

# **IN TOUCH FOR HEALTH**

**OCTOBER 1979**



THE GRADUATES OF THE AUGUST ITW - HELD AT MARYVILLE COLLEGE IN ST. LOUIS. TWO THIRDS ARE STUDENTS AT LOGAN CHIROPRACTIC COLLEGE, AND THE WORKSHOP WAS ORGANIZED AND PROMOTED BY TFH INSTRUCTOR DOUG MAIN.

# TFH Newsletter '79

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BILL RILEY brings us an approach to re-program negative thought/action using a combination of neuro-vascular stimulation and 'loving affirmations'.

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HOW TO FREE YOURSELF FROM PAIN.

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THE TFH FOUNDATION is located at 1174 N. Lake, Pasadena CA 91104/213-794-1181. BOARD OF DIRECTORS/John F. Thie DC, President; Len Duhl, Vice-President; Gordon Stokes, Scty/Trs. STAFF/Alice Evans, Director; Gordon Stokes, Nat'l Training Director; Dan Hayward, Administrative Mgr; Dick Harnack, Seminar Coordinator; Kim Vieira, Adm Asst; Terri Easley, Beverly Winans, Secretaries. TFH NEWSLETTER CO-EDITORS: Daniel Whiteside & Gordon Stokes

# LOVING AFFIRMATIONS

Based on TFH INSTRUCTOR BILL RILEY's review of the work of Biokinesiologist John Barton

The majority of health authorities agree that most physical dysfunction is caused - or aggravated - by negative emotion. Correcting the physical effect, in such instances, is lasting only when we correct the emotional cause. One step toward this is the use of 'loving affirmations'.

Presented by Biokinesiologist John Barton (in his 1967 book LOVING AFFIRMATIONS), the idea is based on research best represented by Drs. Goodheart and Thie. Barton uses neuro-vascular stimulation simultaneously with positive affirmations to relieve the negative stress causing 'the problem'. His approach is basically that of the Emotional Stress Release process described on page 8 of this Newsletter, but he puts it to work on SPECIFICALLY AFFECTED AREAS.

Here's how the process works.

Before beginning, 'clear the system' to eliminate minor cranial problems that might otherwise interfere with the testing.

Have the person inhale forcefully through the mouth while holding the tongue on its roof with the tip touching the back of the upper teeth. Now have the person exhale deeply while pressing the tongue firmly on the floor of the mouth. REPEAT FOR 6 BREATH-CYCLES.

With the person 'in the clear', use either the SUPRASPINATUS or PECTORALIS MAJOR CLAVICULAR with which to test.

Have the person extend the forefinger of the left hand and curl fingers and thumb under and out of the way. Place your right hand on top of the person's so your forefingers are parallel. Touch the tips of both gently on the selected neuro-vascular point. (For those familiar with Applied Kinesiology, this is a combination of therapy localization and challenge.)

If the muscle weakens on re-testing, say the word 'LOVE' aloud. Re-test. If it tests strong, there's an emotional problem involved. (SHOULD THE MUSCLE STAY STRONG ON THE FIRST TEST, select a few more neuro-vascular points for testing.)

To find out where the problem lies, ask the person questions regarding job, relationships, self-image, etc. Re-test after each question to determine if the question is a stressor.

For instance: "Do you feel you're carrying all the responsibility in (job, family, marriage, a relationship, project or etc.)?" Or: "Are you holding in your anger (on the job, toward your boss, lover, children, a situation or etc.)?" Or: "Is grief a factor?" Or: "Are you afraid in (the situation, relationship, family or etc.)?"

If any question causes the test muscle to weaken, work out an affirmation with the person that turns his or her response positive in the situation.

EXAMPLES: "I handle my responsibilities spontaneously, easily and effectively." Or: "I release my anger and take charge of my life to confront the situation positively." Or: "I acknowledge my grief and let it go so I can continue with my life, happily and creatively." Or: "I acknowledge my fear and I'm willing to take action to confront it and change the situation to my best interest."

Have the person repeat the affirmation AUDIBLY a couple of times while you hold the neuro-vasculars. Ask the original question again and re-test. The muscle should now be strong. If not, hold the points and repeat the affirmation a few more times.

concluded on the next page.....

## Dr. JOHN F. THIE

More people seek help for pain than anything else. As a matter of fact, pain is a major reason people change their priorities and lives.

Sometimes we talk about it as if pain existed separate from the person, but it doesn't. It's real - in fact, there's nothing 'more real' to the person experiencing pain.

Of itself, pain is only our nervous system informing the body that something is wrong. When blockages occur, abnormal sensations take place and/or loss of control of functions result. So, pain gives us the chance to recognize there's a problem and clues as to what's wrong.

Often, getting relief is a simple matter.

Let's say 'a friend' puts a tack on a chair 'as a joke'. If we're unlucky enough to sit down on that chair - pow! - pain.

