

IN TOUCH FOR HEALTH

OCT. - NOV., 1986



*But Only
If You
Act Now.*



*A
Holiday
Gift
For You...
SEE PAGE 6*

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The purpose of the Touch for Health Publication is to disseminate information on research, methodology, results and teaching of self-development programs in health enhancement, both mental and physical. Further, the newsletter is a forum to provide up-to-date information on programs, seminars and activities of the Foundation.

The Touch for Health Foundation is a tax-exempt, non-profit educational corporation. Publications of the Foundation include the quarterly newspaper Touch for Health Times circulated to members and all interested persons in Jan., Apr., June and Nov. Foundation membership also includes subscription to the member's newsletter In Touch for Health published in Feb., Mar., May, Aug., Sept. and Oct. In July, the annual Touch for Health Journal of comprehensive research papers, training information and applications. December, members receive the Annual Membership Directory.

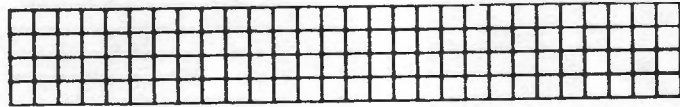
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IN TOUCH FOR HEALTH

VOLUME 13 NO. 8 & 9

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EARL WEAVER



*t's what you learn
after you know it all
that counts.*

JOHN THIE, D.C.

A big new look is developing in the Touch for Health Foundation. We have hired new people to develop new Touch for Health programs. Phillip Crockford, our Program Director is working with Kim Vieira, the Director on the U.S. TFH/E-K program. Paul and Gail Dennison are working closely with the Foundation on the E-K program. Guided by them, we have developed a new team across the country. The Foundation looks forward to many exciting innovations for the future.

Educational Kinesiology is spreading to new networks of people. E-K is another set of tools that are helping people help themselves and also introduces them to the basic Touch for Health program. Many of the reviews that we receive from TFH/E-K classes excite people so much, they describe how wonderful God made us and how we can be empowered by these methods to reach higher a potential in life.

The Foundation has confirmed the 12th Annual Meeting will be at the University of San Diego, California again. The last meeting was really excellent. I want to thank again our 1986 chairperson, Gini Burns from Norco, California and her wonderful committee for a job well done. Having an International Meeting is a year long project with long hours of work and thought. I personally wish to thank all those who have attended. I know you are helping make our world a better one by facilitating the

SEE THIE ...PAGE 4

tremendous amount of information that exchanges at these meetings.

Transformation is the theme for the Annual Meeting in 1987. It is also appropriate to say with transformation there is always some confusion and quantum leaps. Touch for Health is on the verge of a quantum leap. We have shifted a new focus on our program. We have new structure, the Foundation is decentralizing it's admistration, purchasing a computer, training new Faculty candidates and we are scheduling the new long awaited revision of the Touch for Health book. I am personally looking forward to the new Touch for Health book being released in late 1987.

We have a wonderful market for sharing our information. People are in need of high-touch techniques. In our technical world of today, touch is even more necessary to heal. Do not under-estimate the value of "touch". We have an obligation to demonstrate, present and care for our fellow human beings. There are several belief systems opposed to TFH, alternative health and chiropractic. You can make a difference because what we do WORKS! And it WORKS WELL. YOU are in the right place to make a real difference.

I am looking forward to working with you.



John F. Thie, D.C.



**JOHN THIE PRESENTING AN ACHIEVEMENT
AWARD TO DR. SHELDON DEAL**

HELPING HANDS DONATIONS

CARING & SHARING

The Foundation would like to thank a Missouri Instructor, Carol Albee, for her generous gift recently. Carol purchased memberships for six of her recent basic students, using some of the money from her classes. She displayed creativity and forethought in her desire to support the Foundation.

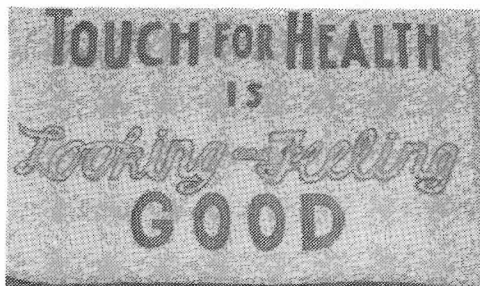
Another donation was received from Richard Harnack in Missouri. Most of us already know Richard, a Foundation Faculty Trainer, who is (along with all the other active instructors) making TFH/E-K a difference in peoples lives.

\$150.00

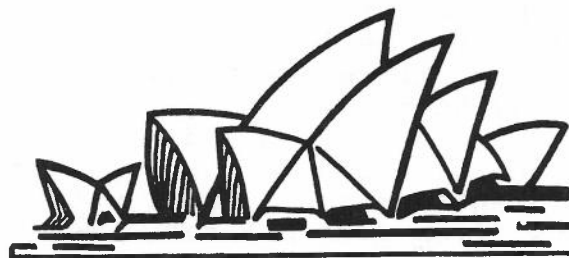
Irene Gauthier Southfield,
Michigan

In lieu of a personal birthday gift on her husband's 75th birthday, Nita Downing donated funds on behalf of Carl to celebrate our good work.

Evelyn F. Marshall donated funds in the memory of Harold Scheer.



Touch for Health



SYDNEY N.S.W.

KIM VIEIRA 1986

I was extremely excited to attend and present at the 1986 Annual Meeting in Australia. Each TFH conference has been rewarding and exciting. The Australian people are really incredible. But, my conclusion is that TFH seems to draw dynamic, sharing and caring people from all backgrounds. This was very special to see in a land far from my home that TFH is indeed world wide.

TFH/E-K is doing extremely well and by very capable people in Australia. Our appointed Trainer, Bruce Dewe and a national committee organized a structure for Australaisa. Toni Lilly, TFH Faculty candidate who resides in Canberra, A.C.T., similar to our Washington, DC has been a great resource. She will do a tremendous job as she has been appointed to administrate the Foundation in the South Pacific. It was wonderful to see this all come together and an active committee determined to making TFH/E-K work well.

There were familiar family faces. Bruce Dewe who did several presentations of high caliber, our U.S. Faculty, Phillip Crockford

SYDNEY CONT.

motivated many to teach more. As an invited guest from the U.S., Frank Mahony brought out laughter while we were learning some of his great Hyper-Ton-X techniques.

