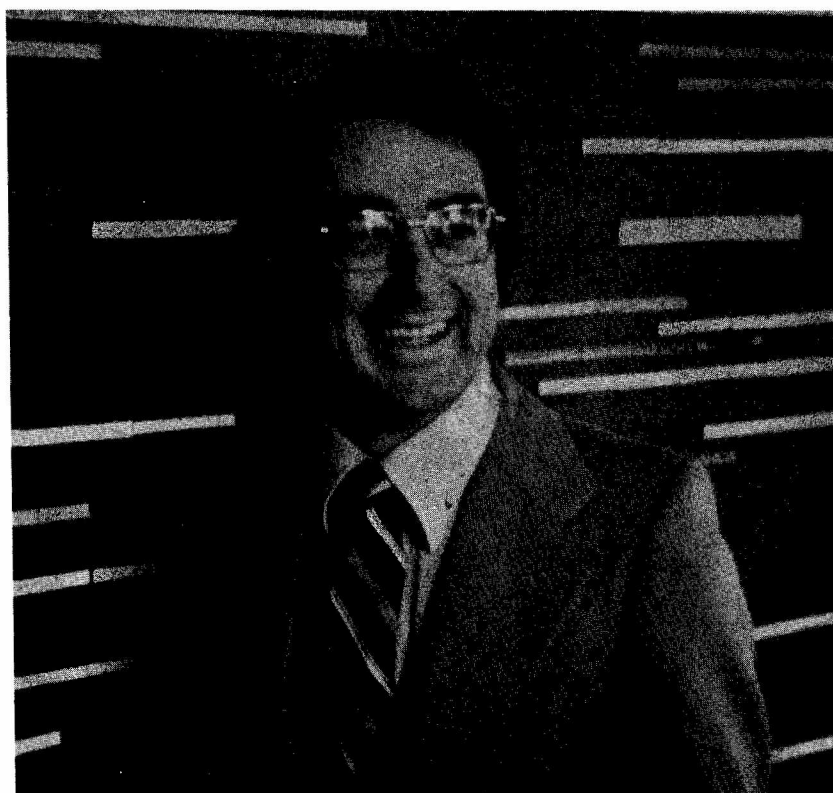


# **IN TOUCH FOR HEALTH**

**NEW FACULTY MEMBER**



**BRUCE A. J. DEWE, M.D.**

**JUNE 1981**

# DAN HAYWARD      DIRECTOR

The Touch for Health Foundation is pleased to announce the appointment of Dr. Bruce A. J. Dewe, M.D., to the faculty as an Instructor Trainer in Australasia. Bruce, no stranger to Touch for Health, first took a basic class from John (Dr. John Thie, our President and Founder, of course) in 1978. He was so enamoured of Touch for Health that he soon after took an Instructor Training Workshop. Not fully understanding the ground rules, Bruce taught his first basic class right after he had taken his first basic class and did his second basic class concurrently with taking the ITW. While Bruce was visiting the Foundation this month he dropped off a roster of all the people he had taught and I counted 525 names.

Bruce is married to his best friend, Joan (Masters Degree in Languages), and they have two daughters, 11 and 13. They live on the North Island of New Zealand in a small town of only 1500 people, 3 hours from Auckland. Wife Joan, besides teaching 8th grade in the local school, does classes in nutrition, classes for pregnant women, and also is Bruce's partner in the teaching of his TFH classes. They met as teenagers, when Bruce saw Joan singing in a concert in Wellington.

Bruce was born and raised in Fielding, New Zealand (a rich farming area), graduated from the Otago Medical School and did intern work at Napier. He taught anatomy at the Auckland Medical School and then started private practice in Turangi. He took O.B. training in Brisbane, Australia, became interested in natural medicine in 1976 and spent a year in the Los Angeles area to gain further knowledge. He is now a partner in the Mercury Bay Health Centre in Whitianga. He is the founder of the Whitianga Christian School and is an elder in the local Christian Fellowship where Joan plays the organ.

Bruce is medical superintendent of the Mercury Bay Public Hospital, a member of the Musculo-Skeletal Association, a member of the International College of Applied Kinesiology, a Fellow of the American Academy of Medical Preventics and a Charter member of the New Zealand Medical Acupuncture Society.

