

Touch For Health

Education

1998

**PURPOSE:** To help our subscribers achieve healthier lives and perform their "personal best" in all aspects of their lives by providing useful, reliable, easy-to-understand health information that's timely, with an emphasis on touch healing.

# NEWSletter

Report from

Dr. John F. Thie



## Is Kinesiology

*a Distinct Profession?*

**T**oday this question is being debated around the world by those who are helping people one to one using muscle testing in some form. Although some incorporate kinesiology under some other "shingle" such as chiropractic, naturopathy or massage therapy, there are a lot of people striving for governmental recognition of Kinesiology as a legitimate and distinct healing modality and profession.

### How did we get to this point?

I think a major reason the profession of "Kinesiologist" is coming into being may have more to do with the *Worldview* behind TFH/K, rather than the modalities of muscle-testing per se. I learned this "vitalistic" approach to *health*

*promotion* from my father and from my early training as a chiropractor. When I wrote the Touch for Health book as a way for lay people to learn how to care for themselves as part of self-responsibility it was consistent with my understanding of the vitalist model as contrasted to the reductionist diagnostic model.

I utilized the TFH System in my practice and found that it was a great adjunct to my other methods of helping my patients. As a licensed to diagnose doctor of chiropractic, I did both the TFH assessments and the reductionist diagnostic tests. I included the muscle testing and reflex points as part of my chiropractic treatment procedures and reports so that my patients could be reimbursed by their insurance for this care. But my primary focus was not the identification of disease or dysfunction, but rather, the (continued on page two)

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improvement of health, the facilitation of the whole person's innate intelligence to ... naturally restore itself. As I shared the safe and effective self-help techniques of TFH, I advocated an educational model, hoping that "each one would teach one" and lay people everywhere would learn to have more fulfilling lives using TFH with family and friends.

But more and more people who were not licensed to diagnose discovered that, as teachers of the TFH model, they were looked to as experts. Their students and others wanted one to one consultations and private balancing. The subjective outcomes of these private sessions were often outstanding. **People that had chronic problems that had failed to respond to conventional therapy found relief with a TFH practitioner.**

This led many of these teachers of TFH courses to return to school to obtain a license to perform fee-for-service health care as chiropractors, naturopaths, etc. Some people, particularly outside the U.S., became MDs. Inside the U.S., the largest number of people became massage therapists and body workers of various types.

People with different backgrounds added the knowledge of TFH to their own disciplines and practices and used muscle testing as a way of understanding the design of all creatures, not only humans, but animals and birds. The TFHS also expanded to include a lot of knowledge from many alternative health practices. Many different protocols were developed. The methods of muscle testing were "refined" or "improved". A number of people followed the TFH model of sharing information widely, especially with people that had a background in TFH courses.

When I wrote the by laws of the International College of Applied Kinesiology (ICAK) and served as its founding chairman, the consensus among the doctors was to remain separate from the Touch for Health approach of training lay and paraprofessionals and *restrict membership and students to doctors licensed to diagnose and their staff.*

I continue to encourage this organization to change its policy and include the TFH/K model of lay education and share information among all those using kinesiology as a method of assessing human functioning. **Many of the members of the ICAK do recommend TFH classes**

**and utilize the TFH model as part of their therapeutic approach** Others is the organization are opposed to training lay people to use muscle testing. I think that they are correct in objecting to lay people using muscle testing to diagnose pathological conditions without formal training and licensing. However, the TFH model is NON-diagnostic and addresses overall balance and function of the whole person. ***TFH does not address any named disease.***

Meanwhile, the insurance industry has increasingly implemented requirements for a *codified mechanistic approach to health care.* Many chiropractors have divorced themselves from the vitalistic philosophical roots of their profession. They have become as entrenched in the bio-medical, reductionist scientific model as any in the medical professions. This has left a vacuum in the area of holistic care. Many TFH/K instructors have been drawn into this gap to fulfill a great need in our societies.

