

# TOUCH FOR HEALTH®

The newsletter of the Touch For Health Foundation

## Annual Meeting Report:

### from a member

by Victor & Hilda Pergament

We have just returned from our first International Touch For Health Annual Meeting. We are still bubbling over with enthusiasm and joy. It was our best learning vacation ever. Imagine being with 150 people from all parts of the world — all united by a common cause: to help bring and/or maintain good health to all people, including themselves. One hundred and fifty people filled with energy and love of life acting synergistically on one another. The halls of the University of San Diego overflowed with waves of vitality. This was one meeting in which we found the participants looking and acting as models of what they teach — smiling, healthy people ranging in age from 23 to 80, hugging and helping one another.

Classes were taught by competent international teachers. From them, we learned the latest in various techniques. In addition to the above, if you wandered into the "balancing room", you would always see pairs working on one another. Here, too, doubts about observed demonstrations were readily explained and reviewed. Many members proudly showed balancing short-cuts that they had developed — all in an atmosphere of total relaxation and friendship.

There were also special appearances by Dr. Sheldon Deal, Gordon Stokes and Richard Byrne. At no time did enthusiasm wane. Not even while waiting for the bus (which never

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### from the president

by John Thie, D.C.

We have just completed the 13th annual meeting at the University of San Diego. There were people from nine countries in attendance reporting on how they are extending the Touch for Health synthesis to yet other countries. More and more people around the world are benefiting from our "Touching" methods! The exciting reports were truly wonderful for all to hear.

We had the largest attendance on the Moonlight Harbor cruise that we've ever had — everyone, including Carrie and I, had a wonderful time. I believe that almost all of us left the meeting with a renewed sense of dedication to share what we've learned with others; thus, making our world a more perfect and whole place to live by touching for health more.

The Maximum Athletic Perform-

*continued on page 3*



### from the director

by Harun Magnuson

Welcome to our September, post annual meeting, issue of *In Touch*.

This was my first annual meeting, and I was personally touched at the openness and warmth that everyone brought with them to the meeting. For me the greatest joy was meeting, in person, people who had been only voices on the phone or names in the computer. The "Touch for Health family" became a reality for me, and I was grateful to be part of it.

Despite the joy within and around me, I brought a sobering message to the congress - a message of near collapse and necessary change. I would like to share this message with you, who were not able to be at the meeting.

In brief, Touch for Health has reached only a very small percentage of the population during its fourteen years of existence and, in the United States, TFH is in decline. The Foundation's current USA program is not working and its financial condition is critical.

More specifically, TFH has been taught to less than 0.05% of the U.S. population. And, at best estimate, less than 10% of these people are still using TFH in their daily lives. Last year 104 instructors turned in rosters of 1833 students - a recent low. If community college and university classes are excluded, the average TFH Instructor taught Touch for Health to fourteen students last year.

At this level of output, our instructors cannot make a living, the Foundation cannot survive,