Aside from this impressive list of credentials and experience, Bruce is a really friendly, warm and enthusiastic person and we are all delighted to welcome him to our faculty.



# FIRST ITW CLASS IN ENGLAND



Brian Butler (center) was the sponsor of our first ever ITW in England. He is flanked by "Lady" Ann Holdway who helps Brian immeasurably in his English ITW activities, and "Lord" Gordon Stokes, our indefatigable Training Director.



Preparing for a toast at the banquet of our first English ITW held May 3rd - 10th, is the class of new instructors. Several had basic classes planned even before their graduation!

# From the editors...

It is a real pleasure for me to introduce Dr. Leroy Perry, Jr. whose article appears in this month's newsletter.

I have had the good fortune and exhausting experience of working with him in various capacities for over 3 years. Besides being the top sports medicine chiropractor in the country, Dr. Perry is a fascinating man. Although he claims to be first and foremost an athlete - without disputing this, I have always viewed him above all things as an artist. Whether the issue is an injured athlete, planning a week-end seminar or designing a pair of taping scissors, Dr. Perry tackles all with equal creative fervor. As a sports doctor, his insight into the muscular interaction of the human body in motion is ingenious. His success with "hopeless" athletic injuries is close to phenomenal and the "gadgets" that man has designed for some of his patients' structural support are credentials in themselves.

"Gadgets?" you ask.

Dr. Perry designed the seat for the Budweiser Rocket car that broke the speed of sound. (736.9 m.p.h.). He invented an universal pair of scissors. Because of their unique ability to come apart, they were ordered by NASA for use by the astronauts. Dr. Perry has also developed products to reduce stress on the lower back, such as pro-gravity equipment and floatation belts used in swim therapy. Because of these and numerous other inventions, Good Earth magazine referred to him as a modern day Leonardo Da Vinci.

To put it mildly, Dr. Perry is dynamic, unpredictable and, at times, a real "bear" to work for. But it is this very creative perfectionism which as given the athletes of the world his long needed "magic" in preventive health care.

Dr. Perry helped Dr. Thie put together the original lectures called "Health From Within" which later evolved into Touch For Health as we know it today. He then chose to develop and explore the most basic concepts of good body health. Good Posture became his motto. (If you have this you have every thing!) Although good posture has always been acknowledged as an important aspect of good health, it is rarely integrated into any holistic health care program.

He has been called "Magic Fingers". But half of Leroy Perry's magic is educating his patients on the correct way to stand, walk and run. The other half? His own intuitional genius in the treatment room. You cannot work beside a man like him and walk away untouched. There have been times, however, when I would have gladly clubbed him over the head with one of those autographed baseball bats in his office - but I have to say, in all sincerity, he has won my deepest admiration and respect.

Dr. Perry will be contributing to our newsletter on a regular basis. We invite questions and comments on his column.

Thank you, *Aleta*

Aleta McCormick  
Newsletter editor



Dr. Perry was the team Doctor for the American Bobsled team- WINTER OLYMPICS -Lake Placid, 1980



On the field, Dr. Perry treats Olympic high jumper Dwight Stones.

# 1981 ANNUAL MEETING

## TOUCH FOR HEALTH

### WORLDWIDE

The TOUCH FOR HEALTH WORLDWIDE 1981 ANNUAL MEETING is upon us!! If you find yourself still undecided whether to attend or not, call the FOUNDATION today! (Our phone number is (213) 794-1181.)

#### REVIEW OF THE INFORMATION:

Fees: Conference fee is \$110 for members/ \$135 for non-members.

Accommodations: \$125 per person share a room / \$150 per person private room.

Off-grounds fee: \$7.50 per day or \$45 for the whole conference. (This is the college's fee and they are insisting we collect.)

Meal cost (for off-grounds participants): \$2.75 breakfast, \$4.00 lunch, & \$5.75 dinner.

#### Speakers and Events:

John Thie, D. C., Gordon Stokes, Mary Marks, D. C., Phillip Crockford, Nancy Joeckel-Crockford, Michael Schley, Len Duhl, M.D., Sheldon Deal, D.C., N.D., Richard Silver, Charlotte Van der Grift, Renee Tietsworth, Ellen Moore, Russ Smiley, Ph.D., David Isaacs, Paul Dennison, Ph.D., Robert and Barbara MacMullen, Joe Bassett, Jean Bonde, R.N., Wayne Topping, Ph.D., Michael Allen, D.C.,N.D., Kacenska Hruby, Peggy Maddox, Barbara Ehlers, R.N., Yoka Brouwer, Camie Morning, Noureen Baer, Tia Olsen, Richard Harnack, Dan Hayward and more....