Well, that kind of specific pain is easy to deal with - we just remove our bottom from the chair.

But what if the 'tacks' are everywhere we sit? Or - worse - what if they're placed around erratically so we never know when to expect pain when we sit? Constantly anxious and on the alert, we become tense. Some of our muscles will become too tight (spasm) and others too weak to foster effective natural function.

These 'tacks', of course, can be emotional as well as physical situations; personal as well as conditional. Chiropractic and TOUCH FOR HEALTH are two of the best tools to alleviate both immediate and chronic pain. That's why we're 'at some pains' to explore pain control techniques in this issue of the Newsletter.

Another great resource in this field is the new book written by my good friend Dr. David Bressler, Director of UCLA's Pain Control Unit. It's called FREE YOURSELF FROM PAIN, and is available through T.H. Enterprises' Book Store (1200 N. Lake, Pasadena 91104). Dr. Bressler's done an excellent job of presenting a compendium of insights and techniques for handling pain. I recommend it to all who seek to understand pain - its cause and control.

## PRESIDENT

## REMOVE / USE

With this issue our NEWSLETTER continues its format to better serve people who are using the TOUCH FOR HEALTH approach.

When articles like Bill Riley's LOVING AFFIRMATIONS or Donna Dahlin's helpful tips on GENERATING CLASSES have value for you, 'remove and use' them as we hope you will the technical material on the following pages. They'll fit right into your TOUCH FOR HEALTH binder.

### BILL RILEY (conclusion)

Instruct the person to repeat the affirmations several times a day while holding the points (or a loving friend can help) for five minutes 'a session'. Just before sleep is best - the affirmation reaches the subconscious faster and the body frees itself sooner.

(If you use affirmations for other parts of your life - they will work more quickly if you hold the frontal eminences while repeating them.)

Using this 'loving affirmation' technique, you'll be spreading new health, joy and love among those you serve through TOUCH FOR HEALTH.

## ICAK

The next 2 sessions of the 100 hour Applied Kinesiology Seminar sponsored by the University of Missouri will be held at the J.C. Penny Building - 8001 Natural Bridge Road, St. Louis. DATES: October 20/21 and November 17/18. (Saturdays from 1 to 10 PM, Sundays 9/noon) FEE: \$100 pre-registered, \$125 at the door, per weekend session.

CONTACT: Dr. Katherine Conable at 608 N. McKnight Rd; St. Louis, MO 63132 or CALL 314/991-5655.

# GENERATING CLASSES

DONNA DAHLIN has a special kind of magic - personally and professionally. Before we share her tips on generating classes, we'd like to relay what she said in a recent letter. This will give you some idea of the impact Donna - and TOUCH FOR HEALTH - has on a receptive audience.

In August, Donna gave a series on TFH for the Science of Mind Conference at Asilomar. Teaching in her 'assigned class room' Monday, August 6th, she started with a pretty good crowd. But the word got around and on the following day, TWICE as many people showed up - most of whom had to sit outside. On the third day to the largest hall on the Hall - and there, even the own words: "I could never response I'd get! Fantasy said they are definitely and I have pages of names TFH classes are being held keep enough TFH books in on a local health show in conference in Hawaii, to come year - and people have recover the place!...This has weeks in my life!" That it list of over 400 names of interested prospects for the BASIC TFH class - names of people from all over the United States!



Herefollowing, in Donna's own words and inimitable style, are some of her thoughts about promoting TFH and generating classes.

"I've been a TFH Instructor for 1½ years now, and for the last year I've been able to support myself and two daughters teaching TFH. This really was my vehicle out of a marriage and there never was a question about whether I'd be able to make a living. Of course I would!

"In all my teaching, I have advertised only twice via the printed word. I have, however, been very active in planting seeds by giving demonstrations to groups and, sometimes, spontaneously to one person. Every college, holistic center and other group I've approached has paid off in a class for me. At present, I have 9 classes going and look forward to many more, based on my Asilomar experience with Science of Mind.

"Today I got a call from a backpacking club which wants me to do a workshop for them. I demonstrated TFH and some important neuro-vascular points to a group of hypnotherapists and TFH's implications in regard to their work was so obvious they recruited me to teach a class through their center! (This is the usual pattern: tailored presentation = TFH BASIC for the group involved.)

"People sometimes approach me and say something like, 'If Touch for Health' can give me just a little of the energy you have, I really want to learn it'. I get a lot of students this way and though I've always been pretty much the way I am, I don't feel it's unreasonable if people assume they'll get energized in my classes, because they do! And because they're feeling good, they tell their friends who call me for a class. My energy just spills over in my classes - I love to teach!

"If you aren't generating the classes you'd like, think about planting seeds in every group you can think of. Check out your own energies - are you a walking advertisement for the benefits of TOUCH FOR HEALTH? There are so many people out there who want and need our message; we're bound to be great successes if we can just get the TFH message to the people!"

