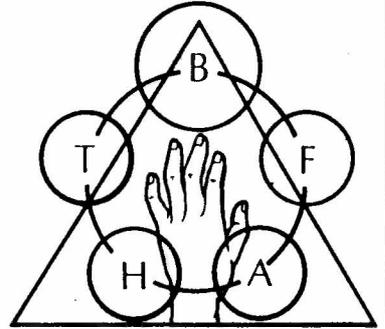


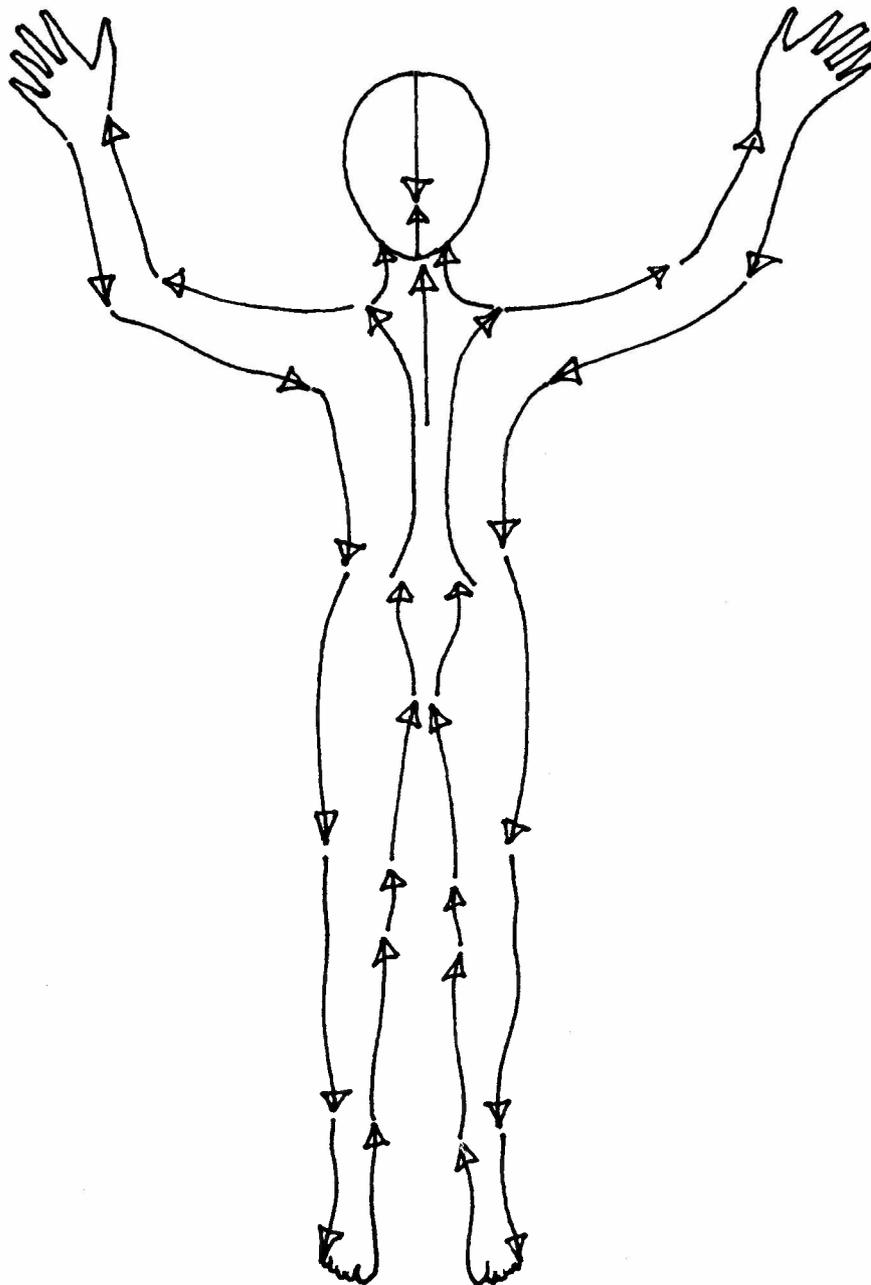
in touch



NEWSLETTER OF THE BRITISH TOUCH FOR HEALTH ASSOCIATION

no 9

dec 84



T F H ?

WHAT IS IT ?

see pages 8-9.

The Good News.

MESSAGE FROM JOHN F. THIE, D.C.

In a world that seems to thrive on the negative rather than the positive, it is sometimes difficult to see what positive things are taking place. Sometimes it seems that everybody is in a crisis. It is true that we are bombarded with facts that are indeed negative: We know that the statistics of deaths caused by disease are not diminishing. We hear the greater dangers of nuclear war, the rising pollution in the atmosphere such as acid rain and other toxic fallouts. We feel the pressure of the economy: rising unemployment levels, interest and inflation rates. We feel the dissension in our educational system and the rising prison population level.

What we don't hear enough about is the positive things that are happening. We now have 4.5 billion people living on the same planet. That's 4.5 billion people that are breathing together, 4.5 billion hearts that are beating together. Never before has our world have been so rich in opportunity to share and touch each other all over the planet (and maybe sometime in the not too distant future, the solar system). We can talk to anyone anytime, almost anywhere, we can be almost anywhere in a day. Isn't that absolutely wonderful? As we know more and expand what we know to others the world becomes more accessible.

In our circle of Touch for Healthers, we now have more diverse types of people using this tool than ever before. Touch for Health seems to be part of any number of other techniques. More people than we could have ever imagined are touching as a result of what we are all doing. Touch For Health Instructors

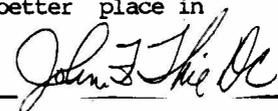
today include medical doctors, nurses, chiropractors, psychologists, educators, osteopaths, physical therapists, occupational therapists, social workers, massage therapists, others involved in the health movement as well as many whose main profession has little if anything to do with the health field. The actual changes in the health field and the different people interested in the natural healing techniques in the past 10 years is a thing to behold!

One example of the expanding interest in natural healing is in the medical profession. The change in the medical profession has been dramatic. When I was in chiropractic college, there was not even one medical school that had a course in nutrition. Now almost every year medical schools are adding courses on nutrition and natural healing techniques. Post graduate studies in nutrition are being offered to the medical profession on all levels. Our Touch for Health program is in nursing schools, hospitals, and other institutions that were formerly for only the orthodox. Looking at the "whole person" in medicine was not present years ago. Now there is the American Holistic Medical Association, the International College of Metabology, and many other newer organizations which include M.D.'s as a majority of the membership. More and more M.D.'s are interested in and practice, when applicable, natural healing techniques.

