

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



Remembering Wellness Effects Whole Brain & Soul

What makes the Remembering Wellness approach with goal setting and creative use of metaphors so effective? First of all, we listen to people and find out what THEY want, what their goals are. Then we assist them in balancing their energies for a positive purpose. When we integrate the contemplation of metaphors related to the 5 Elements, the Meridian/Organ Functions, and the muscle functions and tests, we help people to find meaning in their desires as well as their dis-ease. Far from ignoring symptoms, we teach people to be more self-aware and self-responsible, addressing the issues that inhibit their experience of Wellness before they become disabling conditions. This is in stark contrast to the dominant model of patient care in biomedicine.

The typical biomedical practitioner is constrained by the amount of time allotted to each individual contact and needs to make a quick diagnosis of a named condition. Symptoms are not seen as elements of an individual person's life, but as clues to the diagnosis and therefore the prescription that will be given. According to some studies, this is often decided upon in the first 15-20 seconds. The person seeking help is then only asked questions which will be follow-up to the chosen diagnosis. This allows the practitioner to decide what additional examination or drug to prescribe. The whole encounter can take less than five minutes, including all instructions to the patient.

In using the TFH methods we are not looking for that third entity, the named condition. We want to know what the person wants better in their life and what they will be doing when they are not using their energy coping and adapting with the symptoms that are interfering with their lives. We want to know when they have experienced that feeling before and make a comparison between this "remembered wellness" and how they

are feeling now. This can be done in a very short period of time if the person seeking help knows how they want to feel, what they want to be doing when they are feeling better and when they have felt that way before. Rating personal perceptions of Wellness before and after balancing is very effective, especially when using an analog scale from 1-10.

When we have listened to the person seeking help and gone through the process of setting a goal and making a written note about the comparison, we can then use the metaphors associated with the element/meridian/organ/muscle energy imbalances to help the person to recognize what might be blocking their energy and keeping them from feeling the way they want to feel and doing what they want to do.

There is a great need for this approach in our society and in the health care field. Biomedicine as it is currently practiced is highly effective in emergency situations and in dealing with acute symptoms, however, there is a gap between the self-care that people know how to provide themselves and the crisis management that modern medicine provides.

It has long been recognized that there is an overuse of medication and surgery and a corresponding failure of the reliance on these methods to sufficiently contribute to the health of a large number of patients. With more and more people living longer, we have an ever greater need for people to learn to take responsibility for the life choices which contribute to Wellness or to chronic illness. TFHK bridges the gap between what the medical approach can provide and what people can do for themselves.

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Remembering Wellness

(Continued from front page.)

Goal setting is a whole brain activity. When we remember Wellness to set our goals and achieve them, we use our whole brain, not just different parts for different activities. Research in various fields is giving us an understanding of the brain, the mind, and the Soul as a far more integrated, holistic process than previously thought. The Anthropic principle of human perception, and the correspondence of current studies of the evolution of ideas and achievement with the cycles of the 5 Elements, helps us to understand why using metaphors and goal setting is so effective in balancing energy and improving our experience of life.

Every brain contains approximately 100 billion cells called **neurons** and about an equal or greater number of **glia cells**, which were formerly thought to be just a matrix to hold the brain together but now are known to have many functions. The connections between the neurons, between the glia and the between each other (which enable us to walk, talk, and breath without thinking about it) are estimated to be in excess of 100 trillion. The brain is constantly executing many “programs” some of which are very specific and some of which are more global. For anyone who has worked with a few programs on a desktop computer, it’s amazing how the human being can simultaneously juggle so many tasks without a total system crash.

I think this awesome capacity has a lot to do with the fact that our functions are not only effected by the gross energy of biochemistry, but also by a more subtle energy system of life force. When we are balancing the meridian systems, we are actually working with both. The acupuncture system does have a direct affect on biochemistry which is being increasingly measured in scientific studies, and it also has an effect on the subtle energies of the body which can have dramatic results

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that are not directly measurable in material terms.

