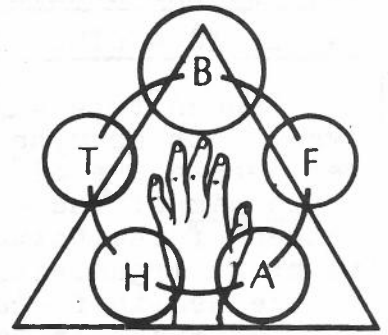


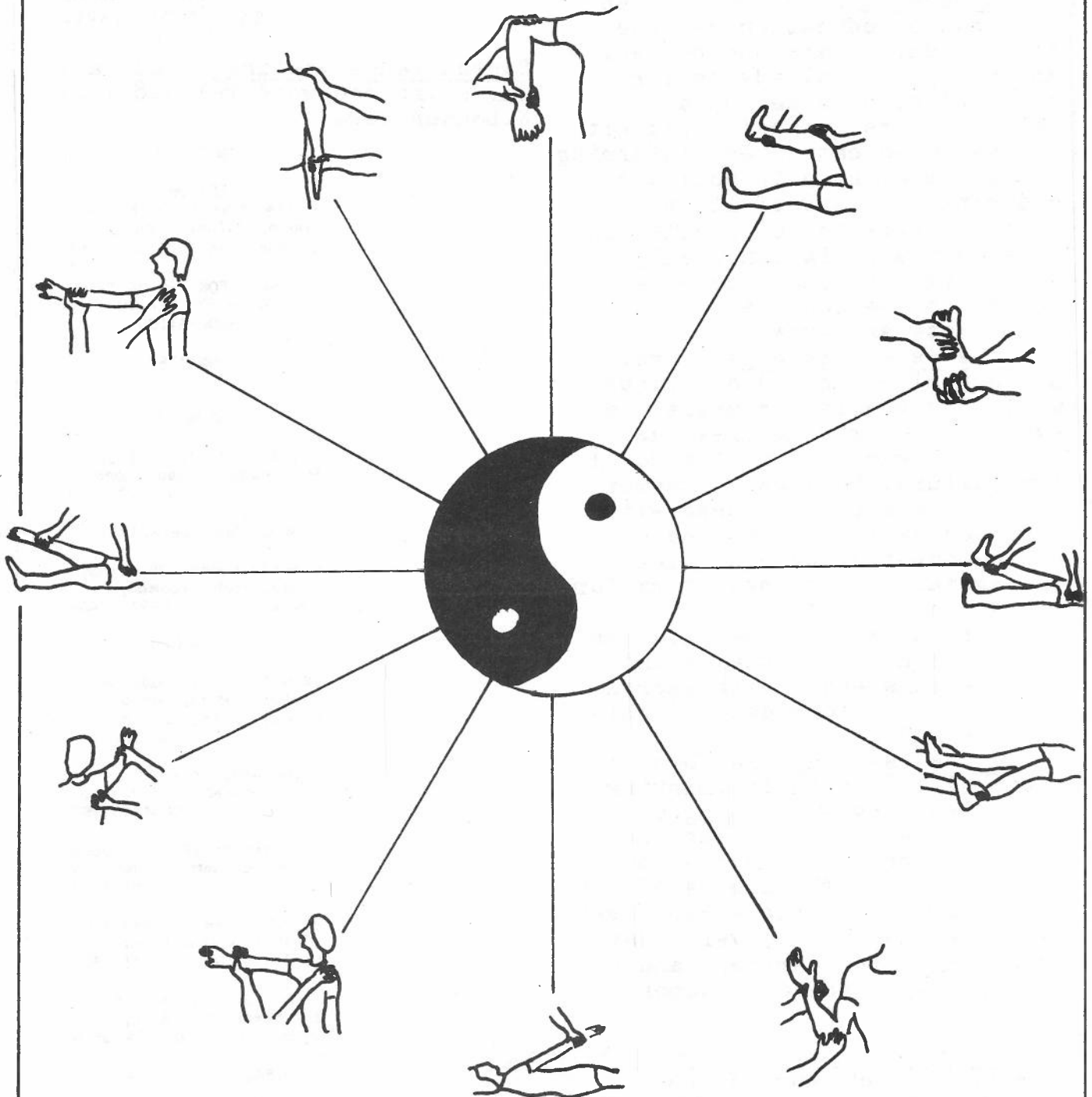
# in touch



NEWSLETTER OF THE BRITISH TOUCH FOR HEALTH ASSOCIATION

no 12

Aug 85



I attended this amazing 3 day event both as myself, and as a representative of the B.T.F.H.A

The aim of the weekend, and indeed of the Network itself is to bring organisations involved in the health field together, NOT to impose, or to try to change each others ideals or methods, but to share, to exchange ideas, to co-operate and support one another. Not an easy task.

The Network also provides an information/education service to its members and the public, and has practical advice for those wishing to set up a health centre in their area with a view to educating and informing people interested in holistic medicine and ways of living.

