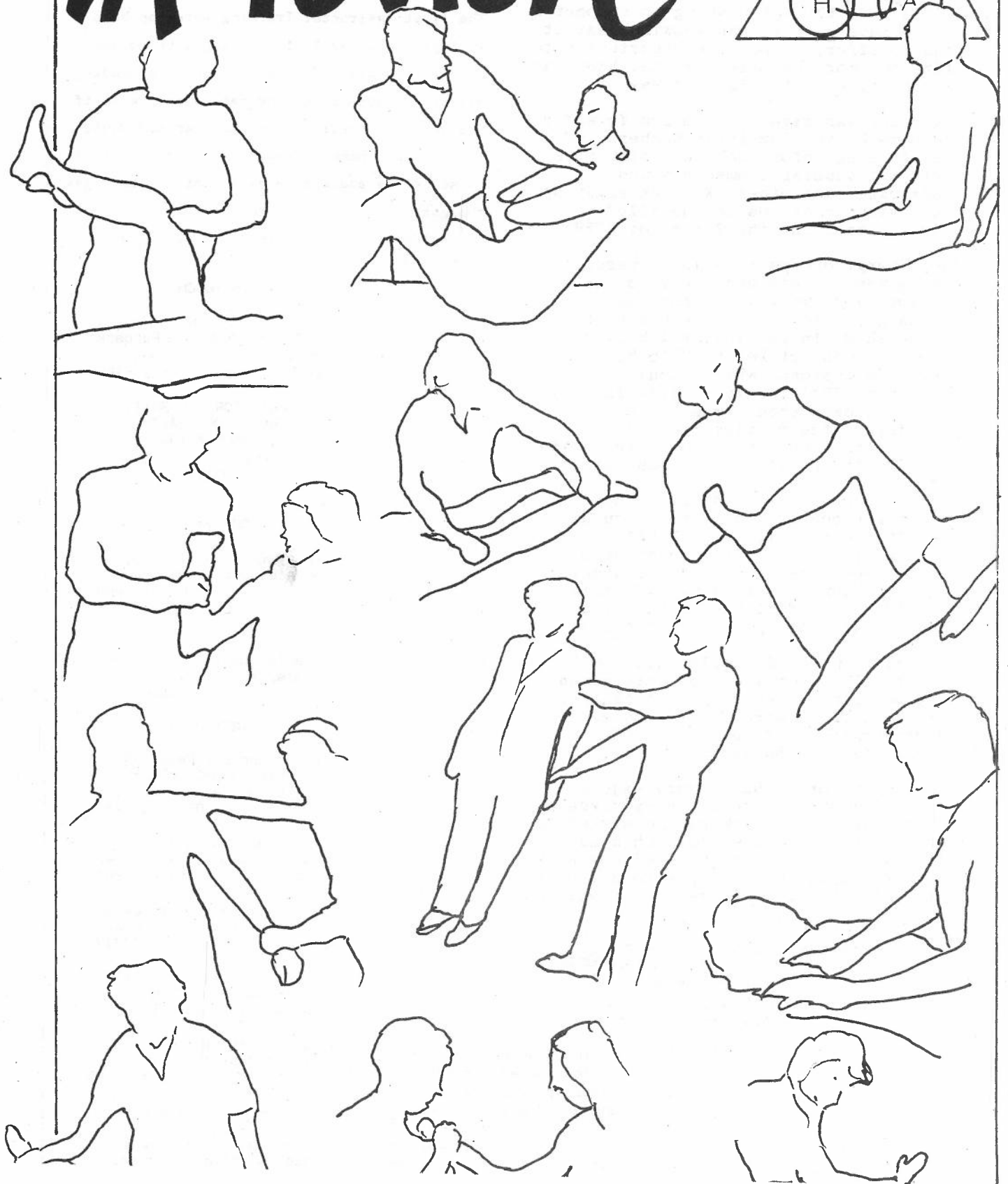
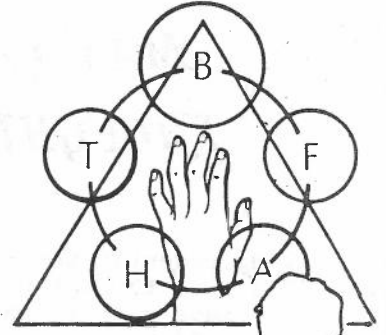


# in touch



# MAY 12 THOUGHTS

Having recently become a member of the BTFHA more through wishing to support a good cause rather than knowing what it had to offer, I took the opportunity to find out more by attending the Mid-Year Celebration on the 12th of May.

Everyone was given a warm and friendly welcome by the Committee Members and it wasn't long before complete strangers were introducing themselves and balancing each other. We then split up into various groups for detailed discussion about the future of BTFHA.

Some very constructive ideas resulted and plans are now under way to set up an improved two-way information exchange, which most people wanted from membership. In particular I believe the idea of "Contact Persons" to be a very positive approach which should really help put BTFHA firmly on it's feet. This approach should make it easier for interested parties to find both instructors and other people interested in TFH, for practice sessions, etc.

The Celebration was, however, not by any means confined only to discussing the future activities of BTFHA. Personally, I found the 'sharing of experiences' session most encouraging for a beginner such as myself; this provided a wonderful opportunity to hear about other peoples successes.

A small number of people were completely new to TFH and while they were given an explanation/demonstration of balancing the rest of us were treated to expert demonstrations of more advanced or specialised techniques.

In conclusion, I had a very enjoyable day and wish to extend a very sincere 'Thank You' to all those who worked so hard to make the meeting such a success. It is my hope that this brief commentary will encourage more people to attend the next sharing day - wherever it will be held.

Sincerely Yours

*Ken Feather*

Ken Feather  
Ashford  
Middlesex

IN TOUCH accepts advertising subject to editor's discretion. Rates apply to ready-to-print, and are double if we work from rough copy.

Full page	£32.00
Half page	£16.00
Quarter	£ 8.00

Gordon Stokes is leaving his official positions at the Touch For Health Foundation. He will be honoured at the 10th Annual Meeting this July and I would like him to be presented with a memento from England, to say Thank You.

Gordon was director of training for the Foundation and as a "teacher" he is unmatched. The first Instructor Training Workshop held in England in May 1981 was taught by Gordon. Some of you may have met Gordon by attending his other courses that he has taught here, if you share my feelings for this man and would like to say Thanks please send your donations to me at the address below and/or any messages thoughts you would like to convey.

Ann Holdway, 78, Castlewood Drive, Eltham  
S.E.9 1 NG

## IN TOUCH

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House, Bolney Street,  
London, SW8 01-582 5383

JOURNAL FOR THE BRITISH  
TOUCH FOR HEALTH  
ASSOCIATION

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KT5 8ST 01-399 3215

Body Balance

NEWS RELEASE

WAYNE TOPPING will be teaching a combined BIOKINESIOLOGY and URINE/SALIVA TESTING course this coming August.

