



IN TOUCH FOR HEALTH

**THE PLACE
TO BE
IS
AT THE
ANNUAL MEETING
IN SAN DIEGO --
SEE YOU
THERE**

JUNE

1982

IN TOUCH FOR HEALTH

Touch For Health Foundation
Publisher

Editor:

Darla Rollofson

The purpose of the Newsletter is to disseminate information on research plans, methodology, and results of self-development programs in health-care, both mental and physical. Further, the Newsletter is a forum to provide members with up-to-date information on programs, seminars, activities and training tips.

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The Touch For Health Foundation has a policy of non-discrimination and admits students of any race, color, and national or ethnic origin.

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Dr. JOHN F. THIE

PRESIDENT

Dear Members,

This is in the way of a report to you about the present situation at the Foundation. There is good news and bad news. The good news is that we are continuing to reduce the poor financial situation on a regular basis, we certainly appreciate all of you who are contributing financially to this cause. It has been a little slower than I had hoped, due to the bad news which was that the programs that we attempted in Australia caused us a further loss and we have learned a definite lesson which seems to have been hard for us to learn. The lesson is that we will only be putting on ITW and Proficiency classes in areas where we are asked by people that want to have a class and will take personal responsibilities for helping with the arrangements and getting the registrations. We will no longer be running up the down escalator.

What does that mean to you? It means that if you feel the need to have a proficiency or ITW class in your area and you can get some people to attend by registering them (for which you will be financially rewarded) we will then schedule the class. Classes are now being scheduled one year in advance. Please let us know if you would like a class in your area. This will also go for updates and other classes that we will be offering.

Another piece of good news Dr. Mary Marks has joined the Foundation on a full time basis as resident faculty member in Pasadena and we are delighted that she will be at the headquarters office when she is not out of town teaching. With this addition we will be giving on-going Proficiency for the Southern California people on a weekly basis, also we will be having the ITW also scheduled so that people in the Southern California area that cannot take eight days in a row off for our traditional class can become certified by taking the Proficiency and the ITW classes on a even schedule basis. This program was instituted as a result of the suggestion and follow-up of Peggy Maddocks, who I feel has the pulse of the area as she teaches as many people TFH as anyone I know.

The annual meeting at the University of San Diego plans are finalizing and the speakers are almost all selected. By the time you receive this it will be probably too late to submit any material for this year, but next year we would love to have your presentation. The committee met May 11, at the foundation and made the last decisions, including to allow more free time to rest, relax, visit, utilize the university facilities that in the past years we seemed to neglect. I hope all of you who have not yet registered will do so at once. I believe that you will gain more this year for yourself than in any previous year. We really have an outstanding program planned for you.