At the weekend 200 people from different associations, beliefs and backgrounds came together to see how we could all co-operate and grow.

There were workshops, films, music, meditation, and delicious wholefood vegetarian meals - a somewhat surprising treat as the event was held at the Royal Agricultural College - However, the chef was so impressed with the food he had cooked and us as a group that he's putting on vegetarian food next term for the students. YAHOO!!

In the afternoons we had open forums on holistic health and the evenings ended with sacred dance (ancient folk dances), which was tremendous.

On the last day the forum was entitled 'Co-operation, Linking and Networking - creating a healthier world'. This was led by Sir George Trevelyan (such an inspiring man). The energy of the group was incredible - 200 diverse separate people had, over 2 days, broken down the barriers and come together with the one common

belief that this sick planet, of which we are an integral living part, CAN be healed, and we as a group of caring, compassionate, energetic individuals can link and co-operate to bring about the circumstances necessary for that change.

I said to the group that after-noon 'I am inspired'

I STILL AM.

Joanna Benson  
Tel: 01 341 7394.

Sacred Dance Meetings - contact  
Christine Westwood Tel 368 1101  
N. London area.

IN TOUCH

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TOUCH FOR HEALTH  
ASSOCIATION

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INTERNATIONAL CONFERENCE

ALLERGIES

6th - 12th APRIL 86

1st European Annual Meeting -  
SWITZERLAND.

This will be a great experience, and your chance to meet with other TFH people world wide, obtain all the new ideas first hand, and meet International teachers of TFH and related subjects.

Put this date in your diary and make a commitment to be there...

An Annual Meeting is something I would not miss.. especially when Dr. John Thie, Paul Dennison, Frank Mahony and many other special people will be there. This is a great opportunity and much cheaper than going to USA.

Please let our Secretary, Ann Holdway, know if you are interested in attending and she will pass your name on to the organisers, or let you have all registration details as soon as they arrive from our Faculty Member, Brian Butler, or Jean Francoise Jaccard, Faculty Switzerland.

So lets be there and support U.K. at this Meeting and also Jean Francois for all the work he is doing to create this International Conference for TFH here in Europe.

More Details Next Issue - however, if you require further information than we can give you at this moment, please telephone Brian Butler, (01-399-3215), and he would be only too pleased to assist you.

Cheers,

Kay McCarroll  
Chairperson.

At last year's AGM Charles Benham showed us a method of desensitising to allergens based on using the frontal eminences. Since that time I have experimented with it.

At first the results were impressive: people appeared not to be reacting to things which had previously caused them problems. Their symptoms improved. After a time, symptoms sometimes came back. (Charles has since told me that the technique usually has to be repeated several times at intervals.)

But I found something which I find worrying. On muscle testing some of these people with the problem substance, they tested strong. The body appeared to be lying when it was being tested because if the substance was removed from the diet symptoms would clear again! I find this idea very disturbing, because it implies that we can use techniques in TFH to hinder rather than help the body's ability to communicate.

Has anybody else any experience of this?

Jane Thurnell-Read

A WIN FROM PENNY EDWARDS.

Penny had a client who came for counselling for a long history of depression and isolation - food sensitivity tests showed a reaction to Malt Vinegar among others : it transpired that this persons favourite food was Fish&Chips, with LOTS of Vinegar !

One week later, having avoided his former favourite : a different person outgoing, pink of cheek, tall and erect having applied for a new job, getting along with colleagues, and been to a disco !

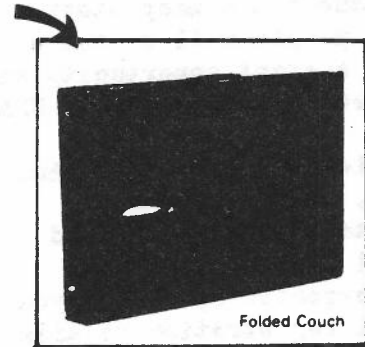
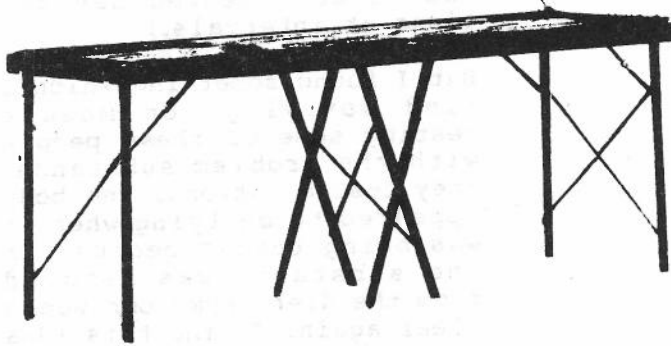
With attention to diet, some vitamin supplements, he is a new man, in a new job, has found his confidence, and for the first time, a girlfriend - all this in a few weeks after some simple tests - and no counselling....

A really nice win for a formerly unhappy man, for Penny, and for TFH.