# KNOW YOUR MUSCLES

THE TRAPEZIUS MUSCLE is so called because when its halves are paired it forms a trapezoidal figure of which no two sides are parallel. Each half is divided into thirds, the lowest of which is the LOWER TRAPEZIUS. It's located between the spinous processes of T5/T12 and the spine of the scapula.

**FUNCTION:** THE LOWER TRAPEZIUS is important in arm motion and posture - it has a lot to do with problems involving the scapula. Technically, it's the depressor of the scapula, bringing that structure down and the shoulder girdle toward the midline of the back.

**MUSCLE TEST:** The test can be performed with the person lying prone, face up or down. The best position is face down, arm extended, elbow straight and thumb rotated toward the ceiling. Direct pressure against the lower arm - in toward the head and slightly down.

**TO STRENGTHEN:** NEURO-VASCULAR HOLDING POINT is NV #3 in the TFH Text. It's located just below the crown of the head and about 1 inch above the lamboidal suture.

NEURO-LYMPHATIC POINT is between ribs 7 and 8 on the left side of the body approximately in line with the nipple. Search for sensitive area and use firm pressure.

**MERIDIAN:** Spleen.

## ORIGIN/INSERTION INFORMATION:

See illustration opposite. The origin is on the spinous process - 5th through 12th thoracic vertebrae.

Insertion is on the root of the spine of the scapula.

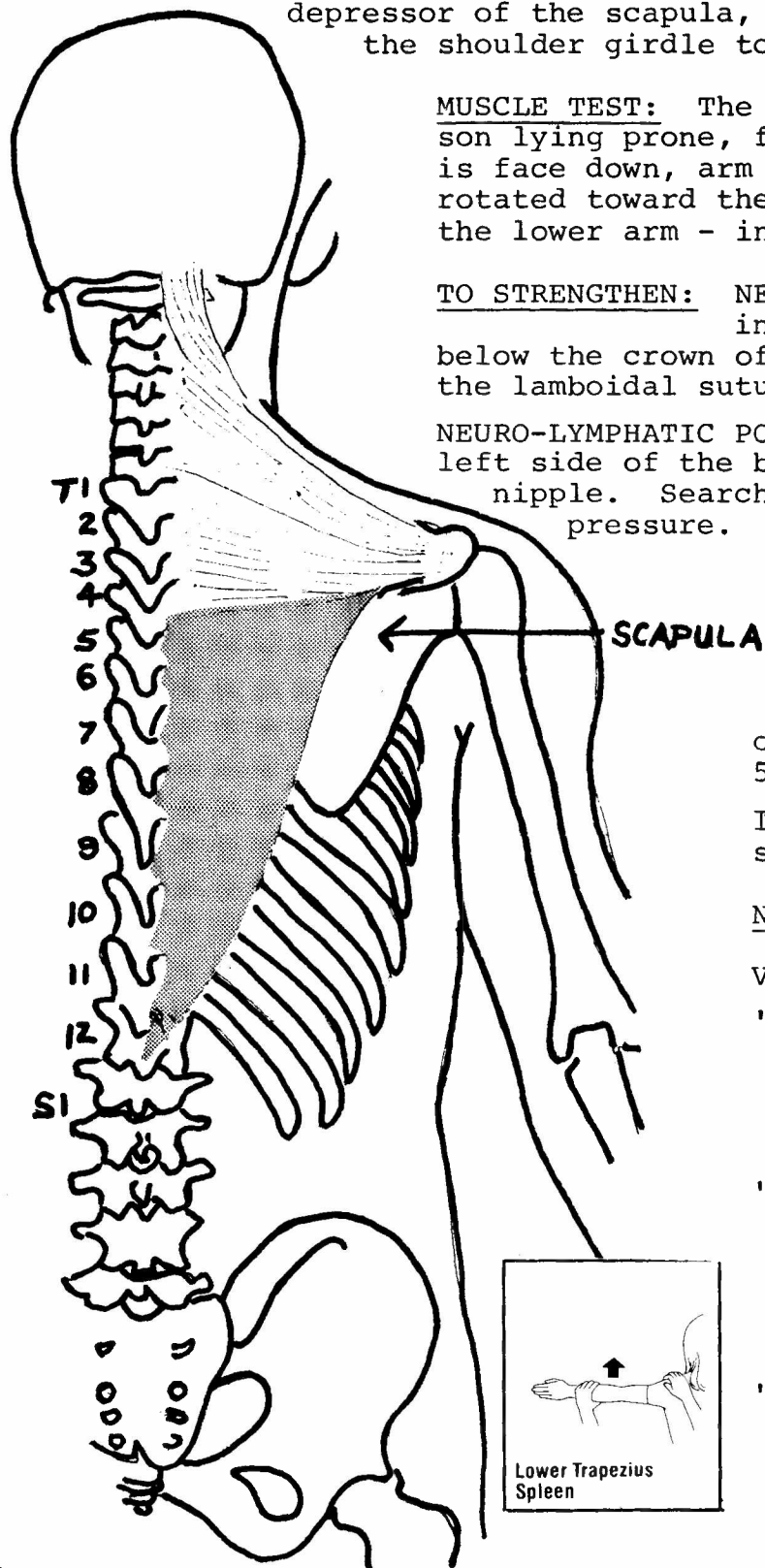
## NUTRITIONAL INFORMATION:

Vitamins involved are C, G and F.