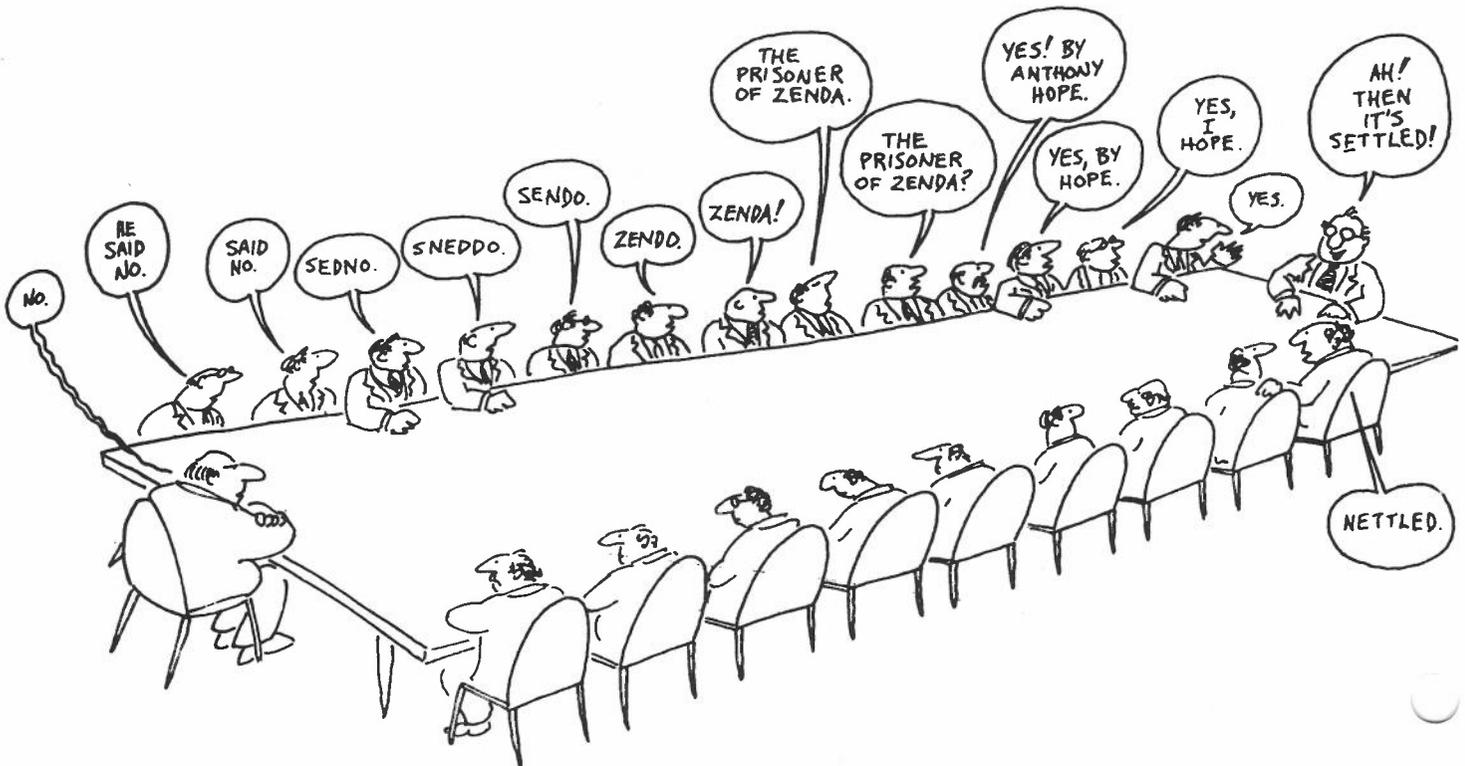
(714) 291-6480
260-0308

Another piece of good news is that Touch for Health in German should be out next year. We are negotiating with people to publish it in Italian, and French. Richardo Olmas says that by the annual meeting his Spanish edition should be ready.

Thanks to all who have been sending in news from your areas. I know how busy you all are, so we enjoy hearing about how you are using Touch for Health and your successes. Keep up the good work. If some of you have promised, but not yet sent in your items, its not too late.

See you in July,

John F. Thie, D.C.



TOUCH FOR HEALTH : AN UPDATE

BY: BARBARA HANNA

DIRECTOR OF HUMAN DEVELOPMENT

What do six staff members, four faculty, one administrator, one husband and two children have in common?

We meet in the Lincoln Room Wednesdays from 4:00 to 6:00 p.m. to learn how to balance muscles and body energy. The class is led by me, a certified Touch for Health instructor. Besides learning more about how our bodies deal with stress, we have a lot of fun in the process.

Contrary to the belief of some, Touch for Health is not a "touchy-feely" experiment, but a very specific method for identifying where stress is carried in the body. Then, through specific techniques such as acupressure massage, that tension can be relieved before it turns into chronic pain or physical problems. Besides learning how to balance the body, we learn how to give a quick energy boost with the meridian massage. This technique involves tracing, with the hands, the 14 meridians that run throughout the body, thereby getting the energy started much like turning on the light switch.

In the last class session we used muscle testing to check out possible food allergies that people might have.

Some comments made by class members: "It was fun to share this experience with people I know, work with, and value." "The class was fun, relaxing, interesting, enlightening, and useful." "It was fun to learn something useful and have fun doing it."



For a quick energy boost or a 14-muscle balance, see Laura Martin, John Nordquist, Bernadette Boyle, Rich Makoff, Karla Albright, Gawy Iwamoto, Wayne Osborne, Jeanine Kiss, Linda Beasley, Fran and Joel Engel, Margaret Moulton, and Sean and Erica Nordquist.

Anyone who is interested and who cares about people can learn the Touch for Health balancing techniques. No special prior training is required. Children can be specially sensitive and pick up the technique of testing, as has been demonstrated by our class's youngest students, Sean and Erica.

For more information, feel free to contact any of the class members or me. Perhaps you have classes you would like to see taught or might be willing to teach yourself. If so, let Margaret Moulton know and we'll see what we can do.



