

THE CHICKEN SOUP APPROACH

by Idelle Weissenberg

Chicken Soup has made the headlines as a cure for colds, sore throats and flu. Authoritative medical sources have recommended home-made chicken soup when over the counter drugs have failed. The simple ingredients of chicken, celery, carrots, onions and seasoning aren't what do the trick; the tender loving care and good intent must be the secret ingredients.

I began to realize that I was using the Chicken Soup Approach on a one to one basis for relieving a stressful neck, head or body ache for a long time. Everyone of you are capable of performing this simple method to help a friend in need. There isn't a day that goes by that someone doesn't complain to me — My neck is killing me! Can you get rid of my headache? — My back hurts around my shoulders. Now you can't run and get your Touch for Health book or chart, your massage table or start balancing 14 muscles for a friend that is sitting at an office desk or your manicurist who bends forward tensing her back for hours on end when they cry for help. But we do have at our fingertips the knowledge we have learned, our hands, our need to give TLC and our loving intent.

I have found that in the past twelve years that I have involved myself with TFH and the Holistic Approach, I have gotten more pleasure and satisfaction from helping someone in a few minutes rid themselves of simple related pains than giving a 14 or 42 muscle balance or teach a large class. What I want to remind you of at this point is, don't forget to ask if it's OK for you to touch them and be sure that you allow the broken bones and torn ligaments to be left for the medical professionals to treat. I usually find that after a short conversation the thing most people suffer from is blocked energy, weak muscles or muscles in spasm. I

mentally refer to the basic premise: "The 5 ways that cause blockage and imbalance are the food we eat, the water we drink, the exercise we get or don't get, the air we breathe and emotional stress." In the years of helping people with chronic complaints, the major culprit is blocked energy.

Three examples that have worked for me with acquaintances I met on my recent trip to Florida will follow:

Case #1

Mark, our tour guide, spent a week before the bus tour training and running in the Boston Marathon. He started his job with excruciating pain in his right gluteus and had tension in his back. I could see that he was in excellent physical condition but had over-extended his muscles. He was a perfect subject for my CSA. I waited until I rotated to the front seat of the bus and asked the usual, "I think I can help you. Is it all right if I touch you?" With his affirmation and my knowledge that the gluteus ran through his bladder meridian, I used the simple method of acupressure for pain; holding a finger from one hand and pressing the index finger from my other hand up along the meridian until I found another tender area, then changing fingers when the initial pain became less painful than the second area. I covered the meridian upward until I reached the eye. I massaged his upper neuro-lymphatics and several lower ones concentrating on and finding opposing back neuro-lymphatics while explaining the swinging door concept to him. His pubic points needed massage and it would have been embarrassing for both of us, since the other tourists were already laughing and joking about our close contact. I gave him homework and told

him how to massage the points himself. My usual CSA includes massaging the shoulder blade area and the muscles on the top outside of both arms; these points along with giving deep breathing instructions are great body relaxers.

Results:

The next day, Mark's discomfort was almost completely gone.

Case #2

The tennis and golf instructor in a luxurious resort halfway down the Florida Keys was a healthy, young girl who mentioned to me that she had a terrible headache and had one almost every day. I asked her if she smoked and she immediately responded with, how did you know?" My answer was that you look healthy, you work in this beautiful smog free environment, the first thing that came to my mind was cigarettes. I must interject at this point to tell you to trust your inner judgment; they are more accurate than we let ourselves believe. I did a quick muscle test and let her smell her own unlit cigarette and showed her how the muscle weakened. I gave her the CSA and explained to her about blocked energy and opposing muscles. I asked her to groan while deep breathing, rotate her neck and shoulder and then I massaged all the upper neuro-lymphatic points, her shoulder blades, upper arms and did some neck stretches and neck isometric press. With headaches I usually lightly tap the top of the head with my fingertips starting from the middle front of the forehead to the back working down to the sides and around the ears ending down the neck. I asked her whether she ever used permanent marking pencils and she immediately ran to the porch by the golf check-in chart and returned with several of them. We did another muscle test, with her smelling the pen and the muscle blew. She was amazed at the result and told me sheepishly that her 3 year old son colored with

them every day after nursery school while he was waiting for her to get off from work. Her son was running around at the time as hyper as a child could be and I already had a suspicion that some of her stress came from all three, cigarettes, pens and her hyper son. She promised to get water-color pencils. The process took me 5-10 minutes.