He is combining 8 months study of Biokinesiology with his most recent work on Urine and Saliva Testing for the very first time.

WAYNE will be showing us that from dried urine and saliva samples we will be able to determine a CREATIVE HEALTH PROGRAMME, representing the most important psychological/physiological (mind/body) breakdown.

As a result of Wayne's very successful 5 day Biokinesiology course in Holland last March, he has been able to incorporate new techniques of testing emotions. These new ways arise from the knowledge shared by the 4 Medical Doctors who attended the course, some of whom have Nurolinguistic Programming backgrounds. Let's share Wayne's knowledge.

RICHARD UTT : As a result of the successful talk last March, Richard will be coming to teach APPLIED PHYSIOLOGY 1 & 11 on 11-14th OCTOBER. This is a 4 day course incorporating a revolutionary new process for hyper, hypo and homeostatic conditions. To understand the "false" yet correct information that can be gained by checking for frozen flacid or paralyzed muscles.

Also understanding Pacinean Corpuscles, Ruffini End Organs, Golgi & Golgi Tendon Organs, and Spindle Cells and their overall relationship to body balance and muscle health.

RICHARD has worked extensively with Dr. Sheldon Deal and has integrated his work with the A.K. Priority Testing, Fixations, Categories 1, 11, 111, Shock Absorber, Ligament Interlink and Cranial Faults.

This course will help all TFH people understand muscle testing to a far greater depth. Richard's work is being used to a great extent in Sweden, where he will be teaching again this year. So let's get him here to share his knowledge with us.

PLEASE NOTE !

Both courses must be booked 6 weeks in advance!

Cut off dates for Registration are 27th July and 31st August respectfully. This must be done in order to know how many people want to do the courses so that final arrangements can be made.

PLEASE DO LET US KNOW WELL IN ADVANCE.

FRANK MAHONY - HYPERTON-X

What a great success. Thanks to all who participated and made it our first exciting weekend workshop. Frank commented on how well we all knew our muscles, he was delighted on how well we assimilated his work and wishes us every success with it.

Have also heard from Charles - to quote "super weekend - tried out the techniques on a frozen shoulder today and got a complete release. WOW!! "

Thanks Charles.

See you all soon.  
Love and Hugs.

Lin and Kay.

SAN DIEGO TFH ANNUAL CONFERENCE

JULY 9-14.

AWARDS NOMINATION FORM

I nominate \_\_\_\_\_, for an award for one or more of the following reasons.

\_\_\_\_\_ Worker in public service, schools, hospitals etc., using TFH (short explanation)

\_\_\_\_\_ Has been responsible for written material, papers, book(s), or articles that have reached the public eye. (short explanation)

\_\_\_\_\_ Lectured or taught extensively to promote TFH in or outside the community. (Short explanation)

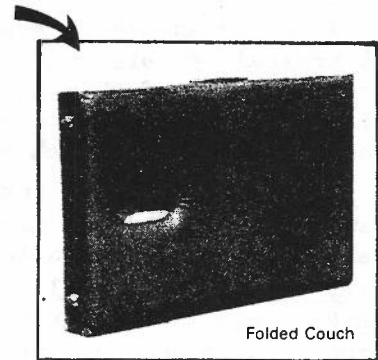
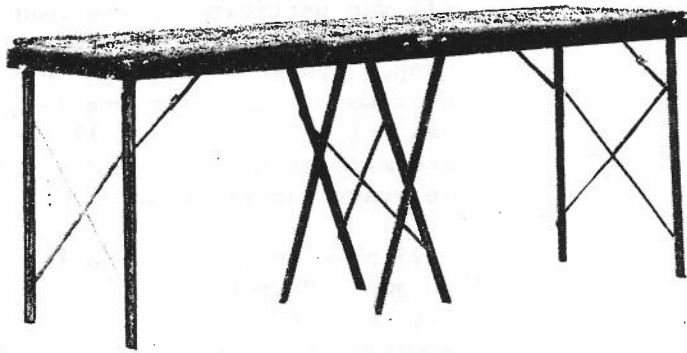
\_\_\_\_\_ Any other award potential, not mentioned above. (short explanation)

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Alternative Medicine, MGM Dedworth Road, Oakley Green, Windsor.  
Tel: 63609

Oct. 1984

## FACULTY COLUMN

### TOUCH FOR HEALTH IS GROWING FAST

Now is a very exciting time in Touch for Health. After ten years of pioneering, Dr. John Thie is beginning to see the fruit developing on the TFH vine whose branches now spread all around the world.

When I went to the States in 1976 to learn Touch for Health, there were only a few instructors in America. Most of them in the California area. Now there are thousands of instructors in America, and an ever increasing number outside the States.

Now that there is an International Faculty, regular programmes to train more instructors are available in Australia and New Zealand, South America, Europe, and here in Britain.

### TOUCH FOR HEALTH IN BRITAIN

There was a time only three years ago when most of the people who had taken a TFH class had taken it with me, or with Natalie Davenport, or maybe with Ed Bickford in Findhorn. Now there are over a hundred instructors in Britain, people are being introduced to TFH at an ever increasing rate.

Hitherto classes were only available in London, and occasionally in other areas. Now there are Instructors spread all over the country. If you would like information about your nearest contact, please get in touch with your nearest network person, or Charles Benham whose address is in this issue.

### B.T.F.H.A. SPRING GET-TOGETHER.

May the 12th saw over forty people assembled in the East West Centre in London. It really was a thrill to see so many at the BTFHA meeting. Particularly for me because I knew so few of the faces! A sure sign to me of growth. Also because several attending had not yet attended a Touch for Health class.

The word is getting around that everyone is welcome, member or not. We want you to feel you can come along and see what it is all about without any obligation of any kind.

Because of the rapid spread of Touch for Health, it is now possible to begin the formation of embryonic local groups. It is hoped of course that

these will quickly grow into local clubs of people who want to learn more and practice their knowledge on as many people as possible.

This all does bring a glow to my heart. Now I am seeing the fruit of my labour over the last nine years coming to fruition. It has not always been easy pioneering Touch for Health, but it has always been worthwhile.

Keeping it clear that it is a lay programme for lay people to help each other in the family and among friends has also been difficult in a society which is so therapist oriented.

Of course it is a delight that so many therapists trained in all the variety of disciplines in alternative medicine find the techniques of TFH a very useful addendum to their other skills.

### WHAT MAKES TOUCH FOR HEALTH SO SPECIAL?

It is surely that it is designed to help people attain and maintain health in the four vital areas of life: The mental/emotional, nutritional, the physical, and vital life force energy.

This concept, is so foreign to most people, because the accent today is on disease and how to cure it. So much energy goes into dealing with symptoms, rather than how to use our research skills to develop technology for true PREVENTIVE HEALTH CARE.

### IS THE "FITNESS" CRAZE BAD FOR HEALTH?

Of course there are many ways to "keep fit", and those with a penchant for health, pursue them with vigour. Sometimes too much vigour for their own good. It is not much point getting fit and killing yourself in the process!

