

## M.D. Joins with Touch for Health

by Warren Jacobs, M.D.

Western Medicine - the diagnosis and treatment of human illness as taught and practiced in our time is scientific, increasingly technical, and certainly can be dramatically effective when applied to one end of the spectrum of human illness. A Saturday night visit to our local trauma center would certainly prove the above statement. However, the vast majority of human ills including those "annoyances" that most of us put up with - the recurring digestive disturbances, muscle and joint pains, skin irritations, headaches, low back syndrome do not seem to respond very satisfactorily to the traditional western medical approach.

Indeed - when people do seek help for these complaints from a good, conscientious, well trained medical practitioner - what often transpires is a thorough and physical and laboratory examination - the result of which may reassure the patient that there is nothing seriously wrong - but usually does little to relieve the symptoms and return the patient to a state of exuberant health. As John Thie puts it, instead of seeing ourselves in either a state of health versus illness--why not aim toward exuberant good health?

The method of western medicine now utilizing marvelous technical advances that enable us to peer into the body, measure, and even repair the effects of accident and illness in ways not even dreamed of when I left medical school can impress the patient, but depress his pocket book. The possibility of legal action often pushes the doctor into overuse of these modalities, leaving the patient still unwell and considerably poorer. In addition this often leaves the patient somewhat skeptical of the doctors skills and unfortunately skeptical of his motives as well. How unfortunate. The doctor is, I feel, trapped by the focus of his training, (illness oriented rather

than health oriented) the malpractice threat, and is distrustful of any adjunctive method that lies outside his training or the institutions that traditionally have provided that training. Matching persons with symptoms to recognized medical labels called "diagnoses" is often the process; and when there is no "fit" - the patient is told, "nothing seriously wrong."

Yes, the focus on illness rather than on health is in many ways unsuitable when the object is to achieve and maintain the state of exuberant good health. This is the criticism often directed against western medicine - treating illness rather than teaching wellness.

After some eight years of practicing medicine in Escondido - I became painfully aware that I was not helping people with the majority of their health complaints, certainly not the recurring problems. My search for answers through post graduate courses in the various specialities - although very interesting and helpful in keeping abreast of the latest advances in medicine - did not help in the way I hoped. Then, maybe it was about ten years ago I happened by chance, to get a short look at a man who changed my life - John Thie.

It was at a convention in San Diego. The large hall was packed - we had all come to hear Elizabeth Kubler-Ross tell us how to deal with the dying and their families. She was wonderful, you could hear a pin drop as she spoke.

Well - one of those presenting was this John Thie - this tall personable smiling chiropractor. Please see this through my eyes - the eyes of one trained in science; a left brain , no nonsense, prove it to me M.D. John proceeded to demonstrate a few of his weakening - strengthening maneuvers on a volunteer. An M.D. in the audience broke in with his Viennese accent, haughtily announcing to the

gathering that this exercise on the podium was nothing more than simple suggestion - obvious to him because of his studies with the great one in Vienna. I was most impressed by John's handling of this fellow. Never losing smile or confidence. John invited the outspoken gentleman up on the podium and asked permission to test a few muscles. One of his arms was weak - the man simply explained that this was a long time problem - his bad arm. John then "suggested" he would be further weakened by the next maneuver as he not so gently stimulated a strengthening point. The man was then retested and all present could appreciate how he had become stronger - although bewildered by the experience. I was impressed by the method and by the man.

It was not easy for me. It worked - sure - it had truth - but an empiric system - unscientific - conflict. I handled the conflict in this way. It is interesting - it works - it does no harm. It is another way of looking at the person. OK - I'll get into it - but of course it has no place in my practice - just of academic interest - exciting too- fascinating even. Courses from John Thie - Donna Eden. I drove Donna crazy - every time she gave a course I was there. Gordon Stokes - read some books - books on Chinese medicine - fascinating. This went on for two or three years.

Then one day - it had to happen sooner or later. In comes L.D., nice lady about forty - pain in the right shoulder - really hurting. Hurt so bad she kept her arm to the side - pale - sweaty - no sleep - nauseated. Exam-diagnosis - inflammation of deltoid bursa - treatment with inflammatory oral drugs - injection of steroid into bursa - analgesics - pain pills, sleeping pills.

Patient returns next day, no improvement. Nice lady in pain, sweaty, pale weak - what to do? Pass the buck - send her to orthopedic surgeon? (diagnosis really not in doubt). I know what he will do - shower her with codeine - use physio therapy, prolonged course - eventually it will pass - perhaps

residual loss of range of motion, but she will make it. I said, "Livia, do you know anything of Oriental medicine?" She replied, "do anything!" I went to my consultation room, got the "Touch for Health" book - and opened the book on the counter. Then going from patient to reference gave the lady a rather primitive fourteen muscle balance. I then stood back, arms out to the side and slowly raised my arms in a big circle until they met over my head. "Livia, you try." "Doctor, I can't," she whispered. "Try," I said. She put her arms to her side as she sat on the exam table and very, very slowly at first and just slowly after she realized she indeed could move, raised both arms over her head until her hands touched. She was amazed! But that was nothing to what I experienced. She thanked me, got off the table and strode out of the room with a strong step, leaving me in a state. I was pleased, startled, shook up to say the least.

It is said - when you come by some new information that does not fit in with your previous concepts you have alternatives. Disallow or discredit the new information - discard the old concept - or enlarge - make room for the new. Not all of us are able to do the latter - to accept the two truths. I was thinking of the particle theory of light and the quantum theory - one explaining some phenomena of light and the second explaining other phenomena. Scientists are forced to accept both, two truths.

Could I accept western medicine and make room for eastern empiric medicine - Touch for Health - this other healing art? Maybe I don't have to take sides, defend one or the other, maybe we can all open to other concepts - modes - ways of looking at the human and reduce some of the ridiculous - and expensive ways of delivering health care.

I know that John Thie has developed "Touch for Health" as a grass roots movement - to enable those who wish to become knowledgeable and responsible for their own improved health - rather than to approach a healer to be healed - to learn to keep themselves well - for each of

us to be the keeper of our own health. This, I believe is his design. I am grateful that he has made a place in "Touch for Health" for me - a western trained M.D., and what I would like to demonstrate to you now is how I use "Touch for Health" - its concepts and its methods in my medical practice.