Likewise, the brain has an effect on this subtle energy system as well as the gross energy system. Recently, neuroscientists discovered an area of the brain that the news media called “the God spot.” This is an area of the temporal lobe that showed hypersensitivity to religious words and phrases. However, the neuroscientists did not claim to have found a “God spot.” Instead, they concluded that the brain is profoundly connected to what goes on in the mind, even in the most sublime of all experiences, the religious experience. Today, many neuroscientists are emphasizing the holistic character of brain function and the ways that reason and emotion interplay to make up a soul, a self. What we are learning is that not only is there is a bottom up effect on the mind from the brain but also a top down effect from the mind on the brain and the whole person the soul. The physical and chemical activities can influence the mind AND the decisions we make in deciding on goals and the feelings that we anticipate that will follow when the goals are reached effects the brain functions.

The model of the triune brain, in which particular structures of the brain can be seen in terms of their evolutionary heritage, is now seen to be incomplete and there is a great deal of question about any conceptual modularization of the brain. The functions of many “inherited” structures, which are similar to structures in other animals, are much more complicated than previously thought. The “reptilian” and “mammalian” portions of the human brain do not always do the same things as those structures do in reptiles and other mammals. These areas of the brain have developed new roles in memory, the integration of information, and consciousness—all elements critical to the operation of the neocortex.

There has been a lot of reevaluating of the extent to which the “modules” of the brain ever act independently. Studies have shown that there may be a

preference for certain functions in specific areas of the brain, but these areas also function in concert with other areas. If one part of the brain is damaged, the function may be able to be transferred to other areas even in the opposite hemisphere. In other words, brain functions are integrated and dynamic and the mind and subtle energy are intertwined with all functions in this integrated and dynamic life we all lead.

An important aspect of of this integrated, holistic function is the way in which we form out perceptions of experience. A central feature of our cognition is our predisposition to humanize what we perceive. This “Anthropic Principal”, the humanizing or anthropomorphizing of everything for greater understanding, gives us a good reason to use metaphors in our TFHK balancing to help bring the whole brain activity to bear on the healing system. Our brains and our minds are designed to conceive of the cycles of nature as similar and connected to the cycles of our Souls and vice verse.

The conception of the natural world as mechanical is a rather recent cultural aberration. Studies have shown and are continuing to show that infants and toddlers are predisposed to treat the world as animate. For them, a ball rolls not because it is following Newton’s laws of motion, but because it wants to roll. Similarly, many aboriginal religions have an animistic outlook. They see rocks, trees and rivers as inhabited by spirits and describe natural events in intentional terms. When we look at the world from a reductionist, materialist perspective, this humanization seems literally false. But when we look at the way perception and experience occur in human Souls, metaphorical anthropomorphism is found to be integral to the process of remembering Wellness.

Happily, current conceptualization of the transformation of thought into action corresponds perfectly with the cycles of the five elements. Formerly, it was believed that conceiving of an idea or

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creative solution, experimenting with it, visualizing it, and integrating it with other ideas were the exclusive domain of the right hemisphere of the brain. We would only then call upon the left hemisphere's analytical function, and logic to determine if our idea would really work. The next step, implementation, finally involved a sort of back and forth relay. This process also involved the limbic system, another bilateral component of the brain—which is said to handle memory, emotion, sequence, time, fight-or-flight and sensory response.

Current thought divides the process into five phases which fit nicely with the 5 Element cycle. The first phase, **interest and preparation**, involves both right and left hemispheres and corresponds with the **wood/birth** phase. The next phase is the **incubation of the idea or goal** and corresponds with the **fire/adolescent** phase. This involves primarily the right hemisphere. Next comes the **illumination/evaluation** phase corresponding with the **earth/adult** phase. Next is the phase of achieving the goal, **verification, metal/old age**,

involving the left hemisphere and limbic area. This is taking responsibility for the goal and its consequences. The last phase of achieving a goal is the **application** of the goal in your life, the **water/integration –death** as an idea and rebirth as an integrated part of a whole system/Soul. The fear and awe of the water element moves to the love and appreciation of the water element in the integration of the goal into the lived life.

