understanding? Can it allow the human mind to fathom what has always seemed beyond the depths of reason? Does it allow the intellect and imaginations to place the phrase 'what if' at the front of new and novel questions about Nature?

When the answer is yes, the theory's existence....rather than its proofs turns out to be what counts: and the existence of the theory may alter the future course of thought and change the destiny of civilization.

The subject of this book has very suggestive historical markings. My hunch-- and I carefully label it as hunch--is that the existence of a general theory of biological memory means that we, all of us, have entered into the early, uncertain styles of the age when science began to penetrate the core of the subjective cosmos. --Paul Pietsch, Shufflebrain. Dr. Thie recommends this book.



We now have a book brochure for the second edition of the TOUCH FOR HEALTH BOOK. It is a single sheet folded in thirds and is green and white. Price- 25 for \$1.50 Send a stamped self-addressed envelope for a sample.



The Jo Preventative is now a single sheet with the registration a part of brochure. It is available in ivory with blue ink and also tan with brown ink. This is the self mailer that has space for your class schedules. Price 100 sheets for \$3.75.



There are two Touch for Health posters--The Touch for Health poster with the Michel Angelo hand and a place for class time and place, this is printed in a dark blue ink--the Nancy Wood poster is an announcement about Touch for Health on ivory paper printed in blue. Price 25 for \$3.75.

We have been sending out samples of these with orders, if you would like one please send a request and stamped self-addressed envelope.

(Prices subject to change without notice.)

HOW TO ORDER

By Mail - Send request to Sales Department, TheEnterprises 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 (Rite, 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.

Orders are usually shipped same day request is received, if there will be any delay, customers are advised promptly.

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

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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.

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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.

Amount enclosed \$ _____

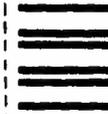
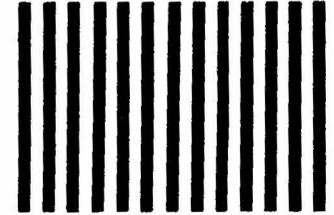
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MARY MARKS, D.C. IS FEATURED ALONG WITH AN ARTICLE ON POSTURE BY PAUL E. DENNISON. LEARN ABOUT BRAZILIAN TOE MASSAGE BY PHILLIP CROCKFORD, AND MORE REPORTS FROM THE FIELD!

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