More and more people are using touch as part of healing. The message is just beginning to come clearer and clearer that there is great benefit in using touch for enhancing health. The love that is generated when touch is being given and received has a ripple effect. One person touches one other person, who touches one other person until we are touching persons from nation to nation. International cooperation begins from these one to one person touches. "All you Need is Love" is a title of a song that was popular years ago. When we are loving and healing each other through touching we can alleviate the negatives and share in the positives.

I am excited about the role we have played in sharing touch with others. I believe that our touch has helped accelerate some of the positive changes that have recently taken place in the world and these changes in the health field makes our world a better place in which to live.

Be well, be alive, be loved



Editorial

HULLO, my name is WILLM, and am now editing IN TOUCH and yes, my name really is spelt that way - though you may confidently expect to find numerous other typing errors!

IN TOUCH is getting bigger and better - we have now doubled the circulation - 1000 copies will be sent out to members, students, therapy centres, dance studios, health clubs, libraries, and to anyone who expresses an interest in improving their life.

MANY THANKS TO ALL CONTRIBUTORS
AND NOMI LONGMAN FOR THE ART-WORK.

You can participate, and I very much hope you do, by sending in snippets of info. words of wisdom, suggestions, letters, gossip, or whatever!

You do not, repeat, DO NOT, have to concoct a full page of brilliant prose (please!) I remember more one-liners from Woody Allen than I do volumes from D.H. Lawrence.

IN TOUCH is our magazine and I want to see us get the best from it. I would also like to see it passing new ideas,

information, and enthusiasm to those who as yet have no experience of Touch For Health.

We have a great thing going and we have to spread it about!

In my view, the greatest step we can take is learning to assume responsibility for ourselves, and to care for others. (Learning to laugh can be a very big step too!)

A word about the Association - when we pay the subscription our names don't go in for a £1,000,000 draw (contrary to popular belief!) but the money does go towards keeping us all up-to-date, informed, and IN TOUCH.

Willm Mistral

WILLM MISTRAL 01-5825383

DONT BOTHER TO KEEP IN TOUCH !

Leave it in the library, dump it at the dentists, cart it away to the club, give it to the GLC, pass it on to a pal - then phone me and ask for some more copies, because there are people out there who don't yet know about TOUCH FOR HEALTH, and they are missing out! So, please don't keep IN TOUCH, it is the season of giving.

HO! HO! HO! MERRY CROSS
CRAWL EVERYBODY!



NO-ONE TO PRACTICE WITH ?

So...you have completed a Basic class and you can't find anyone to practice with ...? REALLY! Well ... have we got news for you!
BRIAN BUTLER, our tireless two-hatted Instructor/Trainer/Faculty Member, has produced a list on his magic computer of everyone in the country who has learned Touch For Health - all arranged by county, town, alphabetical order and anyway you want it! (See the FACULTY COLUMN for more details).
And I bet there is someone just around the corner!

PUBLIC UTILITY ??

TOUCH FOR HEALTH is really on the way - Brian Butler says that there are now so many people learning and teaching that growth will be exponential (What does that word mean ???)

Or, as someone said to me just the other day:
"TFH is getting so big that the next Labour Govt will want to nationalise us!"

Report From The Chair

Hello Members,

What an exciting 2nd Annual General Conference - forty people gathered from far and near and shared a great time together. Many people spoke of their experiences in TFH in their homes, and at work. Some members came from the North of England, Wales, Eire, and Scotland. It is so good to be aware that TFH is now reaching out to all these areas, and great for all of us to join together on this occasion.

A BIG THANKYOU to all members who participated, and to all speakers - Brian Butler, Tony Andreason, Natalie Davenport, Charles Benham and Romy Paine, who furnished us with the most interesting and fact-filled, humorous talks. I look forward to seeing even more people again next year.

MANY, MANY THANKS to Michael Mann who donated a couch to the Association, which raised £180 for the event.

THE SHARING DAY was followed by our AGM and we welcome our new committee:

- Brian Hampton - Vice Chairperson
- Ann Holdway - Secretary
- Jane Thurnell Read - Treasurer
- Willm Mistral - Editor
- Charles Benham - Information
- Isobel Stevensom &
- Wulf Leuz - Publicity.

PLEASE CONTACT any one of the Committee if you have any ideas, good/bad points to propose. ALL ARTICLES, general news, 'Wins' or interesting quotations, please send to Willm at 13 Purbeck House Bolney St SW8 (582-5383). Willm has some new and wonderful ideas for 'IN TOUCH' and welcomes your support. Help him to do a great job.

One of the points decided at the AGM was Group Membership with the Foundation in the USA. The fees for the Association have been increased to £7.50 General Member £20 Instructor/Professional.

This enables the BTFHA to pay a small fee for each member to the Foundation, thus allowing each BTFHA member Foundation benefits without having to pay separate membership of 65 dollars.

WE ARE THE FIRST Association to establish Group Membership, thus leading the way for all other countries to be part of a world-wide TFH communication. The details are now being finalised and an article on Group Membership policies will be printed in the next IN TOUCH.

THE CONFERENCE was followed by two extremely valuable seminars by Wayne Topping. 8 extra meridians on the Monday, and Bio-Kinesiology on the Tuesday. Both were very well attended and Wayne will be back again in the Spring to follow with a 6 day workshop.

WATCH IN TOUCH for details and use it to advertise all events.

IT WAS SAD that Nancy Joekel's seminar had to be cancelled, however, we do hope she can be with us some time in the future. Nancy is a great teacher and an electrifying person.

YOUR INPUT IS OUR OUTPUT. Members, we are now into our 3rd year and this Association is yours to be as you want it. Do communicate what you would like to happen. We will be working on setting up local area participation groups, and will also be having a mid-year 'CELEBRATION' in April - so come along to the meetings and share your ideas with the Association. (Next meeting is JANUARY 24th).

NB. PLEASE NOTE IN DIARY. 3rd ANNUAL CONFERENCE will be NOVEMBER 9-10, 1985. PLAN NOW TO BE THERE!

MERRY CHRISTMAS & HAPPY NEW YEAR.