When we contemplate the metaphors associated with an energy imbalance we may directly access a specific concept that gives us the insight we need to move forward towards our goals as I often find, particularly when assessing energy imbalance with the Shen and Ko cycles (Creation and Control) of the Chinese Law of 5 Elements. Or else, the creative “brainstorming” activity of contemplating our life from different angles allows enough integrated brain/mind/Soul function that we feel more able to achieving our goals within the context of our environment and the life we are choosing to lead.

Frankenstein Food

Adapted from the Article **"Frankenstein Food"** By Anne Marie Colbin in the Mar/Apr. '99 edition of Spirit Magazine.

Unless you always buy organic, you don't know if you're getting transgenic, "Frankenstein" foods. Scientists snip fish genes thought to help resist cold and paste them into strawberry genes to help them resist frost, but what they don't know includes:

1. Impact on the ecosystem: Canola plants engineered to resist certain pesticides have cross-pollinated with weeds. So now we still have weeds AND a high concentration of poisons.
2. Long and short-term effect on animals and people of eating genetically engineered foods: The multi-national companies that market genetically engineered seeds say they are perfectly safe. The FDA (Food & Drug Administration) and the EPA (Environmental Protection Agency) assume they are safe. However, no long-term studies have been conducted. The American public are unwitting participants in this vast experiment. (Continued on page 4)

Shalom VeGodsky and her chiropractor husband have been working to share TFH and Alternative Medicine with the medical professions for over 20 years.

Subject: The class went well
Date: Sat, 6 Mar 1999 22:00:10 EST
From: VeGodsky@aol.com
To: thie@touch4health.com

Dear John, Just a quick update to let you know that the class I taught to the Medical students at **UVA (University of Virginia)** went great! Those who came loved it and were quite impressed. They asked lots of questions and I feel like I handled them well. I did a demo on a guy who told us that he was doing horribly and had epilepsy which was acting up more than usual, and that he was terribly stressed. His eyes had deep dark circles around them. We talked about the importance of water and a good diet, and proceeded to do a balance. His goal was to be

able to reach out to others in a more positive way (and not be so preoccupied with his own problems).

After the balance, he was bright eyed, his dark circles were obviously gone, and he said he felt great!! He called me a few days after to thank me and tell me how he's been telling all his colleagues about his experience, and to make an appointment to see me at the office. The other students also seemed to be impressed by Touch for Health Kinesiology, and the instructor called me to say how much the medical students had enjoyed the class. They all gave me their names for my mailing list, and I sure would love it if some of them will take the courses. I did cover the different perspectives and models of healing, as you suggested. This went over well. Thank you so much for your inspiration and help!!
I hope you are doing great!!

Much love, Shalom =0)

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.

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Muscle Monitoring

Changes with False Statements

Have you ever wondered what is the physical mechanism that causes the change in muscle response when a false statement is made as a declarative statement?

David R. Hawkins, M.D. in his book *POWER vs. FORCE, The Hidden Determinants of Human Behavior*, on page 223 says, "In a holographic world any "single" event is the result of all events in the universe; "events" as such have no self-existent reality. The universe is man's consciousness. It requires a comprehension beyond intellect...The world of spirituality is coincident with the world of non-deterministic science and non-linear systems..."

I believe he means that we have been intelligently designed so that we have to look at the outcomes and then accept things as we feel and observe them in our own lives as truth. When we make a declarative statement and it is not true for us, such as saying our name is something other than what it is, it causes a muscle change. We all have observed this phenomena and accept it as a truth in Kinesiology.

From a mechanistic viewpoint, new research on the brain and how we

learn to make meaning may help explain the phenomenon. (SCIENCE NEWS VOL. 155 PAGE 68)

It now appears that being aware of rhythm and intonations of spoken language is equally as important as the more obvious need to interpret the word meanings and grammar.

It has been known for a long time, in the field of "Lie Detector" tests (polygraph, etc.) that the *way* things are said can give clues to the truthfulness of the statements made or the answers given to questions. This means that if a statement is valid or true for us, it will be accompanied by a different pattern of subtle muscular posture/activity than if a statement is false.