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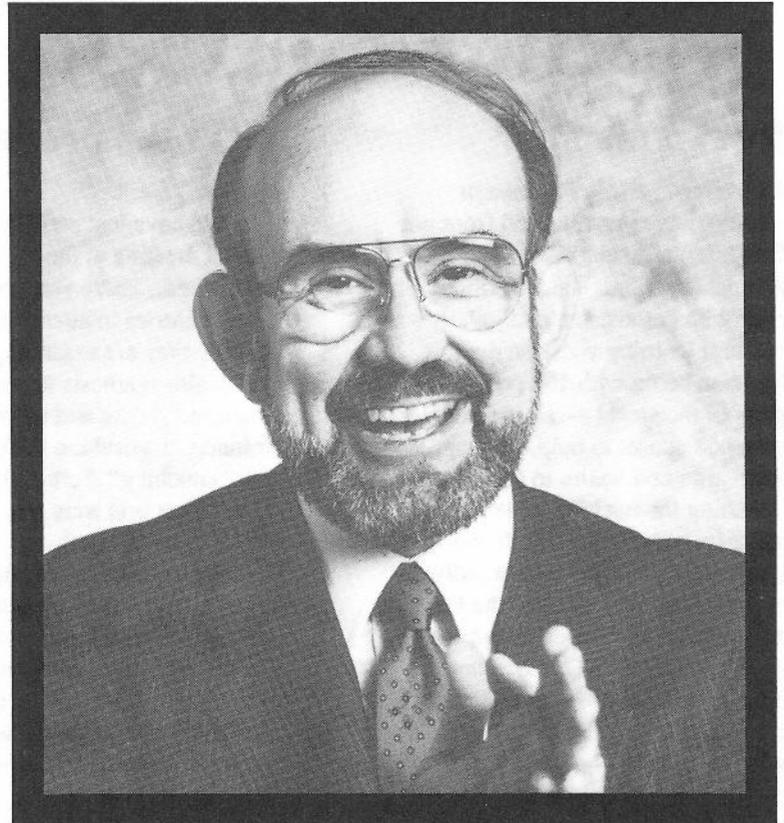
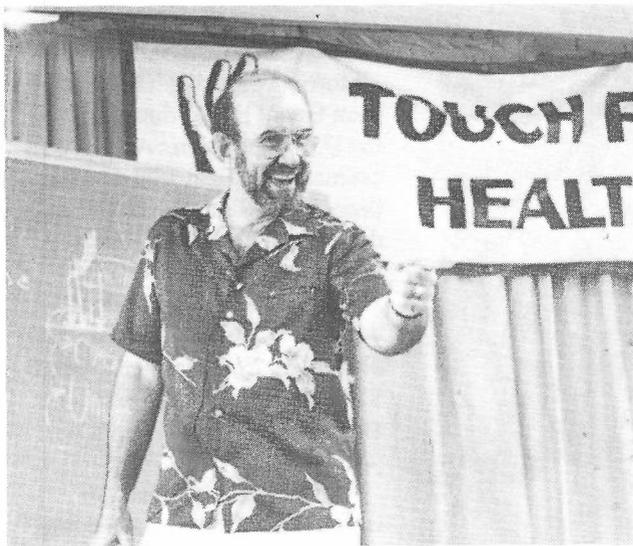
# We Will Miss Richard Byrne

*John F. Thie, D.C.*

Our annual meeting keynote speaker, long time member of our board of trustees and my best friend died August 26, 1988 in his home in Hollywood of skin cancer.

Richard gave one of his last talks at our annual meeting this year at the University of San Diego. He was a former professor and dean at the USC Annenberg School of Communications and well known world-wide for his work as a foe of 'Computer Phobia.' His personal advice, friendship and support of Touch for Health and its goals will sorely be missed by all in Touch for Health around the world. Many of you have told me how the tapes of his talks at the annual meeting have changed your lives. He certainly changed my life with his love. No one could be a round Richard for long without being touched by his caring and willingness to give advice that hit the mark so consistently.

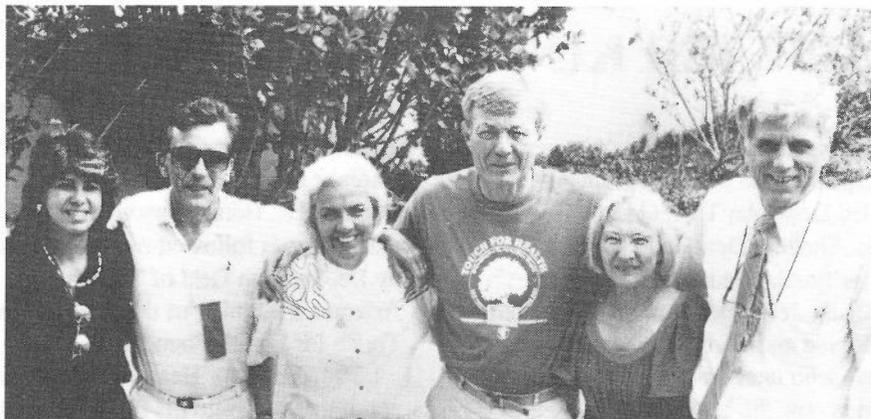
This year again he gave us the "what for" of why we are part of Touch for Health and gave us the courage to go out into the world to make it a better place. We will all be thanking God for sharing Richard with us and will be asking God to help us celebrate his life and take some of the loss we all feel away. Richard has gone to God and we hope that Mary Ann, his wife and his twin daughters will find consolation in knowing how much he was loved by all of us and appreciated for his gift of himself to us whenever we called upon him.