With Love

Ray. A. Carroll
CHAIRPERSON

T.F.H. GOES TO IRELAND

JULY 1983 at the Human Unity Conference I was introduced to a young man from Ireland - Mr Henry Rowan. Naturally we talked about TFH. I told him how I would love TFH to be in Dublin. From that point a course was organised for the following March 1984 .

Henry and Mrs Ida O'Hanlan did a lot of promoting and the course was held - a little sadly, only 4 people attended, BUT more importantly, TFH was being seen in Ireland . Word was getting around ' .

An avalanche of further interest resulted in another course being set up for October . So. I gathered my skirts and set sail (in my little car) to Dublin . The four days leading up to the course I gave lectures to different groups, and a public lecture on the Friday night .

A lay person in Ireland, during a 'circle' commented :
"How fascinating it is to know that there is mind in every cell of the body".

It certainly turned the heads of the Medics on the course .

THE FIRST WEEKEND 15 wonderful people took the Basic course . I was thrilled how the mixture of people, 5 medics and 10 general shared such an experience . One of them, Miss Julie Murphy, from Belfast, is hoping to do the next ITW in London :

WOW ! AN INSTRUCTOR IN BELFAST

She is working with her father, Dr John Murphy (who also did the course), in his clinic. Well done Julie.

INTERMEDIATE & ADVANCED classes were held the following weekend, and 7 of the 15 completed the full course.

INTEREST IS GROWING so much that I am going back next March, this time hoping to include a course during the week in a school .

ONE OF THE STUDENTS from my first course, Dick De Bara, came to

London to do his ITW. He is working in the Limerick and Cork areas and will help me again in March 85.

Well done Dick !

I wish to thank Henry Rowan for all his help, and Mrs Ida O'Hanlan for her grand organisation and secretarial work for the October course . I could not have done it without them .

I am proud of my people in Ireland -

"To be sure- TFH is there to stay!"

KAY MC CARROLL.



Calling all non-members -we would love to have you in the ASSOCIATION. There is an application form in this issue, why not join for the New Year ?

"...ENERGY...thats what springs mind when I think about TOUCH FOR HEALTH. Its like opening the lid of a treasure chest and delving into the secrets of the body and liberating flows of invisible ENERGY !!".

KATIE CLARKE (after Level 1,Nov)

NOTTINGHAM MARATHON

WOW, WHAT A WIN !

"It's Keith Pitts here, Nottingham Building Society" "Ugh ! " I thought "another insurance touting salesman! " However, I didn't put the phone down. "Would you go to Nottingham for a 6 day Athletic Meeting, it's a track race. Oh, and sorry, we have no money! I hesitated, he told me more and eventually we made a deal on expenses and publicity.

We'd never heard of an Ultra Marathon where men and women run round a track for 6 days ,24 hrs. a day - it's up to them when and how much they eat and sleep in tents by the track. They run 400-500 miles in the 144 hrs. It all sounded rather vague, odd and unbelievable.

Kay and I went with Richard Gardiner, an International photographer, attached to the Sports Council. On arrival we were greeted by "Thank goodness you are here, we have a queue for you ! " We set up tables in one of the track-side tents and WORKED! 8.30 am till 10 pm every day, and Kay even worked 6 am - 9 am on the last day !

After a short, initial curiosity and doubt, the runners came flocking, and we even had to send up to the canteen for breakfast, lunch and supper as we'd no time to go ourselves. We sweltered in the thundery weather and were dealing with exhausted and very sweaty bodies all the time. They staggered in but went out smiling. Often it was like raising the dead! We balanced and balanced and balanced, and also used Frank Mahoney's technique that we'd learnt in San Diego, ESR, and a bit of deep massage.

BBC TV interviewed us. They showed the leader runners and Kay, doing the

"New Touch for Health technique" on one of the other runners. In the Radio Trent interview, which I did, they wanted the athletic angle to it all, but I stressed that TFH is for the family. There were several other journalists in attendance. We even won over the doctor on 24 hr. call (who has his own sports clinic in Nottingham) and two of his physios. He admitted to misgivings when he saw us at first, "But," he said "I've been watching those girls. They certainly know their stuff, and I must certainly look in to Alternative Medicine after this." We also got a lot of interest from spectators (who had watched us from the grandstand through binoculars), and a trainer who came. The elderly local physio up in the pavilion, muttered that we were pinching his custom and came down to see what we were up to. We certainly got our publicity!

Mostly the athletes came in twice a day; by the end we had seen all but 4 of the 31 !(2 who wished they'd come and 2 who had their own support systems). It was significant that the man who finally won, came to us for his balance before total exhaustion each time. Mostly he had Psoas trouble, and when we had satisfied ourselves it wasn't dehydration, we stuffed him with parsley and green peppers each time he came of the track! He won in a very exciting finish, by 2 laps!

The runners thought we were splendid and made comments like "It was worth coming to run for 6 days to learn about Touch for Health!" We had enthusiastic Athlete Approval, the highest accolade in sports injury therapy. It was terrific to have TFH tested under such drastic, exhaustive conditions, and for it to come up trumps! They certainly all want Kay and me to go back next year when they will make it a World Championship event. It was a week when everyone won!

LIZ ANDREWS

On With r Health - utine

HITZ

ys possible to visit a
er or even a Touch for
because he/she is not
n our area or we may
ly solvent. The next
s to take more re-
your own health. Do
your own techniques for health
and reap the benefits of new improved
feelings of balance and well-being. If
we value ourselves and have the
discipline to change our lazy habits
like "sleeping in" and neglecting
exercise, we will notice considerable
health improvements.

Knowing we are energy and we qualify
our energy through our own unique temple
called our body, it can add many
spiritual and emotional high's to our
own self-esteem. To the degree that
when we love ourselves, it is easier to
share an equal nourishing amount with
others.



k. mc.c. in noffs.

Put on your favorite music, play something that soothes you.