The so-called prosodic features of speech, the slight changes in the intonations and rhythm of the words, the pauses for emphasis, are monitored by the brain as patterns with lightning speed. The muscle changes are perceived as a pattern or holographic structure by the brain and we can use muscle testing to see differences in the response of the whole person to different statements/holographic patterns.

Do we only use 10% of a gradually deteriorating brain?

For a number of years I have repeated the idea that we only use 10% of our brains. I thought that meant that everyone has greater potential than they might realize, which I still believe. Planning and setting goals to improve our functions and have more personal bests and peak performances does seem to increase use of our brain in the realization of potential. None of us really knows our full potential to accomplish changes that will make our lives and the lives of others better and make the world a better place.

However, during the "decade of the brain", as the 90's have been called by the US government, functional MRIs and other ways of studying the brain, have revealed that we use all

areas of the brain at some time during the day. Likewise, we do not use all the muscles at once, yet we now know that all the muscles are aware of what is happening all over the physical body all the time. We truly are whole.

Also, it has been shown that the brain is repairing itself and **new brain cells are being developed every day**. The new model is not one of progressive mental decay, but rather of, "Use it or lose it". So it's important to keep mentally and physically active all of our lives.

Daily TFH balances will help us to use our whole brain and our whole Soul, keep us active and interested in life with meaningful goals and attending to the imbalances and stress of our daily lives.

Frankenstein Foods

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3. The effect on people & animals of eating food produced through the application of bio-engineered products. RBGH (recombinant Bovine Growth Hormone) is given to cows to increase their milk production. (Never mind that we already have a surplus of milk in this country, subsidized by our government with tax dollars) Where are the studies that show that it is safe to give it to children and adults for 20 years or longer? Reports from farmers indicate that cows get sick and must be given antibiotics and most bacteria have become resistant to them. And so drugs and money go round and round.

Colbin relates reporting by Michael Pollin in an Oct. 25, 1998 New York Times Magazine cover story, "Fried, Mashed or Zapped with DNA", about Monsanto biotech potatoes which are "licensed" to "users" to grow a single crop without further propagation. Subsequent crops must be grown through another purchase of seed and a 1-year license. In addition, this biotech potato is not exactly a potato. It is classified as a pesticide and registered as such with the EPA. Usually pesticides are not recommended for direct consumption, and carry serious warning labels, which Mr. Pollen says these potatoes did not. However, as the FDA is not supposed to mention pesticides in food labels. The fact that a potato is a food is a pesticide is a food leaves no one in charge of determining and monitoring its safety.

What to do if you don't wish to participate in this vast agricultural experiment:

1. Choose organic. At least for now, the legislation that tried to include genetic engineering in the definition of organic has been defeated.
2. Avoid fast and mass market foods, which are more likely to be made with biotech crops.
3. Stay alert. Communicate with your elected officials and express your views.
4. Support the organizations fighting this issue.

Greenpeace

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Food & Water

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Chicken Soup for the Global Soul is Currently in Production and Needs YOUR Stories....

...Specifically, TRUE stories, 1,000 words or less, that open the heart and lift the spirit and are authored by NON-AMERICANS. Please send YOUR stories for consideration via email to cherie@themms.com

Stories about how TFH has changed lives fits what this organization has published in the past in its many "**Chicken Soup for the Soul**" books. If you would like to send in your story about TFH or other uplifting stories, I am sure they would like to hear from you. One of the authors was a banquet speaker for the TFHK Association of America and I had a chance to sit next to him during dinner, prior to his talk. He was a pleasure to get to know and even suggested a TFH "Chicken soup book."

Maybe even a better place for your stories would be with Larry Green, the immediate past president of the TFHKA who is a book publisher and is working on a TFHK book like this.

Contact Larry at: greentfh@mindspring.com

Of course, I would also like to have the stories for our historical records and to share in the newsletters and on our web site.

Here's a story I received from South Africa on the 25th Anniversary of the publication of the TFH book in Orlando Florida, October 1998. It is part of the history written by **Val Hubert**.

"February 1985 brought a whole new dimension into my life in the form of Touch for Health.