TFH Instructor Alan Parker who is contracted by IBM to do stress management seminars led the "ice breaker" of a group experience, touch, body language, acceptance and sharing...David Bridgeman explained TFH and the life force on a cellular level extremely well...Alia Paulusz developed TK, Transformational Kinesiology to deal with life's stresses thru breathing and birth trauma...Carol Albee of Missouri did the 5 element emotional wheel with questions "from your mother". We did a mini-workshop, it was effective...Laura Summerfield demonstrated how vocal sounds can balance the body...Julie Pritchard

identified how E-K is used and presented in school with several amazing successes...Andrea Schoenheimer described better approaches to food rotation...Brendon O'Hara demonstrated a new cassette for E-K for Kid's...There were many other great TFH presentations... Don Davies, E-K Faculty candidate, Barry Summerfield E-K Trainer, the staff and master of ceremonies did a great job. They had a balancing room...They had a bookstore area...They had a great harbor cruise that happened to be the night that the Australian Navy was celebrating their 75th year. Fireworks galore! Navy ships all lit up like christmas and cross-crawl dancing till 12 pm on a yacht in the beautiful Sydney Harbor cruising in front of the Opera House. I was in TFH Heaven.

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TFH Song cassette
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The Healing Light**

MACALESTER PARK \$2.50
After 35 printings in hardcover...
the international best-seller

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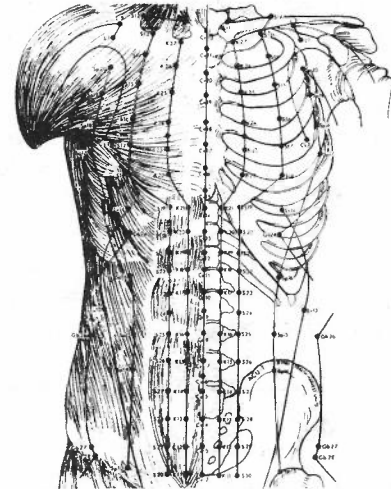
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KEEPING IN Touch LETTERS

My main interest is to get and put people in touch with TFH at a basic level. They then have the choice to continue if they wish. So far I have taught about 100 people, 35 of them continuing to do part II & III. Several of them are going to Brian Butler's ITW...

...Please remember Brian that there would not be a British TFH Association if you had not brought TFH from the USA and introduced so many of us to it in the first place. I can see that a lot of professional people have included it in with their own therapies. I can also see as caring people they want as much new information about as many ways of helping people as possible, this is not in conflict with TFH but only enhances its value.

Pat Herington
England



ALI SHIEK FRANK MAHONY
DOING A TFH SKIT

HERE'S YOUR CHANCE TO PARTICIPATE IN A **BIG WAY!**

HELP TO CREATE THE "TOUCH FOR HEALTH" SPIRIT
AT THE UNIVERSITY OF SAN DIEGO THIS SUMMER.
WE WANT TO DISPLAY BANNERS CREATED BY YOU!
THE THEME THIS YEAR WILL BE:

TRANSFORMATION

SO MAKE A BANNER TO MAKE A STATEMENT.
WHAT IS TOUCH FOR HEALTH TO YOU?
TO YOUR FAMILY? TO YOUR COUNTRY?
PAINT IT, TIE DYE IT, EMBROIDER IT, GLUE IT, APPLIQUE IT,
DO IT ANY WAY YOU WANT!
(JUST BE SURE YOU DO IT ON MUSLIN 3' X 2')
SEND IT TO THE TOUCH FOR HEALTH FOUNDATION
BY JUNE 21,

**LET'S MAKE THIS
THE MOST COLORFUL
ANNUAL MEETING EVER!**

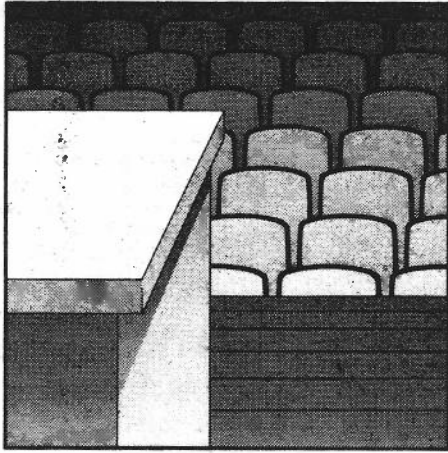
TFH IS SHARING

I wanted to thank Kim Vieira, Gini Burns and John Thie and everyone on all the conference committees for the great time I had at the 11th Annual TFH Convention. ...The energy was high and all the new information is both enlightening and practical.

I wanted to thank TFHer and resident comic, John Maguire for getting me into my first acting stint since I was a "wee lad". It's opened a new world for me and I would like to act the part in future episodes of STARR TOUCH (Star Trek) at the SATURDAY NIGHT LIVE ENTERTAINMENT NIGHT.

Please tell all my fellow TFHers to LIVE LONG AND PROSPER AS THEY REACH OUT ACROSS THE UNIVERSE AND BOLDLY TEACH WHERE NO MAN OR WOMAN HAS TAUGHT BEFORE!

STEVEN ROCHLITZ



CALL FOR PAPERS

Deadline approaching:

CALL FOR PAPERS

The Touch for Health Foundation of Pasadena, California has announced a Call for Papers to be delivered at the 12th Annual Worldwide Meeting July 14 - 19th at the University of San Diego, California.

You are invited to submit a paper in order to present at the Annual Meeting. The papers should relate to Touch for Health, it's uses in holistic health Care, education and or research. Titles, abstracts, original conclusions, and documentation must be received by May 1st, 1987.

The Annual Meeting committee will send notices of selection by May 15th, 1987.

WHAT TO SUBMIT

1. An abstract or brief summary of the paper.
2. An outline of the proposed presentation for those who are presenting only. Include the approximate time needed to present. 15, 30, 45, 60 or 90 minutes. Include any audio/visual equipment or special facilities desired.
3. The paper should be no longer than 5 pages and camera ready. The paper should be edited, typed on an 8 1/2 by 11 paper with at least 1/2 inch margins on all edges. The paper will appear in the 1987 Touch for Health Journal just as you have submitted.
4. Drawings, photographs and other graphics are acceptable. Black and white is the best for reproducing the most professional images.
5. If scheduling is necessary for a "mini-experiential workshop" please indicate so. We have a room in the schedule for after lecture hands on workshops. Please indicate the amount of time and what you wish to share with us at the meeting.

WHERE

Send your papers to Call for Papers, C/O Touch for Health Foundation, 1174 N. Lake Avenue, Pasadena, CA 91104, USA

THE E-K CORNER

Joy Lindsey, past Annual Meeting Chairperson, TFH Instructor, E-K Instructor and the leader of T.E.N. (Touch for Health Education Network) has had numerous requests for a very helpful packet she has prepared. In fact there were so many the T.H. Enterprises Store has taken over the printing and distribution on T.E.N.'s behalf.