**At the same time, on the cutting edge of the conventional health-care professions, holistic methods are being embraced** More and different types of professionals are embracing TFH/K as part of their

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armamentarium for the benefit of their patients. Many 6-day training programs often include licensed to diagnosis professionals, paraprofessionals and lay persons. They seem to get along fine, learning together and being balanced, ending the training with a real feeling of family.

With this bit of history in mind let me return to the original question, "Is Kinesiology a distinct profession? From my perspective, there are several answers:

1. The TFH system is designed as a NON-diagnostic, wellness enhancement approach. I still envision the TFHS as a primary tool at the grass-roots level meant specifically to be used by NON-professional (lay) people.

2. For those who are licensed health care professionals, the TFH approach is an excellent

interface between the responsibility of the "patient" and that of the therapist. The TFH techniques can be supplementary, complementary, integrative or alternative methods within any professional health care practice. It is a great system for empowering people as participants in their own health and life, and taking pro-active steps in their own wellness, including timely visits to their health care providers and improved compliance with instructions.

3. The term "kinesiology" is also used within a bio-medical, diagnosis oriented context. In this circumstance, a "kinesiologist" is operating from a different model than the TFH Kinesiologist and must adhere to the standards and requirements of any other diagnostic health-care profession and be *licensed to diagnose*.

4. For those who are developing a professional practice based on the holistic,

non-diagnostic TFH/K model, it's very important to make some clear distinctions and reasonable standards that define this type of practice. For example, TFH has its origins in the teachings of Dr. George Goodheart and Applied Kinesiology (AK), but **TFH is not AK**. Touch For Health Kinesiology does refer to organ function, but in the TFH model, the organ names associated with the energy meridians are seen more as metaphorical descriptions of the kinds of functions which take place in every cell of the body, and within the whole person.

At the same time, it's very useful to begin one's study of Kinesiology, and perhaps health care in general, by understanding the *model* as well as the techniques of TFH, even if one intends to become licensed to diagnose and use muscle testing within that *different* model. In fact, all the

## Kinesiology, Freedom and Duty

I direct my commentary particularly to those who will not become licensed to diagnose and will not use TFH/K as a medical-model diagnostic tool, but intend to become Professional Kinesiology Practitioners. I will try to provide some timely food for thought here and in subsequent newsletters.

Over the last 33 years that I have watched and been intimately involved in the development of the professional Kinesiologist, both the diagnostically based and energetically based, I have observed a great deal of freedom of association, investigation and experimentation. That has been very good in that many new ideas have been developed and many people have had their lives changed for the better. Yet, as I recently read a review of Donald Kennedy's new book, Academic Duty, I came to realize that, like in the Academic community, (continued on page 4)

(continued from page 3) the Kinesiology community prizes freedom **but does not give as much attention to the duty that is the counterpart to freedom.** Democratic societies such as the Kinesiology movement need to regard duty and freedom as two sides of the same coin. Indeed if we do not establish reasonable norms and standards for our own professional conduct and performance, others will do so. And you can bet they will be less qualified and less sympathetic to our world view.

As Kinesiology schools are being established, we need to have a consensus of professional standards. The International Kinesiology College is attempting to spearhead the effort to define these standards. Standards of a diagnostic model of kinesiology will be quite different from standards of a TFH/K holistic-energetic model. It's very important to clearly identify the health care model and philosophy. **It's not a question of either/or, right/wrong. The effort needs to be towards the greatest consensus, clarity and solidarity possible. Let's work towards our common goals, rather than fracture over minutiae.** I urge anyone with willingness to help in this endeavor to contact the Professional division of the IKC and offer your ideas and suggestions. This could be the most critical time for the new profession of Kinesiology. All of us using any of the Kinesiology have a responsibility to participate in the broad discussion of duty and freedom in the use of Kinesiology as a tool in making life better for more people and the world a better place.