1. Shower or take a bath using a loofa sponge to improve your circulation or a natural bristle brush. Keep an awareness of the direction of meridians and move with the flow. Epsom salt baths are very relaxing and soothing for injuries. While in the tub or shower you can use guided imagery as you step in the water energizing you and pouring "light" through your system.
2. Give yourself a facial following the flow lines from origin to insertion.
3. When you eat or take vitamins, do it to positive affirmations.
4. Hold the neuro-vascular points in a pyramid style on the sternal notch by putting the thumb, forefinger and middlefingers together. This technique tends to have a soothing and calming effect.
5. Do the Cerebral Spinal technique. Pull apart on the skull along the seam as if to split the scalp along a middle part using hard pressure. This will help strengthen the abdominal muscles.
6. The Auricular exercise is excellent for increasing your attention span. Firmly take hold of the ear and stretch it away from the opening of the ear. Continue around the whole ear lobe.
7. The Thyroid tap from Dr. Sheldon Deal's book *New Life through Natural Methods*, helps blood circulation and normalizes the thyroids. Put your head back and stretch the side that you want to work on, using the fingers like a hammer, tap the side of the throat right near the adam's apple and hum at the same time you tap. Do both sides of the throat.
8. Neck rolls are excellent for tension and help break up crystalization.
9. Hold your neuro-vascular points.
10. Massage your neuro-lymphatic points.
11. Go through physically the muscle dance for the 14 muscles or even 42.
12. Cross Crawl. Exercise the hemispheres of the brain and improve motor coordination and flexibility.
13. Massage your gait points on your feet. Increase your energy, coordination and general body rhythm.
14. Stretch. This is an easy self-care measure to prevent injuries.

As a simple routine that utilizes Touch for Health will give you increased vitality and energy. You may want to embellish the routine and create your own system.

We can spread love with self-care techniques by taking care of ourselves and setting good examples for others. Before taking on the task remember that the "win" is the risk in breaking through the fear membrane for taking really good care of yourself.

TOUCH FOR HEALTH

Supraspinatus/central

Functions / indications

This muscle helps in moving the arm away from the body and in holding the arm into the shoulder socket, so it can be involved in shoulder problems. People who do a lot of thinking--working at a desk, or work that does not involve a lot of big muscles, such as driving--are subject to the kind of brain fatigue which will affect the supraspinatus. Children who are slow learners will often show a weak supraspinatus and could benefit from treatment. Anxiety and emotional stress may also be a result of mental strain.

Check the deltoids, upper trapezius, popliteus, and pectoralis major clavicular and sternal if the supraspinatus is weak or painful. The pectoralis major clavicular may also be involved in emotional strain.

Testing

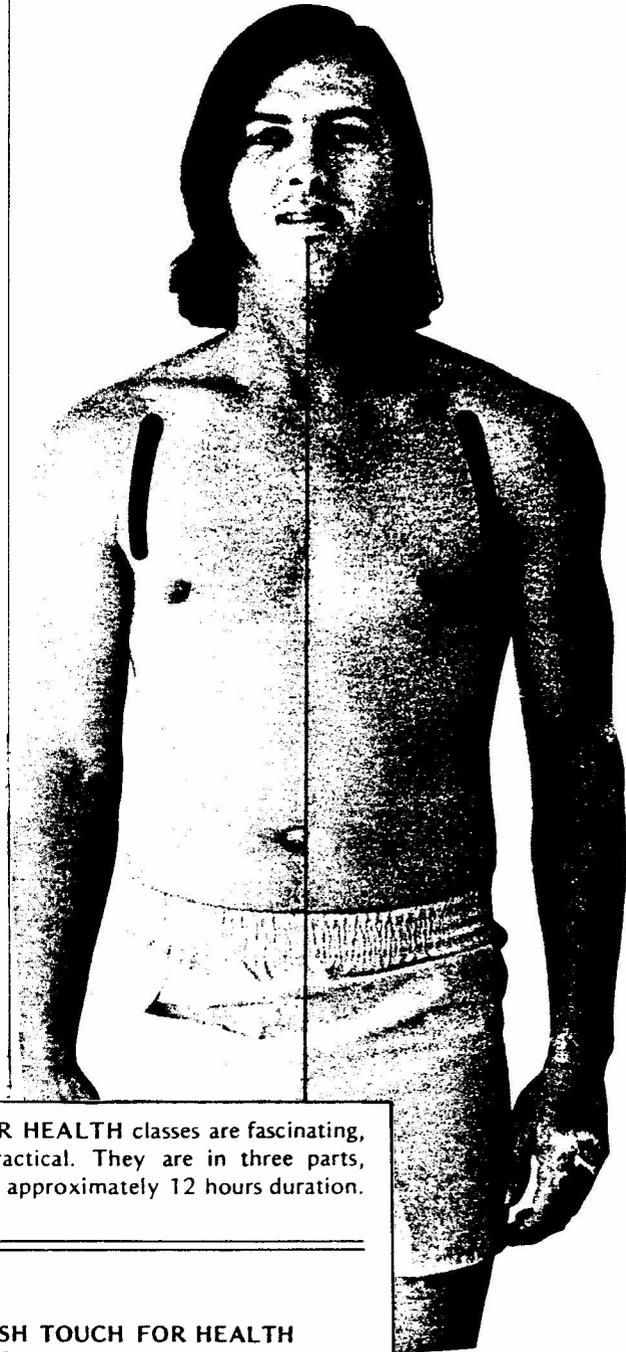
Test standing or lying face up, the arm held about 15° away from the body, slightly to the side with the elbow straight. Pressure is against the forearm to push it toward the groin.



Neuro-vascular holding points



Massage treatment points



TOUCH FOR HEALTH is a practical guide to natural preventative health care. It is a method of health enhancement which seeks to use health itself as a weapon against sickness, and it is specifically designed to give ordinary people ways to care for themselves and each other.

TOUCH FOR HEALTH uses a series of muscle tests to obtain direct feedback from the body. This is a simple and exciting method by which we can detect physical, emotional, or chemical imbalance. When weakness or imbalance is found we activate certain points on the body with deep massage or light touch to correct it, and restore the body's natural energy flow. We call this process balancing, and in this way we can pick up and often resolve problems before symptoms become apparent.

TOUCH FOR HEALTH classes are fascinating, fun, and practical. They are in three parts, each part of approximately 12 hours duration.

THE BRITISH TOUCH FOR HEALTH ASSOCIATION

Founded in 1982 the British Touch for Health Association exists primarily as a central organisation to co-ordinate and promote the continued growth of Touch for Health in Britain, and to liaise with other Touch for Health groups through the world.

IN TOUCH - WITH WHAT ???

BY

BRIAN H. BUTLER.