The purpose of this Network is to disseminate information (research, studies, progress, successes) on how E-K/TFH are used for more switched on, integrated learning in schools or educational programs in other institutions. Other programs might include art classes for retarded adults, correctional institutions, homes for battered persons, etc.

The concept is one of sharing. If I have written a report on the success in my school district and you have published an article in a newspaper, magazine or professional journal on what you have done in your district and he/she has a study with before and after testing which shows a 22% mean gain in IQ and we all share our reporting, everyone will benefit.

I truly recommend that you order this whole packet if you are interested in getting TFH/E-K in your particular school district

SEE YOUR TURN PAGE 10

As busy as I am I just have to tell you about the TFH class I'm running. I have had my E-K Instructor Training also and decided to mesh the Training. What was advertised TFH II & III and then a Basic E-K was combined to form a 68 hour workshop. I am using Brain Gym as movement material and to break-up the class because of the long hours.

The class learns in 4 sessions per day. I teach a meridian and all the muscles associated per session. Between the session's we learn some Brain Gym, cross-crawl, button's and other activities. It all fits so well. As time goes on we will cover the more advanced material, but all the pieces will be there.

Sandy Cochran Fritz
Massage Therapist
Lapeer, Michigan



T.E.N.

Persons wishing to be in on the Touch for Health Edu-Kinesthetics Network (the purpose of which is to disseminate reports, studies, and information on research and progress using TFH and EK in schools and/or for learning) may inquire about this by writing

TOUCH FOR HEALTH FOUNDATION

1174 North Lake Avenue
Pasadena, California 91104

(818) 794-1181 during business hours

YOUR TURN CONT.

I want to encourage everyone to participate in the sharing of results: Write it up, get it published, do a study, send press releases, get the media involved. Everything should be ready to xerox, typed on 8 1/2 x 11. Slightly larger is OK for international. (We are still blocked here on centimeters, you know!) This is not a newsletter to be edited, remember, but a dissemination of information.

YOU ARE DOING GREAT!

We are doing some braeak though growing in this area of integrated learning and making amazing strides. We all feel alone at times (or a lot of the time!) but this is the lot of pioneers - people who dare to step beyond the edge because we have seen what learning can be and now we can't go back.

It helps to get together in small informal groups to talk about programs, processes and the fact that it really works! Recently at one of these potluck gatherings and electric feeling permeated the atmosphere as we listened, shared and supported each other. It's truly exciting to be apart of! Isn't it?

LOVE, LIGHT, LAUGHTER AND LIFE,

Joy Lindsey



TFH ENERGIZERS Carol Albee

Energizers/Carol Albee

Side One: Detailed Directions
Side Two: Short and Simple;
Suggestions

© 1985 Carol Albee
St. Louis, Missouri

— Unlawful to Copy —

TOUCH FOR HEALTH ENERGIZERS. Carol Albee. (New Touch for Health cassette). Seven TFH techniques to do for yourself daily to reduce stress and fatigue and increase energy. Side 1 covers detailed directions (22 min>) Side 2 is a "Short and Simple Version" (7 min.) plus suggestions on how and when to use Touch for Health throughout your day. Designed as an introduction to the benefits of Touch for Health, for Touch for Health I classes and the public.

Members of Touch for Health should purchase TFH Energizers and use it as a take home self-care package after your course is over. You receive a 25% discount off the \$8.98 retail price. Order from T.H. Enterprises today.

Special Thanks

The Foundation would like to commend Paula Oleska for her work in making the recent Instructor Training Workshop in New York City a success. Due to her research we were able to hold this workshop at a prime location during an optimum time period. All her phone calling helped fill the class.

Most of the graduates from this ITW were registered by their basic class Instructors. We would like to thank Millicent Kasper, Paula Oleska and Eric Perlman for their work in helping us meet our mutual goals.

More Instructors are keeping their students aware of further opportunities in Touch for Health as well as encouraging new memberships.

TOUCH FOR HEALTH EDUCATION NETWORK ITEMS AVAILABLE

Sold as one packet of material. \$10.00 Shipping add \$1.50
California residents only add .65 tax.

This includes the following

TOUCH FOR HEALTH EDUCATION NETWORK ROSTER

People are coded in different fields and desire to be networked in the TFH/E-K area.

A BREAKTHROUGH IN LEARNING POTENTIAL - Trevor Savage

REPORT ON 5TH GRADE SWITCH ON - Ann Boyle & Jenny Righetti

TELLURIDE EXPERIMENT USES EXERCISE TO LINK BRAIN HEMISPHERES -
Bob Silbernagel

GETTING IT TOGETHER - Phillip Crockford and his work in the
School district

THEY DON'T KNOW WHY IT WORKS BUT IT DOES - Howard Mintz - Phillip
Crockford

SAN FRANCISCO SCHOOL KIDS GRAB ANKLES, OVERCOME LEARNING HANG-UPS
- Crockford

E-K PIOLT PROJECT ANNOUNCED - Excerpts from San Francisco School
District

E-K AT SCHOOL - John McGregor, South Australian School Counselor
speaks

PAMELA HANNON'S SEARCH FOR EDUCATION - Pamela Hannon

TREVOR SAVAGE'S PRESS KIT - Examples of press copy from a TFH/E-K
Instructor

to better health

RIGHT: Dianne Lewis uses her skills as a massuese to keep her patients in top shape. She believes natural healing methods can work hand-in-hand with orthodox medicine to achieve total well-being.



Dianne Lewis is a qualified massuese who uses techniques including Swedish and Chinese massage and "touch for health".

Dianne became interested in massage through her desire to work with people who were healthy. As a trained nursing sister she had found it draining to be constantly working with ill people.

"I wanted to see people when they were well instead of unwell" she said.

As Dianne began to use her new skills she became more and more interested in learning about natural therapies.

She then studied homeopathy, bach flower remedies and touch for health, as well as continuing her massage studies by investigating the art of

By ROBYN HARCOURT

Her interest in massage began when she completed an aerobic instructors' course. She found this very rewarding and, through teaching aerobics, became interested in massage as a healing tool.

A course in Chinese massage introduced her to meridians — the "energy flow lines" of the body.

"I learnt that by massaging these lines we can release energy blockages and so help to maintain health and correct energy imbalances in the body," she said.

As Dianne began to use her new skills she became more and more interested in learning about natural therapies.

She then studied homeopathy, bach flower remedies and touch for health, as well as continuing her massage studies by investigating the art of

Dianne found Swedish massage very different to the Chinese method.

"With Swedish you are working with areas of actual muscles, ligaments and tendons," she said.

With the touch for health method Dianne feels she has a technique which combines the benefits of both Chinese and Swedish massage.