For 10 years I had experienced total frustration and helplessness, watching my very sick husband battle with pain. Touch for Health held out new hope for us both and I will never forget my excitement as I took my first course. I ate, drank and breathed kinesiology and few people left my home unbalance!

Touch for Health did not get off to a roaring start and sadly, of the 20 people who did the initial course in Cape Town, I am only aware of Pauline Hogben and myself who carried on. Pauline was staying in Durban at the time, and when her husband Allan told me how she was battling with her health, I asked him to send her to me for two weeks. While being balanced every day, Pauline also learnt more Touch for Health. She improved so much and went back to a delighted husband, who she taught to keep her in balance...."

These are the first three paragraphs of a book of stories from South Africa that was presented to me by **Pauline Hogben**. She is continuing to help many people teaching TFH and other kinesiologies. It is a great pleasure for me to have these stories over time I will share more with you.

Medicines That Don't Mix

Now that more and more health professionals are using *herbs* and other alternative methods there is a lot of information coming out about the dangers of combining Herbs and Drugs.

Andrew Weil, MD, in his newsletter (March 1999) warns that herbs may have the same or similar effect as drugs and you should be very careful in combining herbs and drugs. Unfortunately, doctors and pharmacists don't know much about these problems. This means that you have to be especially careful when taking drugs and herbs because those who are prescribing them may not be aware of the problems.

In the February 1999, *American Health*, it was reported, "...half the people prescribed two or more drugs received medication that have been reported to interact adversely, says John Horn, Pharm.D., a pharmacy professor at the University of Washington School of Medicine in Seattle.

"Plus, we often don't know of all the possible interactions until a vast number of people use the drugs," says Joe Graedon, a pharmacologist in Durham, NC and co-author of *Dangerous Drug Interactions: The People's Pharmacy Guide*."

This means that all of us have to be as careful as possible with drugs, which can be helpful at times but may be dangerous. The article gives 10 tips on how you can avoid drug mix-ups. All of which are based on your own need to take responsibility for your health. Number 6 says "**Ask if you can try a non drug alternative first, especially if you take many medications. TFH often provides relief without drugs,** so see if this is an option.

Number 10, "Find out what times are the busiest for your pharmacist—and avoid them." This is really scary for me, as it seems to indicate that a lot of mistakes are made due to time pressures. Number 7 is also very frightening but important,

"If you're in the hospital, **ask a friend or relative to be your advocate and monitor what drugs you'll be taking and why.** Also make sure your drug allergies are listed on your wristband, which should be checked each time your medicated."

What bothered me in reading this was the assumption that you have allergies. Are allergic reactions to drugs so common that its is just assumed that everyone has at least one drug allergy?

Finally the article ends with the Federal Drug Administration's number to report your suspected interactions or adverse reactions. Keep this number to have for yourself and others when such reactions do occur; we can make our health care safer if we report our experiences:

800-FDA-1088

Muscle Metaphors (Continued from page 8)

organ systems, between the conscious mind, the unconscious, our intuition, and our connection to Chi, life energy, or God.

Our premise is that a sufficient flow of information/energy will result in an emotional, physical, mental and spiritual equilibrium that will allow us to feel whole, to do the things that are most important to us, and to find meaning in life. **Creative use of metaphors can enhance our assessment of our own wellness in the context of our life, help balance our energies towards our goals and help us discover new passions and purposes that are right for us.** Awareness is the key aspect of the process. We may feel a lot better physically, mentally and emotionally after a balancing, but the true power of TFH is in developing our awareness of the things that we really want from life and the things that block our energy to accomplish our goals.

The Five Element Metaphors, the Organ Function metaphors and metaphors derived from the test motions/muscle functions offer a rich resource for exploring the meanings of our experiences, our feelings, our imbalances and our goals. Using the metaphors helps us to verbalize or at least think about the many possible aspects of our goals and the related imbalances. When we think about a metaphor related to an imbalance indicated by a muscle test, we often have that "Aha!" moment of insight. This may be a highly transcendent, sudden, miraculous moment of enlightenment, like those attained in prayer or meditation, and it may also be a step-by-step process of development through small, everyday insights as we deal with our problems, our life's work, and seek our Telos, the purpose in life we were born to fulfill.