'C' - Raw green peppers, parsley, cabbage, turnips and tomatoes; citrus fruits; liver and raw carrots and squash; sweet potatoes.

'G' - Riboflavin; mushrooms; liver and organ meats; skim milk, brewers' yeast, whole grains, soy beans, peas, eggs, beef, cottage cheese, green leafy vegetables, chicken, spinach.

'F' - Unsaturated fatty acids.



# SURROGATE TESTING

'Surrogate' means 'substitute'. Some people are hard to muscle test directly - babies, for instance, and invalids or those who've had recent surgery or whose bodies are in casts. Even some athletes or body builders who are extra strong may require SURROGATE TESTING. In such cases, we test a SURROGATE for the person who actually needs the help. The SURROGATE's body accurately reflects the other's condition when he or she is in physical contact with that person's body.

Here are the ground rules for SURROGATE TESTING:

- 1 - For best results, SURROGATES should be the same sex as the person to be tested (after the age of seven).
- 2 - The SURROGATE must be in physical contact with the person to be tested. Holding the hand, or touching the leg or shoulder is sufficient. Sometimes, it's easier to test an infant if it lies or sits on the SURROGATE's chest or stomach.
- 3 - Once the physical contact is made, proceed to test the SURROGATE for imbalance, weakness, over-energy or allergies.
- 4 - Balance the person directly but re-check, using the SURROGATE, after each correction to make sure it's been effective.
- 5 - When checking over-energy, the person being tested holds his or her own pulses - but if that's not possible, either the SURROGATE or another does 'the holding'.



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NOTE: We don't suggest using SURROGATE TESTING in open demonstrations - it's too 'far out' for many to accept at first. But DO use it in your classes because so many of your students have infants, older people, invalids and others unable to be tested in the usual way. Here's a good format to follow for an effective CLASS DEMONSTRATION OF SURROGATE TESTING...

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FIRST Pick someone as a volunteer who's feeling particularly well. Test the following muscles: pectoralis major clavicular, latissimus dorsi, supraspinatus and quadriceps. At least four out of three must test strong to use the person in the demonstration; otherwise you'll need someone else. Have the person leave the room - the reason being so he or she won't be influenced by observing what muscles 'blow' on the next person.

SECOND Get another volunteer, one who isn't feeling so well at the moment. Test the same muscles as before - you need 3 out of 4 weak, or find another person to use. Be sure your whole class notes which muscles are weak. If you have a table available, have the volunteer lie on it.

THIRD Your first volunteer is the SURROGATE; bring the person in and SURROGATE TEST (as above). The SURROGATE will now show up weak in the indicated muscles.

STOP AND ASK FOR QUESTIONS. The usual ones are 1) How does it work? and 2) Does the surrogate pick up and retain the other's weakness? The answer to #1 is 'it's like electrical current which passes through a grounded object/person without a shock, but can shock if the grounded person touches someone else - it's the same kind of electro-chemical energy transference'. The answer to #2 is 'Let's demonstrate'. SHOW, don't 'tell', here - simply reverse the roles of your demonstrators. Playing SURROGATE, the weaker will now test strong in keeping with the other person's state of balance.

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Tell your class the demonstration isn't over yet - the weak person has yet to be balanced.

FOURTH Using the SURROGATE, re-test one of the weak muscles. Now balance the person directly, in the usual way. Re-test, using the SURROGATE. The muscle should now be strong. If not, continue the correction as indicated. Re-test, using the SURROGATE, and balance the rest of the muscles if necessary.

STOP AND ASK FOR ANY MORE QUESTIONS.

FIFTH Re-check the muscles on the weaker person directly; do not use the SURROGATE.

Show that the corrections have been made and that person is now 'in balance'. (You may want to re-test the SURROGATE also to show that he or she is still as strong as before.)

## PAIN TAPPING

inhibiting transmission of pain messages by use of the Melzak/Wall 'GATE CONTROL' theory

Pain is transmitted by one set of fibers right into the spinal cord's grey matter to be relayed on to the brain. Unless the circuit's broken at that point, we become conscious of pain. Fortunately - in its wisdom - the body provides a way to short circuit the system. The right kind of TOUCH STIMULATION does just that. Here's how - and why.