"Touch for health works with both the meridians and the muscular system. We test muscles and if there is a weakness it indicates an imbalance in the corresponding meridian or energy flow line. When you correct the muscle you are also correcting the energy balance".

Dianne is adamant that massage as a tool for health is no "magic cure".

Swedish massage.

"As Diane's TFH Instructor, I am thrilled to be able to send this to you, particularly as she was skeptical but, open, blessings."

Rosemary Selkirk
Australia

"I really think people involved in sport have a very positive outlook on life. They are usually working towards a goal and I enjoy working with them."

Dianne recently attended a two-day seminar on sports injuries and has applied to take a course on the subject with the Australian Federation of Sports Medicine. Meanwhile she is doing as much practical work and reading on the subject as she can.

Dianne has been working professionally as a massuese for more than 12 months.

Working two days a week in Ballarat with chiropractor Neil Davies and two days with osteopath Kevin Sturgess in Geelong, she is quickly building herself a professional reputation.

Her belief that massage is a bona-fide tool for treating illness and injury is combined with a deep-seated faith that people respond to genuine caring.

"I believe this is a very important issue. Just as bodies respond to correct care, people respond to genuine care and concern. It is a complete system".

Dianne believes most of those involved in the "caring professions" have this caring trait inherent in their personality.

POSTURAL ANALYSIS

Keeping it simple

POSTURAL ANALYSIS is an integral part of TOUCH FOR HEALTH. If you're not using it in your classes because you feel you must know all the muscles involved in postural deviation, think again! As Dr. John Thie presents it, postural analysis is much more a matter of 'becoming aware' than of technical know-how in the moment.

ALSO, IF YOU USE POSTURAL ANALYSIS PRIOR TO BALANCING A PERSON, IT WILL MAKE IT EASIER FOR BOTH YOU AND YOUR SUBJECT TO APPRECIATE THE POSITIVE CHANGES RESULTING FROM THE CORRECTIONS.

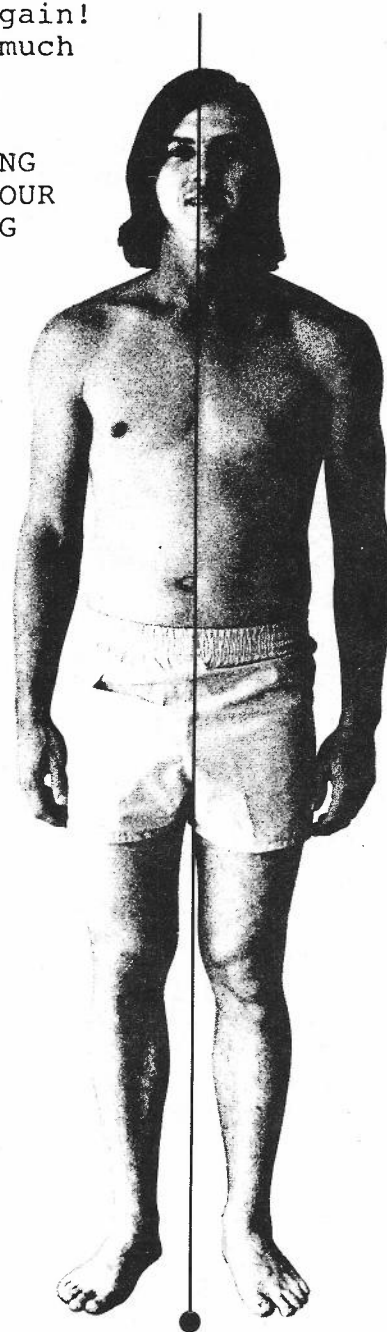
ATTITUDE IS IMPORTANT In your class (and also when you're working one-to-one), keep in mind that we all take personally any derogatory comments about our bodies. Such remarks may be unintended, but they hurt our self-esteem and reinforce our negative mind-sets. So keep everything you say positive, general and stress IMPROVEMENTS. This kind of positive 'affirming' helps re-program the subject's mind and body.

GROUND RULES FOR THE DEMONSTRATION

Be sure to observe them carefully during your presentations of postural analysis in class.

- 1 - Explain what to look for in the analysis. Tell your students to take notes, but they are not to verbalize during the process. The reason is because the 'derogatory' just may pop out. (Think what remarks like 'look at that stomach hanging out' or 'he's really pigeon-toed' could do to a person!) No talking allowed until the process is complete.
- 2 - Keep your own statements positive and general. John relies on questions that direct the attention to a specific area and are expressed in non-valuative language. (Examples of this are included in the rest of the article.)

SEE POSTURE PAGE 14



POSTURE CONT.

- 3 - After you've finished the analysis and done the balancing and corrections, have your class evaluate the results. TALK ONLY OF IMPROVEMENTS. For example, instead of 'the body still looks a bit twisted', say 'the shoulders are moving toward better balance. Instead of 'that knee's still turned out' say 'it's coming back in line'.

BE SURE YOUR CLASS KNOWS THESE GROUND RULES AND FOLLOWS THEM. What we say is almost as important to our well-being as what we do - sometimes it's even more important.

THE ACTUAL DEMONSTRATION OF POSTURAL ANALYSIS

Here, we're following the model created by Dr John Thie, simplified somewhat but the basics are all here. Use it in your classes and you'll be adding more awareness of and appreciation for the effectiveness of TOUCH FOR HEALTH. Make POSTURAL ANALYSIS a regular part of your BASIC TFH curriculum. It's an integral component of TOUCH FOR HEALTH.

- 1 - Have a volunteer stand and face the class. Suggest he or she remove 'as many clothes as you feel is comfortable'. Even if all the clothes are left on, you'll still get a good postural picture from the way the garments drape on the body.
- 2 - Have the person walk a couple of turns around the room. Tell your students, "Be aware how hard the footfall is. The way the arms swing. The body's rotation during walking. How does the body 'flow' - smooth or jerkily? Does any one part of the body 'lead'?"
- 3 - Have the person face the class again, standing. Tell them to, "Take an over-all look at the body. Is it leaning in one direction? Does the line of the body seem to 'curve off'?" etc.
- 4 - Now tell your group - "With an imaginary plumbline down the center, scan the body comparing the right and left sides. Are the cheekbones level? Does the neck seem the same length on both sides? Is one shoulder higher than the other? Is one more forward? Are the elbows facing the same direction? Is one arm closer to the body? Is one hip higher than the other? Are the knee-caps level? Are the knees pointed in the same direction? Now - look down at the feet. Are the ankles turned in? Is either of the feet significantly turned out?"
- 5 - Have the person make a quarter turn so the class can see the profile. Ask, "Is the body leaning forward? Backward? Is there a 'bowing' in the back? Is it twisted in either direction? What's the position of the head in relation to the shoulder? Where's the weight distributed? Is it equally balanced on either side of the plumbline?"
- 6 - Have the person turn full back. "Recall the front view of the body. Now compare the front to the back in terms of overall body posture." Sometimes there will be an entirely different picture revealed due to the different muscles working. Tell your people to, "Scan the back as you did the front of the body, checking out the differences right and left of the plumbline." **SEE POSTURE PAGE 15**



