

Touch For Health

Education

1999

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

We Value Subjectivity

After 25 years of seeing and feeling the wonderful improvements people have using TFH, I am still surprised. The simple energy balancing techniques of the TFH system, and the modifications that people have adapted through their own creativity, continue to get amazing results that defy the dominant conception of the possible.

I believe that TFH has grown into a worldwide movement because we have a willingness to be open to diverse and sometimes improbable sounding phenomena and consider what people using muscle testing have found in an open, honorable and honest way.

We do not dismiss the claims of our peers

simply because they don't fit with our preconceptions. We evaluate the merits of new methods and rationale only after we have observed and experienced them for ourselves, and even if they do not prove valid for us, we do not condemn any safe practice that seems to work for others. It is exciting to work with people that have this openness.

We are working with energy, often called *subtle energy* because it is not easily measured in a reductionist way, yet we can measure our outcomes and record them. A significant difference between the measurements that we make and the measurements of the dominant "scientific" establishment is that we believe that individual, personal, subjective experience is the most significant. Yes, we can assist a person in making that evaluation by making objective measurements, and assisting them in developing (continued on page two)

Subjectivity

(Continued from front page.)

their internal awareness of various physical, emotional, mental and spritual aspects of their experience, but the ultimate determination is not a diagnosis made by some authority figure, but rather the feeling of the whole person as an integrated Soul.

F. Dean Lueking said, "The soul is that inward capacity in which the divine and human connect in a lifelong process of anchoring and maturing and enduring—enduring that will not flinch in the face of suffering."

(*Christian Century* 11/4/98)

Becoming aware of our connection with God is becoming aware that we are

about us is an aspect of Soul. Through this connection with God we are connected with every other Soul. I believe the subtle energy that we balance in TFH is the communication system between all aspects of the Soul and with God and every other human being and maybe everything else in the universe.

We gain awareness of ourselves as a Soul when we deepen and build our character which is tested by endurance and drawn forward in hope. The balancing of procedures that we use seem to deepen our faith in ourselves and give us hope. When we have greater faith in ourselves we also have greater faith in God and when we have

God's grace. It's not stoic determination that allows recognition that we are Soul with that inward capacity for universal connecting, but the faithful reliance on the intelligent design which God's grace gives us.

Knowing that the grace is sufficient in our weakness allows us to accept the mystery of our subjective nature. Balancing the subtle energy system by muscle testing and touch healing is working with God's grace and our own dynamic subjectivity to become integrated as a whole person, a Soul.



"Passive Smoking" Kills More People Than Car Crashes or AIDS

(From *The Futurist*, January, 1999) Environmental tobacco smoke, or "passive smoking," kills more Americans than either auto accidents or AIDS according to the organization **Action on Smoking and Health (ASH)**. Passive smoking causes 53,000 annual deaths, according to the U.S. Surgeon General, while auto accidents cause 43,300 and AIDS 37,500. Active smoking is far deadlier (430,700 deaths) than passive smoking, but the dangers are far better known.

Parental smoking kills more than 6,000 children per year and causes 5.4 million serious child ailments. Almost 100 million Americans are especially sensitive to tobacco smoke. These include people with chronic conditions such as hay fever, asthma, or bronchitis.

These facts are backed up by our research in muscle testing for sensitivity. So many people show a sensitivity to tobacco smoke. **I wonder if we can share our simple method of demonstrating this sensitivity to give smokers an appreciation of those who are negatively effected by passively breathing tobacco smoke.**

Not everyone has a weakening of muscles when exposed to tobacco smoke. My experience with people that derive some benefit from smoking is that they are very willing to protect others when they know the truth. People are all so different that we need to recognize that smoking tobacco needs to be approached on a unique person-by-person basis. Some people may have a need that smoking fulfills. But we may be able to help them find another means of fulfilling that need that doesn't have harmful effects on the smoker or those around him. Tobacco may be the least harmful way for some people to meet their need, but **we may also be able to balance the energy and chemistry of the whole Soul so that they no longer have that need.**

Let me hear your stories about energy balancing related to tobacco use.