# The 'WINDSOR'

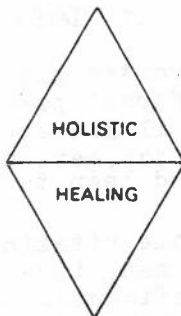
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Tel: 63609

# VICTORY IN SIGHT

**Y**OUR son will be totally blind before his teens", they said. This made Grace Halloran angry. "I was so mad, I determined to do everything I could to prevent it". Dr Grace Halloran had retinitis pigmentosa, an eye disease which is hereditary; but nobody told her till too late.

Grace Halloran was the best lead key-punch operator for the San Francisco stock exchange. She began making mistakes and so was demoted and finally fired. She underwent exhaustive medical tests, first for brain tumor then brain haemorrhage and when they found nothing, was told it was psychosomatic! Finally an ophthalmologist confirmed she had retinitis pigmentosa. (RP causes progressive atrophy of the retina's nerve elements, clumping of pigment and finally atrophy of the optic discs).

"I was so relieved I was only going blind!" she said. "At least I did not have a brain tumor! There was nothing more the specialists could do. I just had to get a white stick and learn braille. I accepted it. I had just turned 24, and for selfish reasons I decided to have a child to help me in later life. I had a son. Then they told me it was hereditary and that he had it worse than me!"

From that moment on she savoured the vestiges of her sight, trying everything to help herself.

Sometimes learning was a painful experience, like taking high doses of vitamin A to improve poor night vision (one of the first signs of RP). Instead her complexion turned yellow. She went to college to study nutrition and by now being legally blind she used readers

Dramatic improvements in eyesight are claimed for a new therapy developed in the USA and now on its way here. **Liz Andrews** explains.

and tapes to keep up. Her research brought increased peripheral vision from 3 to 80 degrees and won her a doctorate.

During all this she accidentally tripped on a large book in a book shop. It was *Touch for Health* by John Thie. Before she put it back she turned - as usual - to the index and looked under "eyes" and found the book showed points on the body to rub.

Deciding it was worth a try she bought the book and worked on the points and was amazed to find distinct, immediate improvement in her vision. She became a TFH instructor. Today Dr Halloran is no longer blind. Although her vision is not completely normal, she has reversed the effects of RP.

To those who say "miraculous" she says, "No miracle: just years of hard work". She has regained 80 per cent of her vision and her son, aged 14 still has 60 per cent of his. People began coming to her for help and she discovered her programme was effective with other serious eye diseases (such as macula degeneration, pseudo glaucoma and photophobia).

I tested establishment reaction. I was told: "RP is a term covering several diseases, each needing a specific treatment, and to say that you help such differing diseases as RP, macula degeneration and glaucoma with a single treatment, defies credibility. However, we do have an open mind and proper clinical tests cost between one and two million pounds, and these are therefore reserved for

treatments which really look promising."

Prof John Marshall, Chairman of the RP Medical Advisory Board went on to quote "Russian wonder cure claims" using yeast and another "cure", which involved using bee stings. "The trouble is", he said, "we have to pick up the pieces afterwards". He is only prepared to accept the view of the US RP Medical Board, who have so far ignored Dr Halloran's work.

Dr Halloran is careful to point out that she is *not* claiming cures at her facility. Her philosophy is that there is no condition that cannot be improved upon, given proper therapy and education. It is her goal to give people a choice in the area of eye health and prevent needless loss of sight.

**S**HE has been on both sides of the fence and has proven that by setting positive goals and being open to experimentation, the rewards are tremendous. She now has over 75 cases independently monitored and documented, with 85 per cent improvement, and immediate and long-term follow-ups are being documented to determine long range benefits. (Copies of patient testimonials and medical reports are available price £1.50 from address below.)

The US Smith-Kettlewell Research Foundation is making rigorous investigations of her work with a view to a million-dollar research programme, and the states of California and Illinois are supporting patients training with her.

Dr Halloran's "Joy of Seeing" training takes three weeks, four-five hours a day, and is a vision improvement programme. It includes pre- and post-training vision examination by an independent specialist, Touch for Health instruction, group and individual sessions, acupuncture and acupressure, biofeedback, individual nutritional evaluation, electro-acuscope training, colour-optic therapy and a complete set of tapes and work books for post-training home use.

Touch for Health reflexology techniques are taught to family members to help and maintain regained vision afterwards, but the main emphasis is on self-help. Patients are taught where and how to apply pressure to cover 40 acupressure points to stimulate blood circulation to the visual system. Attitude is one of the most vital components. Visualisation, positive affirmations, autogenic suggestion and group processing, two daily exercise intervals and a complete food diary assessment are all in the training, aimed at overall improvement in visual function, general health and daily life. It is effective with such a variety of eye disease *because it is holistic.*

● *Dr Halloran's Centre for Eye Health Education is a registered non-profit corporation, in Santa Rosa, California. Fees are currently \$2350. She is coming to Europe this autumn and will give a condensed two-week version of her Joy of Seeing training on October 8-23 in London - but in order to give the individual attention necessary there are only ten places on the training, which costs £325. However, a preview workshop is open to all (cost £12) on October 6, 2-6pm, at the Coburg Hotel, Bayswater Road, London W2. Details Elizabeth Andrews, Kinesotherapy Centre, 15 Gunnersbury Gardens, W3 9AE.*

This shortcut meridian exercise forces the body's energy into flowing freely, giving the body a quick burst of energy, and our mental attitude immediately gets a boost.

