

IN TOUCH FOR HEALTH



MARY MARKS, D.C.

MAY 1981

IN TOUCH FOR HEALTH

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

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

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Dr. JOHN F. THIE

PRESIDENT

Dear Friends,

This issue of In Touch For Health features Mary Marks, DC. Mary has been with TOUCH FOR HEALTH from the very beginning -- initially as a patient of mine. She saw what we were doing and became very enthused by it, so much so, when I began to teach "Health from Within" Mary was there with her family!

The "Health From Within" classes were the precursor to TOUCH FOR HEALTH. In the class Mary attended I asked if anyone would be willing to help me organize and re-write my notes and make a book from that material. Mary's mother called a meeting and suggested that we could all collaborate. Mary attended all of my "Health From Within" classes and worked with me in putting together the materials which ultimately became the TOUCH FOR HEALTH book. Mary and her family did the drawings, graphics and photography for the first edition of the book.

Mary became the Director of the TOUCH FOR HEALTH FOUNDATION and I was at this time teaching TOUCH FOR HEALTH classes. The response from the students led to the development of the Instructor Training Workshop which Mary, my wife Carrie and I taught at the outset. In addition to her duties as the Director of the Foundation, Mary became the Chief Instructor of the Instructor Training Workshop.

Throughout the joy and hardship of the beginnings of TOUCH FOR HEALTH, Mary was the most dedicated worker. She not only developed the Instructor Training Manual, she did every thing else asked of her.

Mary decided she wanted to become a Doctor of Chiropractic and entered Los Angeles Chiropractic College. She was able to complete this difficult schooling and is now licensed as a Doctor of Chiropractic in California and Arizona and is a diplomate of the International Board of Chiropractic Examiners.

During this time, Mary not only was studying, she continued to teach basic and advanced TOUCH FOR HEALTH classes as an independent instructor. She was and is actively rearing her children, also.

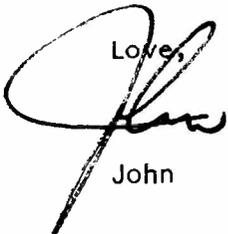
After her graduation and entering into private practice, Mary found she would like to return to teaching the Instructor Training Workshop -- we welcomed her decision whole-heartedly. Her skills and additional training were certainly a welcome addition.

Mary is currently revising the entire Instructor Training Manual, along with our other faculty, to make an even more effective tool.

Mary Marks is a delight to know and a wonderful asset to TOUCH FOR HEALTH. I have always found Mary interested in helping her fellow human beings and helping our world become a healthier and more wholesome place. I am proud to have her on our faculty and as a member of our Foundation.

I hope all of you will take the time to write Mary and tell her how your lives have been touched by her.

Love,



John

TEACHING TFH: TRAINING TIPS

BY MARY MARKS, D.C.

When was the last time you sat down with a little one and ran through all the little piggies on the toes? You know, the one that goes...

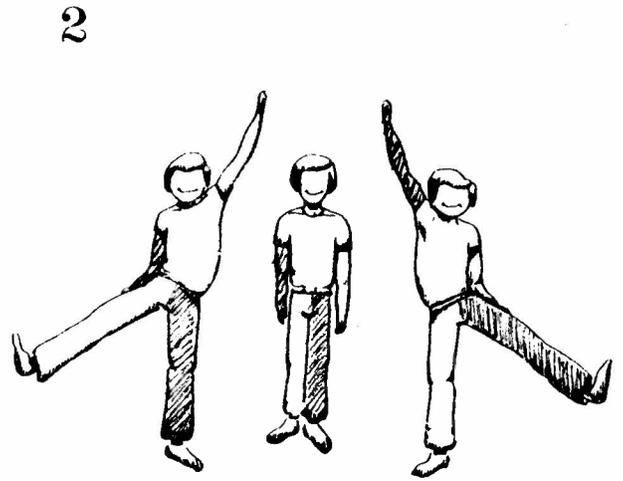
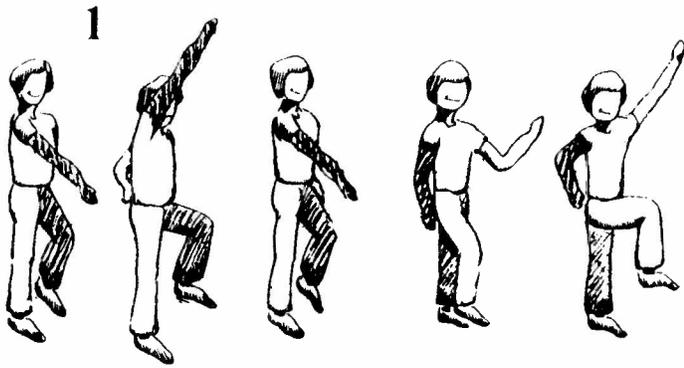
"The first little piggy went to market.
The second little piggy stayed home.
The third little piggy had roast beef.
The fourth little piggy had none.
And the fifth little piggy went
'Whee, whee, whee,' all the way home."