2

Let's Review/Recommend Kinesiology @ Online bookstores

From: Sharon Promislow
<learning@enhancedlearning.com>
To: thie@touch4health.com
Date: December 22, 1998
Subject: Online Bookstores

I've just discovered on-line bookstores and much to my delight, have found our books getting out the word on Edu-K and TFH represented there in living color! I first quickly checked for my book, "**Making the brain body connection**" (Can you blame me?), then Carla Hannaford's "**Smart Moves**" and "**Dominance Factor**", Paul and Gail Dennison's "**Brain Gym**"... and John Thie's "**Touch for Health**". All present on line! (I know there will be more kinesiology books out there, so don't be insulted if you aren't mentioned here, but I got this inspiration and left the internet to write this email!

The point is **amazon.com**, **barnesandnoble.com** and **chaptersglobe.com** all invite book reviews, and so far, NO ONE HAS REVIEWED OR COMMENTED ON ANY OF OUR BOOKS. This gives you an opportunity to create a positive energy around these books. I believe it is almost more important that lay people who find power in the books take the time to comment, so this request is not just for professionals! All you have to do is search for the book by title or author, and there is a button to press if you want to make an on-line review. (I would think out my thoughts in advance before committing them for posterity.)

The request is, if you are genuinely enthusiastic about any or all of these books, please do us the favor of taking the time to make

an encouraging and thoughtful on-line comment about the book, it's ease of reading, what it has done for you etc. Your review might make the difference as to whether someone buys it or not, and my opinion is: Anyone who buys any of these books will never be the same again!! They may end up in one of your classes!

Help our books make a difference! Thank you in advance if you get a chance to do this! I'm excited about the fact that Electronic Commerce will make our books available to people who haven't had access to specialty bookstores. I had a man come up after I spoke at a bookstore a few weeks ago, just thrilled! He had become interested in Brain Gym 10 years ago, forgotten the name, and never seen the book on the shelves of a bookstore. He was delighted that I had the number of the Edu-K Assn in the reference section of my book, and I am sure he called to order one. I bet a lot of people will order Brain Gym and Touch For Health books off the web, as they are not currently in most mass market book stores.

Carla's books are getting good distribution (I've seen them in lots of bookstores) and I am hoping my book will do as well in the U.S. as in Canada, where I have been getting pretty good distribution. I'm having a wonderful time introducing my book, and will be touring further in Canada and in the States come the new year. I'll e-mail an itinerary when it is firm, and it would be great to see any of you close enough to come out to a bookstore event. It works well to be able to introduce the crowd to local professionals.

Love,

Sharon
Phone: (604) 922-8811
Fax: (604) 926-1106
www.enhancedlearning.com

"TFH/K Is My Favorite Healing Art"

From: Abbie A. Forney <forneyabbieann@juno.com>
To: thie@touch4health.com
Date: Sunday, November 29, 1998 3:47 PM
Subject: Thanks so much!

>Dear Dr. Thie,

It was indeed a privilege to join in the celebration of the 25th Anniversary of the publication of your Touch For Health Manual, and the TFHK/A theme:

>"Celebrate The Vision: Uniting the World of Kinesiology" and to meet you in person, to get your autograph in my TFH manual, and to see and hear the other giants in the various fields of Kinesiology!

>What an awesome and inspiring experience! **I was impressed with the hundreds of practitioners and lay people who had come from around the world to speak and to attend this momentous event**, all united by an obviously special and real bond.

>Since I live only about 60 miles south of Orlando, I commuted each day, and therefore was not able to attend the early or late talks or the banquet, so I ordered all of the videos from Nettie Meissner. They came yesterday, and I have just finished watching your demonstration and

opening talk! Thanks so much! You are a joy! and you really know how to drive your points home in such an artless and convincing manner.

> You packed so much important information into a few minutes. You made us laugh and laugh some more. Just watching the video was truly energizing.

> I believe you are one of the greatest teachers, and what you teach and have given the world: Touch For Health, is one of the most useful and needed tools to help individuals and a world of sick and wounded.