DIRECTIONS:

Hands should be spread open with palms facing the body. Move your outstretched palms across your body in the directions of the arrows. Both hands should be used except when tracing arms.

The first two arrows start at the tip of the toes and runs up the inside of the body to the lower lip.

The second arrow begins at the coccyx. Start up the spine with one hand reaching over the body with your other hand. To finish the energy pattern move the second hand over the skull to the upper lip.

Third begins at the breast and flows down the inside of your arm meeting palm to palm. Turn your hand over and run up the back of your arm to your ear. Repeat this process on the other arm.

For the fourth movement use both hands. Start under the armpits and move down the sides of the body and out away from the toes.

The exercise should be repeated 3, to 5 times or more according to the need or desire.

In three minutes' time you can feel the vital power of your body surge through you. Have fun!

COUGH CURE

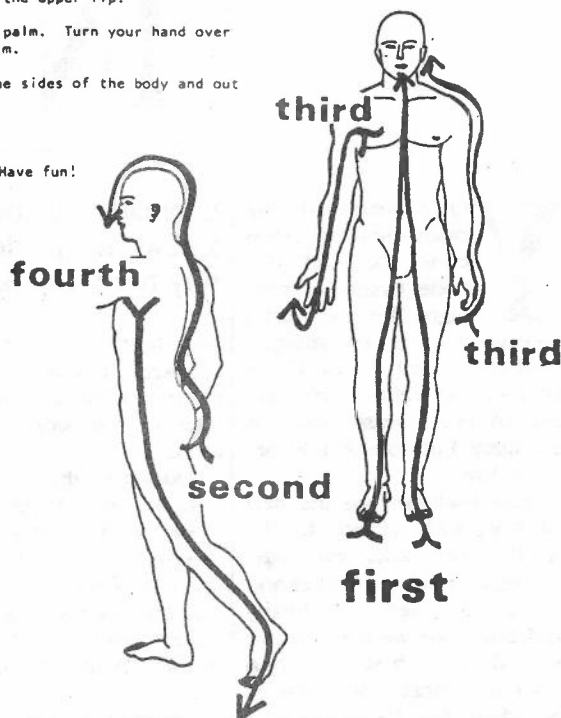
Back in January, when everyone around me was dying of flu, I got a cough. Now, I'm a T.F.H. Instructor, and I don't like being ill, so I immediately started cleaning up my diet, hoping this irritating manifestation of my less-than-perfect health would disappear! But it didn't. It persisted. And in the most annoying fashion - it never got any worse and it never got any better - just a little dry 'ahem' punctuating my speech and driving us all crazy.

Now, my experience with my health (and other people's) is that if I produce a symptom and I've checked out all the possible physical factors and it still persists, then the chances are there's an emotional cause lurking under there. I finally came to this stunning realization when I was staying in a friends' flat down in London. I was alone, with no one to assist me working with esr to locate the upset, so I had to use my ingenuity to find some other way through it.

Some while back, Charles Benham wrote an article in In Touch about balancing the emotions using the five colours associated with the five elements. I decided to try this: I took five books from my friend's bookshelf which had covers in red, yellow, white, blue and green. I propped each one up on the desk in front of me and held my esr points while looking at the books in turn, in the sequence listed above. The whole process took about five minutes.

And you're not going to believe this, but the cough disappeared! I did this last thing at night, slept on it, and half way through the next day, realised I was no longer spluttering and choking mid-sentence! What a win! I now carry five little squares of colour in my handbag, and use them all the time. Thanks Charles!

*Yours in Health  
Lori Forsyth*



- The shortcut meridian massage that Rachel used for little Sara is described and pictured above.

Dear Friends:

My three and a half year old niece, Sara, has severe allergies and chronic asthma. She came for a visit while in the "throws" of a particularly severe two week long asthma attack.

At that time, she had been taking a potent medication, but there had been no relief (just loss of appetite and insomnia). On a whim, I asked her if we could play a new game called "Meridians", and she agreed. I then simply ran her meridians, pretending that it was a new game of running my fingers over her as if I was tickling her. She loved it, and immediately laughingly demanded that I "Do it again!"

I did, and then she asked for a third time to play the game. All of a sudden, her father (my brother-in-law) exclaimed in a surprised tone. "My gosh, her wheezing cough has stopped!"

Sure enough, she was cough-free the rest of the day. When it came time for her to go she asked me over and over again to come to her house to play.