The mental exercise of contemplating the metaphor increases parallel processing in diverse areas of the brain and the whole Soul, bringing more of our innate resources to bear in balancing our energies for our unique purposes. Just thinking or talking about the metaphor often balances the energy in all of the meridians as indicated by muscle testing. But thinking about the metaphors also provides all kinds of insights and new perspectives for our life experience.

Try to become aware of the specific muscle as you perform the range of motion. Once you have a conscious and kinetic sense of the range of motion, try to be aware of any thoughts or feelings which come to mind. Think of what kind of action the muscle test or the muscle function suggests. **What might the activity symbolize in your life?** Does anything "pop into your head"? Refer to the provided muscle metaphor question as an example. The metaphors are mostly used during the energy balancing and might also be referred to when discussing the outcome of the balancing, but after the balancing our focus is on the specific meanings for the individual person, rather than the metaphors per se. This allows the person being helped to tell his or her story and discover where their passions are and where they are wounded, damaged or in denial.

See if any of the metaphors fit your life now, or might relate to some event in the past, or are symbolic of your direction for the future. Start with the basic metaphor and **see what it suggests to you.** The specific explanations of the metaphors and questions provided are merely examples to "prime the pump". If the suggested metaphor fits, great. If another idea jumps to mind, consider that to be more significant. If the metaphor doesn't fit, and nothing comes to mind, then you might just move on. Or perhaps there is a particular emotion you are feeling when you think of the metaphor. Try to verbalize it, to express it, or simply to be aware of it.

Central Meridian

The central meridian is where the used energy of the other meridians is stored prior to being released with the breath on exhaling. It is a small muscle and a short meridian.

Muscle: SUPRASPINATUS

This muscle is a small one related to the shoulder and lifting the arm in a forward position. The range of motion is also subtle. Think of the muscle motion as one of shifting your posture to let go of things that once served you, but can now be released. Feel this small muscle contracting on top of the shoulder under the neck muscle (under the upper trapezius). This is a subtle feeling. The supraspinatus is a deep muscle. If you feel a muscle contracting or straining elsewhere consider the supraspinatus inhibited. If a muscle is not fully facilitated, it may recruit other muscles to compensate.

What do you need to let go of, large or small, that worked for you in the past but is not useful now?

Governing Meridian

The Governing meridian is connected with all the other meridians including the Central/Conception vessel. It is a storage vessel for excessive or used energy before this energy is released with the breath. Prior to using the other muscles as indicators of imbalances in the Soul—the whole person, it is important to uncover/release this stored energy by considering the burdens that a person is literally or figuratively carrying.

Muscle: TERES MAJOR— This is a small muscle of the back of the shoulder, when it isn't working at its optimum (as indicated by testing facilitated /strong) the shoulders tend to slump forward as if you were carrying a weight or heavy burden, literally and metaphorically. Feel this small muscle contracting between the top of your arm and the bottom of the shoulder blade.

What burden/weight needs to be removed from your life? How do you envision the burden? Do you need help to remove your burden? What transitions are you coping with, or do you need to make?

Stomach Meridian

Muscle: PECTORALIS MAJOR CLAVICULAR— This chest muscle helps bend and turn the arm at the shoulder. Contracting this muscle also elevates and opens the chest. Feel this muscle contracting at the top of your chest between the shoulder and the area below the collarbone.

In relation to your goal, do you need to hold your chest up and be more proud or are you too proud?

Spleen Meridian

Muscle: LATISSIMUS DORSI- This muscle extends from the back from the hip to the spine and to the shoulder and is involved in all the movements of the arm across the front of the body. When it is out of balance posture is effected from the shoulders to the pelvis. Feel this muscle contracting at the side of the back when the elbow is held tightly against the body, arm straight, with the thumb pointing to the back.

Are you taking swings, or striking at things, physically, mentally, spiritually? Or are you inhibited from making large gestures in trying to reach your goals?