POSTURE

- 7 - Now, have the volunteer turn to show the other profile, and scan that side as before.
- 8 - BALANCE THE VOLUNTEER, making all appropriate corrections.
- 9 - EVALUATE THE EFFECT - this is done in three stages.
 - a) Have the volunteer stand and face the group. Have the class re-scan the body and ask them TO NOTE THE IMPROVEMENTS. DON'T ALLOW MENTION OF ANYTHING NOT IMPROVED. (You and they can expect to see some marked changes.)
 - b) Have the volunteer walk back around the room again. Let the group evaluate THE IMPROVEMENTS or the degree of improvement; such as 'the arms are swinging a lot more evenly' or 'the step seems lighter and more secure' etc.
 - c) Have the volunteer evaluate the experience.



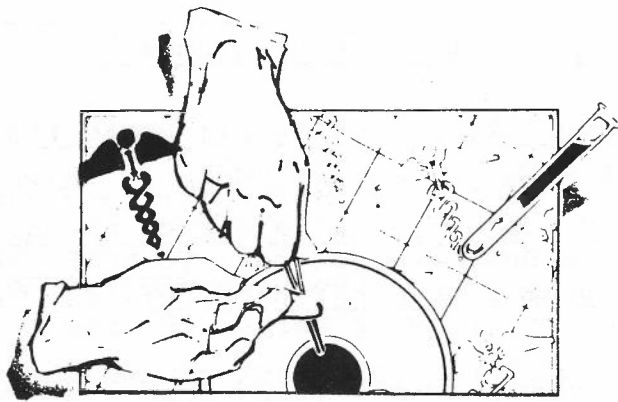
POSTURAL ANALYSIS (conclusion)

An important consideration: Postural analysis prevents making wrong assumptions such as 'that low shoulder is caused by a weak latissimus dorsi' when this may not be the case. Using the postural analysis approach, you may discover that 'weak shoulder' is the result of a chain reaction beginning with a weak muscle in the foot. That could cause the knee turning in, the hips not being level, the shoulders also and the head tilted to one side. By strengthening the foot muscle, the knee goes into balance, the hips and shoulders level out and the head straightens.

If you went ahead on the basis of your first assumption that the problem is a weak latissimus dorsi, your correction may not 'correct'. You'd be working on the effect and not the cause.

AGAIN - giving your subject a postural analysis before you balance that person gives you both the opportunity to evaluate more accurately the good effects of the corrections you make.

Make POSTURAL ANALYSIS an integral part of your TOUCH FOR HEALTH classes. It's another valuable and effective TFH tool; make the most of it.



Network of International Nursing Issues

TFH Opportunities

Nurses And Potential Journalists

We Need You!

Professional Nurses Quarterly actively seeks contributing editors and articles of interest from nurses or journalists. You don't have to be a professional writer or photographer. In fact, we prefer articles that express the personal views or interpretation of events as seen by nurses or those knowledgeable of the profession.

Simply explain your subject as though you were telling it to someone. Write as you speak. We will assist in editing when necessary.

Whenever possible send along photographs (preferably black and white glossy) and illustrations related to your article.

We are looking for articles that would be of interest to Medical Professionals, that either inform or entertain. New ideas in training, interesting stories or unusual events, human interest stories and personal experiences are good. Also the technical aspect of the medical profession, solutions to unique problems, innovations, etc. would certainly be of interest.

Double-spaced typed material is preferred.

We always welcome your ideas and suggestions and look forward to hearing from you.

Submit all editorial material to:
Professional Nurses Quarterly
Attn: Editor
P.O. Box 25557
Charlotte, N.C. 28212

TORCH for Health!

Editor:

I would like to express my appreciation for NHF and *Health Freedom News*.

As a result of Jimmy Scott's articles, I am well on my way to becoming a Torch for Health instructor.

This will give me the opportunity to teach others a simple, effective method of increasing health and preventing disease without spending years gaining an education which I could not afford.

It is my intent to promote NHF in my classes. Do you print a comprehensive brochure that I can hand out that has a response mail in with it.

Thanks again for your sacrificial efforts to gain our health freedom.

Don Malvaney
Dayo Creek, Oregon

Editor's Note: We're working on a brochure such as you suggest. Meanwhile a great substitute is a copy of Health Freedom News. You can get these from NHF, P.O. Box 688, Monrovia, CA 91016 at 25 copies for \$12.50 or 100 copies for \$50 plus a nominal delivery charge.

TFH INSTRUCTOR PRESENTATION

EXPLICIT PROCEDURE FOR ENERGY CORRECTIONS

Jimmy Scott, Ph.D.
Health Kinesiology Institute
San Francisco, California

Whenever energy corrections are performed, a sequence of five steps is involved. Explicit awareness of these steps helps understanding of the process.

1. BALANCE the meridian energy system.
2. STIMULATE the function to be tested.
3. IDENTIFY the disturbed circuits.
4. CORRECT that energy disturbance.
5. CONFIRM the correction.

Lets examine these steps in more detail and then see some examples.

1. BALANCE the meridian energy system.

You must always begin with the meridians energy balanced in order to assure reliable and accurate testing. If the person is not balanced then the indicator muscle(s) may not be responding properly. This circumstance can lead to unreliable conclusions, at best. Since further testing will (deliberately) unbalance the system, temporarily, the primary purpose here is to insure a proper indicator response.

2. STIMULATE the function to be tested.

Whatever energy disturbance occurs from some circumstance must be triggered by exposure to that circumstance. Only then can you determine what needs to be done to balance the energy in the face of the unbalancing stimulus. When we initially balance the person we may not even know what the stimulus is. Afterwards, however, we may have the person specifically do something (look at

a color, read, assume a particular posture, smell a chemical), think of something (a stress, a memory, an idea, a goal, a problem), hear-, touch-, or taste-anything. We might also have the person touch some reflex point. In each case we are stimulating the energy system to see whether it is disturbed by such a stimulus, the underlying assumption being that any energy disturbance is undesirable.