The next day I did, and she immediately asked me to play "Meridians". This time, I did it to her several times, and when she kept demanding for more, I asked her to run my meridians instead. She did an excellent job!

Now, every time I see her we play "Meridians". I really believe that even in her unsophisticated understanding as a three year old, Sara is unconsciously realizing that this "game" is good for her health.

Hooray for Touch for Health.

Love,

Rachel Bublitz  
Whittier, California



# BE AWARE

## HEALTH THROUGH AWARENESS.

It is truly great to be surrounded by inspirational friends. On this occasion it is Natalie who is responsible for this article, because without a "chance" phone call to Haslemere I would not of thought to write about my latest promotion which is covered by the title above.

For some time now I have going as guest speaker to the W.I. and the like plus doing a "phone in" programme for Radio Kent. Great stuff. Meeting quite a few people, but I was aware that there was a vast audience that would benefit from knowing about Natural Healing Techniques that were either not near a radio on Thursday morning nor did they belong to the Rotary Club or the like. This begged the question of how to reach the larger mass of the population.

One answer that is working very well for me is Natural Health advise via Party Plan. At the current rate if I do only one party a week I look likely to personally contact a 1000 new people a year.

I am happy to share, what in effect has become my trade name, i.e. HEALTH THROUGH AWARENESS, providing one or two simple conditions are met. They are the following points should form a priority of any presentation.

The profound healing benefit of using a largely raw food diet that is very low in fats and protein.

Details of the hazards involved in using prepared foods high in additives.

The absolute dangers of stimulants like sugar (sucrose), coffee, tea, spirits, etc.

The value of regular aerobic exercise.

Advise on what to look for when buying vitamin and mineral supplements.

After that as I see it each natural health practitioner/adviser then covers the field closest to their heart.

How does the scheme work ?

Exactly the same Party Plan used by cosmetic companies and plastic container sellers. You simply find a half interested host that looks likely to be able to get a dozen or more friends together in her/his home. You simply go along at the appointed time, evening or afternoon seems favourite, and deliver your message. If you follow my lead you will have a wealth of free hand outs giving details of clinics and other activities. Some very simple nutrition advise sheets to sell very economically plus what ever books you are able to buy at wholesale prices are also well worth including. I also tell people to expect to part with a £1 which is stated to cover expenses, this way you can reward your host and cover your costs.

Any one who would like a copy of my promotional sheets can have them by sending me a large SAE plus a first class stamp and I will happily forward on as much detail as I can.

One vitamin company worth linking to is Health Plus ; primarily because they do short, one day, training schemes. On completion of that day you can then sell their products which includes the books that have originated from the Institute for Optimum Nutrition, mostly in the Name of Patrick Holford. His latest book Vitamin Vitality at £3-95 is a book I would like to have written. His earlier book The Whole Health Manual at £1-95 is good value which I have endeavoured to sell to all of my clients, and it does have an entry referring to TFH.

Finally before any one even thinks or says "that is food for thought" I mostly complete my presentations with the notion with the idea that it mostly Thought For Food.

NATURAL HEALTH ADVISOR  
BRIAN HAMPTON  
13 ARTHUR ROAD  
ROCHESTER  
KENT ME1 2AS  
0634 401829

## *San Diego Sharing*

I have been asked by several people to hold some evenings sharing the ideas and lectures that I experienced and enjoyed at the San Diego Annual Conference.

These evenings will now be Sept. 10th & 29th, Oct. 8th & 22nd, from 6.30 pm to 10.00 pm. I will cover as many subjects and new ideas as possible and tapes of the lectures will be available.

**NB! THIS IS NOT AN UPDATE.**

Cost £3.00 - and bring something for a pot luck supper.

Venue: 147A Lynton Road,  
West Acton.  
(01) 328-7690.

Cheers,  
Kay McCarroll.

**Rich**

11-14th OCT.  
APPLIED PHYSIOLOGY I & II

REMINDER: Cut Off Registration  
Date - 31/8/85 !

(Details see last issue)

Don't miss this golden opportunity to learn Rich's work. The people in America and Sweden are bowled over by this clever new technique of muscle testing. It is so good that even Sheldon Deal uses Rich's Applied Physiology constantly with his work.

Rich's post Conference Seminar at San Diego this year was EXCELLENT, a great success. We are getting the course for £145.00 (if paid early), it costs £300 in USA.

Minimum number 25 people -  
Maximum 30. Rich is coming especially to the U.K. for this course, so lets have a great turnout.

See you there, and remember to send in your Registration fee.

REMEMBER OUR A.G.M

PLEASE NOTE THIS DATE : SUN.I DEC.

This year our Annual General Meeting will be held on Sun.I Dec. We had a big turnout earlier this year for our Sharing Day, and we all had a good day together, so lets make sure it happens again for our AGM.

More about this in the next issue.