## New Study Confirms

# Procrastination is Damaging to Your Health

**Is procrastination unhealthy?**

**Some new research confirms that procrastination not only hinders us from accomplishing our goals, but it also seems to cause more suffering and more poor performances.**

The research was done by Joseph R. Ferrari of DePaul University in Chicago. He says that procrastination should be put in the same category as other compulsive and poor self-regulation behaviors such as drug and alcohol abuse. This means that people suffering from chronic procrastination need effective treatment beyond mere "time management" since they may be suffering from low self-esteem and depression **4** which needs to be addressed directly.

## The Three P's

Perfection, Procrastination, Paralysis form a triad that is responsible for a great deal of blocked potential. If you have to be perfect, you tend to procrastinate and after you have procrastinated long enough, you become paralyzed. We need to accept that if a thing is worth doing, it's worth doing less than perfectly the first time. Once you get past the the Perfectionism, Procrastination and Paralysis, then you can Practice, Practice, Practice, until you are as nearly Perfect as Possible. The key is to get started.

*Goal balancing and ESR are highly effective for formulating goals that we truly feel are worth doing, removing the blockages that inhibit our action, and getting our energy flowing in the direction of achieving our own personal best!*

# Touch For Health is Truly Scientific

I presented a paper at the International Touch for Health Kinesiology Conference held at the University of Zurich entitled "Is Touch For Health Scientific?" My answer was definitely, **yes**.

However, TFH utilizes a wellness model which is holistic and values individual, subjective experience more than so-called objective, isolated, controlled data. What is considered the the best science in the TFH model is different from the science preferred by those using the diagnosing/treating/curing model.

Where our effort is to include and integrate a maximum of significant factors, those using the bio-medical model generally seek to isolate a single significant factor. The epitome of this, the

random, double blind clinical trial is still considered by many to be the gold standard of scientific evidence, even though its' originator has labeled it unfit for human consumption.

Now that TFH/K has been around for over 25 years, I think that **Quality of Life studies** which review this period in the lives of our students, clients and patients might be a good idea.

In some regions or countries where health care is state sponsored, the statistics are already available. We could look at people who have been involved in TFHK and compare them with those who have not (perhaps matching by age and other characteristics).

I believe that we would find that those involved with TFHK have had fewer hospitalizations doctor's

visits, prescription drugs and less nursing home care. On the other hand, I believe we would find that they exercise more, participate more in their community and would rate their health as good or excellent a higher percentage of the time.

Quality of life research is usually done by social scientists and not medical scientists so that would be an even greater reason for us to do this research.

Let me know if you would like to undertake such a research project, or if you have ideas for other research projects which fit the TFH/K model of Wellness and Wholeness.

## Planning and Execution

Some new research findings may give us some more neurological understanding why our methods of stress reduction work so effectively. Neurons in the motor cortex change their firing rates during the planning and execution of movements. The temporal neurological pattern is synchronized when planning and execution takes place, but the overall firing rates change only in execution. This could partially explain how a stressful thought could cause a motor imbalance in muscle function.

If our thoughts influence the neurological firing pattern which in turn influences the rate of firing in execution, we see one way in which our thoughts influence the effectiveness of our actions. Conversely, if we work with the muscles and the energy systems to improve the neurological firing rates and patterns, this can have a positive effect on our thinking.

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kinesiology schools that I know recognize TFH as the starting point of study.

## Goal Setting and Attention

When I am working with a person for a goal, I want the person to have their full attention on deciding for themselves that reaching that specific goal will be part of their personal purpose in life. There are two opposing views of neural implementation of attention, the *top down* or *roving spotlight* mechanism and the *bottom-up* or *competitive inputs* mechanism. Both of these views are supported by studies of neurological patients, primate experiments, and functional imaging of “normal” humans.