In the spinal cord's grey matter there's an INHIBITORY SWITCH SET UP (actually, it's an inter-neuron). If one set of fibers is carrying a strong TOUCH STIMULATION at the same time another set is relaying PAIN, the INHIBITORY SWITCH stays 'ON', effectively cancelling the transmission of pain. (SEE ILLUSTRATION ON THE OPPOSITE PAGE.)

For this reason PAIN TAPPING is an excellent way to TOUCH FOR HEALTH.

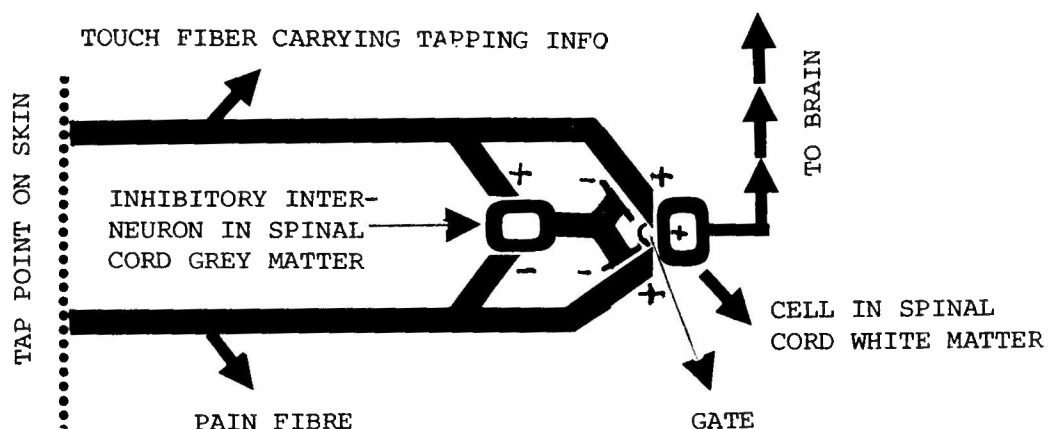
But before we go into 'how to pain tap', we need to share these considerations. (Keep them in mind when using any form of pain control.)

- o Pain tapping won't work 100% of the time. While there'll always be some relief, it may not completely eliminate the pain.
- o Don't 'pain tap' unless you can balance the person. If you can't, use the meridian approach to pain control.
- o Controlling pain MAY mask a serious problem. At a recent ITW, a student's daughter fell, hurting her ankle badly. Barely able to touch the spot, her mother used pain control with great success. Later, when a doctor examined the girl to see if any bones were broken, he asked her if she felt pain. 'No' she said and on that basis he concluded no bones were broken. Now the mother was rightly concerned for a different reason: what if pain control might be covering up something far more serious?

With these considerations in mind - use ANY kind of pain control with common sense.

HOW TO PAIN TAP This technique works well with old injuries as well as being effective with acute, immediate pain - and chronic pain, too. Here's how to do it:

- 1 - HAVE THE PERSON LOCATE AND EVALUATE THE PAIN (SCALE OF 1 TO 10)  
Now the person can tell how much the process diminishes the pain.
- 2 - BALANCE THE PERSON  
Make all appropriate corrections; check for over-energy via the pulses.



Here is a diagram of the 'GATE CONTROL' model as presented by Melzak/Wall. Since the nervous system operates on the 'all or nothing principle', once the 'GATE' opens to touch stimulation it closes to any other message. This is the model of why the pain tap works.

- 3 - HAVE THE PERSON RE-EVALUATE THE PAIN  
It's probably decreased from the balancing alone. If it's gone completely, STOP! Continue only if the pain's still present.
- 4 - STIMULATE THE PAIN AREA  
Have the person touch the area - or you touch it - to increase the pain slightly. Pain is over-energy; increasing it will help us detect through which meridian it is surging. Immediately after causing the pain to increase -
- 5 - RE-CHECK THE PULSES, USING A STRONG INDICATOR MUSCLE  
The quadriceps is good for this purpose. When the indicator muscle weakens, check via the PULSES to see which meridian the pain's surged through. NOW - go to the FIRST tonification point on that meridian. Locate that point EXACTLY - it's the FIRST 'Acupressure Holding Point to Strengthen' in your TFH book.  
  
For example: If the meridian proves to be circulation-sex, the tonification point is on the nail growth of the middle finger. More than likely, this will be sensitive to the touch. Here is the point to do the pain tapping on that meridian.
- 6 - PERFORM THE PAIN TAP  
Work on the side of the body OPPOSITE the pain (NOT on the 'pain side'). Tap on the FIRST tonification point, using a firm, continued tapping. Your rhythm should be about that of a ticking clock. Tap for about 30 seconds.  
  
Take a break and have the person RE-EVALUATE the pain again. If it's still there, continue tapping. Do this three times in succession.  
  