## certificates

The BTFHA is having printed for the use of Instructors, CERTIFICATES of COMPLETION, which can be given out to students at the end of each level of TFH. These are on good quality paper and appropriately worded. Available from the Association at 10p each or £8.00 per 100.

**Wayne Jopping**  
25-29 AUGUST  
BIOKINESIOLOGY WORKSHOP

Unfortunately not enough people applied for this course and it is now cancelled.

HOWEVER: Wayne will be in the U.K. on the dates 25-29th August.

SO We are having and

### EDUCATIONAL SEMINAR

Tues 27th August - 7-10pm.

with Wayne speaking on his new exciting book "STRESS RELEASE", incorporating new techniques and assimilating his Biokinesiology work.

Wayne released his new book with a lecture/demonstration at the San Diego Conference, and gave a one day post conference seminar. It was extremely well presented and worth spending the time with Wayne to learn these new ideas. He is a very loving gentle teacher and his course will be on THURSDAY 29th August - 9.30am-5pm.

Education Seminar - £5.00  
Stress Release Day - £30.00

Venue: 15 Gannorsbury Gardens,  
London. W3.  
Tel: 01-328-7690.

Cheers, Kay

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Full page £32.00  
Half page £16.00  
Quarter £ 8.00

### A.K. Correction For Cranial Group.

Here is an alternative correction I have found to work : if the person fails the Cranial Group test go to the Reflex points for the skull on the big toes. Rub the big toes with firm pressure all around, retest : it has worked for me . Try it.

Maggie LaTourelle  
01- 722 8054.



## FACULTY COLUMN

### TOUCH FOR HEALTH IS FOR PREVENTION - NOT CURE.

by Brian H. Butler

Touch for Health has some very powerful techniques which give relief to all sorts aches and pains. People frequently come on TFH courses suffering from one ailment or another. It is always a joy to see their faces change when they get balanced for the first time. In so many cases, problems people have had perhaps for many years, just seem to vanish away. We are further encouraged when such people say before the whole class that they have been to a number of doctors and other practitioners without success, and how happy they are that Touch for Health has worked so well for them.

All this is wonderful, and fine. It can however be a trap. It is easy for us, and those we teach, to lose sight of the original intention Dr. Thie had when he first initiated Touch for Health. Touch for Health was conceived as a means whereby people could take more constructive care of their own health.

TFH teaches a positive and practical approach towards health, and gives people the tools to do a good preventive job. In using TFH, they find they have less and less need to go to doctors, because their health pattern consistently improves when being balanced regularly.

As people use Emotional Stress Release to help balance the mind, and gain relief from the ups and downs of life; practise cross-crawl to improve co-ordination; and use muscle testing to find the best possible diet they reap rich dividends of healthful vitality. Disease cannot thrive in a healthy body. This is true prevention.

On the other hand the vast majority of people neglect to take proper care of their most valuable asset, their health. The difficulty is, we have been brought up all our lives to wait until something hurts, or some nasty symptom begins to plague us before we actually get around to doing something about it. Then, and only then do we go off to some "expert" to take the pain away. A pill or a potion, and the problem is "cured". No effort is required of the person to do anything for themselves. No change in lifestyle is generally or required or suggested.

Once again the inevitable penalty of poor health habits seems to have been averted. Once again the person goes back into the same old routine which will eventually ensure they present themselves in the doctor's surgery yet again in due time. Possibly the symptoms may even be worse, or different, but the remedy offered is usually the same: pills, potions... or perhaps this time, chop the bit out that seems to have ceased to be of value\*

One can almost hear TFH Instructors saying "We know all this, that is why we are Touch for Health Instructors". Yes indeed, we know it backwards, and forwards.. but do those we teach who start to use TFH purely as a way to get rid of pain, or use the techniques to "fix up" other people know it?

Some have even have set themselves up as therapists after a couple of weekends of TFH, unaware of the dangers of addressing disease processes without adequate training. Even the most highly trained physicians, osteopaths acupuncturists, and other health professionals find diagnosis one of the hardest parts of the job of dealing with the sick.

The brilliance of Dr. Thie's concept is that it is preventive, and does not address itself to pathology. So far as I know, there is no other system in the West which addresses itself so effectively to prevention. In 1887 Thomas Edison said: "The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the causes and prevention of disease.

Not many doctors or health professionals seem to have taken much notice of him. He saw "the light" back then, and even invented the electric light to help people see\* The lights people have used, they are easy to make, and extend our days longer than is sometimes beneficial, and they make money; the advice on how to conduct our lives in a healthy way the world has largely ignored.

The problem is that taking care of the "temple", these magnificently designed and engineered machines of ours we call "bodies", seems to go against the whims and desires of human nature.

It seems that the "ostrich" approach of burying one's head in the sand is the order of the day. That is until something quite nasty happens to make a person take a look at the situation.

Yoga helps maintain a healthy body, and various forms of exercise help too, but neither can detect and correct structural and muscular imbalances before they lead to trouble, - but Touch for Health can.