>As a practitioner of many healing art modalities, which I love and use, **TFH is probably my number one favorite**. It is so effective and always so much fun for myself and my clients, not to mention for my friends and relatives. How rewarding to see people improve so dramatically and on every level.

>Would you please add me to your e-mail Newsletter list? Thank you again from my heart!

Gratefully,

Ltjg Abbie Ann Forney NC USNR RET (R.N., L.M.T.)
>941 638-1453
>e-mail: forneyabbieann@juno.com

Editor's Note: To receive Dr. Thie's e-mail newsletter, which is different than this one, just send an email to thie@touch4health.com.

3

Are You Eating Genetically Engineered Foods?

(The essentials of this article were taken from "Seeds of Discontent" by Aisha Ikramuddin in the *Gerson Healing Newsletter* 14(1) 1999)

What are genetically engineered foods? It all began with the Austrian monk Gregor Mendel in 1866 with his work on hybridization. This has led to the new combining of genes from different species to make the products "better" so that crops can be made more viable, resulting in greater availability of food to the general public, and more profit for the growers.

What isn't known is whether the hybridization of radically different species is safe! The combining of pollen from different closely related species or sperm from different animals of the same species has been done for a long time and seems to be quite safe. This produces "better" dogs, cats, cows, corn, wheat etc. However, the current combining of genes from fish with genes from tomatoes, or cow genes with corn is another question. This has never been done before and we do not know what will be the result. And now, in the US, **we do not even have the chance to choose not to eat these genetically altered foods** as they do not have to be so labeled.

In California, when they were so labeled, people did not buy them. So the companies

government and got national regulations that did not require labeling.

The question for all of us to think about is, how are we going to monitor these changes to our food supply? In 1998, as estimated 38% of U.S. soybean acreage was planted with Roundup Ready trade marked soy, engineered to survive otherwise fatal doses of the herbicide Roundup. It is also estimated that 32% of the U.S. corn crop in 1998 has been engineered to emit toxin from *Bacillus thuringiensis* (Bt), a soil bacteria normally sprayed to control insects. Similar genetically engineered products are being used with Bt in cotton, potatoes, squash and thick-skinned tomatoes.

There is a lot of objection to the American companies that are attempting to plant these transgenic foods in Europe. The public is actually sabotaging the fields. That's real strong feelings against its use.

I don't know, and neither does anyone else, if these changes will be good or bad in the long run. The proponents of transgenic foods claim that, by increasing yields and reducing farmers' costs, biotechnology will feed Earth's burgeoning population- estimated to increase by three billion, to 9.4 billion, by 2050. But many scientists, environmentalists

and consumers fear that biotechnology could have a devastating impact on the environment and put human health at risk.

What do you think?

Weight gain increases your chances of Stroke

More information is coming out about the dangers of gaining weight in adulthood. The Boston Based **Nurses Health Study** which has followed 117,000 U.S. Nurses from 1972 to 1992 found that nurses who gained 22-44 lbs. over that period were 1.7 times more likely to have a stroke than those who gained less than 11 lbs over the same period. The study also showed that the risk went to over two times in those that gained more weight. All smokers faced an increased risk regardless of their weight.

What can we do? I believe that feeling good and keeping up exercising by walking daily, especially around meals will help maintain healthy weight. Each one of us is unique and there are multiple factors that make stroke more likely.

We will all die someday, it's just a question of how and when. There's a lot we can do to have high quality of life and less disability as we age. Getting balanced regularly is one of the best health promotion methods, particularly where TFH is part of an ongoing process of awareness of all of the aspects that contribute to our experience of Wellness.

Super Tasters, Normal Tasters & Non Tasters

(*Science News*, Vol. 152) New research has shown that the way people function uniquely may be a factor in why some people naturally eat a better disease prevention diet. Kathleen Fackelmann states that 25% of the US population are "supertasters", people that have a genetically determined dislike of bitter compounds found in many vegetables and fruits. 50% are normal tasters, and 25% non tasters. In nearly all genetic research, the new findings have shown that more than one gene needs to be "turned on" to trigger genetically linked problems.

