

10. Realize that every effort may not have the desired outcome from your perspective. Know that no matter what, you have made an impression on someone regarding TFH. Keep in mind that we can all benefit if your impression is a positive one!

**TITLE:** Relationship of Thie's Touch for Health, Krieger's Therapeutic Touch and Bulbrook's Neurolymphatic Release

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**Abstract:**

The purpose of the presentation/paper is to demonstrate/document the relationship of Thie's Touch for Health, Krieger's Therapeutic Touch and Bulbrook's Neurolymphatic Release. The theoretical similarities will be described with discussion of their clinical applicabilities and "teachability" to both lay individuals and a variety of health professionals.

**Introduction:**

The purpose of this paper is to illustrate the relationship between Thie's Touch for Health, Krieger's Therapeutic Touch and Bulbrook's Neurolymphatic Release. Each technique is theoretically/clinically powerful yet simple to learn, teach and apply. Research is needed however to scientifically document the power of each technique to clearly differentiate the technique of choice for the health/illness parameter and under what conditions it works.

The assumption operating in my work is that these three techniques are not "treating" diseases directly rather they "enhance" the body's attempt to heal and maintain itself in health. The phenomena that is activated is the TAO, the way to health enhancement through manipulation of energy which travels along meridians. Consequently, the techniques are labeled "self help" measures rather than a profession (such as nursing, medicine, etc.) aspect of care/treatment that "belongs" so to speak to the representative professional group. The techniques are like "brushing your teeth," "eating the right diet," they should be incorporated in one's daily routine of "taking care of self."

**Definitions:**

What is Thie's Touch for Health? Krieger's Therapeutic Touch? Bulbrook's Neurolymphatic Release?

Touch for Health (TFH) is a safe, simple, easy to use series of techniques for the general public to alter the body's energy balance to maintain an optimum well being. Developed by Thie in the early 1970's, it represents a synthesis of chiropractic, applied kinesiology combined with modern practice of ancient disciplines and knowledge in Oriental health management.

The basic procedure requires the process of testing 14 basic muscles to identify blockage in the body's energy. Heavy massage of points labeled neurolymphatics, and/or light touch of points called neurovascular and/or tracing the energy pathway called meridians are three techniques to correct blockages found through muscle testing. (Thie 1979)

Therapeutic Touch (TT) was developed by Krieger in the 1970's. It too is a synthesis of ancient health practices with modern concepts of health. Therapeutic Touch (similar to laying on of hands) acts to manipulate the body's energy through a conscious alignment of intent to health exchange of energy through the healer without touching the body directly, in order to influence the energy surrounding the body (aura). The hands are gently held over the body about 6 inches and slowly are moved over the entire body. When pockets of heat density, tingling or cold are felt, the healer concentrates on the area and gently "pulls" the energy away from the body. An "intuitive" exchange occurs between healer/heelee thus not necessitating a "required time or procedure" for working an area of the body. (Krieger 1979)

The practice has been taught by Krieger to thousands in nursing and related areas. It too has spread like the Touch for Health to other health and non health professionals as well as lay persons. (Bulbrook 1984)

Neurolymphatic Release (NR) is a modified version of the TFH technique developed by the author in May 1984. It too balances the body's energy. The procedure begins with muscle testing to identify the imbalanced, meridian and/or sore painful neurolymphatic reflex points. Then hold very lightly the neurolymphatic point with the corresponding either end of the meridian for those areas indicated as weak from muscle testing. For example if the CENTRAL neurolymphatic points are painful (the armpits in the front on and the back of the head), hold lightly the end of the central meridian (under the lower lip) and the painful neurolymphatic point by the armpit and the meridian and the back of the head. Within seconds the painful neurolymphatic is corrected and the muscle tests strong. All 14 muscles are then muscle tested and corrected. There is no need with this technique to utilize neurovascular points.

### **Theoretic Orientation of the Three Techniques:**

All three practice, TFH, TT and NR are grounded in Eastern medicine and complements Western medicine. The focus is on Wholism (holistic health) in helping the client to deal with all focuses, internal and external, affecting his/her health and well being.

In this paradigm, physical and mental symptoms are considered only a small manifestation of the unitary energy and balance of the organism. This energy can be called electromagnetic or vibrational force, bioenergy, the chi, vetal force or the life energy.

Kirlian photography developed by the Russians have captured this energy field on film through a form of high intensity photography. This photography process is used diagnostically detecting for physical

and psychological actual/potential illness states. The Mind/Brain Bulletin reports that in Madias India, a group of physicians from a general hospital have photographed the fingertips of 1,000 people. The characteristic pattern of the energy field of these fingertips had representative patterns to distinguish actual and potential illness states. (Ferguson 1984)

The energy manifested in this field around, in and through the body travels on channels called meridians. The meridians are connected by major channels called chakras located in various parts of the body.

TFH, Manipulates the energy through a variety of its processes: 14 and 42 muscles balance, Emotional Stress Release Technique, seduction/tonification accupressure, dyslexia correction, origin/insertion, etc.

TT on the other hand manipulates the energy through intent to heal and alternating the flow around the body.

NR also manipulates the energy by directly releasing the neuro-lymphatic point to the meridian, thus in a non painful way the body is balanced.

#### **Relationship Between TFH, TT, NR:**

All three techniques balance body's energy. All three are easy to learn by professionals and lay persons. They differ in the actual steps of procedure but accomplish the identical goal of promotion of health and well being by unblocking the energy.

To test this concept, I first muscle tested a client to identify meridian blockages. Then TT was applied and further muscle testing revealed the meridians were indeed balanced as manifested by the muscle testing strong. The same process was done utilizing NR with the same results - namely, the muscle tested strong.

Consequently, all three techniques are helpful to promote health and well being.

What then is the difference? The strategy at this level becomes what circumstances necessitated utilization of one technique over another?

My experience utilizing these three techniques can be summed up briefly as follows:

#### **Touch For Health (TFH)**

- one of the best techniques to actually see demonstrated the effects of change in the body's energy
- less threatening to accept than TT because you are actually touching the body
- appears "less" magical from moving your hands to and from the body as done in TT

### **Therapeutic Touch (TT)**

- useful at any time and always handy without a book
- no need to memorize points or learn how to test muscles
- helpful for those who can't be actually touched such as burn patients
- some people prefer the more spiritual connection alluded to with this technique

### **Neurolymphatic Release (NR)**

- can be used with or without muscle testing
- does require looking at a picture to see where to place your hands
- is not painful and relieves in almost all cases the pain in the affected neurolymphatic point

### **Closing:**

In conclusion, these three techniques although very basic and easy to learn have changed lives dramatically and radically challenged the paradigm of illness/health care in the US, Canada and many other countries.

One can say human touch is one of the most powerful tools available to all of us. Used in a purposeful way, we can enrich our own lives, those of family members and friends and people interested in taking responsibility for regaining and/or maintaining health and well being.

"Touching" and "Caring" has transformed the world. Thanks to those who are in Touch For Health.

Dr. M.J. Bulbrook

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