3. IDENTIFY the energy circuits disturbed by that item exposure.

In order to know which corrections are needed, it is necessary to know which circuits, or meridians, are being disturbed. Usually touch localizing (TL) is adequate. What is TL'ed depends on the nature of the stimulus. Unless all of the circuits are tested only partial correction may be obtained, a frequent source of error. Since each muscle is related to a specific meridian, then testing various muscles can often tell us which circuits are disturbed. TL'ing neurolymphatic areas, neurovascular spots, alarm points, acupoints, or other spots, all can provide information on which energy circuits are disturbed. Unless we always check all energy circuits we may miss important disturbances. Overlooked energy disturbances also will lead to unstable corrections which need later reinforcement or which don't 'hold' well.

Aside from certain special reflex points, the following method I teach in my Health Kinesiology workshops works better than most: The Law of Five Elements is represented around the navel (see illustration). The navel itself is GV/CV. Using a strong indicator muscle, touch each reflex point (element) in turn, while testing. If a point weakens the indicator muscle then that element circuit shows overenergy. If no point shows overenergy (and the indicator is properly working) then no unbalance is present. This alone is sufficient for meridian balancing, but sometimes additional reflex points are used

SEE ENERGY PAGE 18

ENERGY CONT.

simultaneously to test specific functions, just as would reading, holding a particular posture, etc. How to use this procedure for initial balancing is described below.

4. CORRECT the energy disturbance produced by the exposure.

To correct the energy disturbance, the test exposure is continued and the appropriate energy reflexes are stimulated. Which reflex points are used depends on which circuits are disturbed and on the nature of the stimulus - a body position or visual stimulus may not use the same points as a fear. Health Kinesiology research has shown that more robust correction is obtained when both coupled meridians are stimulated even though only one of them TL'ed. Furthermore, a particular correction sequence of meridian reflexes has proved most effective:

I - GB/LIV; II - B/K; III - LI/LU;
IV - ST/SP; V - TW/CX, SI/H.

GV/CV is usually balanced first but sometimes balanced last on those occasions when it is needed.

Of course, only those elements which TL'ed are utilized.

This correction step is, of course, our primary purpose. How we make the corrections is the object of most of our work, and is obviously beyond the scope of even a small book!

5. CONFIRM that the previously weakened meridians are now balanced.

Retest the subject by repeating steps 2 and 3. All circuits will now test strong if the correction has been completed. A shortcut for retesting (step 3) can be to simply lay the palm of one hand over the navel area so as to simultaneously cover all five elements at once. A very slight reduction of sensitivity results, however.

Using this approach with the Health Kinesiology procedures has led to the conclusion that it is possible to balance

energy disturbances regardless of nature of the stimulus. In other words, there is no reason why any given stimulus should weaken a person's energy. Whether it is a substance, a movement, a thought, a symbol, or any other stimulus, a highly functioning organism will not be weakened. Apply this method after any of the corrections you are now using. If this procedure indicates further corrections are needed, do them (some searching may be necessary), and you will find that the effectiveness of your balancings is improved. Using these procedures allows us to achieve the potential for which we were designed.

An Example:

A fast way to balance meridian energy.

To use the above procedure for initially balancing meridian energy, proceed as follows: Find a strong indicator muscle. Beginning at Element I, GB/Liv, lightly touch the reflex point while testing the indicator. If strong there is no overenergy in this element (or either of its meridians). If weak there is overenergy in at least one of the meridians. Continue counterclockwise as shown in the chart (see illustration), noting where there is overenergy. Most often only one element will show overenergy, though not always. For this example assume the earth element, IV - St/Sp shows the overenergy. Determine whether the St or the Sp meridian is involved by TL'ing the alarm points for each of them. If the 'culprit' is St, then TL any of the neurolymphatic (NL) areas for St. If the indicator weakens, then correct the overenergy in the element by massaging all the NL for that meridian, not just the one for a particular muscle. Most of the time, about 97%, the NL will do the job. The neurovascular (NV) points almost always will work if the NL doesn't. Retest while retouching the St/Sp spot and then again by holding the palm over the entire navel area to recheck all circuits. Almost always this is all that is necessary, and has taken about two minutes or less.

SEE ENERGY PAGE 19

NEW TOUCH FOR HEALTH CASSETTE!

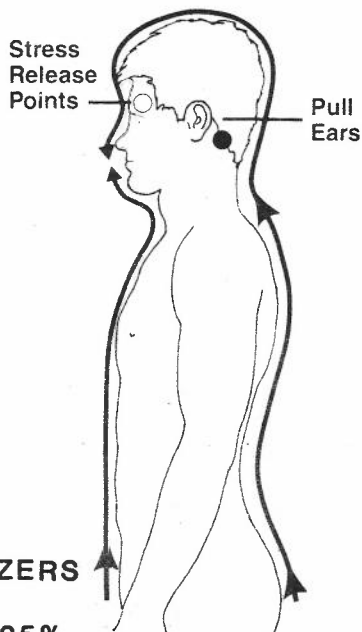
I am continually amazed and pleased at the creativity of TFH instructors. Never more so than now with the release of a new TFH item which can be used by TFH instructors or the general public.

TOUCH FOR HEALTH instructor, CAROL ALBEE has created an excellent self-help tape called *TOUCH FOR HEALTH ENERGIZERS*. Side one takes you through a routine of TFH exercises which serve to energize you in the morning, and allow you to relax at night for sleep. Side two is a shorter version of side one for those people who find themselves in a hurry.

I highly recommend CAROL ALBEE'S *TOUCH FOR HEALTH ENERGIZERS* to all TFHer's, their students, friends and family.

Available through T.H. Enterprises. For further information contact Carol Albee, 1385 Mallard Lane, Florissant, MO 63031.