As I remember it, this was followed by squeals of laughter as it turned into a tickling session. Phillip Crockford's article on the Brazilian Toe Massage (elsewhere in this issue, ed.) gives another perspective on the importance of the toes and how they can be used for energy balancing. We recognize that five of the acupuncture meridians begin or end on these very same digits. So this month, it seems we might do well to take a lesson from these little piggies...

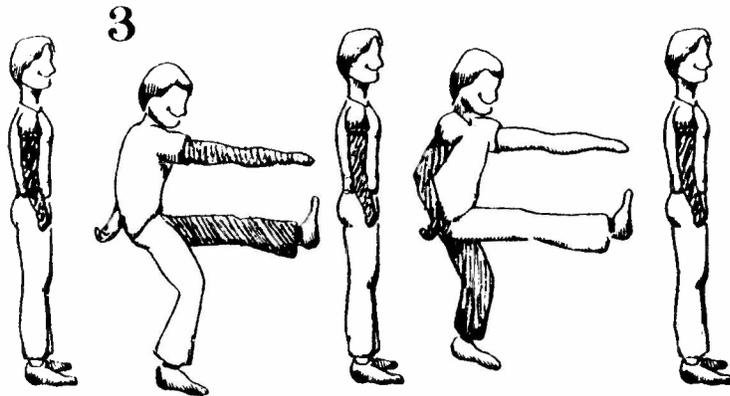
"The first little piggy went to market
to buy some LIVER and SPLEEN.
The second little piggy stayed home
because he had a STOMACH ache.
The third little piggy had roast beef,
but we don't have a ROAST BEEF meridian!
The fourth little piggy had none--
he had a GALL BLADDER problem and couldn't eat any.
The fifth little piggy went wee-wee, all the way home!
(His BLADDER, of course.)
The sixth little piggy, who's really on the ball, said
'Come on you guys, quite KIDNEY-ing around!' "

You might use the little piggy story in a basic class, in conjunction with the meridian cycle page in the March 1981 issue of the magazine, to help people remember where the meridians are located.

