

At the end of eight weeks, she was not missing as much school. "She was still catching every virus/cold, but her recovery time was cut in half. She had stopped the lomotil entirely and experienced no cramping. Her energy level was much higher."

At the end of fifteen weeks, her parents report "our daughter is a different child. She knows she feels better and has more energy on the diet and rarely asks for any of her 'old favorite dishes.' Her color is fine. Her endurance is almost normal. In fact, she just completed two weeks of school with no absences.

"We are grateful a thoughtful friend told us about Options."



Touch for Health

Touch for Health is another bodywork therapy or system developed by a doctor of chiropractic, John F. Thie. In 1973, after years of lecturing and presenting seminars on the subject, Dr. Thie wrote his book Touch for Health and began instructor training workshops.

The Touch for Health Foundation, a non-profit educational foundation, followed. It is now recognized by the state of California Bureau of Post-secondary Education as a Vocational Training School, and its instructors can be certified.

The Foundation also submitted a course outline and was accepted as a provider of Continuing Education for Nurses (BRN # 00631).

Health professionals of all persuasions...medical doctors, chiropractors, psychologists, dentists, physical therapists, etc....can be found in Touch for Health classes as well as educators, social workers, athletes and their coaches, laborers, business people, and persons in the service of God.

"Touch for Health became the first simple, truly holistic system of health care available to people with no previous knowledge of their body or how it works for them. Teaching as it does the *triad of health-structural-nutritional, and mental/emotional sides of the person* (emphasis supplied), Touch for Health emphasizes our own specialness and uniqueness and gives us the tools to become the happy, healthy, whole creatures that God intended us to be." Bruce A. J. Dewe, M.D., in the foreword of Touch for Health

An Explanation from Quantum Physics.....

A Touch for Health balance involves knowledge gained from modern principles of physiology and biochemistry as well as wisdom from ancient Chinese acupuncture. It is truly a synthesis of East and West cultures. For those of us who have practiced or experienced the benefits derived from Touch for Health for many years, it is interesting to note that quantum physics is catching up! I do not pretend to fully understand this type of left-brain thinking, but for those of you who might, I pass along this quote from Dr. Dewe:

"Whereas classical physics saw atoms and electrons as miniature golf-balls bouncing off one another, we know that these particles need to be described as 'tendencies.' At times they 'tend' to behave as waves and at others as particles. Left alone they function as waves of 'probability.' Observe them and the wave is said to 'collapse' into a particle. Make multiple observations and patterns are produced that function as waves. Thus, every particle of matter exists as a wave tendency when not observed and as a particle when observed.

"What has this to do with Touch for Health? In the same way that observing something in physics alters that thing, totally and radically, from something probable to something certain, so, our consciousness is constantly observing the energy field we call a body. Thus, every thing we do - eat, move, sleep, or see - is part of the process of quantum change of something probable into something actual through a stream of conscious acts that will change the mind and thought as well as the body. In fact, the whole of life functions in this quantum way just as consciousness functions in a quantum manner in our bodies and this overall consciousness that I call God becomes vital for life to be possible as we know it."

Wow! How is that for an explanation?

I don't know about you, but it is easier for me to think of the body/mind interaction via the muscles as a biofeedback mechanism...our muscles being the equivalent of a visual display unit, part of our bio-computer, if you will.

We test a muscle. (Have you re-read the section on muscle testing?) We touch another part of the body, then recheck the muscle and note any changes. Changes may be physical, mental or emotional. We learn to listen and to feel what is going on in our bodies. Most of us are pretty adept at describing our mental and emotional conditions, but have neglected our structural messages for many years. Until pain, the final alarm, gets our attention and we realize all is not functioning properly.

Each Part Affects the Whole.....

Touch for Health points out that you need not be a physicist to observe that the human body is a symmetrical organism. Draw a line down the center of the skeleton from head to toe, and you can see each side is a reverse image of the other. So it is with the muscles and their action. For each motion a muscle makes, there is a corresponding muscle which opposes that motion.

If a muscle weakens on one side of the body, its opposing partner tries to take up the slack (tightens) in order to keep the system in balance. You can only relieve the "tight" side by strengthening the weak side so it can carry its own weight in the scheme of things! Muscle balance is a basic key to the health of the whole person.