*Jim Reid*

The Touch for Health community and the Foundation have lost a good friend and ally, Richard Byrnes. God has blessed the Foundation with a number of good men and women who have supported it through the years, however, we will miss Richard's unique support. That reminds me of one of the last questions I heard him ask, "Can you be creative while unsupported?" The TFH community has never lacked for dynamic alternate brain people. Now is the time for us to be creative without the support of his inspiring leadership.

One other thing I want to say about Dick Byrne. I have not known another human being who was more alive. [In my haste to finish this article before the mail man arrived, I misspelled 'being' in the previous sentence. I spelled it BEAN. I think Dick would have said that's O.K.] I do not know the details of his passing, but in my mind, he skidded to a stop and left a huge skid mark. To paraphrase the words in the song



*Six generations of TFH Instructors*

*Continued from page 1, Thie*

ance System (MAPS) was introduced with a new manual. More than 80 people attended the early bird class and over 60 of these attendees were certified to teach the program on Sunday afternoon following the close of the conference! MAPS is an ideal method to help people improve their biological recovery time after any physical activity. John Varun Maguire has done a great job putting MAPS together. I know many of you who were unable to attend the 13th annual meeting will be anxious to learn more about this methodology and to introduce the program to your area. It is a six hour introductory level class which gives you an extended set of helpful tools. The Triathletes who have been using MAPS are finding it extremely helpful!

The Professional Instructor Network (PIN) was also introduced and there are a number of people already participating. PIN is for people who want to be part of the new, expanding curriculum of Touch for Health. None of you are required to become part of PIN to continue what you are now doing in your teaching, yet I'm sure you will find it a rewarding experience should you choose to further explore your capabilities.

PIN is definitely for those wishing to share Touch for Health with what we feel is the main stream of society. One branch of PIN consists of short introductory programs aimed at specific problems. MAPS was the first of these

programs. We hope to introduce a program for "Office Breaks" -- you'll learn to use 10 to 60 second techniques to relieve the effects of negative stress from you chair, boss, computer, lighting, etc. -- by the end of the year. Programs for back pain, headaches, "stress without distress", and a specific program for "massage therapy introduction to TFH" are in the works. The research and development necessary for creating working methodologies will be paid for out of PIN and therefore we will be limiting certification to teach these programs to the PIN members.

This brings me to reporting on our financial situation. We are still in a serious financial crisis. The letter you received from Jim Reid is true. We are in danger of having to close the U.S. TFH office and school due to financial problems. The reasons for these problems are many. To cope in the current crunch we had to reduce staff to one executive and one teacher with no clerical help prior to the annual meeting. That the annual meeting materialized at all was due to the many people who pitched in as volunteers, those of you who paid your dues (and then some!) in advance, and those of you who responded with donations. We received over \$4000 as a result of Jim Reid's appeal letter.

We had a successful annual meeting this year and we have some funds with which to carry on for now.