No amount of training can prevent a footballer, or an athlete from doing real damage to themselves because of energy or muscle imbalances which can allow a limb to give way at the crucial moment, causing a nasty sports injury, but Touch for Health can.

Slimming clubs and magazines stress the value of a "good" diet, but they cannot tell you whether that Organically Grown Stone-Ground Wholemeal bread you are eating is good for you specifically, or whether for you it is ill-advised, - but Touch for Health CAN.

Meditation, and studying higher things, certainly gives us a moral and spiritual uplift, but nothing relieves stress, upsets, and the mental "bruises" which weaken strong muscles like using the ESR technique of Touch for Health CAN.

The trouble is, the squeaky wheel always gets the most attention. Those in our classes with aches and pains DO get more attention, and rightly so. Many times in the past I have proudly stated that noone in the class need sit and suffer. Then just by using the basic fourteen muscle test and the basic balancing techniques of NL and NY and meridian tracing, several in the class get immediate relief from whatever minor problem they had.

Then though, I noticed that I had a really hard job to get the class back into the concept of prevention again. From then on, they were all asking, "can you fix this", and "can you fix that". I expect many of us have experienced this type of situation.

The purpose of this particular essay is to remind us of our true goal in Touch for Health:

To teach, practice, uphold and encourage the spread of the concept of personal responsibility in building our own health by PREVENTION.

#### TOUCH FOR HEALTH ANNUAL MEETING

The Touch for Health Annual Meeting, held in sunny San Diego, California,

in all aspects of TFH to assemble and hear presentations on all the latest ideas, teaching methods, and uses of Touch for Health.

Faculty members from all over the globe presented papers about the different flavours TFH achieves in the various countries where it is taught.

Others, presented material of their specialist interest, and how they were developing the idea of preventive health care. Some fascinating topics were presented. Dr. Paul Dennison gave an inspiring address on his use of TFH related techniques in helping dyslexia.

Gordon Stokes, who has now retired from his responsibilities after ten years of loyal and dedicated service to Touch for Health as the International Training Director and originator of the Instructor Training Workshop (ITW) presented an aspect of "ONE BRAIN", a way he developed to help dyslexic learning difficulties, which also defuses the "blown circuits" and aids in solving left brain/right brain coordination and integration problems.

I had the opportunity to present some of the valuable teaching techniques I had learned from Gordon on "Keeping it Simple" and using the "Five Point Teaching Technique" of "Information", "Demonstration", "Participation", "Practice", and "Feedback" which works so very well in presenting material.

The final presentation was the paper with which I started this column, which was intended to inspire all present to keep clearly in mind the original purpose of Touch for Health which is: PREVENTION.

#### CENTRAL LONDON PRACTICE EVENINGS

It is with regret that I have to announce that the attendance at the London practice evenings was not sufficient to pay for the hotel accomodation. Accordingly, for the time being, we are suspending them, until such time as we have committed support from a sufficient number of people to make it worthwhile. I will start them again as soon as we have the support of enough people to ensure that there is enough energy for the group to become self-sustaining.

Meanwhile if you know of a group local to your own area, please give it your support, you'll get a lot out of it.

BECOME A CERTIFIED

## TOUCH FOR HEALTH INSTRUCTOR

If you enjoyed learning Touch for Health and you like using it to enhance the health of those you love – think about sharing it with others. You probably noticed the joy and enthusiasm your instructor expressed as you were taught the basics.

You may not think you could ever stand up in front of a group and teach, but that is just what the Instructor Training Workshop will help you to do. It concentrates on giving you the skills in communication you need to help others understand things **SIMPLY!**

Even if you do not think now that you would ever want to teach classes, the ITW will give you new confidence in dealing with others. Many who have taken it attest to the way it changed their lives for the better, sometimes in a dramatic way.

For more information, ask your instructor, or write to me:

**Brian H. Butler, Touch for Health Instructor Trainer,  
39, Browns Road, Surbiton, Surrey, KT5 8ST. Tel: 01-399 3215**

### *REGIONAL CONTACTS for T FH*

#### HANTS

Halcyone Marsh.24, Marley Ave,  
New Milton, Hants.  
Tel:0425 612651

#### OXFORD

Lesley De Lecq Marguerie.  
48, Brook Hill, Woodstock, Oxon, OX7 1HX  
Tel:0993 812426

#### NOTTS & DERBY

Yasmin Dowgun, Fairmead, Derby Rd,  
Risley, Derby. DE7 3SS  
Tel:0602 390615

#### KENT & MEDWAY TOWNS

Brian Hampton, 251 Maidstone Rd.  
Rochester, Kent. ME1 3DB  
Tel:0634 401829

#### BEDFORDSHIRE.

Mick Boyce  
55 Weatherby; Dunstable .  
Beds. LV6 ITP. 0582 601442.