Today Sr. Sarah Page, who is a metropolitan administrator for the Catholic schools, set three dates with me next fall to speak to area-wide meetings of teachers and principals regarding techniques to use to reduce stress in the classroom. Independently one principal had already set up a faculty meeting with me and is going to require every teacher to implement a technique of their choice (either cross crawl, ESR at the beginning and end of each day, or muscle testing and balancing supraspinatus and checking for visual inhibition--daily!!), and keep journal notes for a follow up sharing the next month. Boy, am I excited about that!

More good news with another goal -- introducing ESR to nurses and its routine use in hospitals. I'm going to be speaking to a group of parents, "Candlelighters" organization, in our children's hospital and the head nurse on the cancer ward invited me and is very interested in teaching ESR to the nurses.

Carol Albee

PULSE - MERIDIAN CORRELATIONS

BY: WAYNE TOPPING, PHD.

Most books on Chinese acupuncture describe twelve pulses at the wrist, three superficial, three deep on each wrist. These are the pulses that many of us use in our Touch for Health work. However there are others and they can now be correlated to specific meridians.

Two of these pulses were brought to my attention through a presentation given at the Touch for Health annual meeting in Asilamar during May 1979, by Ellen Moore. Ellen showed a pulse point for the central meridian on the base of the left thumb and for the governing meridian on the base of the right thumb (1). I did not realize that there were more pulses until I read Georges Beau's book, "Chinese Acupuncture"(2), where he stated "The Chinese pulses, 14 in number are situated in both arms, above, below, or at the level of the radial apophysis(the "knob" at the wrist), and are found by exerting a certain light, moderate, or heavy pressure on the artery."

It occurred to me that four intermediate pulses recognised by the Chinese, but, to my knowledge, not identified with any organ or function within the body might correlate with other known meridians.

Chinese traditional medicine considers that "blood and "qi" (chi; vital energy) circulate throughout the body in channels and collaterals and that these passageways (59, according to Fleix Mann) (3) form a network connecting the superficial and interior portions of the human body, regulating the function of the whole body. Channels are the main trunks running lengthwise, while the collaterals are their branches. Channels can be classified into two groups; 1. regular and 2. extra, (4). The regular channels (the 12) are the meridians we TFH instructors are familiar with when we work with the wheel. The Chinese consider the 8 extra channels to be different from the 12 channels as they do not pertain to any of the internal organs. We are also familiar with two of the 8 extra channels: the central (conception vessel) and governing (governing vessel) meridians which run along the middle of the body have their own acupuncture points.

The other six extra channels join together certain of the other regular channels and one or two points on them are supposed to activate the whole channel (3). Various books show these extra meridians including two (4&5), carried at THEnterprise store. These meridians

are generally known as: Belt, Vital, Mobility Yin, Mobility Yang, Regularity Yin, and Regularity Yang.

Research with colleagues at the wholistic health center in Bellingham (and confirmed in september 1981 at hte Biokinesiology institute in Southern Oregon) showed my original idea to be correct. The superficial and deep pulses on the wrist correlate with the 12 regular channels(12 major meridians). Intermediate pulses on the thumbs correlate with the central and governing meridians and the intermediate pulses on the wrist correlate with the other six extras meridians. These relationships are shown in table #1.

LEFT HAND

Thumb: Central (Conception Vessel) (Intermediate pressure)

	<u>Superficial</u>	<u>Intermediate</u>	<u>Deep</u>
1.	Small Intestines	Mobility Yang	Heart
2.	Gall Bladder	Regulating Yin	Liver
3.	Bladder	Vital	Kidney

RIGHT HAND

Thumb: Governing (Governing Vessel) (Intermediate pressure)

	<u>Superficial</u>	<u>Intermediate</u>	<u>Deep</u>
1.	Large Intestines	Belt	Lung
2.	Stomach	Regulating Yang	Spleen
3.	Triple Warmer	Mobility Yin	Pericardium (Circulation - sex)

Table 1: The correlation of Twelve Regular meridians and Eight Extra meridians with superficial and deep pulses, and intermediate pulses respectively, at the wrists of left and right hands.

You are probably wondering how these correlations were made. IN Biokinesiology we know the major negative emotions that throw specific meridians out of balance and the positive emotions that restore balance to those meridians. TO show you how it works let us consider the first finger position on the left wrist. Have a friend lie flat on their back then test an indicator muscle such as the quadriceps, then have your friend place the index finger over the pulse point closest to the wrist, then test the indicator muscle while your friend uses the superficial then intermediate, and finally deep pressure. If the indicator muscle weakens on any of these then use the appropriate positive positive emotion from table #2 to restore the point to balance.