The learning arenas we are sponsoring will need to be financially

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productive along with acceptance of PIN and increasing membership for us to be able to continue the U.S. TFH organization. I know all of you want to stay 'in touch' with the office and the services it offers. It is your organization and needs your help to succeed. There is no doubt of the benefits that TFH is bringing to mankind, however, without the vision and action of all of you there is danger that the present way we're functioning will end — I urge you to do what you can now to assure its continued life.

There were four new members added to the board of trustees: Jim Reid representing the membership at large, Coby Schasfoort-Spanbroek, R.N., representing the northern hemisphere faculty; Lindy DeWit, a new outside member; and Bruce Dewe, M.D. representing the Southern Hemisphere faculty. Dr. Dewe will also be coming to the U.S. to introduce new TFH programs which he and his wife (Joan) have developed and taught in the South Pacific during the past 4 years. These programs are exciting particularly for those who are using the TFH synthesis as part of a consulting or therapeutic practice. Watch for notices of when he will be in your area. You can help us by seeing that everyone who would benefit from taking these classes in your area knows about them.

This is an exciting time and I feel that with the help of everyone concerned we will be having better financial reports in the near future. We certainly have wonderful growth in all other areas!

## THE HISTORY OF APPLIED KINESIOLOGY, PART 2

*This is the second part of a three-part article on the History of A.K. and Touch For Health written by Dr. Thie*

The following officers were elected: John F. Thie, D.C., Chairman; Bert Hanicke, Vice President; Nancy McBride, Secretary; Walter Schmidt, Treasurer; and George Goodheart was appointed Chairman of the Research Committee and serves as a member of the executive board in that capacity.

The first meeting under the new by-laws was held in San Juan, Puerto Rico, in November, 1975, where plans were laid for cooperation with the Touch for Health Foundation.

The Foundation sponsored the first Touch for Health/AK nationally advertised programs. These included the leaders in the AK movement who taught a complete program. This brought together not only members of the chiropractic and medical professions, but also dentists, nurses, physical therapists, athletic coaches, trainers,

educators and lay public.

Speakers on these programs included Drs. John Thie, George Goodheart, Sheldon Deal, LeRoy Perry, Victor Frank, Fred Stoner, Nancy McBride, Jerry Deutsch, Alan Beardall, Katherine and Terry Hovey, and many others who later developed much of what is now the basics of AK.

In the summer of 1976, the first members of the International College of Applied Kinesiology were certified as Charter Diplomates. This group represented three countries—the U.S., Canada and Australia. Among this group was John Diamond, M.D., who was later to write the very popular book, *Behavioral Kinesiology*. Dr. Diamond has continued to research the function of the human body, mind and soul using muscle testing, although he has not remained active in ICAK.

The course of study for becoming a diplomate was developed and standardized. After four years as Founding

Chairman, I stepped down and Dr. Bert Hanicke of St. Louis, Missouri, was elected. Dr. Hanicke served as chairman and was followed two years later by Dr. Sheldon Deal of Tucson, Arizona, a member of the Board of the Touch for Health Foundation.

The Touch for Health Foundation continued its programs for the layman's use of Applied Kinesiology, as well as advanced courses for Registered Nurses. (Where nurses are required to complete post-graduate training, the Touch for Health courses are approved to provide these Continuing Education Units.) The layman's text *Touch for Health* was utilized by many members of the ICAK to train their assistants and to give to their patients, so that the patients could be more effective in their home care.

Dr. Fred Stoner a Founding Member of the Board of the Touch for Health Foundation, wrote his text *The Eclectic Approach to Chiropractic*, the AK

## CLEARING 'LIFE CONTROLLERS' — A BALANCING TOOL

by Jan Cole

One of the current theories in brain research comes from brain scientist, Dr. Paul McClean, Director of the Laboratory of Brain Evolution and Behavior of the National Institute of Mental Health. His triune brain model consists of three developmental levels: Reptilian, Limbic and Neo-cortex.

According to McClean, the brain is likened to an archaeological site, with the outer layer composed of the cortex or neo-cortex. The reptilian and paleomammalian (or limbic layers) of the brain contain structures of early evolutionary forebearers.