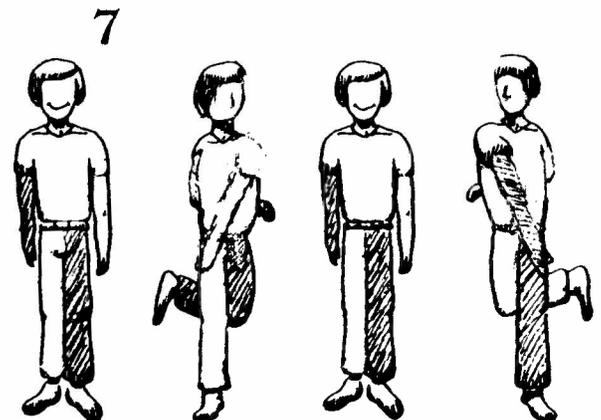
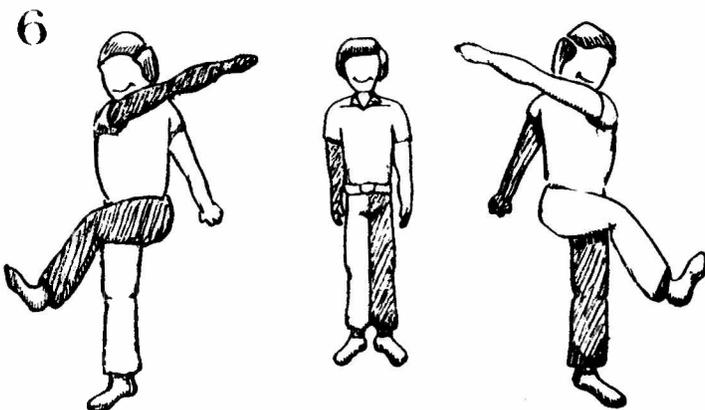
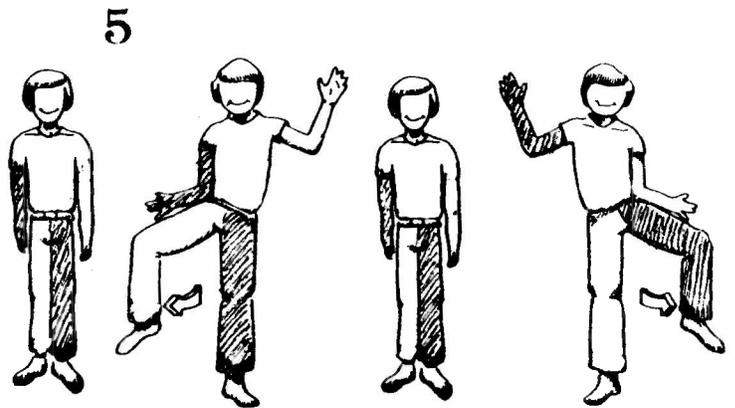
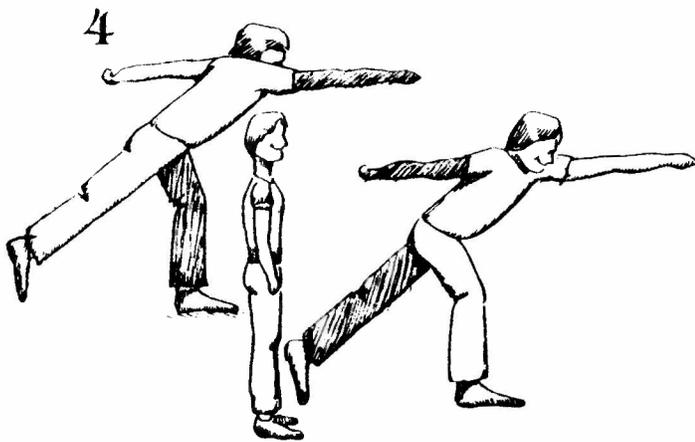
I have also included one version of the Cross Crawl exercise. This sheet is helpful for those students who learn better by having a picture to follow. I often remind people that in addition to the basic positions shown here, many of these can be done lying down. The supine position engages yet another set of muscles as gravity is pulling quite differently from standing. Many people find the Cross Crawl a good wake-up exercise, like a instant morning balance, since it can be done in bed before becoming fully conscious! The lying down Cross Crawl is also good for any students having difficulty getting the patterns under control. To help, touch the arm/leg set (left/right, right/left) they are to be lifting. This procedure is especially helpful with children who may follow tactile instructions easier than verbal directions.



CROSS - CRAWL Exercises



Touch for Health Foundation



Dan Hayward

DIRECTOR

The planning for our San Diego Annual Meeting (Worldwide) is progressing nicely. We are keeping the best of last year and improving what you did not like. As an addition, Nurses CE Units will be available this year for the first time (the exact number of hours yet to be determined). Mike Schley, Chairman and Presentation Scheduling person, is busily sorting the many subjects to be covered (a partial list appears elsewhere in this issue, Ed.).