Unwise participation in jogging, aerobics, and other strenuous activities has resulted in a lot of injuries. This has to some extent given several forms of exercise a bad name. So now some fitness centres are turning to yet another form of training using weights. The man in charge of one such place encouraged a novice to go ahead and do as many repetitions as they could. The next day, the person could barely walk!

These exercises in themselves are in no way harmful when performed properly within the capacity of the individual. One would not take a car onto the road without some training in its proper use. Launching into exercise can be dangerous to your health without proper

instruction.

### TOUCH FOR HEALTH - A WISE START.

Yet exercises, jogging, aerobics, or gym work cannot turn weak muscles on when the reason for their weakness is not lack of exercise. Muscles can function below peak efficiency for many reasons. On a list of thirty reasons why muscles might be weak, only one cause was lack of exercise!

The balancing procedure taught by Touch for Health Instructors enables athletes, and people from all walks of life for that matter to perform better in all aspects of life.

It is also much safer to approach any particular form of physical exercise "balanced". There is far less chance of injury, strain, or pulled muscles if the person has been checked and balanced first.

### TOUCH FOR HEALTH AND MENTAL HEALTH.

Touch for Health also provides a means to reduce the stress of everyday life. So many people today are depressed, anxious, and mentally far from happy. Taking anti-depressants, sleeping tablets, and other drugs which often only seem to make matters worse.

The basic balancing procedure which may be learned in a weekend is very powerful indeed. It gives people with no previous experience or knowledge of anatomy, physiology, diet, acupuncture theory, or any other technical subject, the tools with which to counteract the effects of the stresses and strains of daily life.

The emotional stress release technique of Touch for Health only takes a few minutes to master, but the results of putting it to use are profound. It has enabled many to give up the twilight world induced by some medications and start to live fully again.

### TOUCH FOR HEALTH AND NUTRITION

Dieting or studying calories occupies the thoughts, time, and activities of a lot of people. But for all that study, a person cannot find which foods are most suitable for their individual needs. A diet based on preferences, or on calorie sheets may well be exactly the opposite of what is needed however carefully arrived at.

Certainly today, we are seeing more and more that "one man's meat is another man's poison". Dr. Stephen Davies, a

leading nutritionist said recently that we in Britain are involved in the biggest uncontrolled nutritional experiment of all time. Thousands of poisons and chemicals are added to our food due to the permissive attitude of an irresponsible government, and the greed of the "food industry".

### WE DESERVE THE FOOD INDUSTRY WE HAVE!

Of course all this can only exist because the masses demand "foods" where even the "flavour has flavour" to satisfy their taste buds.

Of course such foods do not satisfy at all, they merely reinforce a craving for the particular irritant they contain such as salt, or monosodium glutamate, or sugar, or what ever. The hapless majority does not realise that a diet based on likes and dislikes is probably nutritionally disastrous.

We are what we absorb from what we eat. With half of the population sick, and the other half not feeling terribly well either, we need to look at why, not complain about the inadequacy of the National Health Service!

### TOUCH FOR HEALTH NUTRITIONAL TESTING

Touch for Health offers methods of nutritional testing which anyone can master in a few lessons. Each person may then construct an individual food pattern that is ideal and specific to their needs.

Using Touch for health's method of detecting food sensitivities is the simplest, most immediate and least expensive way of finding which foods we should or should not eat. It certainly saves a lot of time which might otherwise be spent going to allergy clinics or having blood samples taken and examined.

### TOUCH FOR HEALTH PRACTICE EVENINGS

These practice sessions are now available in several areas. Please support them with your presence. It takes a lot of energy, faith and courage, and even some money to set them up.

Please come along, and bring someone along with you, even if they have never done any TFH. Balance the first person you see, and have fun. My next one is at the Columbia Hotel in Lancaster Gate, London W2 on Tuesday the 18th June, and every third Tuesday evening of each month at 7 pm.

Brian H. Butler.



THE KINESIOLOGY ASSOCIATION.

Is forming for

Statutorily qualified people such as nurses, teachers, health-visitors who wish to develop the wider range of kinesiologicals in relation to their vocation and to develop material for general health education.

And.

People who similarly wish to teach a broad span of health related kinesiologicals and engage in the practice of what they teach. Not as an alternative medicine, not as an alternative to medicine; but a holistic health approach that is complementary to medicine.

To.

Ensure that what members of the association offer, is offered within an ethical dimension that affords public protection. There is a 'caretaking' registration in being to ensure that the developing association will be fully under the control of, and accountable to, its membership as a whole. It will be non-profit. It is envisaged that a founding membership will develop the associations content and skills on an economical mutual aid basis.

If you are interested make contact during the summer so that we can be active by winter. - Heather & John White, 1 Whitstable Close, Beckenham, Kent BR3 4TZ

LIFE ENERGY by John Diamond M.D.  
published by Dodd, Mead & Co  
ISBN 0-396-08489-3

Review

Muscle testing is so easy that people interested in psychology have often wished for a really expert insight into meridian related psychology.

Here we have it. John Diamond is a psychiatrist, One of the earliest ICAK Diplomates. This book is a product of his work and research.

Each meridian has a very precise description of the states of mind associating with it. For each meridian there is test visualisation to see if there is an imbalance that makes the circuit breakers go pop.

There are affirmations that strengthen the individual meridian. There is a methodology that helps us to clear layer after layer so that we can find the meridian-state of mind that is the primary involvement. This is the tough one. Well worth attending to as it restores balance.

We use and teach John Diamonds BK. This is the book we have been waiting for. Like John Thie's Pouch for Health it is self-health oriented but emphasises the psychological-spiritual side of the health triad instead of the physical. So it is a one muscle test balancing system complete within itself.

It also makes a good bridge into John Diamonds other works which extend from things psychological into environment, music, literature, art.

Not yet available in England. Can be obtained from I.E.L.E.C., P.O. Drawer 37, Valley Cottage, New York 10989. Use credit card and say if you want surface or air shipping. With pound/dollar vagaries it works out to about \$15-\$16. Not bad for a fully illustrated 245 page hardback these days. Ask for brochure on tapes and texts. If you want to catch a Diamond seminar on his UK visits tell us and you will be mailed.

Heather & John White, 1 Whitstable Close, Beckenham, Kent BR3 4TZ.

# REGIONAL CONTACTS for TFH

## TOUCH FOR HEALTH NEEDS YOU!

Your energy, your wins, your ideas, your needs. There are approx. 5000 of you out there who have done T.F.H. and only 130 members of the B.T.F.H.A. Consequently it's virtually impossible to keep in touch with the other 4,870 people whose names and addresses are not available. It would be great to have more members AND it is not the aim of this article to coerce anyone into becoming one. The aim of this article is to COMMUNICATE with all people doing and interested in T.F.H.. AND communication when it works best is a 2-WAY THING. So whether you're a member, non-member or just interested in knowing more about T.F.H. please write, ring with your needs, ideas, and enthusiasm, which we know you all have.

