

Talking, Touching, and Teaching with Touch for Health

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Abstract:

Teaching Touch For Health may well be the "in" occupation of the nineties! As the mind/body concept gains wider acceptance the public is searching for a deeper understanding of this relationship. Touch For Health allows people the opportunity to discover for themselves how this relationship works. Touch For Health is more than just an explanation, it is an experience of the mind/body concept in its simplest and most complex forms.

What we have in Touch For Health is the opportunity to be leaders in community health education. As a Certified Touch For Health Instructor, you have the necessary tools to lead people in their quest for understanding. In teaching the concepts involved in Touch For Health, you can help people become more articulate about their bodies, their minds and their health.

In order to assist others in their quest for knowledge we, as Instructors, must accurately express "what is TOUCH FOR HEALTH?" and "why should anyone be interested in it?" It is of major significance that we can articulate what we are and why we are so important. The following information may assist you in constructing a framework with which to describe TOUCH FOR HEALTH and some of its uses.

Talking Touch For Health: The Intelligent Body

For whatever reason we tend to limit our perception of intelligence to a central location in the body, the brain. We associate the word intelligence with IQ test, ability to think and reason. As we learn more about the how the body functions we can expand our beliefs about intelligence. Intelligence rules the entire body. The human body is made up of trillions of cells. Each one of these cells carries out precise physiological functions and does so constantly out of its own innate intelligence. The human body thinks and displays intelligence at all times. The fact that this is occurring at all times is often ignored.

Because we do not recognize the true and natural alignment of body and mind, two outstanding myths are perpetuated. These myths are:

1. Thought is a psychological activity that goes on inside our heads.
2. We assume that this psychological activity called thinking has no effect at the cellular level.

Let us dispel both of these myths, now!

Have you ever seen a picture of the brain? Where is thought? Have you ever seen a picture of "thought"? If you opened up the human skull and looked inside at the brain you would absolutely **not** see a thought!

Think of a lemon, a nice fresh bright yellow lemon. What happens to the inside of your mouth? Can you smell it? How does your nose feel? How does your body feel about "lemons"?

Thought is an activity that affects the entire body. The body in order to be active must be **thinking!**

In our fast paced society we overlook the importance of our bodies, how intelligent and wonder filled they are. We lose touch with ourselves and our identity. We live outside of who we really are and rely upon external material objects to identify who and how we are. Evidence of this "self-denial" can be seen in our response to the question "How do you feel?" It is not unusual to have people answer with their external circumstances. For instance, "Oh my car is not working", "The dog died", "The neighbor's dog

died!". We are unable to answer on a personal level because we really don't know "How do we feel"!

Shutting out our ability to feel and experience the self puts distance between mind and body. "Out of body" experience is more common than we might think. We assume that the everyday events of our lives do not physically affect us. We disregard the subtle messages our bodies give us. We ignore minor dysfunctions until our feelings are deprived, then we slay our feelings with "mood elevators". We evade minor aches and pains by executing them with pain killers and antacids. Soon these natural messengers retreat, silenced by pharmacological technology.

If we continue to ignore our bodies we enter the state of disease. The disease state is indicative of the exhaustive state of the body. Sometimes, if the exhaustion is severe enough, we stop ignoring the body and pay attention to the messages. Some of us ignore the very aggressive message of disease. For these bodies there is the danger of overload and exhaustion as the body faces depletion of its natural resources and ability to fight back. Energy is lost and the entire system begins to fail. Not a pretty sight.

Touch For Health is a system that assist the body in listening to itself. It relies on "self referral" for knowing "How do I feel". Touch For Health restores our natural ability to hear and interpret the more subtle messages of the body. Touch For Health encourages self responsibility and recognizes that all healing starts with the self. With Touch For Health we can pay attention to the body so that energy is maintained and exhaustion overcome.

Touching with Touch For Health: Why do we use "muscle testing"?

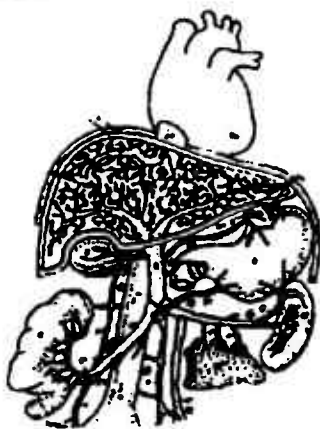
Why do we use "muscle testing" in Touch For Health?

Muscle testing raises body awareness. When we test a muscle we are aware of the specific energy involved. We monitor the timbre of the energy. We feel the energy being tested. If we feel the energy (to the muscle being tested) is less than what we want for ourselves, we use one of the many methods provided in Touch For Health to restore the energy level. We then re-test the muscle and re-evaluate the change, thereby causing a change in our physical awareness. Using muscle testing puts you in touch with your energy. Consistent, daily use of Touch For Health can heighten awareness on the mental as well as the physical level in the same way. When the body achieves a continuous heightened state of awareness the need for external evaluation is diminished and a more lasting state of health prevails.

Teaching with Touch For Health: Meridian/Organ Energy and Food Testing

In Touch For Health we talk about the meridians and we attempt to explain to our students what they are and how they function. In order to explain the relationship of these energy producing organs to the Meridians we, as Instructors, should know the exact location and function of each one of these Meridian Energy/Organ Systems. For example:

SPLEEN



Made up of lymphoid tissue, the spleen is about the same size as the heart and is located on the left side of the body just behind the stomach.