When you've tapped for about a minute and a half, if the pain's still there, go to the 'pain side', locate the FIRST tonification point and tap there. Do another 3 tap cycles, with RE-EVALUATION BREAKS.
- 7 - WHEN THE PAIN STOPS, YOU STOP.
- 8 - IF THE AREA NEEDS FURTHER ATTENTION  
The body will let you know this is the case by bringing back the pain. If this occurs, send the person to the right health specialist.

#### A NOTE ABOUT TOUCH FOR HEALTH AND ANIMALS

ERICK FOSBURG reports that a dachshund of his acquaintance had lost control of his hind legs. An operation would have cost \$400 to correct the condition. Applying TFH, the dog immediately regained use of one leg and in two weeks' time he was running about on three. Just one week later, he was trotting about on all fours. SURROGATE TESTING works with animals, too! (SEE PAGE 5)

# Emotional Stress Release (ESR)

Emotion can be a primary factor in muscle imbalances. It aggravates physical problems arising from other sources. Knowing how to take the emotional stress out of the situation promotes recovery.

ESR (Emotional Stress Release) is a great technique to get the mind/feelings back in control. It permits the intellect to go to work finding positive alternatives with which to handle troublesome situations - or relationships. Of course, ESR doesn't solve problems, but it helps the person deal with stress more efficiently.

The following is a valuable what-to-do for those occasions when a person's angry, frustrated, in emotional pain or grief.



## THE EMOTIONAL STRESS RELEASE TECHNIQUE (ESR)

### 1 - SELECT AND TEST A STRONG INDICATOR MUSCLE

Pectoralis major clavicular is probably the best since it affects both the stomach and the brain's emotional center (which are often 'in knots' - literally and figuratively - due to emotional turmoil). Test the indicator muscle to be sure it's strong. Now, without touching the person, have him or her go over the problem mentally. This can be done aloud or in silence. When this is complete, re-test. If the muscle goes weak, the situation is a traumatic one for the person involved.

### 2 - TOUCH THE FRONTAL EMINENCES

Use two or three fingers (as in the picture above); you're touching the neuro-vascular holding points #11 in your TOUCH FOR HEALTH book. Apply only enough pressure to slightly stretch the skin and ask the person to, "Go to the beginning of the situation and go all the way through until you've come to the end of the incident, or up to the point where you are now within the incident. When you get to the end, tell me or just nod your head."

Have them repeat this process at least 3 times - or until the pulses in the frontal eminences synchronize. Re-test the indicator muscle.

If it's strong, you're done. If it's weak, repeat the process, until the muscle is strong again. (The process could last as long as 10 or 15 minutes, but the effect is truly worth it - for all concerned.)

ESR works well in getting relief from nightmares, fears, frustrations and other problems that effect personal - and professional - efficiency and creativity. It works just as well on yourself as others, remember. Use the same process holding your own frontal eminences while alone. But it's always an 'assist' to have another TOUCH FOR HEALTH.

## **Job Opportunity**

MARINA DEL REY, CALIFORNIA Full-time assistant to do AK exams, muscle balancing; some typing skill required for reports.

CONTACT: DR. BIGELOW, Del Rey Chiropractic, 330 Washington, Marina Del Rey, California 90291. CALL: (213) 822-0030.

AUSTRALIA Full-time opportunity to muscle balance and teach BASIC TFH with new clinic working with a group of holistic-minded Doctors. CONTACT:

DR. DONALD McDOWALL, 11 Fulton, Macquarie, A.C.T. 2614, AUSTRALIA. TELEPHONE: 51-1638 or 51-3764, Macquarie, Australia.



# THE FIRST CLASS

EDITORS' NOTE: Many ITW graduates feel a touch of anxiety when they offer their first BASIC TFH class. Here's a letter we received in August from one of our new TFH Instructors - JOAN ROSE of Ann Arbor, Michigan. JOAN went through the ITW in early July and as soon as she returned to Ann Arbor set up her first class. Her experience is 'the rule', and we hope all of our Instructors who are now contemplating doing their first class will take a generous share of encouragement and self-confidence from what JOAN ROSE has to say:

"I have wonderful memories of our TOUCH FOR HEALTH ITW group and I've been thinking about all of you. One way I can hook up with you is to share my experiences when I taught my first TOUCH FOR HEALTH class - last weekend.

"The feedback I got was that the people really loved the class! And I think there are two reasons why the class was a success.

"The first is that by the end of the seminar, everyone knew how to do a basic balancing. To make sure this happened, I scheduled an hour and a half for balancing practice - 45 minutes for each partner. Everyone seemed to appreciate having a large chunk of time to work on someone else and master the material. It was exciting to know these people now have a way to share time with family and friends that is health producing.

"The other reason that people were so enthusiastic about the weekend is that real closeness and friendship were generated between us.

"I started on Friday evening by having everyone introduce someone else. These introductions helped us all get to know one another better and really set a friendly tone for the class. Periodically during the weekend, I'd gather everyone together to share experiences using the various techniques. This was a very effective way to draw the group together.