Most of us get up in the morning, wash the body, hang some clothes on it, and then spend the rest of the day in our heads! We hardly ever give our body a thought, until it feels uncomfortable or hurts. "In Touch" wants to help people get in touch with their bodies, and take more interest in their health.

Is Touch for Health some strange "touchy", "feely" thing?

No! It is not strange. It is space age technology applied to the human body. This is the age of the computer, and research scientists are discovering the secrets of the computers which run our bodies.

We are programmed to maintain a steady temperature of 37 degrees, to digest food automatically, to react to bright light. Our bodies are electrical devices, which use many forms of electromagnetic energy to perform these and myriad other functions without requiring any thought or action on our part.

How you look, and how you feel, depends on the moment-by-moment decisions being made by your bio-computers. Each instant they are making the best possible choices for your well-being given the circumstances.

Our bodies continue to function even when subjected to continual stress and abuse like smoking, eating wrong foods, overworking, excessive drinking, and all the other destructive things most of us do from time to time which prevent the body from maintaining vibrant health.

Our built-in safety valves and fuses.

Fortunately the human frame is a masterpiece of engineering which has many safety features to protect itself from total disaster.

Our bodies have superb mechanisms which compensate for abuse. It is tragic that so many push these built-in safety features beyond all limits, and then wonder why they get sick, tired, depressed and lose their zest for life.

Most people seem resigned to accept a very low standard of general health and

fitness. Many do not realise that even without prior training using Touch for Health there is a lot that can be done by anyone, and perhaps even make some quite dramatic improvements.

So what is "Touch for Health"

It is a textbook used in short classes which gives some basic ways to help yourself and those you love most to a better level of health. It teaches a way to balance energies, and enhance well-being. It offers simple methods of "mending blown fuses" and "resetting safety valves".

When you use Touch for Health you will actually be using a language that links directly into the bio-computers. It is a form of two way communication which opens up channels to restore health.

Touch for Health, is a preventive health care programme especially designed for lay people. It uses the very simplest rudiments of a technique used by professionals called Applied Kinesiology. (kin-easy-ology) This uses simple muscle tests to assess body functions and reactions.

It is not complicated, nor does it require any previous knowledge or training. Suitable for all ages 9-99!

Touch for Health Classes

Touch for Health is a wonderful way of getting in touch with your body and the way it functions, and helping us to get back into "balance". It assists us regain what we all really want, vibrant healthy bodies.

In a Basic Class, people say they learn so much! Lay people often do not realise that so much power is available to them, at their fingertips, so to speak.

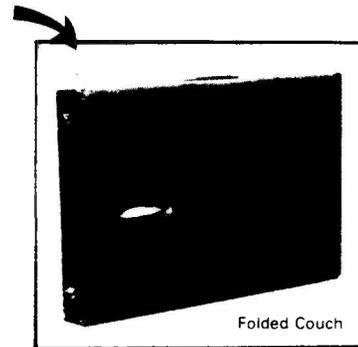
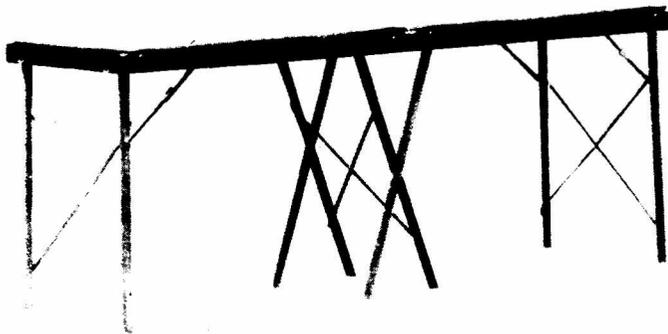
Hitherto, this knowledge has been in the hands of the "professionals". Not any more! Anyone who decides they would like to take better care of their own health and that of family and friends, is welcome to Touch for Health.

In twelve to sixteen hours, over a weekend or a series of evenings, the Basic Class teaches fundamental health care. Offers better ways to cope with stress, deal with overweight, restore energy levels, test for food sensitivities. Gives exercises which can improve eyesight, help dyslexia, release tension, relieve emotional traumas.... the list goes on and on.

The 'WINDSOR'

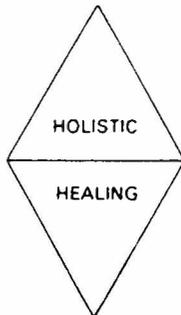
PORTABLE TREATMENT COUCH

EXTRA LIGHTWEIGHT



- * Weight only 26lbs.
- * Extra light & easy to carry
- * Standard size 72" high x 24" wide x 28" high
- * Vinyl upholstery for easy cleaning
- * 1" high density foam padding for comfort
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Price £120



Contact: Michael G. Mann B.Sc.(Eng.), M.F. Phys.
Alternative Medicine, MGM Dedworth Road, Oakley Green, Windsor.
Tel: 63609

Oct. 1984

FACULTY COLUMN

Professionals Use Touch for Health.

Touch for Health is such a powerful collection of helpful techniques, it is no wonder that therapists from all branches of complementary and orthodox medicine take Touch for Health Classes.

These people have already spent years studying their own particular branch of medicine, and are qualified to take on the responsibility of dealing with the sick. The tools they learn in TFH, added to their other skills, they say, greatly enhances their ability to deal with the many common problems which face them daily in their practices.

It was gratifying in one way that the AGM of the BTFHA was so well attended. I was also somewhat sad that out of about 43 people present, 37 were therapists of various types and only six were lay people. In one way it is wonderful testimony to the value and power of TFH to professionals.

Touch for Health - THE programme for Lay People.

However, John Thie originated TFH as a lay programme for lay people. I would really love to see more "amateurs" having an active part in TFH, and in the British Touch for Health Association.

Somehow I had the feeling that we have to work harder to make it clear that "ordinary" individuals can do so much for themselves and their friends in the field of health care.

Touch for Health classes are designed for people who have no background at all in anatomy and physiology. Those of us who are instructors want the classes to be enjoyed by "ordinary" men and women. We want "ordinary" people to have the benefit of reducing the cost of health care.

Some people suffer due to the cost of lost hours of work. Others lose opportunities in life because they have no energy to take advantage of fresh challenges with zest. Many lose money because of forced unpaid absenteeism.

Often neglected health care causes a greater need for practitioner help which is not covered by national or personal insurance. This is just one more source of financial strain which the unwell can ill afford! Fewer treatments might have been necessary had the body been balanced regularly

using the simple methods taught in the Basic TFH Class.