Heart Meridian

Muscle: SUBSCAPULARIS- This muscle is hidden behind the shoulder blade and holds it in place. Hold the arm at ninety degrees from the side of the body and the forearm at a right angle with the arm, and pull back to feel this muscle contracting under the shoulder blade.

What are you hiding or keeping private? Is there something that you need to reveal?

Small Intestine Meridian

Muscle: QUADRICEPS- This muscle straightens the knee and flexes the thigh. This muscle is also associated with the function of the jejunum and ileum, and weakness in this muscle may correspond with digestive problems. Feel this muscle in the front of your thigh when you bend your thigh at the hip as you would in taking a step up and keeping your foot in front, ahead of your knee.

What do you need to step up to or are you taking steps that are too large? Are you having trouble digesting or absorbing things in your life that are meant to be nourishing, literally or figuratively?

Bladder Meridian

Muscle: PERONEUS- These muscles making up the Peroneal group are associated with maintaining the foot and ankle balance. When they are inhibited, they can effect the entire posture by not allowing proper use of the foot which results in an upward misuse and misalignment of the entire posture. Feel this group of muscles between the foot and the outer side of the calf when the little toe side of the foot is elevated as if trying to bring it toward the nose.

How are you mis-stepping literally or figuratively? Do you feel grounded and able to walk freely or do you need to watch your step? Are you using too much caution, pussyfooting around?

Kidney Meridian

Muscle: PSOAS- This muscle both flexes the thigh on the trunk and the trunk on the thigh, thus it has paradoxical origins and insertions depending on the action in which it is used. This muscle is used both in sitting up motions and kicking to the side, or side-stepping motions. Feel this muscle contracting between the inside lateral portion of all the lumbar vertebrae and the inner portion of the upper thigh at the groin. The Quadriceps muscle is a synergistic muscle and if it is painful or felt strongly contracting in the test position use caution and consider this an indicator of an inhibition of the Psoas.

What does the motion of kicking suggest to you, literally or figuratively? Is there any paradoxical aspect to your goal? Is there something you need to "sit up" and take notice of?

Circulation Sex Meridian:

Muscle: GLUTEUS MEDIUS-

The Gluteus Medius is used to pull the thigh out and rotate the leg. If this muscle is weak, there may be a corresponding high shoulder or hip. There may be a tendency to limp, or the legs may bow out. The test motion involves holding the legs apart. Feel this muscle at the side and back of the pelvis, it contracts when you lift your foot off the floor to prevent tripping over little things and when you raise your leg to the side.

What little things are your tripping over or bumping into, literally or figuratively? Do you have any difficulty holding your legs open, literally or figuratively?

Triple Warmer Meridian

Muscle: TERES MINOR- This shoulder muscle rotates the arm and forearm and can be involved in wrist and elbow problems. The action of the muscle test suggests opening the arms or gathering things in. This muscle is associated with the 3 "heats", particularly the heat of metabolism. Feel this small muscle between the lower tip of the shoulder blade and the back of the humerus head/top of the arm, when the forearm is bent about 100 degrees at the elbow and the hand is open facing away from the body and rotated externally.

Do you need to be more open, or open your arms to receive or are you trying to take in too much? Are you having difficulty assimilating or making efficient use of the nourishment in your life, literally or figuratively?

Gall Bladder Meridian:

Muscle: ANTERIOR DELTOID— This muscle, along with the coracobrachialis, is used in flexing the shoulder with the elbow bent, as in combing the hair. Inhibition in this muscle is sometimes associated with headaches related to toxicity from dietary indiscretions or eating fatty foods. Feel this muscle on the front of the shoulder nearest the body and from the collar bone when the hand is lifted about twenty degrees from the thigh with the palm down.

Do you pay too much or too little attention to the details of grooming, or taking care of yourself? Do you do things that result in headache, figuratively or literally?

Liver Meridian

Muscle: PECTORALIS MAJOR STERNAL- This muscle is responsible for moving the arm in, turning and drawing it forward. The test motion suggests opening up, letting go, or throwing your hands up in surrender, and it is associated with the over 360 primarily absorption and detoxifying functions of the liver. Feel this muscle of the chest contract between the sternum and the top of the arm when the extended arm is brought towards the center of the body with the thumb pointed to the ground.