The sharing day on Sun. 12th May was all about communication. It was proposed that there be regional contacts in all areas of the British Isles. 12 people volunteered and we need many, many more. If you would like to be a contact person in your area, please ring or write to me, Joanna Benson, I25, Crouch Hill, London N8 9QN. Tel: 01 341 7394.

### Functions of Regional Contacts.

- 1) To gather names and addresses and tel. no.'s. of all people who have done T.F.H. in their area and WANT to be involved (please ask them first)
- 2) To form a list so that people can contact one another, to practise or find out information on courses, exhibitions, etc.
- 3) To distribute their area list to local instructors to hand out in their classes, and 1 to the Central Committee.
- 4) To update the list twice a year.
- 5) To keep 'in touch' with the other regional contacts and the Central Committee.

The regional contact may also want to become involved with helping to organise local exhibitions, events, advertising etc. and that would of course depend on the individual.

Regional contacts can be at any level of TFH and need not be a member of the Association.

Here is a list of the contacts so far.

### BRISTOL & AVON

Jenny Griffin, I, 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

### S. E. LONDON

John & Heather White,  
I, 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, I25, 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.

### SUSSEX

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

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



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Quote from "People Are Talking" television show  
August 1984

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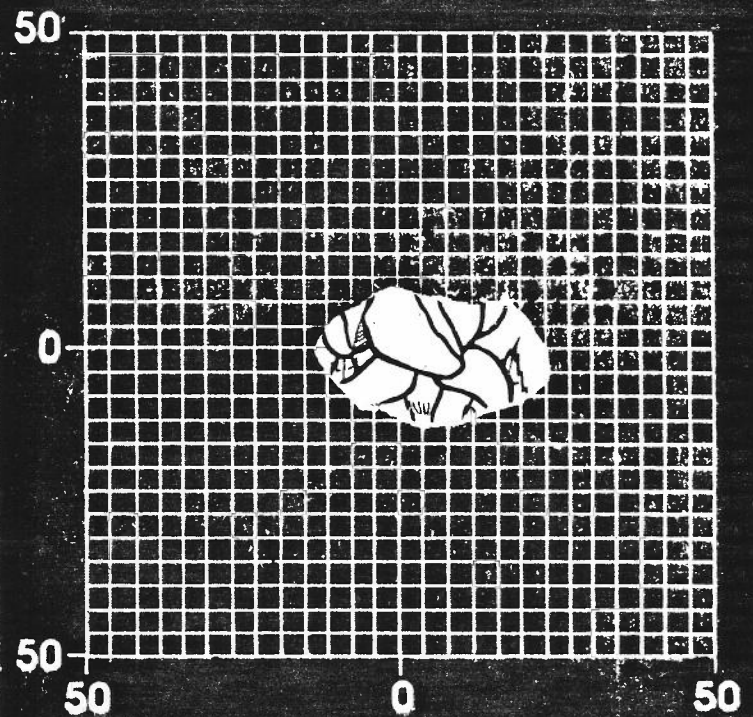
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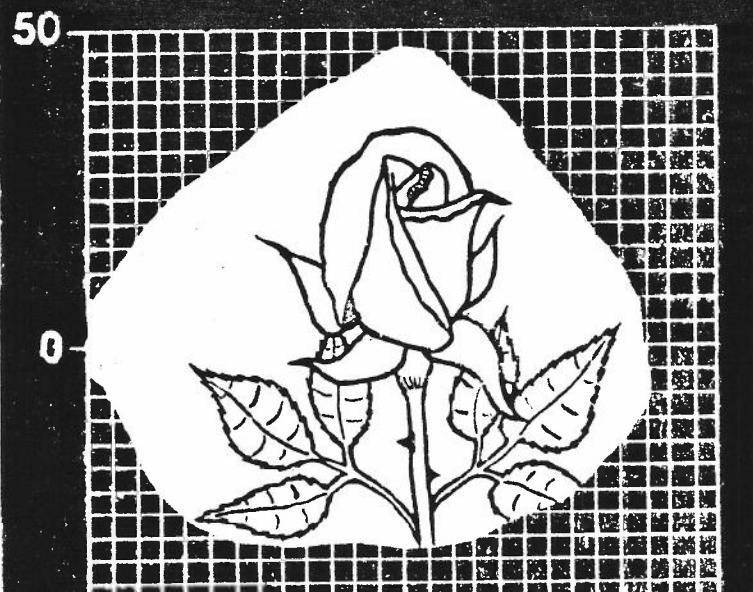
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ADDRESS