The research that Ms. Fackelmann has been reporting shows that taste has inherited factors. There is no evidence presented that the inherited gene is the *only* cause of the dislike of fruits and vegetables. I wonder if so called supertasters that seem to dislike these beneficial foods could have these preferences changed the way I did when I first came to California and just couldn't stand the avocado flavor. I now love all kinds of avocados, plain in dishes, hot and cold.

Taste is to some extent acquired from the culture and availability of foods. Some genetic factors also seem to contribute. I am going to observe what happens when doing food balancing. I want to see if any foods that are particularly distasteful cause inhibition of energy flow and if balancing with the food in the mouth makes any difference.

If you try this experiment, I would love to hear

Obesity Called a *Disease*

There are two new drugs coming out in early 1999 to deal with the newly labeled pathological condition of "**obesity**" that is effecting over 50% of the American public. The people that are more than 10 percent over the recommended weight for their height are called **overweight**. If they are 20 percent or more above "normal", they are considered pathologically "Obese."

The drugs that are recommended have side effects which can be quite serious as they interfere with the absorption of vitamins, minerals and the fat itself which contains some of the most important vitamins and essential fatty acids. No one knows what the long term effects of these losses will be during the lifetime of the individuals taking the drugs. In each case, the recommendations also include advice such as reducing calories, eating a more healthful diet and exercising more. There is a major shift in the way that people look at the "overweight and obesity" problems. It is a paradigm shift from seeing this as a behavioral problem to one of viewing it as a medical problem.

If you dislike your body image and see that you can change it by changing your behavior, then you can feel that you have choices. If it becomes a medical problem that is out of your control and especially trained "expert" needs to take over responsibility, you may become a lifelong patient, turning your life over to others. If it is behavioral, then using TFH as an energy balancing procedure to help you do what you want to do to change would be one of the ways that you could make better choices. TFH could also be a part of the program at home or with the medical professional to help the patient do the things that are behavioral, like eating a better diet, exercising, and accepting yourself for who you are at the moment and knowing that you are worthwhile no matter what your physical condition.

We can look at this paradigm shift as positive. It is calling... (continued on page 6)

Dr. Sheldon Deal Recognized for 30 Years Pioneering work

I was pleased to see my good friend and colleague (and steadfast friend to TFH),

Dr. Sheldon Deal, profiled in the **Feb99 issue (Vol.5, No.1) of the *Alternative and Complementary Therapies* journal** for his 30 years of Pioneering work at his **Swann Clinic** in Tuscon Arizona. Sheldon has been a constant inspiration at TFH annual meetings and other K gatherings in addition to his ongoing leadership in the ICAK.

Dr. Deal's group of health practitioners serve as a model for complementary and integrative medicine that is the wave of the future. In addition to Dr. Deal's expertise in Applied Kinesiology, naturopathy, nutrition, chiropractic, etc., the Swan clinic is home to practitioners of a wide range of healing arts whose work complements each other and provides a "one-stop shopping" resource for people dealing holistically with their health issues. Garry Deal, DC practices chiropractic, Autumn Holder, ND and George Michael Miles, ND, focus on naturopathy, Phillip Palmer holds a Masters of Science in Oriental Medicine and is Certified in Nambudiprad Allergy Elimination Technique (NAET), Patricia Cota-robles is a counseller in Mind-Body Medicine, and Ron Chandler is a Colon Therapist.

In the article, Dr. Deal is quoted, "The idea for the clinic is to cover as many bases as possible....Our philosophy is that we get better results if we take all...aspects into account....We can correct a problem and retest and get feedback right away. If the first approach doesn't work, we can do something different....We can also ask the body what it wants."

"He sees patients ...[and] uses muscle testing" in addition to a variety of laboratory tests " to check the patients' progress and then updates his or her nutritional plan with change in diet or supplements." Dr. Deal first came into contact with AK in 1970. "In 1974 he and 11 other practitioners established the International College of Applied Kinesiology." Dr. Deal served as President of the ICAK from 1978-

1983. He is currently President of the examining board of the ICAK.

Patricia Cota-Robles, who was also profiled,said, "I work with feelings of unworthiness, of low self-esteem....they may feel they aren't honored for who they are as [human beings]..." Sometimes we feel like the only way to stop and care for ourselves, or get attention from others, is to become physically ill. "What I teach is that when we are empowered, we get even more attention."