Review by Richard Harnack, Instructor Trainer



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ENERGY continued

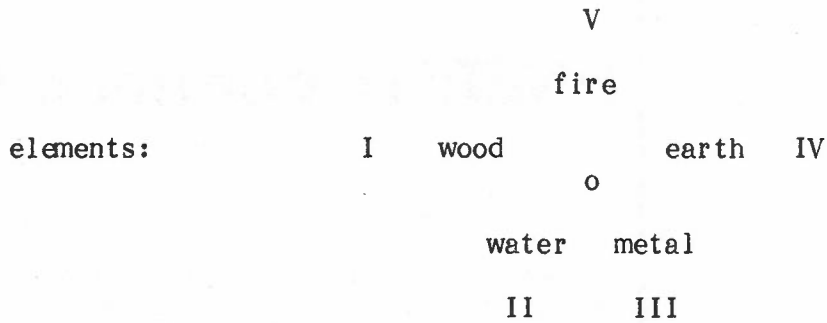
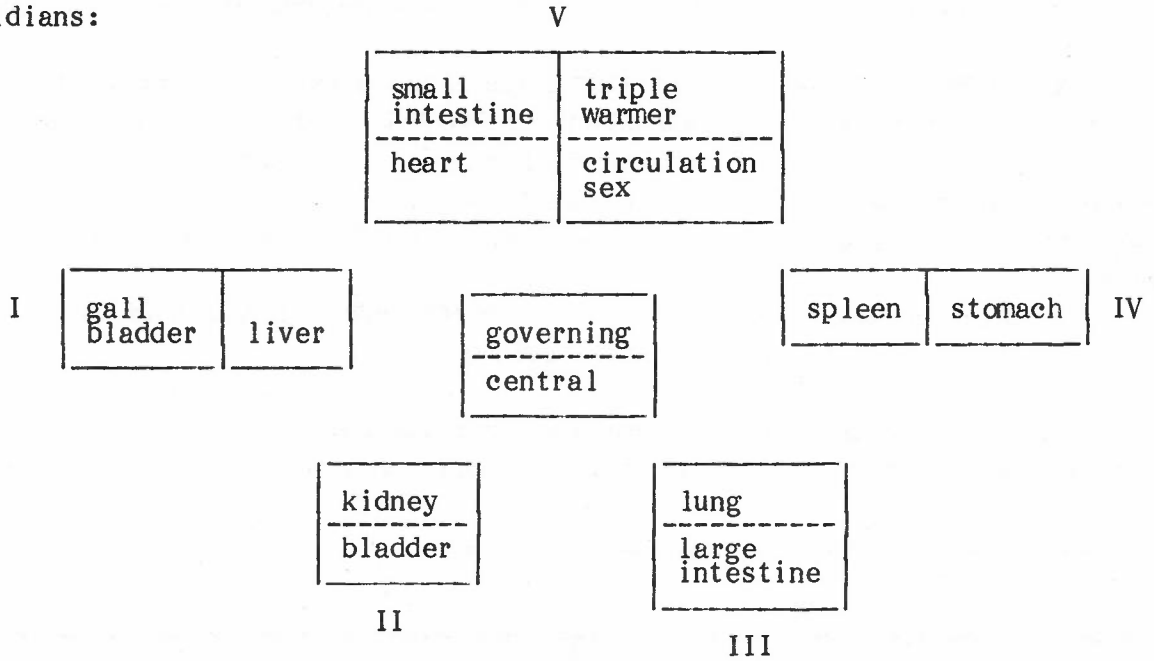
Another example:

Is ESR enough?

We often assume that once we have completed the ESR procedure with someone then nothing else is needed. However, we can actually determine for sure whether this is the case or not. Next time you do an ESR follow it with this procedure: Have the person think of the item again, but this time place a palm over the navel area and simultaneously test an indicator. If the indicator goes weak, then you know that additional circuits are 'blowing out.' Correction of these 'deeper' levels is important, though how to do so is beyond the scope here.

Since the ESR is only the emotional connection, what you will find is that it is less often 'blown' than the other circuits by psychological factors. In other words, psychological effects are quite extensive even aside from the emotional components.

meridians:



HK sequence: I II III IV V

GV/CV GB/LIV B/K LI/LU ST/SP TW/CX SI/H

Spots are located around the navel on a circle with a diameter of about 2.5 to 3 inches.

LAW OF FIVE ELEMENTS CHART

JET LAG PREVENTION

MERIDIAN MASSAGE REVISITED

by Peter Szil (Sweden)
(Extract from TFH Journal)

MERIDIAN MASSAGE IS...

running all your 14 meridians in the order of the "organ clock". Meridian massage is a good example of a very simple way of influencing the body and still getting powerful effects from it.

.....VISIBLE EXPANSION OF ENERGY

We made our first experiment with meridian massage the day after our graduation from the first ITW we took. We used Kirlian photography (i.e. high voltage radiation photography to capture the body's energifield on colour prints). Each of us made a picture of the top of the index finger on the right hand and then we did 4 complete meridian massages on each of us; 2 on ourselves and 2 on each other. All that took about 5 minutes (with the experience we have today it would only take minutes). After these 5 minutes we made 2 new pictures of the same index fingers. The circumstances were identical, but the pictures were dramatically different. The "after" picture showed the same effect for both of us; the energifield got much "thicker", making the actual print of the fingertop against the film emulsion almost disappear and the expansion of the white colour in the aura indicated expansion of healing energy in the body. This interpretation of the pictures was later confirmed by five years of use of this technique with our family, friends and students.

Here are some ways to use meridian massage:-

.....FOR PAIN

Excellent first aid. You need to know the pathways and the sequence of the meridians to make it quick. Where the person is in acute pain and it is awkward for a complete balancing or use of acupressure for pain use the meridian massage. We have experienced that 5-6 runs of the meridian cycle eased an asthma attack of such a degree which otherwise used to force the person to seek help in a hospital.

In our experience, meridian massage is the best fast first aid for children in acute pain and children seem to react to meridian massage even more than adults. Children can learn it easily, especially if you teach them one meridian at a time, adding one new one at regular intervals.

.....A BACK DOOR TO TOUCH FOR HEALTH

Meridian massage is a good introduction to the idea of meridian energy and its practical use. As meridian massage gives a complete mini-balancing and is easy to do it on yourself, we find it a good introduction to the TFH system.

.....INSTANT

Meridian massage is great instead of coffee; it is instant when you are obligated to work late nights. You do it every hour. It worked for us when we had 2 days left with 4 days work to do before leaving the Swedish edition of the TFH book to the printer.

.....FOR PREVENTING JET LAG

On a flight to London from Stockholm and on the plane I read a British Airways High Life magazine. There was an article of Cliff Michelmore about how to beat jet lag. The article was called "Resetting the Body Clock" and presented the methods of England's and US foremost scientific authorities in chronobiology (the study of Man's internal biological rhythms). The article presented a very scientific looking formula. I could not really follow it, but I understood that according to that I would need to rest for 18 hours after having flown from London to New York. The other methods included not only a **postflight** program, but also a **preflight** and an **inflight** step to follow. The conclusion of the author of the article was "I know and you know that none of us will do all of those things, nor even any of them".

If you still suffer from jet lag and need a more encouraging message; meridian massage can help you **prevent** jet lag with only one continuous inflight step. The first time I used this technique alone and the difference in our level of adaptation to the local time was remarkable.

.....THE THEORY BEHIND THIS USE FOR MERIDIAN MASSAGE IS

According to the energy clock, every meridian should get its energy evenly spread over a two hours period. When flying over time zones, a lot of your meridians miss its normal "recharge". Instead of spending 2 hours in that zone, you pass it in a much shorter time when flying Eastbound, while just a few of your meridians get overloaded during an abnormally long time when flying Westbound.