Skills Auction. If you have a skill and want to help benefit the scholarship fund, then let Barbara Hanna know. Drop her a note care of the TOUCH FOR HEALTH FOUNDATION, 1174. N. Lake, Pasadena, Ca. 91104 or give us a call at (213) 794-1181.

Tour of San Diego. Those of you who attended last year may remember this! The dynamic and entertaining team of Alexander, Chapman and Weissenberg are at it again this year -- you'll never have another tour like this!

International Committee. Meet the instructors who qualify for the greatest distance traveled to attend the Annual Meeting award. These people are dedicated to the international vision of TOUCH FOR HEALTH.

Awards. Each year we honor those who have contributed to the growth and improvement of TOUCH FOR HEALTH. Each of the people this year have provided some very unique contributions to TOUCH FOR HEALTH. (Those of us on the awards committee know who these people are -- the rest of you will have to attend to find out.)

Registration: Tuesday, June 23rd 3:00 p.m. - 6:00 p.m.; Late registration: 7 p.m. - 9:00 p.m. (Please plan on the afternoon registration as there will be a program Tuesday evening after dinner.)

SEE YOU IN SAN DIEGO!



# WORDS THAT WORK PART 1

by DAVID ISAACS

WORDS THAT WORK uses suggestion, visualization and hypnotic technique to facilitate energy balance and stress reduction. These techniques are used before, during and at the conclusion of a balancing session and require the client to be an active participant in the healing process by employing the mind through imagination, while we work with the body. It is basic mind/body integration and enhances all the positive Touch For Health energy balancing techniques. But, just as important, it makes us aware of the negative effects we can create.

"Resist, please".

"Hold, please."

"Your kidneys are weak!".....sound familiar? Have you said these words yourself while working with someone? Did you think about what effect your words were having? Have you ever considered what words do in combination with touch? and bodywork?

What you say to your partner and what you say when you touch is just as important as finding the right point to poke or meridian to run. And if you ignore your words, you can undo all your positive efforts with no more than a friendly touch on the shoulder when you say good-by.

## THE BASICS- BEWARE THE NEGATIVE

When you touch someone and simultaneously say something that can have a negative meaning or something that can bring up negative feelings, you anchor those negative feelings at that point in the person's body. TOUCHING THAT POINT IS NOW A STIMULUS FOR NEGATIVE FEELINGS!

If you rest your hand on your partner's shoulder and say, "Boy, those meridians are really out." What do you suppose will happen when you touch them there later? ...let's say when they get up from the table or you hug them good-by? Right!...all those feelings are accessed, stress increases and energy swings out-of-balance.

## WHAT TO DO

Don't reinforce the negative! Be careful to report results to your partner, not make emotional statements while touching. Don't say: "Your (organ) is way out of balance"; "That's really under-energy!"; "You really need to work on that."...etc.

Do explain what you are doing and if you think your partner will respond in a negative fashion LET YOUR HANDS REST ON THE TABLE AND NOT ON YOUR PARTNER.

If you suspect that you have created a negative anchor, challenge that point and test a strong indicator muscle. If the muscle goes weak then ask your partner to think of something that he really enjoys and to get it really clear in his mind. When this has happened (usually no more than 30 seconds) touch another point on the body. Now hold both points, the positive and the negative for about 5 seconds and retest the negative anchor. Now there should be no negative effect.



# REPORTS FROM THE FIELD

INSTRUCTOR BORDEN SMITH REPORTS ON TWO METHODS HE HAS FOUND USEFUL.

The first case involves utilization of the Neuro-Vascular holding points. One evening I was working with a woman, who, when tested, showed several weak muscles. I strengthened with the usual methods, but could not get the psoas, PMC, or PMS to "lock". I tried all the various methods of correction I could think of and although they got stronger, the muscles were still "mushy". The NV points I had held individually for each muscle and they were all clear-- at least I felt a strong pulse. The next step I took was a last effort. I held simultaneously the NV points relating to each muscle. To my surprise there was no pulse to be felt at any of the points. I held the points for roughly 3 minutes, at which time I felt a strong pulse in all the points. I then released my hold on the points and retested the three muscles. All three tested very strong! I have since duplicated this on two occasions, but lack the time and people to ascertain its applicability in all cases.