"The three brains amount to three interconnected biological computers, each having its' own intelligence, its' own subjectivity, its' own sense of time and space, its' own memory and other functions."

Such human characteristics as defending territory, ritualism, deceptive behavior, awe for authority, conformance, social pecking orders, obsessive-compulsive neuroses, mating, and nesting according to McClean's theory might be partially caused by our reptilian brains. As a closed system which avoids jeopardizing safety "it" won't disequilibrate, won't experiment, does only what works-- or is rutted in, survives by routine and ritual.

The Limbic, or old mammalian level, is described as the emotional script or program, and, provides for memory and personal identity. Here characteristic words might be bonding, unity, family, community, sociable, affectionate, guidance, nurturing, and prolonged care for off-spring. Communication does not require synchronized tongue action, responses to learning are

broad based with tendencies to generalize the responses.

The non-emotional, rational nature of the NeoCortex (or the new mammalian brain level) establishes highly specific responses for each stimulus; allows for effective survival strategy planning; preserves and procreates ideas; communicates through functional reading, writing and math.

A fourth level of the brain is described by A. Luria as the Frontal Lobes. It maintains a relaxed level of the brain; is able to take in the whole situation; uses speech to store complex ideas and make associations; uses inner speech to regulate its' activities on the conscious level; handles abstract, hypothetical ideas; analyzes; goal sets; perceives with empathy; tends to see care of self as a by-product of well-being for total group; is able to care for

methods practiced by the large Stoner Clinic in Las Vegas, Nevada. Dr. Stoner now heads a number of clinics around the world, all utilizing the Applied Kinesiology approach.

Dr. David Walther developed one of the outstanding seminar programs in Applied Kinesiology, along with the first textbook for the 1000 hour course, allowing for uniform presentation of the AK materials. Dr. Walther has continued to research and develop these methods and to interest many other members of other health care professions.

In Oregon, Dr. Alan Beardall documented the manual testing of over three hundred muscles of the body. Some of these are not yet in standard medical anatomy texts, as his approach is so new that until the AK methods were developed, the medical field had no need for the isolation of these individual muscles. A former associate of mine, Dr. Victor Frank of Tujunga, California, has a specialized AK methodology which he calls "Total Body Modification," dealing with patients who have allergies, in a very rapid fashion.

*continued in next edition*

and alleviate suffering of 'other'. Interestingly, it is believed to be wired into the Limbic system, but not the Neo-cortex.

Jim Williams (researcher, lecturer, instructor for 17 years) and Bill Stempel (D.C., a successful Denver Chiropractor of Insearch International Inc. in Denver Colorado) feel we access and express each of these levels in different ways: The Neo-cortex through words; Limbic through emotions; and the Reptilian by muscle testing "into" so-called brain computer files and sub-files. The system they have developed works mainly with what they believe to be the Reptilian level — ritualistic, routine, rutted, defensive, obsessive-compulsive neuroses.

Combining their ideas and those of Three-In-One Concepts (Gordon Stokes, Daniel Whiteside and Candace Calloway) has proven a fast and effective way of clearing out old patterns that keep us "stuck" in different

areas of our lives and/or unable to create or move with inspiration. These life controllers, as they're sometimes called, are issues we are unable to verbalize, share or even at times be aware of.

Once you have learned "the words", the technique is incredibly simple. Consider now, "What is your life telling you that you may not be hearing? Which are the non-working parts of your life?"

Jim and Bill's formula for resolving issues blocking inspiration as follows:

1. Make a declaration—a positive, first person, present tense statement which DIRECTLY CONTRADICTS how a given aspect of your life is working. For example, "I am organized and tidy at home."