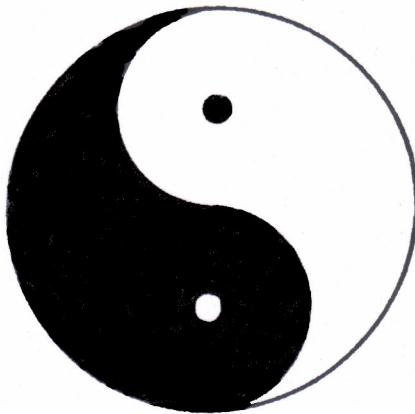
Some muscles are related to a specific organ system because they share a lymph vessel or an acupuncture meridian. Improved energy flow through the muscle also gives relief to the organ sharing the system. As you can see, the organ itself may not be "treated" at all, nor the disease, nor the symptoms. Get the body in balance and all else can fall in place.

"We are trying to think of the body as a whole, all one piece. What happens in the head or what goes into the mouth has an effect throughout the body, as when something happens to one member of the family, it affects all the rest of the family - some more than others, but everyone is affected. It is the same with our bodies. If there is a tight muscle in the hip, for instance, from a corresponding weakness on the opposite side, then that hip is favored because of the tension restricting its motion.

That puts a different strain on the foot, and with the foot in a different position, there will be a strain on other sets of muscles. This is going to change the body's general posture, affecting the positions of the internal organs. That, in turn, restricts the nutrition to the organs and changes the excretions and hormonal functions. The chemical/psychological balance of the person is changed, and this affects the individual cells in the body. As the body and mind are affected, the person will think and feel differently, so he is going to assume still a different posture. Then there is one more tight area, one more tension, one more cycle. *So everything we do affects all the rest* (emphasis supplied)." John F. Thie, D.C., Touch for Health, 1973.

As they say in China.....

Yin and Yang! This concept of complementarity and a balanced whole has always been a key principle in Oriental philosophy. The words yin and yang represent the polarities in all things. The idea is expressed by the following symbol which appears in ancient art and modern graphics:



This symbol, attributed to Emperor Fu Xi, father of classical Chinese medicine, in about 3,000 BC, shows the forces of yin (dark) and yang (light) perfectly balanced, each having the germ of its opposite. Anyupset in the balance is believed to cause illness or disease.

Yang is viewed as the male principle: active, generative, associated with the sun (light), the positive element.

Yin is viewed as the female principle: passive, receptive, destructive, associated with the moon (darkness), the negative element.

Before my feminist friends object to this categorization, please note that yang exists within yin, and yin exists within yang....the dots in each half of the above graphic symbol. Both elements of this duality are necessary to reach a balanced state, a fascinating equilibrium within a universe of constant change.....birth/death, male/female, light/dark, hot/cold, active/passive, etc. Life as we know it is an exercise in duality.

Each of us has our own unique balance of yin and yang which, if out of balance, causes dis-ease. A fever would be viewed as having too much yang, while too much yin might bring on a chill.

Energy Highways.....

Touch for Health recognizes this concept of two polarities in our body that create dynamic energy just as the north pole and south pole on a magnet. Our life systems are energized by this flow of magnetic currents, and this life-giving energy (called *chi* by the Chinese) flows in the body via channels known as *meridians*.

We have introduced meridians into our discussion before (see illustrations in Section I), but let's explore the nature of these pathways a little deeper....

For the early Chinese to have had a working knowledge of these meridians is truly remarkable. They are invisible to the eye, but modern technology has measured and mapped them electronically, thermally, and radio-actively. With practice, specific points along the meridians can be felt. Some people are more sensitive, more gifted than others in locating these points. But increased awareness allows anyone to upgrade his/her sensitivity.

Present consensus of opinion is that these meridians contain a colorless, non-cellular liquid. The meridian points are electro-magnetic in character and consist of small, oval cells called *bonham corpuscles* which surround the capillaries in the skin, the blood vessels, and the organs throughout the body.

It is also thought by many that these meridians are our physical body's connection to our subtle energy bodies...our link to higher dimensional energies and patterns. The meridian points are the most accessible aspects of our physical/etheric interface.

It is the goal of Touch for Health therapy to keep these highways free and clear for the life energy to reach all parts of the body. When the vital energy is impaired or blocked at any one point, all points on down the line suffer to one degree or another. Touch for Health uses the muscles for carrying on "highway maintenance." By a simple series of muscle tests, information is obtained about muscle weakness, meridian flow, injuries...even nutritional deficiencies, allergies and mental blocks.

Muscles and Meridians . . .