## Left Eye Before Training

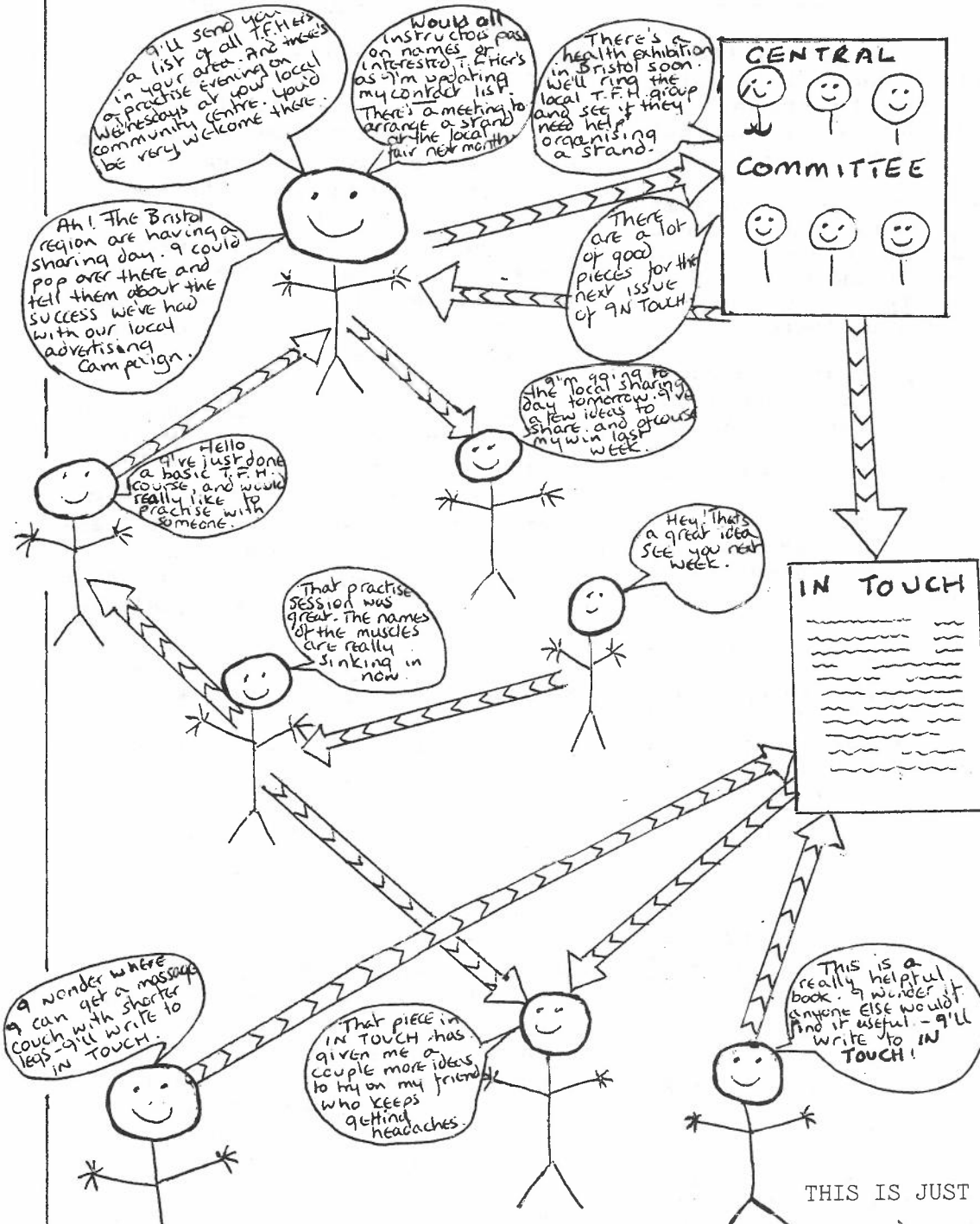


## Left Eye After Training





# HOW IT CAN WORK



THIS IS JUST THE BEGINNING !!

If you would like to be a Regional Contact, please get in touch with me NOW.

If your area is already represented please write anyway - the more people involved the better small localised groups work really well.

Whoever brought the delicious mushroom timbale to the Sharing Day ...I have your container .

I would like to recommend a couple of books which may be useful for those wishing to learn more about anatomy and Physiology.  
 The Anatomy Colouring Book by Kapit and Elson, published by Harper and Row. Approx £6.50.  
 A great book - you can colour in all the pictures.

Nurses Illustrated Physiology by McNaught and Callender published by Churchill and Livingstone. Approx £2.50. Good, clear text and diagrams.

JOANNA BENSON.  
 125 Crouch Hill  
 London N8 9QN  
 01 261 7204

What is the reason we get so little input for IN TOUCH? So much is going on in Touch for Health around the country, and so much of it is interest to others. Why do you not write to us?

In the Spring IN TOUCH I asked for some anecdotes, wins, ideas, that I could take over to San Diego in July and present to the Faculty and to the three or four hundred Touch for Health Instructors that will be there.

Also I have the opportunity to go to New Zealand and Australia in August and teach ITW's and address the Annual Meetings there. I would love to be able to take a whole bunch of ideas from England.

At the moment, so far, I have had two letters. I am beginning to wonder if there is anyone out there....

Hello! ? ? ? Is there anyone there???

If so, and you are reading this, please take a few moments to sit down and write to me. Tell me something of how Touch for Health is helping your wife or husband, friend or loved one, so that I will have more inspiration to pass on to all the others using these wonderful principles.

Yes it does take time. One of the reasons we are prone to a degree of stagnation in this country, is that it is our tendency to let the "committee" run any club or organisation. This is not what you want we know. You are part of a growing, vibrant group of people who are achieving great things in a very quiet way.

If you would like to let me hear from you, I will be quite happy to make a precis of your letter or article and send it in to IN TOUCH for publication. I know that Willm will be delighted!!

Brian H. Butler.

## 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 8.0 per 100.

Contact WILLM MISTRAL 01-5825383 or any member of the committee.

I recently had the misfortune to spend 24 hours in hospital undergoing a minor operation. I found the whole experience quite upsetting as the whole surgery / drugs set-up is incompatible with my attitude to health care. I felt at the mercy of an alien and terrifyingly powerful force as I lay between the starched white sheets and watched the nurses pushing round the trolleys, handing out pain killers.

The worst part was coming round from the anaesthetic - I felt so guilty - as if I had betrayed my body in allowing it to be invaded by foreign chemicals. So I was lying there feeling helpless and defeated, when I suddenly, spontaneously, found myself tracing my meridians in my mind's eye.

I went through all I4, rapidly and repeatedly, enjoying engaging my mind in a positive activity which I knew would be of benefit. Within minutes, I started to feel back in control - there was something I could do to help myself, and shortly I was sitting up in bed, head clear, grogginess receded, cheerfulness restored.

So I would encourage everyone to become familiar with the meridians. They're so potent, and require no more than recreating them in your head. At first I had difficulty remembering their sequence until I created a mnemonic which I'd like to share with you:

- |                  |                 |
|------------------|-----------------|
| Some             | Stomach         |
| Siamese          | Spleen          |
| Harm             | Heart           |
| Small Insects    | Small Intestine |
| But              | Bladder         |
| Kittens          | Kidney          |
| Catch Sprats     | Circulation/Sex |
| They Watch       | Triple Warmer   |
| Gold Butterflies | Gall Bladder    |
| Linger           | Liver           |
| Longer           | Lung            |
| Lying Indoors    | Large Intestine |

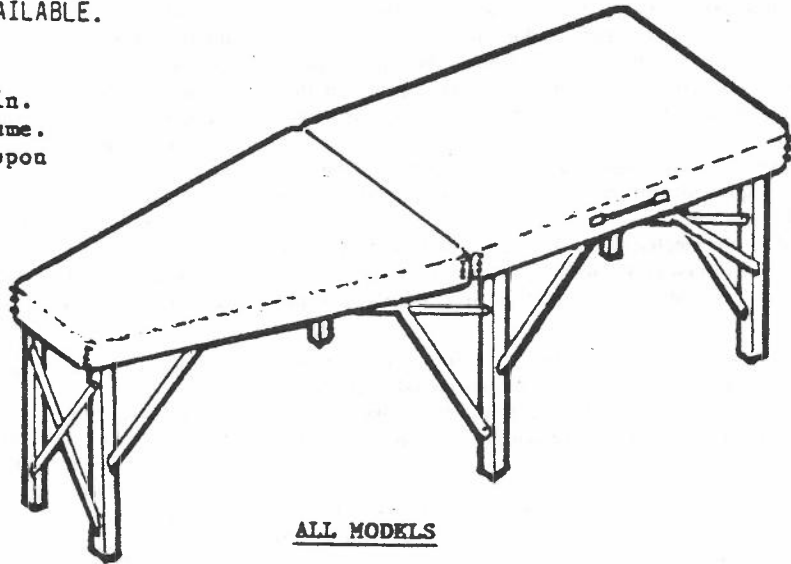
*Tours In Touch  
Lori Forsyth*

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Non-folding but of similar construction to above, the permanent couch has a "knock-down" pedestal frame made in softwood for a warm and wholesome appearance.