"I had a variety of emotions going throughout the weekend on my own account. Most of the time I felt excited about how well the class was going - and I felt competent in passing along the basic TFH information. But there were times, however, when I felt inadequate - I mean, I felt I didn't know enough. I'm turning those feelings into 'a positive' by looking forward to all the interesting things I'm going to study now - especially anatomy!

"Some unexpected things happened.

"The one that sticks in my mind is that one woman cried when she realized she would complete a balancing. Later she said that the support of the group had really allowed her to open up. Neat!

"All in all, teaching the class was a very positive experience. I urge you all to set up your first class - if you haven't already - in the near future. I'm planning to offer another class here in Ann Arbor at the end of August and another in Detroit in September. In offering these classes there is certainly a sense of adventure - who know what may unfold?"

## TOUCH FOR HEALTH AND PAIN CONTROL

Instructor Jean Melde writes from Washington, "When I went through the ITW in Pasadena, my husband Karl was ill. He'd been through chemotherapy and was subject to terrible 'shingles' attacks. After the ITW - which I found to be an excellent integration of holistic health, spiritual healing and 'accepted' medicine - I found I could really help Karl. During a classic 'shingles' attack, I used Meridian Massage and pressure points as well as 'feathering' the extreme muscle spasms. Karl said it 'took the knife out' of the pain experience."

# THEnterprises

We've got more new books to share with you! Most of these new titles were brought to our attention by instructors and members and recommended for our audience. We're always thankful for this advice -- if there are any books you'd like us to carry, please let us know!

"Free Yourself From Pain" by Dr. David E. Bresler with Richard Trubo is fresh off the press. Dr. Bresler, as Director of UCLA's Pain Control Unit, is a respected authority, although his views aren't always orthodox. He has compiled a lot of information on pain -- its causes and functions, and what can be done about it by yourself and others. Bresler shares the story on many physical therapies and unconventional approaches, and helps you learn how to use your own body and mind to free yourself from pain. This 479 page hardbound book costs \$12.95.

Another brand new one is "Confessions of a Medical Heretic" by Robert S. Mendelsohn, MD. As a clever player of the medical game for over 25 years, Mendelsohn acquired many honors and prestigious positions. Since that time, he has become quite disenchanted with the entire system. His arguments are coherent and convincing, his style lucid and captivating, his humor ever present but his words are strong. He'll make enemies in the profession with this one, as he suggests that seeing your doctor can be hazardous to your health. Hardbound, 191 pages, \$9.95.

"Stalking the Wild Pendulum" is an amazing, ground-breaking book that will change your views of reality. Author Itzak Bentov will dazzle your imagination with his presentation of the mechanics of consciousness, creation and matter. Paperbound, 237 pages, \$2.95.

Imagine a technique that begins with one simple movement and transforms every muscle in your body. In her new book, Sarah Barker presents at last, "The Alexander Technique." It's akin to posture, but it's closer to a way of life. It's so simple, yet proven beneficial. Paperbound, 112 pages, \$1.95.

If you'd like to order any of these books (remember, TFH Foundation members receive a 10% discount) please add 6% tax in California and \$1 for the first book, 50¢ each additional one for postage, and send your check to:

T H ENTERPRISES 1200 N. LAKE AVENUE PASADENA, CA 91104

NOTE: T H Enterprises and Touch For Health will be exhibiting at the New Earth Expo in LA on Nov. 16, 17, & 18. It's an excellent opportunity to find prospective students while demonstrating TFH balancing. If you're interested, please call Grace at 798-7893.

# CALENDAR

## OCTOBER 1979 SCHEDULE OF BASIC TFH CLASSES (PREREQUISITE FOR ITW TRAINING)

This listing is by no means complete. We look forward to our Instructors filling out and sending in the CLASS SCHEDULE on the inside back cover so we can help promote their classes all over the United States.

### PASADENA, CA - TFH FOUNDATION, 1174 North Lake - for information, call: 213/794-1181

Except as indicated below, the two day program goes from 1/5 PM the first day and from 9/5 the second day.

October 2 & 3

October 5 & 6 - IMMEDIATELY PRIOR TO ITW TRAINING

October 16/18 - Three consecutive evenings from 6/10 PM

October 19/20 - IMMEDIATELY PRIOR TO ITW TRAINING

October 29/30

### SANTA MONICA AREA, CA

October 4/25 Gen Davis instructs at Santa Monica College, 1900 Pico.  
4 Consecutive Thursday eves, from 7/10 PM. CALL: 213/797-2713.

October 6/27 Carolyn Reuben instructs at 1127 6th Street 4 consecutive  
Saturdays from 10 AM 'til 2 PM. CALL: 213/395-0790.