2. Immediately test both arms for right/left brain congruency. If either or both are weak, continue the following process. If neither is weak, find another issue. (I use the PMC's for the tests; also check and correct for any switching before starting))

3. If weakness is found, LOCK IN (pause lock, if you will) the awareness of the weakness by an upward THUMB STROKE mid-forehead from the bridge of the nose.

4. Retest, it should test weak. If weak continue testing until muscle test STRENGTHENS after making a statement which includes one of the following sub-files:

- SPIRITUAL
- SELF-CONCEPT
- EMOTIONAL
- STRUCTURAL
- CHEMICAL
- SEXUAL
- GROUNDING
- WITHHOLDING
- PRIOR DECISIONS
- FEARS

For example, "I have (or "you have",

depending on who is doing the testing, self or other) a SPIRITUAL issue with being organized and tidy at home."

5. Test to see if you have agreement—strength in both arms. If the test is STRONG, LOCK-IN (pause lock) by the UPWARD THUMB STROKE on the forehead two times.

6. Retest the original statement. (Example, "I am organized and tidy at home.") Both arms should be strong. If weak, go through the file list again to see if another file is involved.

7. There may be more issues around the declaration. Thumb stroke up the forehead once again, this time saying, "RELATED ISSUES." Test. If no weakness-- you are finished.

8. If weak, continue through the sub-file list again until you find another word that will strengthen the statement, i.e. "You have a \_\_\_\_\_ issue with your declaration of \_\_\_\_\_."

9. At this point, of related or unrelated issues, I also incorporate Three-In-One Concepts Emotional Barometer, testing specific emotional words. I also may age regress (recess) the person and/or ask the 'relationship to others' (i.e., female, male, mother, father, sister, peers, teacher, etc.) noting each muscle test response. I feel the more information from the brain computer moving into the conscious awareness, the quicker and more powerful the shift or release of a holding pattern.

10. The correction is the same as before—LOCK IN with UPWARD THUMB STROKE on the forehead.

11. Retest the declaration's congruency, repeating steps 6 - 10 until the muscle tests are strong for the declaration as well as the related and unrelated file tests.

Sometimes the results from this procedure are immediate and the person feels or perceives differently; sometimes they are more subtle and are noticed later in particular situations. It is really a wonderful system. It also works great for mind-mapping. I hope it works for you.

*continued from page 1, Magnuson*

and TFH will fail of its promise and potential.

There are reasons for this low performance level, most of which are inherent to the way we have been doing business. Namely:

1. TFH courses are not designed to meet people's needs nor are they directed towards the mainstream population. Most instructors do not provide follow-up support to their students.
2. The Foundation has been remiss in not providing marketing or networking support for its instructors, nor, was regional or national publicity carried out. Thus, many talented teachers, not having adequate background or training in this field, were unsuccessful in filling classes, consequently, drifting away from teaching TFH on a regular basis.
3. The ITW was also remiss in not emphasizing or enforcing instructor quality, thereby, relinquishing control of how and what was being taught.

4. There is no transfer of marketing success throughout the organization.

5. The Foundation has not developed a national network to connect instructors with others in their region and to create systems for follow-up and support.

That's why we have been stuck in the mud. Here's how we're moving forward.

Since February, the Foundation, in conjunction with a number of our most successful instructors, has been developing a new program which addresses the above problems. The program, titled The Professional Instructor Network (PIN) is described in our "Special Invitation to Instructor" on the following page. PIN was announced at the annual meeting and went into effect this month.

The Foundation's financial condition, which had been steadily weakening, became critical in May. It was only through continual volunteer assistance and the money sent in

response to Jim Reid's letter, that the Foundation was able to survive and put-on the annual meeting.

The meeting was a success at all levels, and has enabled us to remain open during the last few months as we work toward moving the Foundation onto a self-sustaining basis. In order to become self-sufficient and build for the future, we must do the following:

1. Enroll 50 instructors into the PIN program by the end of the year. Thirty-four have returned their PIN Letters of Agreement to date.
2. By the end of January, each PIN instructor must average teaching TFH to five students per month.
3. Increase our total membership from 764 to 850 by January 31st.