Expos (or Health Trade Fairs) are something on which the Foundation has been concentrating for some time. Originally developed by former staff member Nancy Woods and now carried on by Program Director Lorraine Alexander, we are now averaging 2 expos a month. Wherever we go -- health expos, bodybuilding expos, sports and recreation expos, etc. -- TOUCH FOR HEALTH always is the most popular booth (we usually wind-up balancing the other exhibitors!). We will offer what we have learned at the Annual Meeting so anyone can 'do' an Expo in their own area. The expos have been one of our best mailing list and class builders -- we want you to share in this version of TOUCH FOR HEALTH for fun and profit.

Tony Hegge, Sonoma July 1980, spent some time with us in Pasadena recently, and helped us focus on some interesting concepts to help the Foundation reach the explosive growth we want. One of the things we focused on was the need for volunteers. Here are some areas where volunteers can contribute and participate:

1. joining the foundation - help the growth of the membership
2. being a 'contact' person for an area (aiding in promotion of expos, putting together an ITW, organizing local instructors into support groups for one another) - the foundation will gladly refer to you
3. assist in the enrollment in ITW's
4. lectures and demonstrations
5. working at large promotional events
6. contributing to the newsletter (Amen, to that! Eds.)
7. helping out in the Foundation office - yes we could use you
8. create your own way to volunteer and contribute - there are many areas which you know that we may not.

It's an immense job, but the rewards from this opportunity to contribute and participate are immeasurable. Call or write me if you want to participate.

THERE WILL BE A "SKILLS" AUCTION AT THE ANNUAL MEETING. THE PROCEEDS WILL GO TO THE SCHOLARSHIP FUND. IF YOU HAVE A SKILL OR ITEM WHICH YOU WOULD LIKE TO AUCTION, PLEASE LET US KNOW AT THE FOUNDATION. THE SKILL CAN BE A MASSAGE, REACTIVE MUSCLES, COLOR... WHATEVER YOU DO BEST AND WANT TO SHARE. SEND A BRIEF NOTE TO TOUCH FOR HEALTH, 1174 N. LAKE, PASADENA, CA 91104 ATTN: SKILLS AUCTION. ●

TOUCH FOR HEALTH INSTRUCTOR RICHARD HARNACK INVITES ALL AIKIDO STUDENTS TO BRING THEIR GI'S -- THERE WILL BE DAILY WORKOUTS ON A TO-BE-ARRANGED BASIS. THIS WILL BE ANNUAL MEETING AIKIDO! ●

ANNUAL MEETING 1980- PAPER

BRAZILIAN TOE MASSAGE

by Phillip Crockford /Instructor Trainer
(from a presentation given at the 1980 Annual Meeting, San Diego)

I learned of this at the Cherrezig Institute for Wisdom Culture--
a Tibetan Buddhist Center in S.E. Queensland, Australia.

Some say that it utilizes acupuncture laws. Others say it involves
polarity. As far as I can tell, it isn't fully consistant with either
system -- but I do know that it works!

TO DO BRAZILIAN TOE MASSAGE

Have your person lay on their back in a comfortable position
and sit or stand at their feet so you can hold the toes without straining.
Then hold each toe for about 3 minutes -- the thumb is always on the
bottom, the finger(s) always on top. Hold as lightly as possible,
both feet at the same time.