### ENQUIRY/ORDER FORM

**ENQUIRY:** Portable Massage Couch       Portable Chiropractor's Couch   
 Non-portable Chiropractor's Couch

**COLOUR:** Beige       Light Brown       Mid-Brown       Dark Brown   
 Orange-Red       Deep Red       Mid-Blue       Mid-Green

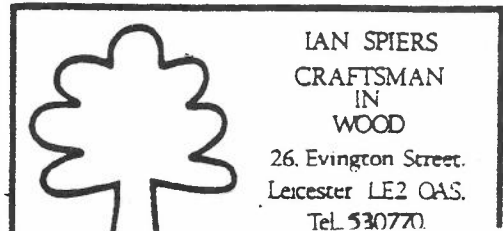
**HEIGHT VARIATION:** .....inches.

**SPECIAL REQUESTS:** .....(quoted separately).

**ORDERING:** Please enclose deposit of £40 with each separate order (cheque payable to "IAN SPIERS").

**SIGNED** .....

**DATE** .....



IAN SPIERS  
 CRAFTSMAN  
 IN  
 WOOD  
 26, Evington Street.  
 Leicester LE2 0AS.  
 Tel. 530770.

**NAME:** .....

**ADDRESS:** .....

**PHONE NO:** .....

By L. Millingen (Victoria)

When I was 34 weeks pregnant I suddenly realised that I hadn't felt the baby moving for a few days. Previously he had been in breech position and then, with a lot of effort on his part I had felt him turn around, so I told myself that babies sleep too after a lot of exertion. My appointment with the doctor was in a couple of days so I convinced myself that everything was 'all right' and that babies start to rest six weeks before birth.

When Kurt and I went for my checkup I casually mentioned that the baby had been very quiet during the past week - and tried to keep breathing normally.

The doctor listened on the electric monitor and felt and listened again. Then he turned on the ultrasound - nothing - no heart beat at all. He looked at us both and his shoulders seemed to droop. We all knew the baby had died.

I didn't want to believe it - why my baby - the tears were rolling down my cheeks. Kurt came and held my hand and put his other hand on my head. We both felt numb with shock. Only later did we realise that he had automatically put his hand on the neurovascular holding points for emotional stress release.

When we left the doctors we went to the Fitzroy gardens and felt the strength in the trees, we looked at the beauty of the lotus pond and said goodbye to our child.

We chose not to wait until I went into natural labour but to have an induced labour. Within a couple of days the arrangements were made for admittance to hospital. Kurt would be with me the whole time and so would my best friend Barbara.

At 8.00 a.m. I was given a Prostaglandin drip in my arm. Not being used to drugs of any kind I felt initially as if my head was separating itself from my body. The midwife turned the mixture down and for the next fourteen hours the fluid dripped methodically into my arm. I found the drip extremely painful and every hour or so the buildup of pain would become really intense.

Kurt pressed an accupressure point on my shoulder for only a few seconds and the pain immediately subsided. The midwives and student doctor were very impressed with this. They began asking questions about these points. Kurt explained what he was doing and also told them about Touch for Health. As he had to release the pain in my arm regularly the hospital staff witnessed over and over again how beneficial this technique could be.

Slowly the contractions built up. Kurt helped me breathe through them. As they became stronger I would often forget to breathe so Kurt put his fingers on the end points of the central and governing meridians. This brought about an immediate energy flow and I was able to continue and concentrate on what was happening.

The hours seemed to go on forever. Kurt and Barbara and I did a lot of Emotional Stress Release and helped each other.

Then it was time for the baby to come out. My whole lower body was shaking and vibrating and my legs felt like jelly. I knew that if I let myself think about the fact that the baby was dead I would hold back, so I just concentrated on pushing. Barbara held my forehead, Kurt seemed to be everywhere at once - applying pressure to my back, rubbing my legs.

We had a beautiful boy. There was nothing visibly wrong with him, nothing to indicate why this had happened. Then the hospital staff left us alone for a while and we said goodbye to our baby. We both cried and our bodies were trembling when we looked at the beautiful baby who had chosen to leave his body before he was born. It took us a very long time to accept this as a fact that nothing in the world could change. Besides E.S.R. (not only for me Kurt needed it a lot) the most beneficial thing about using Touch for Health during labour was the fact that I needed no pain relieving drugs. Quite a few times the midwives suggested I have a shot of Pethadene, imagining that I was perhaps just putting on a brave face but I really did not need it. By using a mixture of E.S.R., accupressure and holding points and the meridians for pain relief I was able to give birth with very little pain and discomfort.

## DEGENERATIVE SCOLIOSIS

By H. Crow (Tasmania)

I am writing to tell you of the wonderful results I have had with the Touch for Health treatment.

Last year, after many years of pain in varying degrees, I had x-rays taken and my G.P. told me that I had degenerative scoliosis and there was nothing to do but take pain killers and learn to cope. Needless to say, that is easier said than done and I had many sleepless nights tossing and turning trying to find a comfortable position.

Anyway, to cut a long story short, Barbara Churchill said she could help with Touch for Health and she **CERTAINLY DID**.

I could hardly believe that such a seemingly simple treatment could produce such dramatic results, it was absolute bliss to go to bed and sleep for 8 hours.

Since Barbara returned from completing her course in Melbourne, (the Instructor Training Workshop) I had had a more comprehensive treatment and once again it was a complete success, not only has the pain disappeared from my back but my general health has improved.

Hurrah for Touch for Health and Barbara, long may they prosper.

### PERSONAL GROWTH/MEDITATION WORKSHOPS

June 22/23; July 20/21; Aug 17/18

Allowing the safety and trust to explore and experience.  
Developing awareness - resolving conflicts in acceptance.

### "MUSIC OF THE SPIRIT" WORKSHOPS

June 29/30; July 27/28; Aug 24/25

Listening to sounds around and within us. Harmonising with our world - uncovering our song in silence.

COST: £25 per weekend

VENUE: Countryside near Exeter, Devon.

LED BY: RICHARD HARVEY

My approach is intuitive and reflective - based on experience and grounded in the body awareness and emotional exploration of Bioenergetics and Gestalt, and the spiritual perception and heart searching of simple meditative action.

For details & booking contact me at:

73 Wycombe Lane, Wooburn Green, BUCKS HP10 0HD

Tel: Bourne End (06285) 23062

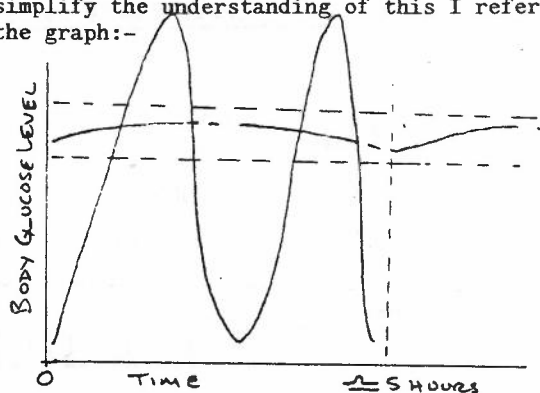


# FIRST ...

## THE BAD NEWS

### SUGAR IS BAD NEWS

During the first year of demonstrating Touch for Health I was always very mindful of not predicting what would happen when food testing sugar. As I went deeper into understanding the damage sugar does to the body this lack of consistency puzzled me further. Now I know the answer. The situation relates to body glucose level and a trigger happy pancreas usually related to a degree of adrenal stress. To simplify the understanding of this I refer to the graph:-



The curve shown                      would represent a typical body glucose level of a committed vegetarian or some one using super-nutrition i.e. slightly depressed on waking, rising marginally and steadily to mid morning, dropping at about the same rate there after, in anticipation of the next meal.

