

positively or negatively charged. Connecting certain primary currents and exchanging energy between positive and negative poles gets energy free-flowing and the body is able to attract what it needs and to repel what is detrimental.

**TRAGER® PSYCHOPHYSICAL INTEGRATION** - a unique blend of psychological, physiological and spiritual theories. The manipulation is gentle and non-intrusive, reminding the body of what it feels like to feel good, re-educating the muscles to relax and function effortlessly.

This concept of moving effortlessly with a feeling of lightness, freedom, grace and pleasure is the basis of TRAGER hands-on work as well as its series of simple exercises known as **MENTASTICS®**.

The effective practitioner reaches a contemplative mental state as in meditation that Dr. Trager calls "hook-up"...which the client "will catch, like the measles!" He says this hook-up is with "the universal energy force that surrounds all living things." You get a convincing demonstration of how the mind and body are truly connected.

**TOUCH FOR HEALTH** - a holistic system of health care used by professionals of all persuasions...medical doctors, chiropractors, psychologists, dentists, physical therapists, educators, social workers, persons in the service of God, as well as athletes and their coaches, business people, and the average man/woman on the street. Its Foundation is a non-profit educational organization, available to all who are interested in holistic health care.

Touch for Health recognizes the concept of two polarities in the body that create dynamic energy which flows through channels known as meridians. There are fourteen meridians, each named after the organ, function, process or system it governs such as liver meridian, stomach meridian, etc. Meridian "points" are the most accessible aspects of your physical/etheric interface.

Muscle function is tested in order to get an indication of internal balance or unbalance. An imbalance is your body's warning signal of some malfunction or stress. With Touch for Health techniques, one or more correction procedures can be used to restore the uninterrupted flow of energy.

**AURICULAR THERAPY** - a close cousin to Chinese acupuncture. In the 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 ear is the place where all the channels meet." As in the iris, all parts of the body have a corresponding "point" in the ear.

Unlike body acupuncture points however, an ear acupuncture point can only be detected when there is some pathology, pain or tension in the corresponding body part. No sensitivity, no problem! This is an invaluable early warning system. Problems can be addressed of which you may be only marginally aware, problems that may have even been missed by other diagnostic tests.

If you have an aversion to needles, you can still take advantage of auricular methods of diagnosis and stimulation. An electric probe is used (painless) to both detect and stimulate ear reflex points.

BRAIN GYM® - a system of movements and activities used to integrate the three dimensions of the brain: laterality dimension, focusing dimension, and centering dimension. Originally created to be used with students in Education Kinesiology to enhance learning abilities, it is another form of balancing and can be used as therapy for health problems.

The body/mind connection is monitored or managed in large part by the physical organ we call our brain. Like any other physical component, the more you exercise it, the better it performs. Brain Gym® routines provide such exercise.

Your brain has two hemispheres...left and right...and you probably have a tendency to prefer one side or the other, which affects your approach to life and work. Ideally, you would move easily from one side to the other to the task-appropriate hemisphere as you tackle daily challenges.

Equally, you should move easily from the back occipital and frontal lobes to balance or unblock focus...to overcome fear of expressing yourself or the opposite of "trying too hard." Centering balances the handling of emotional or abstract thought.

Brain Gym® exercises stress whole body coordination, balance, flexibility and relaxation. The resulting improved posture, improved breathing, improved lower body coordination (especially after sitting too long), heightened energy level, improved hearing and vision, improved mobil-