If we achieve this, [and it will require all of us pitching-in to make it happen] we will have taken the first step towards a bright and healing future.

What can *you* do?

Teach TFH classes, enroll students as members, join PIN, continue to send your donations, continue to send your prayers.

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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 and its members.

The Touch For Health Foundation is a tax-exempt, non-profit educational corporation. Publications of the Foundation include the Curriculum Catalogue and "In Touch For Health," (sent to all members). Members also

receive the "Touch For Health Journal" of comprehensive research papers and training information and applications. The Journal is published in July of every year. Members also receive the Membership Directory.

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## Special Invitation to Instructors

We at the Foundation are very excited about our new Professional Instructor Network (PIN). We're looking for some talented instructors who like being team players and are interested in becoming stakeholders in the Foundation. *You* have an opportunity to be part of this program which will give you financial benefit and personal satisfaction. **If you choose to not be part of this program, know that you can continue at your present status as a member instructor.**

The Professional Instructor Network is designed to spread TFH to mainstream America and enable TFH instructors to make a living teaching full-time. To do this we have identified and are also addressing the problems mentioned in Harun's article (ref. see page 1). The program is in effect as of September 1, 1988. Here are some of the goals of the program:

1. Develop at least 8 new classes over the next three years that will be a series of need oriented courses designed to penetrate mainstream markets.
2. Create a new instructor category to teach these courses - the *Professional Instructor* (PI).
3. Develop a national PI network to support PI's and transfer marketing success.
4. Develop an effective North American marketing plan.
5. Set-up financial arrangements to provide the Foundation and PI network with sufficient funds to carry-out activities.
6. Establish a financial and organizational base for future charitable and research endeavors of the Foundation.

The courses we are designing will meet the needs of specific markets, i.e. athletes, business, massage therapists, maternity, etc. Each course will be six to eight hours in length with an optional follow-up evening, except for the professional level courses which will be two days per segment. The tuition fee will be uniform and not exceed \$10 per hour plus materials.

Some of the proposed classes are:

- Maximum Athletics Performance System (MAPS) (a series of three courses)
- Stress Management (a series of three courses)
- Office Breaks
- Pain Control
- Maternity and early family (a series of three courses)
- Massage Therapist (a series of at least four workshops to be taught by massage therapists)

The Professional Instructor Network is a program for you

if you:

- Earn part or all of your income from teaching "touch" classes
- Are committed to teaching at least 100 students per year
- Are, or have potential to be a high quality instructor
- Would like to teach some or all of the above courses
- Are willing and able to learn and apply new marketing and networking approaches
- Have the same general philosophical approach as the Foundation
- Are willing to comply with Professional Instructor contact
- Wish to actively participate in a dynamic network of health professionals

As a Professional Instructor you are a stakeholder in the Foundation and a valuable part of a large network of support. Here are some of the benefits you will receive as the program develops:

- Professional manuals, brochures, videos and flyers
- Generic media advertising appropriate for newspapers and magazines
- General marketing plan for all classes
- Monthly PI newsletter
- Regional and/or national advertising
- Foundation '800' line to enroll students into your classes
- Coaching in marketing, networking, and presentation

Your role will be to contribute a small fee per student to build our network of support and send rosters in to us. By joining the Professional Instructor Network you would become a key player on a team that has a vision to make a significant impact on the health and well-being of North America. For more of the specific details contact us at the Foundation.

To become a Professional Instructor you need to meet the following criteria:

- Complete the Kinetic Education Instructor Training or have submitted the names of 100 students to the Foundation on class rosters
- Be recommended by a U.S. Faculty member
- Sign the PIN Letter of Agreement

If you would like to join us on this winning team while increasing your effectiveness and income as an instructor, contact us at the Foundation.

John Varun Maguire  
Program Director