Of course, Touch for Health is by no means intended to replace professional care in any way. Nor does taking a Touch for Health class qualify anyone to set up as a practitioner, as I have explained in previous articles.

However, in reducing the cost of personal health care, and taking more individual responsibility, this diminishes the burden on the state, and upon relatives and friends who spend time and energy, who sometimes feel constrained to help financially when poor health brings a loved one low.

Touch for Health for Nurses.

In some professions many lose their jobs because of unsolved muscular problems which might have been avoided or substantially reduced by using the simple preventive TFH technique of balancing the body regularly helped.

Apparently, more nurses leave the profession because of back ache, than from any other single cause. Much of this suffering could be reduced by teaching student nurses the basic TFH structural muscle balancing techniques.

I have just been contacted by a research unit in Manchester University asking me to write a book on Basic Applied Kinesiology especially for nurses to help them take care of themselves and each other.

This is a marvellous opportunity for me to give one of the most hard working sections of the health care workforce some really useful TFH tools to help them stay fit and well at work despite the arduous conditions, canteen meals, and long hours of back stressing work.

SPREADING TOUCH FOR HEALTH

A number of Instructors have been featured in their local newspaper with an attendant good response to their classes.

Others are doing well at work like John Tindall. He is a physiotherapist working in the Health Service in a Hospital. He has already made an impact with his great success with patients using TFH. Even his boss has signed up for a course as a result of his enthusiasm and the work he is doing! She told me she needs to know more about what he is doing because he seems to be getting such good results. He is also spreading the word among people

who practice martial arts.

Opportunities for practising TFH

I have been concerned for sometime that so many people take a TFH course and one never hears from them again. One of the main reasons for this I feel is that they do not know about others who use TFH with whom they can work. This is the cry of even those who come back for II's and III's.

One so often hears, "I haven't done much with it as I have noone to practice on." Phillip's Paradigm is fine for extroverts who are to be able to have others do it for them, but many are reluctant to involve other people.

Now there are so many instructors teaching in different areas, I think the time has come when we could begin to see the value in establishing local practise groups.

LISTS OF PEOPLE WHO HAVE DONE TFH FOR CONTACT AND PRACTICE

In order to help this get going, I intend now to produce a list of those who have learned TFH. They will be organised by County and Town and listed alphabetically by name. People who have taken a course can then get in touch with one another. Each area list will be available separately. There will be a small charge for this to cover the printing, production and postage costs. Also if someone enquires if there is anyone they can practice with in their area, I will be able to put them in touch. I hope Instructors will mention this to their classes so any who would like to be on the list may say so.

This way perhaps the initial enthusiasm we all experienced when we first heard about TFH can be maintained. Hopefully it will also stimulate, maintain or create some activity for those who have allowed their interest to flag.

I have finally managed after many months of blood sweat and toil to get a computer program which will run a TFH mailing list. Even though it will be produced by the computer, it is still a mammoth task.

PLEASE SEND ME SNIPPETS FOR MY NEXT COUNTRYWIDE NEWSLETTER.

One of the objectives in writing this section is to let you know about the preparation of my next newsletter

which I hope to put out before Xmas, so that you may have the opportunity to send me input about your wins, and even your disasters, if any! I will then include either all or part of your comments in my newsletter.

I hope you are doing well with TFH, however, if you are finding things a bit slow, it is something I would like to hear about.

PLEASE SEND ME EXAMPLES OF "ORDINARY PEOPLE" & TFH FOR A BIG FEATURE ON TFH TO BE PRINTED IN "ALTERNATIVE MEDICINE TODAY"

Simon Martin, the editor of The Journal of Alternative Medicine, and the magazine "Alternative Medicine Today" wants to feature TFH in the next issue which will come out in March or April next year. He needs the copy by the middle of December, so I am working hard on producing a couple of articles for him. He particularly asked to have as many examples as possible of the results "ordinary" people are getting.

So we really need stories about people who are not therapists who have had successful experiences with Touch for Health.

SUPPORT FOR ALL WHO TOUCH FOR HEALTH

Something needs to be done for those who are not at present connected with the British Touch For Health Association. A lot of people do not know about the association or for one reason or another do not wish to join at this time. I feel it is very important for them to know that support, encouragement, and an opportunity to share exists for them too. They need to know what is going on with TFH, to help maintain their enthusiasm. What I want to avoid is them getting left out. As the TFH Foundation Representative in this country, I am concerned to support ALL those interested in TFH whether they are involved with any group or association or not. So please spread this In Touch around to any you know who have done TFH.

YOUR FEEDBACK - PLEASE!

Please let me have your reaction to the points raised in this article. We have the opportunity now to spread TFH so much more now there are more added to the ranks of those who have taken the classes each month. It will only continue to grow well if people will take time, give of themselves, and participate.
Brian H. Butler.

TFH. IN FINLAND.

LAST YEAR AT OUR AGM, Dr Thie gave me the idea of taking TFH to FINLAND. I thought it was a very good idea and quite a challenge .

In the Summer I gave interviews to the two biggest magazine in Finland, including photographs and my plans to give a course in October . This generate a lot of interest and as a result there was a full course of 20 people.

Luck seemed to be with me from the beginning and continued when two businessmen kindly shared my overweight luggage which saved me about £100 . On arrival in Helsinki I immediately started to look for a suitable room for the course. Luch was there too in the form of an enthusiastic Health Club owner who offered an ideal room free of charge .

I really wanted the course to run smoothly, so spent a great deal of time preparing. This included translating all the material, as very few Finnish people have a working knowledge of English . Once the class was started I felt well-prepared and happy that everyone was so happy and open-minded .

The majority of the new TFH-ers enrolled for the next course , which I will be giving in March 85.

At the end of the course I gave a National radio interview and then organised another article to appear in the January Finnish Health Magazine . This should be sufficient to provide further interest for more TFH courses in Finland .

All in all, I learned a lot from this experience, and really enjoyed teaching and meeting such wonderful people .

I am looking forward to continuing and expanding my contact with FINLAND .

SEIJA VERTANEN .



key mc.c. in noffs..