Results:

Headache disappeared. The single muscle tests convinced her that I keyed in on to her problem. She asked me why I didn't come back and give a workshop. (It might not be a bad idea!) I hope she gives up smoking.

Case #3

My last victim of the CSA was another stranger who migrated into my clutches as she sat down at my table in the coffee shop at the Orlando Airport. We started to converse and she told me she was a Graphologist from the Redondo Beach area near L.A. and was the keynote speaker at a 3 day nurses seminar and didn't get a chance to see anything other than the hotel. TFH got into the conversation (I can't understand how that happened). Her plane was leaving in 10 minutes and she asked me if I could help her get rid of her neck and back tension. She was familiar with TFH and even knew my good friend, Peggy Maddox. It's a small world, isn't it? I am sure I was meant to be there for her. I used my CSA basics and in 5 minutes she felt fine. I couldn't believe it myself. She thanked me, hugged me, we exchanged cards and even discussed doing a workshop together in San Diego. My key in helping her so quickly was the statement she made. "I've spent 3 days here and hadn't had a chance to see or go anywhere." Her neck and back tension came from 3 days of work and no fun.

Results:

No back tension and a smiling lady running off to catch her plane.

Basic Chicken Soup Approach

THE CHICKEN SOUP APPROACH

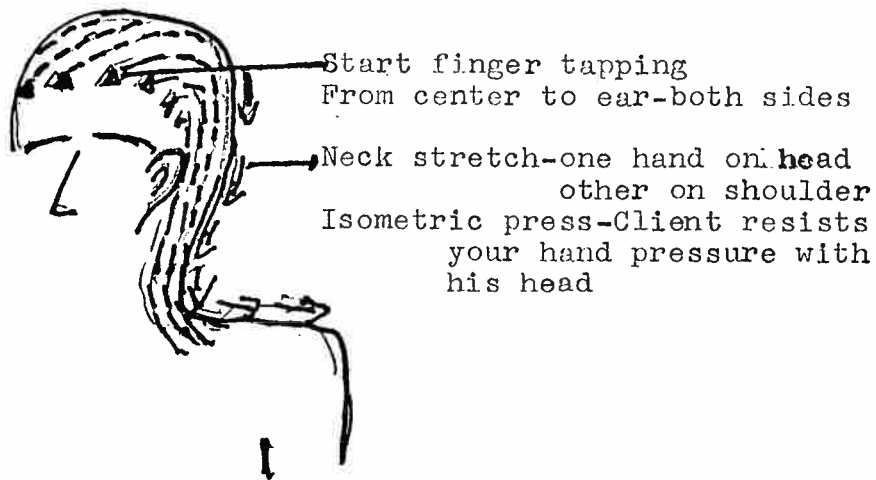
by Idelle Weissenberg

- * Knead shoulder and upper arm tenderly to relax body.
- * Deep breathing with shoulder and neck rotations.
- * Supraspinatus and reflex massage
- * Find tenderness that blocks energy, then work front and back points gently together
- * Continue massaging all back and front neuro lymphatics from waist up.

* Neck massage.

Optional Techniques

- * Run Meridians by threes
- * Crosscrawl
- * Acupressure for pain
- * ESR
- * Headache problems : gentle finger tapping from forehead to neck base
 - *palming
 - *eye- nose points
 - *nose points
 - *gentle massage
 - *neck stretch - isometric press



Intent and TLC are the two ingredients that allow you to use any method that you choose. We each have our individual styles, talents and unique-

nesses. Accept them, use some or all of my techniques or use both of ours and you will be on your way to your own Chicken Soup Approach.

Love and Peace,

Idelle Weissenberg