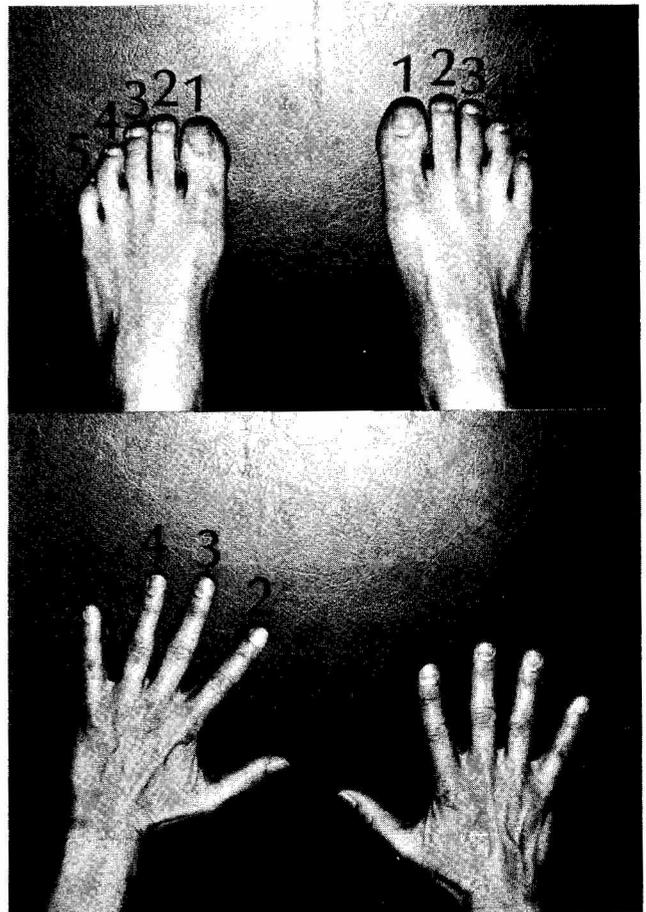
Do the toes in the order tabled below. Change every three minutes
by first moving the thumb, then the fingers. Do this smoothly and
gently.

NUMBERING SYSTEM:

TABLE:

FEET	YOUR HANDS	
Toe#	Thumb	Finger#
3	T	3
4	T	4
5	T	5
2	T	2
1	T	1 and 2*

* Hold each side of base of nail.



Following the table above, we begin by lightly holding the third toe with the thumb underneath and the third finger on top, just at the base of the nail. After 3 minutes, move the thumb to the underside of the fourth toe, then remove the third finger from the third toe and put the fourth finger on the fourth toe. Hold for 3 minutes and change again as per the table.

Remember to move the thumb first each time and to maintain a continuous contact for the entire 15 minutes.

As you finish the last toe (big toe), release your thumbs and fingers simultaneously and very gently -- quite often your person will be asleep.

If at any time the person twitches excessively or becomes uncomfortable, move on to the next toe. (This is a rare occurrence.)

I have found this to be a wonderfully relaxing and energy balancing technique. I make no specific claims for its therapeutic effects, although many people have obtained positive results working with all kinds of acute and chronic conditions. There is supposed to be a hospital in Brazil where the toe massage is an integral part of most of the patient management programs. I have no authenticated data on this, however.

I use this technique alone or in conjunction with others, or when muscle balancing/surrogate testing are inappropriate or impossible. As with many things, children respond particularly well.

Brazilian Toe Massage is not a TOUCH FOR HEALTH technique, and I do not teach it in my classes. It is, however, another useful piece of the whole person health puzzle, so I urge you to try it for yourself. If you have any more data on the technique, or if you want to share your results, write me c/o The Touch For Health Foundation. ●

Here's a funny for you:

About 2 months ago I ran an ad in the local newspaper for a class I was conducting in Shawnee. I gave the ad over the phone and I asked them to put under the heading the following sentence:

A NEW APPROACH TO RESTORING OUR NATURAL ENERGIES.

When the paper came out it read:

A NEW APPROACH TO DESTROYING OUR NATURAL ENEMIES.

Needless to say I was very upset and it wasn't very funny at the time. However the paper did run a correction and I ended up with about 12 people in the class.

Terry Newell
Rt. 1
Earlsboro, OK 74840

POSTURE MAKES PERFECT

BY PAUL E. DENNISON, PH.D



"Thank you for the balancing, but how do I stay this way?"

This is the question heard most often by Touch For Health Instructors and Practitioners. It is easy enough to criticize poor posture and correct irregularities with Touch For Health techniques, but we can really only help people improve the quality of their lives if we teach them to stay balanced, use muscles properly, and maintain good posture.

When we look at young children, playing, running, and laughing, with beautiful erect bodies, we wonder what happens to create the postural deviations we see in the adult population. Accidents, illnesses, and stress are the culprits! When people recover from some traumatic life experience, muscles are reactive and "switched-off". One compensates for weak muscles or pain by neglecting certain movements and overusing others. The new movements soon become habitual. The resulting "bad" posture is a picture of the imbalance.