The other much more active curve which can contain many more loops would be associated with a person that extensively depends upon sugar, coffee, tea, soft drinks confectionary and/or alcohol. All will have the same effect.

Typical symptoms that indicate this trend has set in include difficulty waking, feeling like death warmed up until the first cup of coffee or tea has had time to sink in. etc

I have often observed colleagues of mine arriving for work depressed and barely coherent, take their first cup of coffee and within half an hour they change into a competent contributing member of the office. Within another half an hour they have become exitable leading to aggressive arguments, to be followed by another half an hour of competence only to be followed by abject depression. At that point observation reveals the person reaching for a Mars bar, cup of coffee or anything in fact that has a high sugar content or stimulating effect. Again observation shows the behaviour pattern already described will be repeated. For some one already set hard on the diabetic trail that results from this constant abuse will be having

fairly constant inputs of sugar, etc. simply to maintain any sense of coherence.

Relating this to muscle testing, if your subject has a body glucose level below the mid point of the parameter lines shown                      then the body will be demanding stimulation and sugar will serve that purpose and your subject will show strong or positive reaction. If on the other hand the level is above the mid point the muscle test will show weak.

It is very useful to include this information in a demonstration, hopefully it will decrease the incidence of adult on set diabetes, which interesting enough is an unknown condition in tribal communities where sugar, coca-cola, jam doughnuts etc. have yet to reach.

The options to sugar is a much more basic, more vegetarian approach to life that includes a great deal of raw fruit, raw vegetables, cooked potatoe and brown rice etc. which are all good sources of complex carbohydrate which the human was designed to deal with and use as its prime source of energy. i.e. the sugar content of these foods are progressively broken down and released for body function at the rate the body will be able to use them.

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

### WELCOME TO NEW MEMBERS

We extend a very warm welcome to the following new members who have joined our ranks since the last issue of 'In Touch'. Can I remind our newly appointed Area Contacts and any other local members who would like to do so, to get in touch and make this a more personal welcome.

### PROFESSIONAL MEMBER:

Reg Connolly MHPA, MAHP, 9 Ridley Road, Winton  
BOURNEMOUTH BH9 1LB 0202 534250

### GENERAL MEMBERS

David Adler, 1 Vicars Road, Harehills, LEEDS,  
West Yorkshire LS8 5AS 0532 489981

Nona Brocklesby, 13 Woodfields, Shipstead, Sevenoaks, Kent TN13 2RA. Sevenoaks 456559

Samonn C. Canning, 20 Beatrice Road, LONDON N4 4PD  
01-281 2313 (home) 01-831 9541 (work)

Elise Edwards, 53 Gordon Road, ASHFORD, Middx.  
Ashford 53440 (home) Staines 54192 (work)

Ken Feather, 4 Matthew Court, Cumberland Road,  
ASHFORD, Middx. Ashford 46358

Maria Hampton, 121 Arundel Road, LITTLEHAMPTON  
Sussex

Penna Harris, 6 Giles Mead, Downside, EPSOM Surrey  
KT18 5EZ Epsom 42365 (ansaphone)

Hazel Humble, 40 Grant Road, PORTSMOUTH PO6 1DX  
0705 372591

Liz Hussey, The Laurels, Church Street, GAWCOTT,  
Bucks. MK18 4HY 0230 812459

Peter & Patricia Alein, 323 Bishopswortn Road,  
BRISTOL BS13 7LW Bristol 643001

Adrian Lovett, 116 Dartmouth Road, LONDON NW2 4EE  
01-452 7517 (home) 01-985 5555 ext S661 (wk)

Joan McFaull, 'Edelweis', Studley, CALNE, Wilts  
Calne 812554 (home) Corsham 713105 (work)

Meriel Rogers, Cumbers Farm, Rogate, PETLERSFIELD,  
Hants. GU13 5DB Rogate 840

Barbara Russell, The Old House, Ashurst, Nr. STLY-

*Body Balance*

# BIOKINESIOLOGY WORKSHOP

PLUS URINE/SALIVA TESTING



1. Brain Programs & Response Testing.
2. Tissue & Organ Reflexes - Nutritional & Emotional.
3. Biokinetic Exercises for Muscles, Tendons, Ligaments.
4. Chakra Testing - Flowline Massage, Acupressure Points.
5. Allergy/Sensitivity Testing - Nutritional & Environmental.
6. New - Urine/Saliva Testing for Above.

REGISTRATION FEE: £25.00

PLUS: £110.00 PAID BY 1/8/85  
OR £120.00 PAID BY 20/8/85  
OR £125.00 PAID ON DOOR.

Make checks payable to: BODY BALANCE U.K. Ltd.,

**MAIL TO:** Body Balance U.K. Ltd.,  
 147A Lynton Road,  
 London W3 9HN

**PLACE:** EAST WEST CENTRE,  
 OLD STREET, LONDON, EC1.  
**DATE:** AUGUST 25 - 29th  
**TIME:** 9.30 am to 5.30 pm.

RICHARD D. UTT

## Applied Physiology 1 & 11

*Body Balance*

SOME SUBJECTS COVERED ARE

\* INDICATOR MUSCLES -

1. Their Hypo, Hyper & Homeostatic Conditions.
2. Frozen Hypo/Hyper Muscles.
3. Flacid or Paralyzed Muscles.

\* PROPRIOCEPTION INTEGRATION TECHNIQUE -

1. Pacinean Corpuscles & Ruffini End Organs.
2. Golgi & Golgi Tendon Organs.
3. Spindle Cell relationship to Muscle Health.

REGISTRATION FEE: £25.00

PLUS: £120.00 PAID BY 31/ 8/85  
OR £130.00 PAID BY 30/ 9/85  
OR £135.00 PAID THEREAFTER

Make checks payable to: BODY BALANCE U.K. Ltd.,

**MAIL TO:** Body Balance U.K. Ltd.,  
 147A Lynton Road,  
 London. W3 9HN.

**PLACE:** EAST WEST CENTRE  
 OLD STREET, LONDON, EC1.  
**DATE:** OCTOBER 11-14th  
**TIME:** 9.30 am to 5.30 pm.

ALTERNATIVE MEDICINE EXHIBITION.  
JULY 11-14.