Muscle function is used or tested in order to get an indication of internal homeostasis (balance). No matter what the cause of dis-ease, it is felt in the musculature.

You might liken the muscles and the meridian system to an electrical circuit. If the body is abused enough to cause stress, it "overloads a circuit." The circuit breaker "pops" and the area it serves is without current. Touch for Health locates the "circuit breaker" involved (a weak muscle) and resets it so service is restored.

As we have said, each muscle relates to an organ, gland, or body part. Muscle tests reveal energy imbalances, then one or more correction techniques can be used to restore the uninterrupted flow of the life force. Sometimes when one imbalance is corrected, all of the following meridians are balanced...like opening up a dam. By continuous and methodical muscle testing and re-testing, all imbalances are detected and corrected.

Notice I did not say the treatment *heals!* Touch for Health philosophy is that the body can heal itself if given the opportunity to do so. It is an effective tool for reading body warning signals of malfunction that are communicated through muscle weaknesses.

Energy out of balance over a period of time manifests into physical illness. With Touch for Health techniques, we have the opportunity to discover minor imbalances in the system BEFORE they become major problems.

Correction Procedures.....

When muscle testing reveals a weakness, muscles can be strengthened, tension and/or pain can be relieved, with one or more of the following procedures:

1. Neuro-Lymphatic Massage - Massage points are located mainly on the chest and back. They are usually tender spots and the tenderness is greater on the front than on the back. Using the fingers, the therapist massages each point for 20-30 seconds. The tenderness decreases as balance returns over several days.

It is interesting to note that the lymphatic system is often referred to as the "garbage disposal system" of the body. And it is true it detoxifies and drains undesirable fluids, but its good points need to be recognized as well. It carries proteins, hormones and fats to the cells, it makes one quarter of the white blood cells and aids in the production of antibodies. There are twice as many lymph vessels and lymph as there are blood vessels and blood in the body!

2. Neuro-Vascular Holding - Meridian points are located mainly on the head. Using a light touch, the therapist locates a slight pulse. This pulse is not related to the heartbeat, but is believed to be "the primitive pulsation of the microscopic capillary bed in the skin." After the pulse has been located on both sides of the skull, the points are held for 20 seconds up to 10 minutes. Muscles are strengthened, circulation is improved and the related organ also benefits.

3. Acupressure Holding - In this case pressure is applied at traditional acupuncture meridian points...substituting pressure for puncture, fingers for needles! Two points are held at the same time on the same side of the body, an arm point and a leg point. Light pressure is maintained for about 30 seconds or until a pulse is felt in the leg.

There are other strengthening techniques to follow if the energy balancing has not produced the effect desired, i.e., the weak muscle now tests strong. And there are procedures to affirm the therapist's conclusions. All of these are outlined in detail in the textbook Touch for Health.

In order to obtain the maximum benefit from a Touch for Health muscle balance, the giver and the receiver should both be aware of the body's "messages", a mutual participation in the exploration process. Then the physical body as well as the subtle energy bodies can be affected in such a way as to bring about optimal health and wholeness. **IT IS ANOTHER WAY FOR YOU TO MOVE FROM PASSIVE DEPENDENT INTO AN ACTIVE ASSERTIVE ATTITUDE IN YOUR OWN HEALTH CARE.** It gives you a wonderful feeling that you truly can be in charge of your own life!



Auricular Therapy

While Touch for Health relates to Chinese acupuncture meridian knowledge, Auricular Therapy is an even closer cousin.

History and Background.....

The auricle (external part of the ear) receives its share of notice in many ancient medical records. In the Nei Ching or Yellow Emperor's Classic of Internal Medicine where all systems of acupuncture began (over 2,000 years ago), the relationship between the ear, internal organs and meridian channels was noted. The chapter "Kou Wen Pien" in Ling Shu states, "The ear is the place where all the channels meet."

From Hippocrates, Galen and records preserved in ancient Persia, we find references to the use of "ear rings and other forms of ear stimulation" for various problems, particularly the treatment of sexual and menstrual disorders; ear cauterization was apparently used to relieve sciatica pain.

In 1950 "Dr. Paul Nogier, a neurologist from Lyon, France, observed the occurrence of scars on the ear of patients who were successfully treated by French lay practitioners for Sciatica pain. He developed the Somatotopic Map of the Ear, based upon the concept of an Inverted Fetus orientation. His work was first presented in France, then communicated to a German acupuncture society, and finally was translated into Chinese."

FETUS/EAR ILLUSTRATION