Another area of experimentation occurred during the "cold and flu season", as winter is called in Ft. Wayne. For lack of a better term I call this the Breathing Correction; it corresponds somewhat to the respiratory assets and respiratory faults found in APPLIED KINESIOLOGY by David Walther, in the sections dealing with cranial and sacral faults. The advantage to this, however, is that it requires no additional knowledge beyond TFH. Working on a woman with a cold, I managed to get her weak muscles (she had several) to become stronger. (I used the usual methods of testing and correcting.) As in the previous case, though, her muscles were still not locked. Holding the NV points did not help. I had her inhale and hold her breath, then retested a muscle. Whereas earlier it was strong, it now tested very weak. (Incidentally, the muscle I used was the Anterior Serratus, because the lungs were the major area affected by her cold and also because, through use of the wheel, strengthening this muscle first resulted in the strengthening of most of the other weak muscles.) I then had her inhale and hold while I rubbed the Neuro-Lymphatic points corresponding to the Anterior Serratus. Retesting the muscle while she held her breath, I got a strong response. She then exhaled and held her breath and the entire process was repeated with similar results. The final step was to have her inhale and exhale, not holding her breath at all. The same results occurred as with the first two trials. The results with the woman were very rewarding. Before treatment she had been wheezing and coughing constantly, but afterwards both had lessened. She was able to take a deep breath with very little difficulty. The following day, her cold was much better; although she still had the cough, her energy level had increased dramatically. I have since repeated this once. One word of caution: The NL points can be over-stimulated easily, especially with a person in a weakened condition. Rub a minimum amount of time to get the desired result.

Both these methods resulted in the individual's muscles testing very strong, at the level equal to the other strong muscles in the body. Any ideas on this and other experiments would be appreciated. Thank You.

Borden Smith  
424 E. Main #8  
Ft. Wayne, IN 46802  
(219) 422-4564



# Foundation for Athletic Research and Education

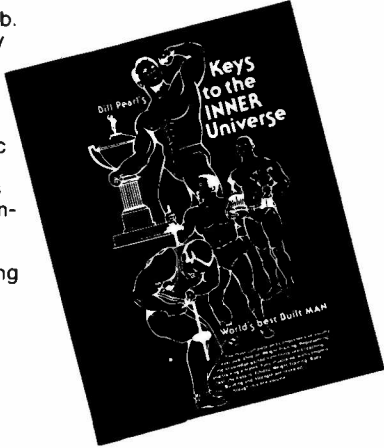
## HELP SUPPORT ATHLETIC RESEARCH

### FARE Board of Directors

Wilt Chamberlain—Professional Athlete  
 Richard VanVorst—Businessman  
 J. Miller—Attorney  
 Vern Wolfe—Head Track Coach, USC  
 Dr. Leroy Perry, Jr.—President FARE

### ENCYCLOPEDIA OF WEIGHT TRAINING

A 638-page, 5 lb. book written by four-time Mr. Universe, Bill Pearl, and Dr. Leroy R. Perry, Jr., chiropractic sportsmedicine consultant, this is the most complete manual ever published on body building and weight training. Fully illustrated with many photographs and anatomical drawings.



*By purchasing any of the following products, you will not only be making an investment in your own or your patients' health and future, but in athletic research.*

*The profits from the sale of these products are helping to support the Foundation for Athletic Research and Education (FARE). We're a tax-exempt charitable organization dedicated to the advancement of athletic potential in both children and adults, amateur and professional.*

*FARE is an inter-professional sport health care organization made up of M.D., DPM, D.C., D.D.S., O.D., D.O., and PhD's, from almost every specialty area related to the concept of sport. We are not a political organization—we're all athletes striving to work together in order to help our athletes help themselves.*

*If you wish to join FARE or subscribe to our bi-monthly newsletter, please see the return coupon.*