Schedule of TFH Courses

<u>DATE</u>	<u>TFH COURSE</u>	<u>PLACE</u>	<u>TEACHER CONTACT</u>
Jan 26/27	Basic	Leeds	K. McCarroll (01-328-7690) E. Andrews (01-992-8119)
Feb. 8/II	Intermediate/ Advanced	London)	
Feb 16/17	Basic	Fareham/ Southampton	K. McCarroll (01-328-7690) H. Marsh (0425-612651)
Mar 9/10	Basic	Dublin, Eire	K. McCarroll (01-328-7690) I. O'Hanlan (0001-875-397)
Mar 15-18	Intermediate/ Advanced Combined	Dublin, Eire	K. McCarroll (01-328-7690) I. O'Hanlan (0001-875-397)
Apr 5-8	Intermediate/ Advanced Combined	Leeds	K. McCarroll and E. Andrews
May 17-20	Intermediate/ Advanced Combined	Fareham/ Southampton	K. McCarroll and H. Marsh.

ISOBEL STEVENSON 01-359 0518
 ISIS Centre for Holistic Health, 362 High Rd.,
 Tottenham, London N17. Tel 01 808 6401
 Level 3 12th/13th January
 Level 1 26th/27th January
 Level 2 16th/17th March
 Level 3 20th/21st April

ILEA EVENING CLASSES

At the Chequer Centre, Chequer St, E.C.1.
 12 Tuesday evenings 6.30 - 8.30 pm
 Level 1 commencing Tuesday 8th January (
 Level 2 commencing Tuesday 19th February
 Fees - ILEA rates

COURSE COORDINATION

Free advertising for TFH or related courses. Let me know of the courses you are teaching and we can group our schedules to the benefit of all concerned.
 WILLM MISTRAL 01-582 53 83

On taking the

INSTRUCTOR TRAINING WORKSHOP

Once anyone has taken a TFH I, II, & III they may apply to take the ITW. Not all who take the workshop go on to teach TFH, they simply use the communication techniques in other ways.

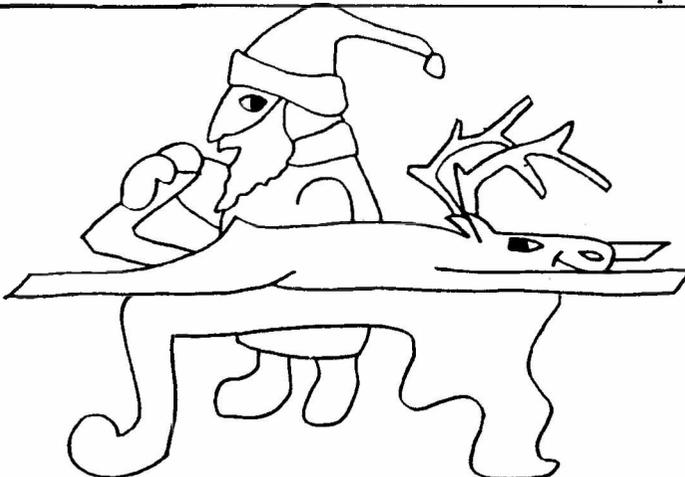
I have now organised my teaching schedule so that anyone who wishes to progress in TFH to Instructor level, may do so in a consecutive four month programme.

Of course, anyone who has done courses with another instructor may join my classes at any point they may find convenient.

My schedule for next year is as follows:

TFH I	January	12th-13th.
TFH II	February	23rd-24th.
TFH I	March	2nd-3rd.
TFH III	March	23rd-24th.
ITW.	April	20th-27th.
TFH I	May	25th-26th.
TFH I	July	20th-21st.
TFH II	August	24th-25th.
TFH III	September	28th-29th.
ITW	October	18th-25th.

For any further information contact me on 01-399 3215. Brian H. Butler.



BODY BALANCE! A MUST BEFORE ANY
 HARD DAYS NIGHT!

exhibitions

EXHIBITIONS

"Anew service for Touch for Health Instructors and Users"

At the AGM there was a feeling that TFH should be stronger at the local level. To this end the details of exhibitions that look likely to welcome TPH will be published in "In Touch"

Brian Hampton aims to co-ordinate this activity and suggests anyone interested in taking stands in the following exhibitions should contact both the organisers and Brian.

It would be useful if anyone involved with any exhibition contacted Brian before the event.

The British TFH Association will provide as much support as possible to anyone persueing this interesting route to find more people that will want to use TFH.

1. Psychics & Mystics
Digbeth Centre
Birmingham
9-10 February 1985
2. 2nd.Prediction Festival
Battersea Town Hall
London
29-30-31 March 1985
3. Shape "85
Bristol Exhibition Centre
26-27-28 April 1985
organised by Tony Davies Exhibitions Ltd
4. Come Alive "85
The Brighton Centre
31 May 1-2 June 1985
supported by the Evening Argos with circulation of more than 250000
5. Psychics & Health Crafts Basildon "85
14-15-16 June 1985
organised by Anubis Ltd.,200000 assured media coverage.
6. The Healthier Living Show
Earls Court
London
17-22 September 1985

Please do not delay your action to get involved,it is probably to late to be included in 1.&2.

Brian Hampton,Medway(0634)401829
13 Arthur Road
Rochester
Kent ME1 2 As

TO ALL ACTIVE INSTRUCTOR MEMBERS * * * * *

I propose to produce a amalgamated course list to cover the period 1st. January to 30th. June 1985, so if you would like your courses to be included, please let me have details not later than Saturday 15th. December 1984. Sorry, if I have not received them by that date I will not be able to include them. Remember, I get lots of enquiries so it's in your own interest to keep me informed.