The BTFHA has taken a place at this exhibition and wishes to encourage TFHers to participate by franchising places for us to work on the stand balancing people, talking about TFH and our own work, spreading the good word, and taking home our profits. The idea is that we each put up £30 to work one day, we charge £3 for a balance, do as many as we can and all have a good time. Places are going fast, so please contact BRIAN HAMPTON immediately. tel. 0634 401892

WELCOME 15 NEW TFH INSTRUCTORS

Benn Bennett, 10 Victoria Street,  
Aylesbury, Bucks. HP20 1NA  
0296-22761

Reg Connolly, 9 Ridley Road, Winton  
Bournemouth, Dorset.  
0202-534250

Sheila Cozens, Westlea, Green Street,  
Brockworth, Glos. GL3 4LS  
0452-863089

Judith Davison, 25 Effingham Road,  
Long Ditton, Surrey. KT6 5JZ  
01-398 1741

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

John Hadley, 11 Pinmore, Frome,  
Somerset. BA11 4RA  
0373-67533

Karen Heward, 185 Queens Road,  
Norwich, Norfolk. NR1 3PP  
0603-630937

Ellen Langgaard, Trapholt Parken 20,  
DK 6000 Kolding, Denmark.

Anne-Marie McGlinchey, Nirvana, Slane,  
Co. Meath, Eire.  
041-24384

Annette Middleton, 8 Poyntz Road,  
Battersea, London. SW11 5BH  
01-223 2522

Julie Murphy, 120 Belfast Road, Comber  
Co. Down, Northern Ireland.  
0247-872595

Leif Nord, Hestheia 9, 4790 Lillesand,  
Norway.

Jill Rathbone, 20 Bateman Street,  
Cambridge.  
0223-311834

Chris Scowen, 18 Thorpe Road,  
Walthamstow, London E17 4LA  
01-531 1754

Freya Williams, 121 High Street,  
Yelling, St. Neots, Cambridge.  
048-087-471

\*\*\*\*\*

\* PRACTICE EVENINGS \*

\*\*\*\*\*

\* EVERYONE WHO HAS TAKEN A TOUCH FOR \*  
\* HEALTH CLASS KNOWS THE VALUE OF \*  
\* PRACTICE. THEY ALSO KNOW THAT IT \*  
\* IS NOT ALWAYS EASY TO GET A \*  
\* PARTNER. \*  
\*

\* IF YOU WOULD LIKE TO GET SOME \*  
\* PRACTICE COME ALONG TO THE \*  
\* COLUMBIA HOTEL, LANCASTER GATE, \*  
\* LONDON W.2. ON THE THIRD TUESDAY OF \*  
\* EVERY MONTH. ENTRY £3. \*  
\*

\* THIS IS BECOMING A HAPPY CLUB OF \*  
\* THOSE WHO ARE KEEN ENOUGH TO COME \*  
\* ALONG AND ENJOY THEMSELVES AND \*  
\* LEARN MORE BY DOING TOUCH FOR \*  
\* HEALTH REGULARLY. \*  
\*

\* AT PRESENT IT DOES NOT COVER \*  
\* EXPENSES, BECAUSE NOT ENOUGH COME, \*  
\* BUT WE ARE GOING TO KEEP IT GOING \*  
\* IN THE FAITH AND HOPE THAT YOU WILL \*  
\* MAKE IT WORK BY SWELLING THE \*  
\* NUMBERS WHO ATTEND. \*  
\*

\* IF MORE COME REGULARLY, WE CAN \*  
\* REDUCE THE COST, OR MAKE A DONATION \*  
\* TO THE B.T.F.H.A., OR BOTH! \*  
\*

\* BRIAN H. BUTLER \*  
\*\*\*\*\*

BECOME A TOUCH FOR HEALTH INSTRUCTOR

On taking the

INSTRUCTOR TRAINING WORKSHOP

Once anyone has taken a TFH I, II, & III they may apply to take the ITW. Not all who take the workshop go on to teach TFH, they simply use the communication techniques in other ways.

I have now organised my teaching schedule so that anyone who wishes to progress in TFH to Instructor level, may do so in a consecutive four month programme.

Of course, anyone who has done courses with another instructor may join my classes at any point they may find convenient.

My schedule for the next nine months is as follows:

TFH I	July	20th-21st.
TFH II	August	24th-25th.
TFH III	September	28th-29th.

ITW	October	18th-25th.
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TFH I	January '86	25th-26th.
TFH II	February '86	22nd-23rd.
TFH III	March '86	22nd-23rd.

ITW	During Spring school holidays	1986.
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For any further information contact me on 01-399 3215. Brian H. Butler.

Instructor - Isobel Stevenson

ISIS Centre, 362 High Rd, London N17

Level 2 - June 22/23

Level 3 - Sept 21/22

TWO 1-DAY WORKSHOPS IN BASIC A.K.

Sunday 14th July

Saturday 17th August

10.00-5.00 Cost - £15 each day.

Highbury Centre, 137 Grosvenor Ave,  
London N5.

I will be demonstrating the techniques  
which I use regularly in my work & how  
I have assimilated them, with T.F.H.,  
into my own approach. Ring me for  
details (01 359 0518) or send a deposit  
of £5/day.

BODY BALANCE TFH COURSES:

TFH I LEEDS June 22/23

TFH I LEEDS/NOTTS August 3/4

TFH I & II CHRISTCHURCH August 17/18

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)

PRACTICE NIGHTS:

LONDON NW AND W - EVERY WED. NIGHT.

Contact Kay McCarroll (328-7690) or  
Joanna Benson (341-7394) or  
Phil Edwards (272-8341)

NEW MILTON: MONDAY 17th JUNE.

Contact Halcyone Marsh (0425) 612-651  
- for Southampton, Christchurch and  
surrounding areas. All welcome!

Instructor - Lori Forsyth.

tel. 0463-790 599.

Level 1 - Glasgow 15/16 June.  
Dumfries 22/23 June

Level 2 London 8/9 June.  
Forres 6/7 July.  
Glasgow 27/28 July.

Lori Forsyth. Cottage 3.  
Balloch Farm. Balloch.  
Inverness IV12HE.

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 - June 29/30.  
Aug. 31/1 Sep  
Nov 30/1 Dec.

Level 3 - June 1/2.  
Oct. 5/6.

All classes held near  
Buckingham.  
Free fortnightly practice :  
Wed. from May 15. 8-10.30pm.

Instructor - Penny Edwards.

OASIS 72 Great North Rd London  
N2 . tel. 340 3924 ; 340 6651.

Level 1 - June 15/16. Sep. 7/8.  
Oct. 12/13. Dec. 7/8.

Level 2 - July 20/21. Nov. 9/10.

PRACTICE EVENING

1st Wed. of the month. 7.30 - 10.30.

Instructor - Mary Gooch.

Goldsmith. Arbourne. Hassocks.  
Essex. tel. 0273 832104 .

Level I - June 22/23.

In a beautiful country house.

NEED A ROOM FOR A CLASS ?  
CONTACT LIZ ANDREWS -  
13 GUNNERSBURY GARDENS W3:  
tel. 01 - 992 8119 .