#### SUSSEX

Mary Gooch, 'Goldsmiths',  
Albourne, Hassocks,  
Sussex. 0273 832104

Ken Feather Mddx (07842) 46358  
4 Matthew Court  
Cumberland Road  
Ashford  
Middlesex TW15 3DN

#### S.E.LONDON

John & Heather White,  
1, Whitstable Close, Beckenham,  
Kent. BR3 4TZ.  
Tel:01 650 2566

#### W.LONDON

Liz Andrews, 13, Gunnersbury Gdns.  
London, W3 9AE.  
Tel:01 992 8119

#### N.W.LONDON (IRELAND & LEEDS)

Kay McCarroll, 37, Brondesbury Road,  
London NW6.  
Tel:01 328 7690(ansaphone)

#### N.LONDON

Joanna Benson, 125, Crouch Hill,  
London N8 9QN.  
Tel:01 341 7394.

#### BELSIZE PARK(N.LONDON)

Maggie La Tourelle,  
21a Upper Park Road, Belsize Park,  
London NW3.  
Tel:01 722 8054

#### SURREY

Penna Harris, 6, Giles Mead,  
Downside, Epsom, Surrey. KT18 5EZ.  
Tel: 42365(ansaphone)  
Note:Code  
037 27.

Instructor - Isobel Stevenson  
44 Wheatley Court. Mixenden .  
Halifax . West Yorkshire .  
Classes with Calderdale Adult  
Education Service. 0422 831973

Healing Ourselves and Each Other'  
Thurs. afternoon 1.15-3.15. OCT.3.  
Hebden Bridge -Mon.7-9pm Sep29.  
Sowerby Bridge Wed 1-3.15 Oct 2.

Instructor - Penny Edwards.  
OASIS. 72 Gt. North Road London  
340-3924; 340-6651. N2.

Level I - Sep.7/8 ; Oct.12/13.  
Level II - Nov. 9-10.

Instructor - Brian Hampton.  
13 Arthur Rd. Rochester.  
Kent. ME1 3DB. 0634-401892.

Level I - Sep.7/8.  
Fitness Centre, Covent Garden.

Instructor - Richard Beale.

Sunnyside. Main Street.  
Gawcott Bucks. MK184HZ.  
tel. 0280-815 984.

Level 1 - July 20/21.  
Oct. 26/27.  
Nov. 23/24.

Level 2 - Aug.31/1Sep  
Nov30/1Dec.

Level 3 - Oct. 5/6.

All classes held near  
Buckingham.

Free fortnightly practice :  
Wed. from May 15. 8-10.30pm.

#### A NOTE TO ALL INSTRUCTORS.

Please remember your Regional  
Contact person, and forward to  
them a list of all the people  
to whom you have taught TFH .  
(Ask students permission of  
course...)

It is only in this way can we  
build a network of communication  
that is able to keep TFHers in  
touch with each other.

Joanna Benson is our Central  
Contact, so if in any doubt,  
send any lists of TFHers or any  
other material that may be of  
interest to her address :  
Joanna Benson, 125 Crouch Hill  
London N8 9QN. tel.01 341 7394.

Instructor Joanna Benson  
125 Crouch Hill N8 9QN Tel 01 341 739  
Tel 01 341 7394

Level 1 28/29 Sept 5/6 Oct  
Level 2 26/27 Oct  
Level 3 23/24 Nov

Practise evenings fortnightly from  
Tues August 13th 7.30 - 10.00pm  
We are also setting up a pool of  
names for people to practise on an  
individual basis. Contact Ursula  
Riniker 13 Cavendish Rd. N4 1RP  
Send an S.A.E.

#### BODY BALANCE TFH COURSES:

TFH III CHRISTCHURCH September 14/15

TFH I COMBER/BELFAST October 5/6

TFH I DUBLIN October 26/27

TFH II/III DUBLIN November 1-3

Contact Kay McCarroll (01-328-7690)  
Lin Bridgeford (01-993-3374)  
Ida O'Hanlan (0001-875-397)

Instructor - Willm Mistral.  
Classes Central/North London.  
01-281 0890 ; 01-582 5383.

Levels I & II.  
Sep. 14/15 ; Oct.5/6 ; Oct.26/27.  
Nov. 2/3 ; Nov.30/Dec1 .

Here is a list of the contacts  
so far.

#### BRISTOL & AVON

Jenny Griffin, 1, Cloisters,  
22, College Road, Clifton,  
Bristol. BS8 3HZ.  
Tel:0272 731159

#### N. BUCKS.

Richard Beale, Sunnyside,  
Main Street, Gawcott, Bucks. MK18 4HZ  
Tel:0280 815984.

#### S. BUCKS

Charles Benham, 29, Bushey Close  
High Wycombe, Bucks. HP12 3HL  
Tel:0494 37409 (after 6pm please)

#### ESSEX

Shirley Taylor, 5, Castleton Road  
Wickford, Essex.  
Tel:03744 63287

#### CLEVELAND

Patricia Marshall, 14, Falcon Walk  
Hilton, Yarm, Cleveland. TS15 9JB.  
Tel:0642 591192

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