Please send your information to: Charles Bennam, 29 Bushey Close, HIGH WYCOMBE, Bucks. HP12 3HL.

welcome

INSTRUCTOR/PROFESSIONAL MEMBERS

- Peter J. W. Brett, 4 Chestnut Springs, Lydiard Millicent, SWINDON, Wiltshire SN5 9ND.
Swindon 770732 (24 hrs.) Sw. 771149 'evening)
- Mrs. C.F. Briggs, Little Goose, Lew Down OKEHAMPTON, Devon EX20 4PW. 056683 344
- Mrs. Avril C. Collinge, 6 Burrel Close, HOLF, Norfolk NR25 6DT Holt 3677
- Richard L. Cook, 82 Lowlands Road, HARROW, Middx. HA1 3AN 01-864 6768
- Wendy Daniels, 77 Victoria Street. GLOUCESTER.
- Yasmin J. Dowgun, Fairmead, Derby Road, RISLEY, Derby DE7 3SS 0602 390615
- Valerie M. Gilmore, 20 Hendred Street, Cowley, OXFORD 0865 778684
- Nigel Gooding, 21 Alma Road, REIGATE, Surrey. Reigate 46388
- Anita V. Hall, 7 Garden Doyle, Kersfield Road, Putney, LONDON SW15 3HE 01-788 1972(home) 01-928 1444
- John F. Harle, 20A Marmaduke Street, SPENNYMOOR Co. Durham DL16 6PN 0388 816403
- Maggie La Tourelle, 21A Upper Park Road, LONDON NW3 2UN 01-722 8054
- Wulf Leux, Swiss Embassy, 16-18 Montague Place, LONDON W1H 2BD
- Willm Mistral, 13 Purbeck House, Bolney Street, LONDON SW8 01-582 5383
- Jocelyn Pownall, 10 Tower Way, Woolton Park, LIVERPOOL L25 6EB 051-428 5162
- Jenny Walker, Lytham Holistic Centre, 7 Bannister Street, LYTHAM, Lancs. FY8 5EW 0253 734059
- Dr. John Murphy, Garryowen, 120 Belfast Rd, COMBER, CC. DOWN. Northern Ireland. 0247-872595 (H) 0247-872727 (W)
- Miss Julie Murphy, Garryowen, 120 Belfast Road, COMBER, CC. DOWN. N.I. (as above)

GENERAL MEMBERS

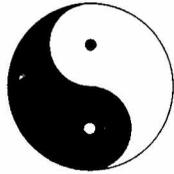
- Ruth Bray, 20 Muir Avenue KERANG 3579, Victoria AUSTRALIA. 054-521535
- Deborah Essex, 49 Sussex Square, BRIGHTON BN2 1GE 0273 604643
- Rowena Field, Flat 3, 5 Haslemere Road, LONDON, N8 01-340 8539
- J.H. Hadley, 11 Pinmore, FROME Somerset BA11 4RA
- Mrs. Leslie de L. Marguerie, 48 Brook Hill, WOODSTOCK, Oxon. OX7 1XH 0993 812426
- Susan McGovern, 83 Grasmere Road, LANCASTER. Lancaster 34961
- Susan M. Petrie, Orchard House, 21A Latfield Street, Crwell, ROYSTON, Herts. SG8 5WT
- Mrs. J.M. Smith, 17 Domsey Bank, Marks Tey, COLCHESTER CO6 1NG Essex 0206 212037
- William Young, 88 Oversley House, Alfred Road, LONDON W2 01-286 7949
- Mrs. Anne-Marie McGlinchey, "Nirvana", SLANE, CO. MEATH. EIRE. 041-24384
- Mr. Billy Tague, 126 Clontarf Road, DUBLIN. 3. EIRE. Dublin 334026.
- Miss Peigi O'Driscoll, 6 Weston Grove, DUBLIN. 14. EIRE. Dublin 989186.

Meridians

Yin and Yang

The first concept in Chinese medicine is the unity we have been mentioning among all the systems that make up a human.

The second is that there are polarities in all things — this is represented by the words *yin* and *yang* and the familiar symbol:



Everything in creation is a result of the interplay of the two elements, yin and yang. Yang is the light, active, creative, positive element. Yin is the dark, passive, receptive, negative element. It is stated in the Chinese text "The Yellow Emperor's Classic of Internal Medicine," that in order to treat and cure diseases one must search into their origins. Through their interactions and functions, yin and yang, the negative and positive principles in nature, are the causes of diseases which befall those who are in rebellion against the laws of nature — or who do not conform to them.

Everyone is made up of both yin and yang elements. Yin exists within yang. Yang exists within yin. The solid organs are considered to be yin. The hollow organs are considered to be yang.

Just as there is a north pole and a south pole on a magnet, there are yin and yang polarities within the body. The life systems are energized by this flow of energy. Oriental thought recognizes two essences in the body- *iei*, generated by the gross elements of food, which flows within the bloodstream, and *chi*, the primary or universal energy which is the origin of all things and of life itself. The channels along which this chi energy flows in the body are called *meridians*.

GUIDELINES

ARTICLES

If possible please type all articles in columns maximum line length 100mm or 80mm , single spaced, with subheadings, and a clean finish.

We will print handwriting if it is large, black, solid. Line drawings are welcome .

ADVERTISING

IN TOUCH accepts advertising subject to editors discretion The rates apply to ready-to-print copy, are double if we have to work from a rough copy.

Full page	£ 14.00
Half page	£ 7.00
Quarter	£ 3.50
Lineage	.25.

WILLM MISTRAL 01-5825383

courses in natural health

Why not act today!

Can we go on any longer exchanging cars for a better one, homes for a more "desirable" one, ... and fail to take care of the one thing we cannot replace - our incredible body??

Isn't it time we started to look after the only vehicle we will get in this lifetime? Our human frame needs some taking care of!! We neglect it, abuse it, stress it, - then expect it to work for ever. And even wonder why it goes wrong!!!

There are no barriers to your involvement. Feel incompetent? Feel it might be too difficult? Come and find out you are not, and it isn't!

All you have to do is to join in the fun. Feel more alive, relaxed, fitter. Have more energy, improve your posture, look better. Just follow and use the Touch for Health manual, and enjoy the results. It is a recipe for health.

There are Certified Touch for Health Instructors in many parts of the country, so contact me on 01-399 3215 and ask for the address of the instructor nearest your home.

Why not take a class soon?

Brian H. Butler

Stop Press

FRANK MAHONEY - 'HYPERTON-X'

Total Body-Mind Integration
Balancing the Athlete .

Frank will be here on May 25/26. He has studied extensively the problems of keeping high performance levels fro the sportsperson and dealing with both physical and mental issues, using TFH and Educational Kinesiology technique. His research over the past few years has been with some of the top USA Basketball Teams and many great athletes.
Contact KAY MCCARROLL (328-7690)

GRACE HALLORAN - 'JOY OF SEEING'

Will be coming 9/10 February, and for 3 weeks from April 15-May 5 for 'JOY OF SEEING' training

This is the result of 14 years research on herself, her son, and patients with 'incurable' degenerative eye disease, using TFH, Bio-feedback and Visualisation .

She has over 50 independently documented cases to her credit.

Contact E. Andrews (992-8119)