Theoretically, when we balance the body for an individual, he has a chance to regain the perfect posture of his youth. But years of bad habits and a fixed self-image will soon return the body to its customary condition, unless posture and movement re-education is introduced.

I have used balancing techniques to help dyslexics learn to read (ITFH March, 1981). A significant part of my therapy involves posture and movement re-education or "Edu-kinesthetics". The success of my program depends upon the student relearning to use his body correctly. The academics, although necessary, are really the least important part of the program.

I became involved with posture education through my own back and shoulder problems. I have invested literally thousands of dollars and hundreds of hours in interventions to improve my posture, such as structural integration (Rolfing), Structural Patterning, self-hypnosis, chiropractic treatment, orthotic devices, yoga, etc. All have helped somewhat, but none brought relief from the pain or corrected the posture to my satisfaction. From each I learned what to do and what not to do as well. I am now often complimented on my posture, and I have to laugh at how easy it was to finally achieve through Touch For Health principles and muscle testing.

THE NECK IS CRITICAL

In order to move about in good posture, stand erect, think, express oneself fluently, and learn, the neck must be free to conduct energy. The importance of the neck cannot be overemphasized. If the neck is open, relaxed, and loose, the body and mind can work together. When the neck is closed and tight, it actually becomes a valve to shut off energy and performance is crippled. When students learn the importance of the neck, through muscle testing, they are better able to maintain awareness of their bodies and their own lives.

BALANCE

Balance has many dimensions. We usually think of balance in terms of side-to-side or left-to-right as in balancing the "scales of justice" or balancing on a tightrope. Energy balancing certainly includes bilateral integration of the two sides of the body, but there are other dimensions of equal or greater importance. One is front-to-back, back-to-front balance, and the other is up-and-down, down-and-up equilibrium. The former is seriously neglected in our culture and is the cause of many back ills. The latter is yang-yin, gravity/anti-gravity energy flow and the most important part of our work. Without this dimension, none of the other balancing will hold and posture will deteriorate.

Ask the child who has just fallen down about gravity, and he will tell you that it hurts! Gravity is a constant which holds our world together. We can depend upon it, but we must continually compensate for its pull. It draws our energy down, and if we let it control us it can make us feel heavy. If we let gravity's pull sap our bodies we get weak, tired, and slumped as if we were carrying the burden of the world on our shoulders.

To equalize the pull of gravity, we have a lifeforce which flows through us and all living things. Just as it lifts birds to flight and makes trees grow straight and tall, it can make our movement in space beautiful, effortless, and free. When we feel this force within us and let it flow through our neck and shoulders, we move gracefully and our muscles seem to know what to do without conscious control. Edu-kinesthetics means teaching people how to move in space. When we know how to move, posture takes care of itself.

PROCEDURE

The following scenario can be adapted to one's own needs, whether classroom or private instruction. Examination of the tasks and challenges I make to the energy flow will give you some insight as to the process which must be experienced to change posture. I use the supraspinatus because the central meridian is generally involved in learning disabilities. Any indicator muscle will give the same results.

1. Balance the student to your satisfaction.
2. Ask him to stand straight and tall. Test Indicator muscle.
Response: Weak
3. Balance by running central meridian from groin to upper lip.
Muscle test.
Response: Strong
4. Ask how he feels. There should be a difference. Lighter and relaxed when strong. Heavier and tense (anxious) when weak.
5. If necessary, weaken central meridian by running it down so student can verbalize how he feels each way. Strengthen again.
6. Weaken the meridian. Tell student to feel energy returning up in his imagination.
Muscle test.
Response: Strong
7. Tell student to imagine it flowing down.
Muscle test.
Response: Weak

8. Tell student to make himself strong again.
9. Ask student to concentrate on his neck. Weaken. How does it feel. Strengthen. How does it feel. Introduce image of a valve or switch that goes on and off in the neck.
10. Ask student to open the valve.
Muscle test.
Response: Strong
11. Close the valve.
Response: Weak