Now, Res et al. (p 1616 Science Vol. 278 28 November 1997) describes a combined functional imaging/ psycho-physical study of how the degree of visual perception is influenced by the difficulty of simultaneously performing a word-based task. Their findings seem to confirm what I have observed when the process of focusing on the goal that they really want becomes a a challenging word-based task. In the experiment, As the language tasks command more neural processing resources, there is a corresponding decrease in the perception of irrelevant visual stimuli. When I'm doing a balancing, the more involved the puzzling, the greater the number of imbalanced meridians. But it also seems that when a lot of reflexes need to be corrected, the results are more outstanding. My thinking is that the first reflexes that show imbalance in response to stress are not necessarily the “least significant”.

I think that they are the *places where the energy was already blocked* and the increased stress causes them to “show up” in a more pronounced manner, or else they are actually the *significant areas of energy blockage in relation to the goal in mind*

Either way, balancing the energy in the whole Soul will improve overall performance and help us to reach our goals.

## **The Touch For Health Intensive 6-day Training Might Help YOU**

*I am deeply gratified that my work with students in the 6-day training program has had many profound benefits. Here are two more responses that I recently received:*

“...there is not a day without benefit from the stay with you and therefore not a day without remembering you! This for both my private life as well as business. It starts with the family side. The situation with my son is not dramatic anymore, but far from easy. I have to exercise day by day, but I can handle it most of the time much better. *I have a great touch of lightness in my life since. This has been noticed particularly by my people...* I have got many complements for the great change and so I pass them on to you.... with my deepest thanks to you for all you gave me...

Signed,

Erica Bruce

*“...I wanted to work on a few problems in my life which were piling inside me. I knew from my own experience that Touch for Health is a very powerful method to resolve stress of any kind...*

...The way the situation presents itself right now, the control is out of my hands, which really put a lot of pressure on me. To make it even a little harder I also put quite a lot of stress on myself.

*I knew that I needed help to go on with life in a joyful and healthy way*

...So finally I arrived in Santa Monica. I felt safe from the very beginning. *You gave each of us the feeling of being welcomed, loved and unique. I'm very grateful for this. All the people in our group were very affectionate and caring. It was very easy for me to open up and let things come to the surface. You helped me a lot with your very special way of guiding me through the interviews and the balances.*

*I was able to resolve a lot of important issues during this week.* I felt very different at the end of the class. Now I have this peaceful feeling that everything will work out fine and that there are exciting things waiting in the States for me! I trust my higher guidance and I'm very open to whatever will happen!! I feel very light and safe. I also realize that I need some time to come back to my daily living and adjust to my new self.

*My husband could instantly feel that here is a big shift going on inside me.*

We both know that we'll have a lot to talk about. We are enjoying this journey together.

So thank you again for this rich week, you are a very special person. Signed,

**Kathrin Itin**

# Paul Dennison and Education Kinesiology at IKC Conference in Zurich

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I was pleased that I was able to spend time with Paul Dennison during these meetings and learn more about how we can all work together more and more. Paul took the occasion of the 10th Anniversary of the Educational Kinesiology Foundation to say that *it's now time for all of us in Touch for Health and Educational Kinesiology to work together* more closely for the betterment of mankind. Our common goal is to make these methods available to the widest possible audience. Let's all resolve to do all we can to help unite everyone around our agreements and respect our differences as differences and not make them a right or wrong issue. Thanks to the sponsoring organizations for a wonderful time and I congratulate them on having the largest meeting ever of Touch for Health Kinesiologists. There were 749 kinesiologists attending the meetings at the University of Zurich. The program was outstanding as well as the location and the organization of everything.

## **Come Take My 6-Day Touch For Health Class in Santa Monica!**

*A note on a Christmas card made me feel like I am fulfilling my mission in life:*

"Dear Dr. Thie, regarding the Class: I often feel words cannot properly express the thanks and gratitude I feel for what you have taken the time to teach and share with me. It has been the greatest course I have been to (and I have seen a few). I especially appreciate the concentration you used during the course time. I feel you gave us a full 100% and I have never seen that before.

Signed,

Ward (from Canada)