It's great to know that Tuscon has such an excellent resource in the Swan Clinic, and that those of us using TFH to be empowered and balanced can find professionals who respect our whole being. I hope that this model becomes the dominant one in the near future.

Note: I really love it when I see our colleagues recognized in print. If you have articles profiling Kinesiology practitioners and their work, pass them on to me!



Obesity Called a Disease

(continued from page 5)

...attention to the greater incidence of various diseases that are associated with "overweight and obesity" and thus maybe allowing people to realize that they can have a positive effect on their lives by making changes in their behavior. TFH balancing can be one of those positive changes.

On the other hand we can wonder about the "overweight and obesity" being a problem because people are living much longer and are working more years than ever before. There are more people over 100 than ever before. At the same time, more people are "overweight and obese." **I wonder if the sale of drugs could be a motivating factor in changing the meaning of "obesity" from primarily behavioral to primarily medical.** *Let me hear your stories about using TFH to change behavior and/or reach a healthy weight.*

MS Linked to Virus?

"A new study has yielded evidence linking a strain of herpes virus to multiple sclerosis (MS). More than 70% of patients in the study with the most common form of MS showed signs of active infection with herpes-virus 6 (HHV-6). The finding, reported in Nature Medicine, is not yet conclusive proof, however, some researchers question whether the apparent association is a symptom rather than a possible cause of MS.

In multiple sclerosis, immune cells attack and inflame the myelin, fat like sheaths surrounding neurons in the central nervous system. Symptoms can vary widely, but MS is generally characterized by muscle weakness and neurological impairments, and most patients see their condition wax and wane with new symptoms appearing or old one becoming more severe, alternating with periods of remission. Eventually, however, it can lead to disability and paralysis. HHV-6 which infects young children, causing a condition called roseola-- marked by high fever and rashes--also inflames myelin. It is present in about 90% of the U.S. population and can become reactivated when the immune system is under stress from factors such as secondary infections or emotional strain." (SCIENCE VOL. 278 5, Dec 1997)

This study shows how important it is for us to help each other improve our immune functions to prevent the development of all kinds of serious physical symptoms. We can not only get regular energy balances, but also help with restoring balance in the emotional aspects of our lives with the TFH system. This discussion about whether the virus is a symptom or a cause is a long standing debate in the biomedical approach. Does the presence of excessive bacteria or virus mean that they are causing the health malfunction or that they are symptoms of the underlying imbalances in the whole person. This debate will probably go on for many years and I think it is important to recognize that it involves world views that are different, and that it is not a right or wrong issue.

Does the presence of bacteria, virus, or "bugs" mean that they are causing disease or are "bugs" symptoms of underlying imbalances in the whole person?

Molecular Nanotechnology

(L.A. Times NOV 17, 1997)

Nanotechnology is the art, science and technology of building stuff that does stuff on the nanometer scale. (A nanometer is one-billionth of a meter.-- really small) There is a small group of scie around the world that are working on making molecules on this scale that do things and after th last atom is added can operate with the same molecular perfection as in naturally occuring molecules. Richard Smalley , a Rice University Professor and Nobel prize winner, stat@d that the bold dreams that the scientists are dreaming are "to build molecular structures that don't just have 10 15 or 100 atoms in them but billions of atoms. And not structures that nature has figured out ways to do all by herself. After all, every living cell in our bodies is chock-full of nanomachines of molecu perfection which we are having great fun in understanding."

The perfection that is in each cell reflects the energy and power built into each of us as Souls. The results that are obtained by the simple proces TFH balancing with goals is explained by the improvement of communication to all of the molecular nanomachines in each cell. The mas parallel processing that is going on is beyond comprehension. Dr. Smalley goes on to say "Every atom has to mov in just a particular way for the process to wor right. Each one of thos atoms has three directions it can move, and generally there's 10 to 20 atoms in the vicinity that are critically involved in a reaction. So the chemistry happens at 60 degrees of freedom and you have to control every one of those 60."