POSTURE ANALYSIS

12. Ask student to sit down into a chair.
Muscle test.
Response: Weak
13. Ask student to sit down again with neck open.
Muscle test.
Response: Strong
14. Ask student to stand up from chair.
Muscle test.
Response: Weak
15. Ask student to stand up with open neck.
Muscle test.
Response: Strong
16. Sitting in a desk, ask student to read a few lines silently.
Muscle test.
Response: Weak
17. Ask student to read with an open neck.
Muscle test.
Response: Strong
18. Ask student to write several lines on a paper.
Muscle test.
Response: Weak
19. Ask student to find a posture where neck stays open and write.
Muscle test.
Response: Strong



The above can be done for all activities. Of particular importance are walking, running, eating, speaking, and major sports activity of the individual. Practice over a period of time will reinforce the positive habits. In helping students, observe the posture to see how the neck gets closed. If they bend the neck forward, balance it with a relaxed stretch backward and use the muscle test to show how this opens the valve. If they hold the breath to lock the neck, teach them how to breathe into the open neck. Reinforce with muscle testing. If they stiffen muscles in one side of the body, or use only one eye to read or write, show them how this is affecting the flow of energy to the neck. Let them discover, with your guidance, what they must do for themselves to achieve openness and balance.

Helping students achieve new heights in self-awareness and health through movement re-education has become the most rewarding and most interesting part of my work. Each day has become an adventure as I use applied kinesiology to gain new insights into the workings of the human mind and body. Touch For Health helps people to help themselves by getting in touch with their own energy. That is what is so exiting!



THE ENTERPRISES STORE



This month we would like to introduce you to our growing tape department. Please send us the names of your favorites and we will try and stock them, too. Thank You, Grace.

The Anti-Frantic Alternative Series:

(Regular & Extended Play)

Spectrum Suite
Zodiac Suite
Starborn Suite
Comfort Zone

(Regular Only)

Eastern Peace
Ancient Echoes
Prelude



The Dreamscape Series:

Reflections
Halpern in Concert
The Oblique Flute

Here to Eternity
Organ of Perception
Rain Ragas

Flying Dreams

Guided Relaxation with Music Series:

Serenity
Tuning the Human Instrument
Letting Go of Stress

Meditation of the Heart
Musical Sleep Induction

Emmet E. Miller, M.D. tapes each \$10.00 or 3 for \$25

Health and Wellness
Rainbow Butterfly
Letting Go of Stress
Applications of Auto Suggestion
Changing your Behavior Patterns (A set of 2 tapes)
Successful Study and Test Taking

Healing Journey
The Sleep Tape
Imagine Yourself Slim

Other tapes:

Golden Voyage (Volumes 1--3) \$7.98 each
Creative Visualization--Shakti Gawain \$7.98
Deep Relaxation--James A. Takacs \$10.00
Tarashanti--Georgia Kelly \$9.00



IMPORTANT NOTICE:

UNITED PARCEL SHIPPING RATES INCREASED MAY 1, 1981. WE WILL NOW HAVE TO CHARGE \$2.00 FOR SHIPPING ON SINGLE ORDERS FOR BOOKS AND CHARTS.

(Prices subject to change without notice.)

HOW TO ORDER

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

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

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

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

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

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

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

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

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



1981 ANNUAL MEETING

TOUCH FOR HEALTH

WORLDWIDE

The TOUCH FOR HEALTH WORLDWIDE 1981 ANNUAL MEETING is only a month away! Over 200 people from all over the world will be in attendance to participate in the programs and share their experiences with TOUCH FOR HEALTH.

PROGRAM:

Dr. John Thie will be presiding over the meeting and presenting updates in the field of applied kinesiology.

Dr. Sheldon Deal will also be presenting, as well as, Dr. Len Duhl. The Instructor Training Faculty have several presentations and surprises to share with you.

Dr. Mary Marks will be presenting on Cognitive Style Mapping and sharing some of her new approaches to teaching basic classes.

Nancy Joeckel Crockford will be presenting a rather exciting approach to Cross Crawl (just wait until you hear the music!).