A mass of spongy tissue, it is capable of holding up to 3 gallons of blood. The spleen carries out the same filtering activity as the lymph nodes as well as producing white blood cells. The spleen stores and recycles red blood cells, and is capable of releasing blood to the cells when a shortage of blood occurs.

If you are not familiar with anatomy and are not entirely sure of these organ systems, their location and function please acquire an anatomy reference book or attend an Instructor Update to be updated on this information. Knowledge gives power to what you say and you owe it to students to be as accurate and knowledgeable as you can. Also an in-depth knowledge of the organs will help increase your own understanding of what the Meridian Energy System represents.

FOOD AND SUPPLEMENT TESTING

While there is much discussion on what is "good food" there is also a lot of controversy about the specifics. The media and other mass conglomerate resources tell us we should eat foods from the "Four Food Groups". What are the four food groups? Regardless of whether or not you can define these four food groups, you

need to understand exactly what it is you are eating.

The four food groups we use in our TFH classes are:

1. Fats – in limited amounts
2. Protein – in moderation
3. Carbohydrates – in large quantities
4. Water – unlimited amounts (Needed for body functioning and for digestion of foods.)

What foods fit into which group?

Because all foods contain some fluid (water) most foods fit into at least three categories. Many foods fit into all four groups! Here are some examples:

	Amount	Carbohydrates	Protein	Fats
Wheat Germ	1 tbsp	3 Gm	1.8 Gm	0.7 Gm
Potato, white, fresh, baked in skin	2-1/3 x 4-3/4"	32.8 Gm	4.0 Gm	0.2 Gm
Potato sweet, fresh, baked in skin	5 x 2"	37 Gm	2.4 Gm	0.6 Gm

Caloric Scale: 1 Gm of carbohydrates yields 4 Calories
 1 Gm of protein yields 4 Calories
 1 Gm of fat yields 9 Calories

As long as humans have been eating, these are the **only** things we've ever eaten! What we need to know is the quality and quantity of what we eat. We need to know if the food we eat serves us, is it good for us?

Let us try to understand the physiology of food. Since most people know more about their cars than they do about their body so, let's compare our bodies with our cars.

The workings of the car – the engine, the carburetor etc. make up the bulk of the weight of the car. In our bodies protein, the stuff that every cell is made up of, makes up the bulk of our weight (17%) as muscle, bones, organs. This is a stable weight and like the engine and internal

workings of our car, does not need "replacing" very often.

The oil that lubricates our car can be used for long periods of time before it is depleted or dirty and must be replaced. It can also be burned as fuel although it causes a great deal of harm to the engine. (If you've ever blown your car engine up, that cloud of black smoke at the moment the car dies happens because the oil is mixing with the fuel.) Our bodies also require lubrication in the form of fats. This is also a fairly stable weight (15%) and doesn't need to be replaced very often. It too, can be burned as fuel but it is not as efficient and it is much more difficult to break down into something the body can burn.

Last, but not least, in order to propel the car it must have fuel. This is the least stable part of the car and must be replaced constantly if we want to drive. Our bodies also need fuel. Our fuel is carbohydrates and it must be replenished constantly if we want to keep going. Many people have the misconception that Carbohydrates are "bad" for you and should be avoided. Carbohydrates, which are only 1% of our body weight should make up the bulk of the food we consume.

Also a necessary component is the electrical part of the car, the battery. While the battery has its own energy you must supply the "juice" in order for the energy to be released. The battery must have water in order to keep a charge. It is the same with our bodies. As electromagnetic beings, we also carry a charge and therefore require water. Our bodies are about 65% water. You need a lot of water to keep up with several billion cells. Cells that are doing something all the time!

(For those mathematicians who added all of this up and are wondering what is the other remaining 2% of the body? Inert ingredients? Better look it up!)

In Touch For Health, muscle testing becomes a very valuable tool for evaluating the 'fuel supply' and 'repair parts' needed to maintain the body on a day to day basis. These are important tasks and with muscle testing we can customize our nutritional needs to meet the demands of our bodies. We can use muscle testing to discover which foods are 'good foods' for us.

Traditionally Applied Kinesiology has tested all foods and supplements in the mouth. TFH has followed this principle because of the evidence of a direct pathway from the mouth to the brain (probably mediated through the taste buds). The scientific article entitled "Direct Pathway to the Brain", published in Science Magazine, Feb 1969, used radio-actively labeled glucose and X-ray to document this phenomenon.

We can test the food against any muscle. among the most popular are:

- Pectoralis Major Clavicular – Stomach,
- Latissimus Dorsi – Spleen/Pancreas,
- Quadriceps – Small Intestine
- Pectoralis Major Sternal – Liver.

To be really accurate one would need to test the substance against all meridians. This option can be time consuming. The food testing protocol explained on pages 116 and 117 of the *Touch For Health* book (ref 6) improves the accuracy of food testing without adding much to the time.

Using this testing protocol, foods are grouped into 3 categories:

1. Foods that *deplete* energy and performance are *Biocidic*.
2. Foods and supplements that *enhance* energy and performance are *Biogenic*.
3. Foods that have no apparent affect are considered to be *Biostatic*.

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