### EAST LOS ANGELES AREA, CA - October 6 at EAST L.A. VALLEY COLLEGE

Kim Vieira instructs. CALL: 213/256-1415

### OAKLAND, CA - October 6/7, Holy Redeemer Center, 8555 Golf links Road

Robert Gannon instructs weekend session. CALL: 415/655-2761 or  
635-6341. Saturday 9/5 and 7/10 PM. Sunday: 9/10 and 1/5 PM.

### VIRGINIA AREA - Begins October 8 for 6 weeks at Northern Virginia Community College

Heike Mattingly instructs at the Woodbridge Campus, evenings  
7/10 PM. CALL: 703/494-7963.

### TUCSON, ARIZONA - Begins October 18th, 5 consecutive evenings at TUCSON WELLNESS CENTER

Evelyn Carter instructs Thursdays from 6/9 PM. CALL: 602/888-6451

### PATTERSON, CA - October 20/21 (registration October 17) at HOLISTIC HEALTH CENTER

Lorrie Freitas instructs at 807 Roseburg, Suite D - 9/5 both days.  
CALL: 209/529-3076.

### SAN FRANCISCO, CA - October 20/21 at MYERS INSTITUTE FOR CREATIVE STUDIES

Julie Foss-Bettis instructs from 10/4 each day, at 3827 California  
Street. CALL: 415/593-2472.

### RANCHO CORDOVA, CA - October 20/21 at 2661 Ellenbrook Drive, Rancho Cordova, CA 95670

E.A. Crabill instructs. CALL: 916/362-9444 for more information.

### WEST LOS ANGELES AREA - Begins October 22 for 8 weeks - COLLEGE OF TAO

Lee Becker instructs Monday eves 6:30/8 PM. CALL: 213/459-1194

### CARMEL/MONTEREY AREA, CA - Begins October 24 for 6 weeks at 3805 Whitman Circle, Carmel

Nancy Joeckel instructs Wednesday eves 6:30/9:30 PM, CEU units  
for RNs. CALL: 408/625-1223.

### FLORISSANT/ST. LOUIS AREA, MO - Begins October 27th for 6 weeks

Carol Albee instructs. FOR INFORMATION, CALL: 314/838-2123

TOUCH FOR HEALTH WORKSHOP FOR NURSES - LOS ANGELES, October 20/21  
SAN FRANCISCO, December 8/9

Dr. John Thie will instruct. Nurses earn 12 hours of Continuing Education Units. Invaluable and exciting. The typical reaction of those attending was summed up by one Nurse as 'this workshop far surpassed my expectations; I'll use this information from now on. both on the job and off. Thank you!' CALL THE FOUNDATION 213/794-1181 and we'll send you all the information.

NOTE: Referrals go direct to scheduled classes so people who want to study TOUCH FOR HEALTH have the best service. Schedules received by the 10th will be sent to our complete prospect list in the next month's CALENDAR FLYER.

## TFH Basic Schedule

SEND TO: TOUCH FOR HEALTH FOUNDATION  
1174 North Lake  
Pasadena, CA 91104  
PHONE: 213/794-1181

INSTRUCTOR NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY/STATE/ZIP \_\_\_\_\_  
PHONE/BEST CALL TIME \_\_\_\_\_

### BASIC TOUCH FOR HEALTH CLASS SCHEDULE

<u>STARTING DATE</u>	<u>LOCATION/City and Address</u>	<u>CLASS HOURS</u>	<u>CLASS LENGTH</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

I AM ATTACHING THE ROSTER OF MY LAST TFH CLASS WHICH ENDED \_\_\_\_\_

Please send ITW INFORMATION to ☐ all names on the list.  
☐ only those marked with an asterisk (\*)  
☐ direct to me and I'll see they get it.

### ARE YOU MOVING IN THE NEAR FUTURE?

If so - please fill out this change of address and mail it to us to assure you'll receive the IN TOUCH FOR HEALTH NEWSLETTER and our other FOUNDATION materials on schedule.

NAME \_\_\_\_\_ MEMBERSHIP NUMBER \_\_\_\_\_  
NEW ADDRESS \_\_\_\_\_ OCCUPATION \_\_\_\_\_  
CITY/STATE/ZIP \_\_\_\_\_ NEW PHONE # \_\_\_\_\_

# NEXT ISSUE

## INFORMATION ON THE NEURO-VASCULAR SYSTEM

Not much has been written on this vital subject; next issue the NEWSLETTER will synthesize what's known about the neuro-vascular system and outline some new, and extremely useful, tips on how to make this information pay off in muscle balancing.

## MUSCLE TESTING GUIDELINES

The most important part of TOUCH FOR HEALTH is the muscle testing; if you're not 'right on' you may be getting false readings.

## KNOW YOUR MUSCLES

New graphics and illustrations on the ILIACUS.

Encourage interested people to BECOME MEMBERS OF THE TFH FOUNDATION; it's a great group to be part of! Especially your own students - it will help keep their interest in self-health and give them continuing new information.

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