PRESSURE	MERIDIAN	POSITIVE EMOTION	NEGATIVE EMOTION
SUPERFICIAL	SM. INTESTINE	APPRECIATED	UNAPPRECIATED
INTERMEDIATE	MOBILITY-YANG	CALM	TROUBLED
DEEP	HEART	SECURE	INSECURE

TABLE #2

Table 2 : The meridians, with associated positive and negative emotions, for the three pulses located at the first finger position (closest to the wrist) on the left hand.

Experiment for yourself to verify that each negative emotion will cause imbalance at only one level and that each positive emotion will restore balance at only one level. Because we know the emotions that are related to specific meridians elsewhere on the body we have been able to use positive and negative emotions to identify for us the meridians related to intermediate pressure at the wrist and on the thumbs.

The Chinese studied the pulse in ancient times in many different parts of the body.(2) It appears likely that the pulses and meridians described in this article will also be found over the Temporal, Carotid, and Femoral arteries, and dorsal arteries of the feet.

TOUCH FOR HEALTH AND CHILDREN

Dear Folks:

Sorry this is late. Thanks for the reminder. I have been putting so much energy into TFH lately that I don't even have time to sit down to pay the bills.

You might pass on to Dr. Thie that our latest "cure" was an infant (3 mos) with Wernig-Hoffman's disease (incurable w/death resulting by 5 or 6 mos and due to death of nerve cells beginning at neck and working its way down the spine). One week after balancing & testing some food and environmental factors, the M.D. at Children's Hospital in Philadelphia changed his diagnosis on the basis that his (baby's) muscle tone had picked up dramatically. The child had ten of the 14 meridians very low in energy and interestingly enough the mother registered the same weaknesses. Could it be that all children with this disease are simply not plugged into their energy source. Perhaps another instructor somewhere has worked on a child with this disease with similar results. Perhaps some statistics should be kept. The child is now eating without the need for a feeding tube into his stomach, swallowing is normal and his lungs are breathing with no effort according to the latest reports I have received.

Take care,

Nancy Dougherty

"The Sun, that universal element which brings to all organic things the necessary element for life and growth.

"The Tree, that majestic earthy organism which so beautifully reflects life.

"As the sun brings life to the tree, so does chiropractic bring life to mankind."
Gerald L. Coy, D.C.



News Notices & announcements

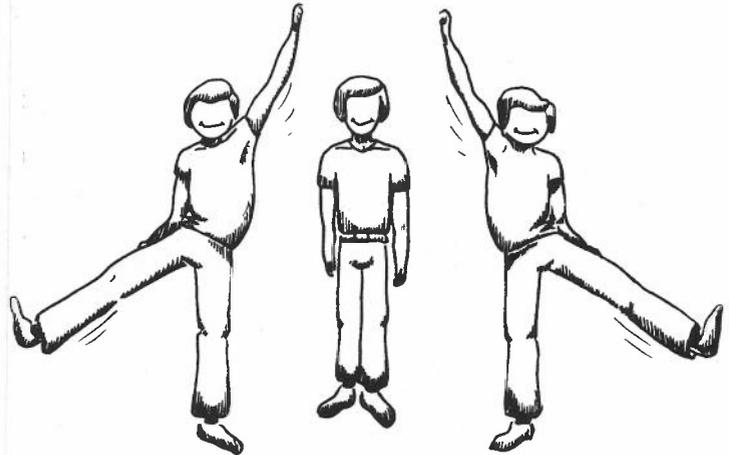
ANNOUNCEMENT

BENNY VAUGHN - An Associate of SOMA INSTITUTE, Gainesville, Florida, and a TOUCH FOR HEALTH instructor - is joining us at the Annual Meeting. Benny has worked with World and National Class Athletics since 1974 and will give us a lecture/demonstration on what to do for shin splints and tennis elbow.

MORE

On the Monday/Tuesday immediately following the Annual meeting, Benny will do a special Two-Day "Hands On" **SPORTS THERAPY WORKSHOP** in Los Angeles. Time: 9-6 both days.

● Call or write Gordon Stokes for more information: 2856 Los Feliz Place, #1, Los Angeles, CA 90039. Telephone: (213) 663/2731. He'll send a brochure right out to you by return mail.



"OK, Del, you've had your little joke.
Now get your foot off the scale."

Memorial Gifts and Bequests

Many friends of Touch For Health Foundation have chosen to honor the memory of deceased relatives and friends with a tribute that also serves the living.