*Thank you for your support.*

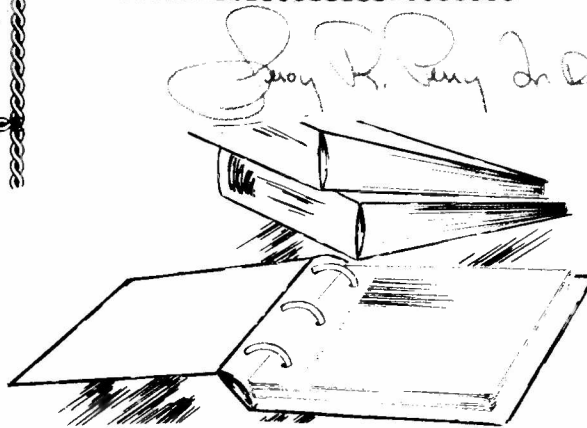
### Chiropractic Physician's Nutrition Index (CPNI)

#### The Chiropractor's answer to the Physicians's Desk Reference (PDR)

Originally written by Dr. Royal Lee, D.D.S., Ph.D.—Biochemistry. This three volume, 532 page Index, presents a nutritional approach to the treatment of such conditions as acne, alcoholism, allergies, arthritis, bursitis, bronchitis, flu, edema, gout, headaches, hypertension, indigestion, lumbago, menstrual disorders, nausea, numbness, obesity, pregnancy schedule, psoriasis, sciatica, sterility, torticollis, urinary incompetence, viral infection, and many more conditions. A natural approach.

General and specific nutritional recommendations are made with defined physiological considerations, synergistic products, clinically associated conditions, remarks and suggested additional reading.

This information was revised and updated by Dr. Kluge, world famous author, lecturer and nutritionist.



- Volume I – Conditions A-G 174 pages
- Volume II – Conditions H-Z 175-358 pages
- Volume III – Classification Index 158 pages

Volume III includes definition and application of common nutritional supplementation of Standard Process products with generic breakdown for correlation with other nutritional companies for easy reference.

Such areas as ingredients, tissue or function supported, clinical considerations, general indication, prominent clinical signs and symptoms, laboratory findings, clinical tests and clinically associated conditions are presented.



**Invest in the Future Today!!!**

Join the Foundation for Athletic Research and Education (F.A.R.E.), a tax-exempt, charitable organization dedicated to the advancement of athletic potential in both children and adults, amateur and professional.

Send to: F.A.R.E.,  
 1301 E. Rubio St.,  
 Altadena, CA 91001

CATALOG AVAILABLE	
218	Encyclopedia Weight Training, Soft \$37.50/Hard \$55.00 <input type="checkbox"/> Check Box, if you wish your Encyclopedia of Weight Training, personally autographed.
220	Progravity Inversion Boots Only 78.00
221	Progravity Portable Guiding System & Boots 795.00
222	Progravity Guider—Complete Gymnastics Unit & Boot 1295.00
225	Physicians Nutrition Index, 3 Volume Set 90.00

order from:

**Brilhante**  
 Co. Inc.

International Office  
 # 5385  
 121 Kingsbury Grade  
 Stateline, Nevada 89449

## 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  
 Renewal of Mem. # \_\_\_\_\_ exp. date \_\_\_\_\_

Basic class inst. \_\_\_\_\_ Date ITW taken \_\_\_\_\_

I, \_\_\_\_\_  
 hereby apply for membership in the TOUCH FOR HEALTH FOUNDATION. This application is an expression of my desire to contribute to the realization of the Foundation's objectives.

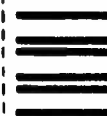
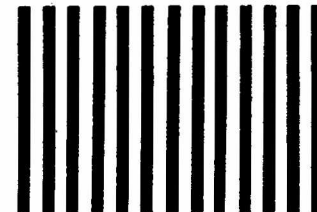
Amount enclosed \$ \_\_\_\_\_

Please mail to:

TOUCH FOR HEALTH FOUNDATION  
 1174 North Lake Avenue  
 Pasadena, CA 91104  
 (213) 794-1181

**WE THANK YOU FOR YOUR SUPPORT**

NO POSTAGE  
 NECESSARY  
 IF MAILED  
 IN THE  
 UNITED STATES



**BUSINESS REPLY MAIL**

FIRST CLASS PERMIT #3885 PASADENA, CA

POSTAGE WILL BE PAID BY ADDRESSEE

**TOUCH FOR HEALTH**  
 1174 North Lake Avenue  
 Pasadena, California 91104

Fold along this dotted line to mail, or the Post Office can't deliver it to us!

cut here