What needs detoxification in your life? What do you need to bring into your life that will be cleansing, purifying or nourishing?

Lung Meridian

Muscle: ANTERIOR SERRATUS- This large strong muscle draws the shoulder forward and raises the ribs, and is involved in breathing and activities that require good breath control. Weakness will make it difficult to push things forward with the arms straight. Feel this muscle contract on the side of the chest when you hold your arm in front of you and then reach forward with power as if you were going to punch.

Do you need to exert your power to reach your goal? Do you need to push, or punch, or are you pushing so hard that you're giving yourself a pain in the neck, literally or figuratively?

Large Intestine Meridian

Muscle: FASCIA LATA- This very long muscle has its bulk on the pelvis and then a very thin band of tissue runs down the side of the leg to just below the knee. The fascia lata helps flex or bend the thigh, draw away from the body sideways, and keep it turned in. In walking and running it helps to align the planting of the foot and supply a forward thrust. Feel this muscle at the top and side of your pelvis and on the side of your leg when you turn your foot inward.

Do you feel that you have power and thrust in your walk (or race) of life? Can you open your legs and still retain power/control?

Remembering Wellness

with Touch For Health 14-Muscle Metaphors

By Matthew Thie

The following is an excerpt from the material I will be presenting in **Las Vegas at this year's TFHKA annual meeting**. Here I touch on the metaphors derived from the basic 14 muscle tests. At the meeting I will also talk about how we can use metaphors related to the 14 meridian Organ Functions and the metaphors associated with the Chinese 5 Elements.

In TFH we use muscle tests to get a sense of the energy flow in the meridians. We develop goals, assess the flow of energy, use various reflexes to balance energy and then reassess how we feel. Our purpose is to increase awareness of all of the aspects of our whole Soul and to facilitate the flow of energy and communication between all of the cells, organs and... **CONTINUED ON PAGE 6**

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1999 Annual Meeting of the Touch For Health Kinesiology Association Into the Next Millennium: Energy and Transformation: July 7-11, 1999 in LAS VEGAS, Nevada, USA

FOUR INCREDIBLE DAYS

- **Presentations, Meetings, Activities, Banquet**
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Annual Meeting Highlights:

- **Dr. John F. Thie, Founder, TFH**
- **Dr. Sheldon Deal, Advanced K**
- **Richard Utt, Applied Physiology**
- **Wayne Topping, International Author**
- **Jan Cole, "Making \$ Your Friend" & More Speakers**

We all had so much fun at the 25th Anniversary Celebration of the publication of the TFH manual and annual TFHK/A meeting in **Orlando, Florida in Oct. 1998!**

This year, the meeting in Las Vegas is going to be the best ever!

Special Announcement from the TFH Kinesiology Association

Congratulations and Thanks to **JacQualine** who has returned to the helm of the TFH/K Association staff as Executive Director, and Thanks to **Alice Putt** who did double duty as Director and Book Store manager, plus the 1001 things she does for us.

JacQualine will be moderating some exciting new **30-minute Mini-Workshops by phone** for TFH/K members and other interested parties.

JacQualine will have Questions and Answers, Hot Tips, Live Book Reviews, Interviews with Special National and International Guests.

These exciting phone workshops are designed to support YOU in USING TFH, Marketing your services, & Helping your Friends & Family.

MARK YOUR CALENDAR:
MAY 22 & JUNE 26,
9AM PST

To participate simply call:
1-580-431-8001
& enter PIN # **8997**

(Please note: **Although this is a Free Service, you may incur a telephone charge for a Toll Call**)



Top Row L to R: Paul Dennison, Richard Utt, John Maguire, John thie, Carrie Thie.

2nd Row: Rob Aboulache, Toni Gralton, Norma Harnak, Gordon Stokes, Jenni Beasley,

Sheldon Deal. Tiny Row: Kerryn Franks, Adam Lehman, M. Parr.

8 Photos captured with 72 dpi digital snapshot camera by MAT