"We talk about 'the chemistry between individuals being right.' The notion is that i extraordinarily complex interaction, even quite mystical. You don't get a boy and girl to fall in love just by pushing them at each other. There are man dimensions involved." In my opinion that is why it is so important for us to have goals so that the mystical "just right" chemistry will take place in our cells on the multiple dimensions to allow us to be pulled into the future we desire and are destined to fulfill.

CDC Says: Prevention Not Penicillin

(From the *FDA Consumer* November/December 1998)

The biomedical model of treatment of disease has been to give a specific drug to combat a specific disease or virus. Now there is a recognition that prevention is a much better way of working with your health.

Antibiotics, which were considered miracle drugs that would eventually eliminate all diseases, have had their benefits, but have actually created more virulent diseases. David Bell, M.D., an expert on antimicrobial resistance with the national Centers for Disease Control and Prevention, says the problem "is that we've reached a situation where it's no longer an isolated problem of this bug or that bug; virtually all important human pathogens treatable with antibiotics have developed some resistance." Some of the most common illnesses "caused" by infectious germs (when the natural immunity function is low) have developed antibiotic resistance and become "super bugs". "pneumonia, ear infections, acne, gonorrhea, urinary tract infections, meningitis and tuberculosis can now outwit some of the most commonly used antibiotics and their synthetic counterparts, antimicrobials. According to the Mayo Clinic in Rochester, Minn., drug resistance may have contributed to the 58% rise in infectious disease death among Americans between 1980 and 1992."

The way that it works is, "Every time a patient takes penicillin or another antibiotic for a bacterial infection, the drug may kill most of the bacteria. But a few tenacious germs may survive by mutating or acquiring resistance genes from other bacteria. These surviving genes can multiply quickly, creating drug-resistant strains. The presence of these strains may mean that the patient's next infection will not respond to the first-choice antibiotic therapy. Also, the resistant bacteria may be transmitted to others in the patient community."

It is now estimated that 50 million pounds of antibiotics are produced each year in the U.S.

Over 40% are not used to treat humans but used in agricultural crop enhancement and for farm animals.

It is estimated that about 20% are used to treat diseases in the animals. Some of this results in

superbugs developing and remaining in the meat which is then eaten by humans, thus passing the superbugs on to humans. The other 80% of the drugs not used for humans are put into feed and sprays to increase the production of saleable materials for human consumption. We may be developing superbugs just because we eat food.

"Experts say that doctors are sometimes quick to prescribe antibiotics for all sorts of symptoms, even though antibiotics work only against bacterial infections, not viruses such as flu or the common cold. More than 50 million of the 150 million antibiotic prescriptions written each year for patients outside of hospitals are unnecessary, according to recent CDC study. This study shows "antibiotic prescriptions were unnecessary in 30% of 23 million ear infections, 100% of 18 million for the common cold, 80% of 16 million for bronchitis, 50% of 13 million for sore throat, 50% of 13 million for sinusitis."

We have an opportunity to assist the governments and health authorities in combating this serious problem. We can help those around us to be better informed about antibiotics, using common sense proper hygiene, and especially enhancing the immune functions with TFHK balancing on a regular basis.

Will you help by talking about these dangers and work against the unnecessary use of antibiotics?

TFHE NEWSLETTER, official organ of
Touch for Health Education, Inc.
6162 La Gloria Drive., Malibu, CA90265
(310) 589-5269, FAX(310) 589-5369
Website: touch4health.com
e-mail: thie@touch4health.com

STAFF

Publisher/Founder: Dr. John F. Thie
Masthead Design: C.W. Scott Rubel
Editing/Layout: Matthew Thie
Permission to reproduce articles not copyrighted is hereby granted by TFHE by observing the following:
1. Provide credit stating: "This article is reprinted by permission of Touch for Health Education from the (Volume/Issue/year)" with address.
2. Send two copies of the reprint to the Editor of TFHE Newsletter at the address above.