A personal acknowledgement will be sent by the Touch For Health Foundation to the survivors of the deceased advising them of your Memorial Gift. Please be sure to tell us the name of the deceased and the name and address of the individual to whom the notification is to be sent.

Families of the deceased may wish to include the following statement at the end of the obituary notice:

Friends of the family are invited to make a Memorial Gift to the Touch For Health Foundation, 1174 No. Lake Avenue, Pasadena, California 91104

For those who wish to remember the Touch For Health Foundation in their will, the following statement is suggested:

I give, devise, and bequeath to the Touch For Health Foundation located in Pasadena, California, the sum of \$_____ (or property herein described) for its discretionary use in furthering its program.

Those wishing to name the Touch For Health Foundation as a beneficiary in an insurance policy may obtain the necessary legal form from the insurance company or agent.

Should the donor wish to create a Memorial Fund in a will or insurance policy, please state, after the sum or property described, that the fund is to be known and designated as "... (name) ... Memorial Fund."

YOU...

Experience your own ability to promote growth and health through TOUCH FOR HEALTH!

The TOUCH FOR HEALTH FOUNDATION sponsors courses every month which teach people like yourself a simple and effective method to relieve tension, improve posture and raise the quality of health. The TOUCH FOR HEALTH I course is 12 hours of "hands on" experience and practice in releasing tension, and improving posture through muscular balance. This course also serves as pre-requisite to the TOUCH FOR HEALTH INSTRUCTOR/ADVANCED WORKSHOP. (Nurses CEU credits available upon request under provider # 00631).

Invest now in improving your health! Send in the registration form below. \$75. per person (includes book); \$105. per couple (includes one book).

SCHEDULE OF FORTHCOMING CLASSES:

BASIC CLASSES FOR JUNE

June 7 Tues. 6:00 P.M. - 10:00 P.M.
June 8 Wed. 6:00 P.M. - 10:00 P.M.
June 9 Thur. 6:00 P.M. - 10:00 P.M.

June 11 Fri. 6:00 P.M. - 10:00 P.M.
June 12 Sat. 9:00 A.M.- 5:00 P.M.

June 15 Tues. 6:00 P.M. - 10:00 P.M.
June 16 Wed. 6:00 P.M. - 10:00 P.M.
June 17 Thur. 6:00 P.M. - 10:00 P.M.

ADVERTISING

In order to help finance the soaring costs of publication of the Newsletter, it has been decided to accept limited advertising. The appearance of an item in this section will not, of course, constitute an endorsement

by Touch For Health, and we limit ad content to goods and services related to health.

Rates are: 1/4 page \$125; 1/2 page \$200, full page \$350. Reruns are discounted 20%.

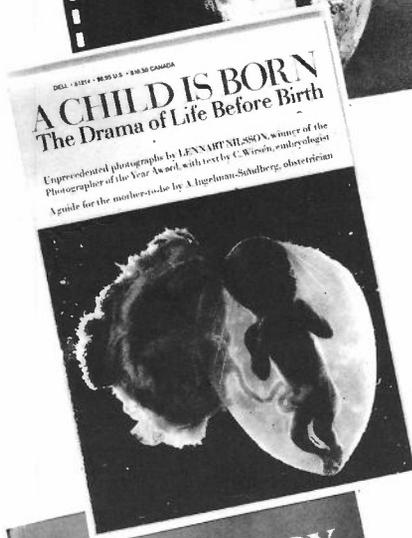


THE ENTERPRISES STORE



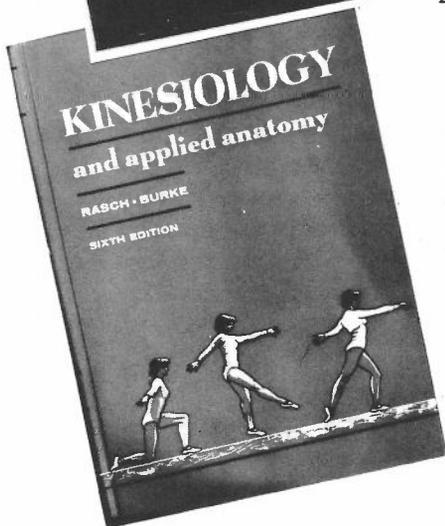
INSTRUCTORS TAKE NOTE:

T.H. Enterprises is now offering a full 40% discount on a full case of TFH books. That is only 20 books. If you return any of the TFH books you will be charged the regular 25% rate. So now you get an even greater reward from T.H. Enterprises for spreading Touch for Health.