Dr. Russ Smiley will be presenting on the characteristics of people involved in TOUCH FOR HEALTH.

Ellen Moore will be updating her work on asking the body questions.

Richard Silver will be presenting on the science behind muscle testing.

Other presenters will be Michael Schley, Charlotte Van der Grift and Renee Tietsworth, Bob and Barbara MacMullen...

SPECIAL EVENT!!

There will be a formal presentation of the INTERNATIONAL COMMITTEE members, you will want to meet these people who have given much of their time to pioneer TOUCH FOR HEALTH all over the world.

REVIEW OF INFORMATION:

All attendees of the conference must become members of the TOUCH FOR HEALTH Foundation.

The conference fee on a per day basis is \$25 per day. There are additional fees for off-grounds participants (\$7.50 per day) and meals (breakfast:\$2.75; lunch: \$4.00; dinner: \$5.75. Total cost: \$12.50 per day.)

IT IS CHEAPER TO STAY ON CAMPUS FOR THE FULL CONFERENCE!

LAST CHANCES!!

Please have your T-shirt size in with your registration by May 15th. (This so we can order enough of the right sizes.)

If you have hesitated about recommending people for special recognition, please send in your recommendations to Peggy Maddox, 627 Camino De Encanto, Redondo Beach, CA 90277 today!

Committee Chairman Michael Schley also asks if any of you have been holding back on giving a presentation, please notify him c/o TOUCH FOR HEALTH, 1174 N. Lake, Pasadena, Ca 91104.

SEE YOU IN SAN DIEGO JUNE 23 - 28!!

THE MEMBERSHIPS

INTEREST MEMBER: Annual dues \$20. Interest members receive the monthly newsletter and regular mailings about TFH activities.

PARTICIPATING MEMBER: Annual dues \$30. In addition to the newsletter, participating members receive a TFH pin and reduced rates for Foundation sponsored conferences. They may also participate in the annual meeting and weekly TFH Club meetings.

PROFESSIONAL MEMBER: Annual dues \$60. Professional members who are not Instructors receive the monthly newsletter, reduced rates at Foundation conferences, professional discount rates on selected publications through THEnterprises, a TFH pin and a subscription to the journal (as published) Professional members are listed in the directory (as published) and receive professional referrals from the Foundation.

LIFE MEMBER: Gift or pledge of over \$1000. Life members receive monthly newsletter, reduced registration fees for Foundation sponsored conferences, discount on selected publications through THEnterprises, a pin, a recognition plaque, a journal subscription and a directory (as published). They are eligible to participate in annual meetings and the TFH Club.

CERTIFIED TFH INSTRUCTOR MEMBERSHIPS

Active: Annual dues \$25. Active instructor members are those actively teaching Touch for Health. They receive the monthly newsletter, regular mailings about TFH activities, a TFH pin, reduced rates for Foundation sponsored conferences. They may participate in the annual meeting and weekly TFH Club. They receive referrals for their basic classes, a TFH directory and journal as published, a 25% discount on 4 or more copies of TFH publications, and a 10% discount on other items through THEnterprises.

Professional Instructor: Annual dues \$50. In addition to the above benefits, professional instructors receive professional referrals from the Foundation.

All memberships are tax deductible.

APPLICATION FOR MEMBERSHIP

NAME (PLEASE PRINT) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

OCCUPATION _____

Specialty Areas _____

TFH Activities (including A.K.) _____

TYPE OF MEMBERSHIP (check one)

- Interest Member** (annual dues \$20)
 Participating Member (annual dues \$30)
 Professional Member (annual dues \$60)
 Life Member (\$1000 gift or more)

INSTRUCTOR MEMBERSHIPS

- Active** (annual dues \$25)
 Professional (annual dues \$50)

(Foreign addresses add \$12 for airmail)

please give applicable information

- New Member
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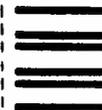
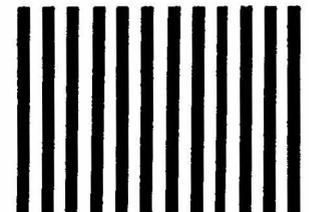
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