Meridian massage helps the energy which is however coming into you to be "smoothed out" over the entirety of the meridian system.

You also get results just by running every hour the whole meridian cycle, beginning with any of the meridians, as long as you do them all and add Central and Governing.

KEEPING IN Touch

WAYS TO GIVE TO THE TOUCH FOR HEALTH FOUNDATION

There are many ways to make a gift to the Touch for Health Foundation just as there are many financial circumstances among friends of TFH.

Your concern for the Foundation can be translated into a substantial gift by choosing one or a combination of methods of giving which best suit your own financial situation. These various ways include:

Cash

This is the most common method of giving, usually in the form of a check. Sometimes there is a tax reason for using cash, since it is fully deductible, but generally it is the simplest way to make a gift.

Securities

Marketable securities, stocks or bonds, those listed on an active stock exchange, are attractive both to the donor and the Foundation. Often overlooked by donors, they can offer the same important income advantages as gifts of cash, especially when they qualify as appreciated long-term capital gain property. They are also easy gifts to value and transfer.

Corporate Gifts

Corporate Foundation gifts often allow a donor to make a more substantial contribution than may be possible otherwise. They also can be given in conjunction with a personal gift, again permitting a larger donation than either one alone. Many companies have programs which match or multiply an employee's charitable gift.

Please help Touch for Health to continue

Real Estate

Real estate, either that which could be put to good use by the Foundation because of its location or offers tax benefits to the donor because it has appreciated in value, is an increasingly popular method of giving. Similar to appreciated securities, if a gift of real estate qualifies as long-term capital gain property, its full value can be deducted and capital gain tax on the appreciation avoided. A home may also be given to TFHF, with the donor retaining life tenancy.

Life Insurance

Gifts of life insurance policies, subject to various tax restrictions, can be a way of making a much larger gift than might otherwise be feasible. There are a number of methods available, but frequently the one chosen involves a new policy on the donor's life, with TFHF as the owner and beneficiary. Because the TFHF would own the policy, the donor could deduct the annual premiums from his or her income taxes. Existing or paid-up policies also may be used as tax deductible gifts.

Bequests

Many friends of TFHF have chosen to honor the memory of deceased relatives and friends with a tribute that also serves the living. Bequests can be designated for specific purposes or simply as unrestricted gifts.

More information on giving methods above can be obtained by contacting the Touch for Health Foundation, 1174 N. Lake Avenue, Pasadena, California, 91104, Telephone (818) 794-1181. As a prospective donor your donation means much to keeping Touch for Health information successful throughout the world.

You are also advised to consult your legal counsel and or financial advisors about your own particular circumstances.



THE 1986 ANNUAL MEETING COMMITTEE THANKS YOU

Bottom row; Left to right, Heidi Stromburg, Chairperson, Gini Burns, Dr. John Thie, Judy Levin, Helen Zweigbaum, 2nd row; Rachel Bublitz, Dr. Mary Marks, Idelle Weissenberg, Elizabeth Barhydt, Helene Daly, Dia Therese. Top row; Duke Pasquini, Ray Viggiano, Henry Weissenberg, Rosmarie Michelson, Hap Barhydt, Joy Lindsey and Director, Kim Vieira.

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Regina Ryan,
Author

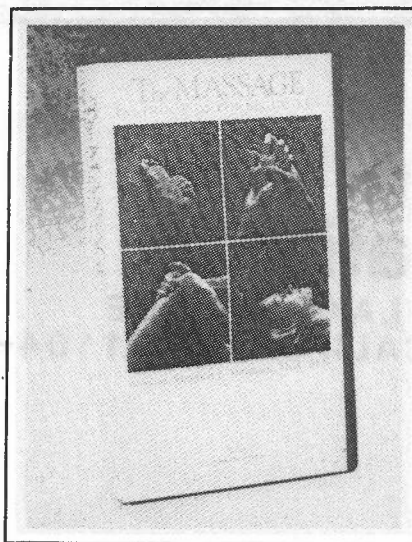
The Wellness Workbook

- "Mr. Abraham has produced a lovely and useful product. I'm glad someone finally did it so thoroughly and aesthetically."

Honora Lee Wolfe
Founder and Former Director
Boulder School of Massage Therapy
Rocky Mountain Healing Arts Institute

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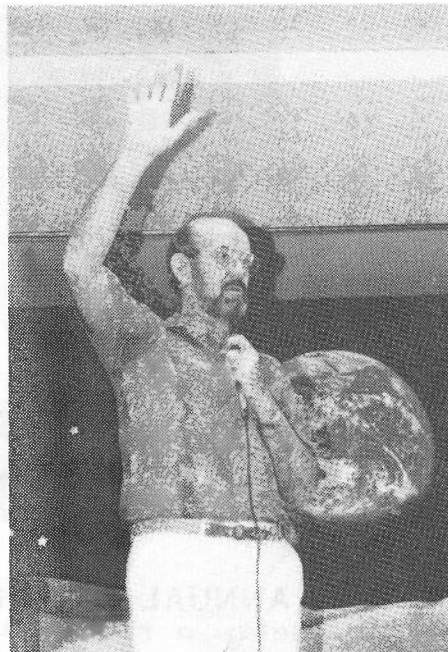
TOUCH FOR HEALTH ANNOUNCES A NEW SYLLABUS

We encourage you to take a new look at the **expanded range of opportunities** available through the Touch for Health Foundation courses. Through the work of Phillip Crockford, the Foundation Staff, Richard Harnack, Paul & Gail Dennison, and each of the new faculty members, we have developed new programs to meet a wider range of demands. Because of our expanded faculty we are able to offer Foundation courses, now including all the E-K courses, in more parts of North America.

The expanded curriculum includes the **FACILITATOR TRAINING**, enabling you to help others with the many Touch for Health skills you will learn. This course is also a prerequisite to the new **KINETIC EDUCATION INSTRUCTOR WORKSHOP**, an intensive 60-hour course which provides you with a **California State Vocational Education Certificate**. Upon completion of the *K.E.I.* you will be fully qualified and certified to set up and teach your own basic **Touch for Health and Educational Kinesiology Basic Courses**. Plus, through membership in the Foundation you will be part of our expanding network of instructors on referral. Nurses C.E.U.'s are also available.

THE 1987 TOUCH FOR HEALTH CATALOGUE OF COURSES IS ON ITS WAY

If you have taken a class or are a current member of the Touch for Health Foundation, you will automatically receive a copy of the catalogue.



The inspiring Richard Byrne

LOOK FOR THE MEMBERSHIP
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