A CHILD IS BORN by Ingelman
paperback - \$8.95 TFH Members less 10% discount

Dr. Donald McDowall, one of the premier Australian chiropractors using TFH strongly recommended this clearly explained, beautifully photographed book on the many aspects of the beginning of life.



KINESIOLOGY and APPLIED ANATOMY by Rasch
hardcover - \$18.50 no discount

The science of human movement is presented to cover the broad range of anatomy, physiology and mechanics. "Most of the subject matter is drawn from research and clinical findings"... Just some of the areas covered are, physical therapy, enviromental physiology, sports medicine, human factors, exercise bio-mechanics and corrective therapy plus much more.

SEE YOU AT THE ANNUAL MEETING!!!

(Prices subject to change without notice.)

HOW TO ORDER

By Mail - Send requests to Sales Department, THE ENTERPRISES STORE, 1200 N. Lake Ave., Pasadena, CA 91104

Shipping: Please add \$1.50 for the first book, 50¢ each additional one. Add \$1.75 for the first chart (photo, clothing, or other item) 50¢ each additional item.

By Phone - In a hurry? Call us at (213) 798-7893 and we'll ship via United Parcel Service C.O.D.

PURCHASES CAN BE CHARGED TO YOUR VISA CARD OR MASTERCARD. Simply supply card number and expiration date.

Orders are usually shipped same day request is received. If there will be any delay, customers are advised promptly.

Touch for Health Foundation Members, in good standing, are extended a Courtesy Discount of 10% on most items.

Satisfaction guaranteed. Any unsatisfactory item must be returned within 10 days after receipt.

WHEN IN PASADENA, visit our new, enlarged bookstore at 1200 N. Lake Ave. (near Washington Blvd.). All items are on display.

OPEN - 8:00 a.m. to 5:00 p.m. Monday-Friday
Saturday, 9:00 a.m. to 1:00 p.m. (P.S.T.)



THE MEMBERSHIPS

BASIC: Anyone wishing to become a member. A single person membership (\$30) or a joint or family membership (\$45) with only one mailing per household. Will receive newsletters, directory, T.F.H. pin, selected discounts at T.H. Enterprises Book Store, T.F.H. conferences.

CERTIFIED INSTRUCTOR MEMBERSHIP: These members receive the newsletter, directory, journal, referrals or listings for classes they teach, pin, selected discounts at T.H. Enterprises Book Store, T.F.H. conferences (\$40). Joint membership (\$60), one mailing per household.

PROFESSIONAL MEMBERSHIP FOR PRACTITIONERS: Benefits listed above plus referral of clients seeking various health care services from licensed health practitioners who use T.F.H. as part of their practice (\$60). Joint professional (\$90), one mailing per household.

JOINT MEMBERSHIPS: Two members from the same household joining together in the same membership category. specify single name to be used on mailings. Directory will list both members.

The following memberships include all the above benefits, where applicable.

- SUPPORTING** \$100 annually
- CONTRIBUTING** \$250 annually
- SUSTAINING** \$500 annually

LIFE MEMBER: Tax-deductible gift or pledge of \$1,000 or more. Life members receive newsletters, reduced registration fees for sponsored conferences, discounts on selected publications through T.H. Enterprises Book Store, a pin, a recognition plaque, journal subscription and directory.

Members are eligible to attend the Annual Meeting at discount.

All memberships are tax deductible.

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PHONE _____

OCCUPATION _____
Specialty Areas _____

TFH Activities (including A.K.) _____

TYPE OF MEMBERSHIP (check one)

- Basic (individually) (annual dues \$30)
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- Certified Instructor (annual dues \$40)
- Joint Membership Instructors (annual dues \$60)
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- Joint Professional (annual dues \$90)
- Supporting* (annual dues \$100)
- Contributing* (annual dues \$250)
- Life** (once \$1,000)

* may be paid in monthly installments \$50.
** may be paid in monthly installments \$100.
(Foreign addressed add \$24 for Air Mail)

Please give applicable information, please check:

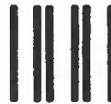
- New Member Have not taken a basic class
- Have taken a basic class
- Renewal of Mem. # _____

I, _____ hereby apply for membership in the TOUCH FOR HEALTH FOUNDATION. This application is an expression of my desire to contribute to the realization of the Foundation's objectives.

Amount enclosed \$ _____
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