

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



Touch for Health is Minimalist and Holistic

Touch for Health is a minimalist yet holistic approach to healthcare and Wellness. TFH is minimally invasive physically, chemically, mentally, emotionally and spiritually, yet our protocols allow for a holistic consideration of all of these aspects of our lives.

We focus on energetic balance for health enhancement, more frequent peak performances, and personal bests, utilizing a simple system with a minimal amount of tools, techniques and training. We also pay attention and do something about minimal signs, symptoms, sensations, changes in energy, equilibrium or attitude without waiting for subtle indications to develop into major issues. We aim to INCREASE our awareness to be more effective rather than denying, ignoring, or enduring our way through life, with the assumption that our intelligent design is always working towards equilibrium, that we have within ourselves, our whole Soul, the potential to heal ourselves, and the subtlest intervention is often the most effective for allowing our natural healing system to function best. TFH provides a minimum "first aid" approach to how we are feeling and encourages us to take responsibility for our own behavior, our need for interaction with our loved ones, and recognizing when we need to call on some expert help, whether it's a psychologist, a chiropractor, a career counselor or a building contractor.

Touch for Health fills a crucial role that has been missing from our health care culture, but is now being recognized and embraced across the spectrum. People are once again recognizing that **their own self-care is the most crucial aspect** not only of combating disease, but experiencing a vibrant sense of Wellness, success and fulfillment in life. This approach assumes that our natural recuperative system is the most important factor in the health-care equation, and the first step is to support and enhance our innate resources, reserving more invasive "treatments" of diseases for immediately life-threatening situations or for when we recognize that our self-care is insufficient. In practice, the result is far from rejecting the arsenal of bio-medicine and other powerful treatments for disease, but allows us to be more preventive, paying attention to early warning signs and seeking professional assistance right away when we see that our symptoms are serious, worsening or simply not getting better.

Although we are minimalist and subtle, we are also holistic. We focus on our experience of Life and Wellness. We contemplate pain or other symptoms in the rich context of our joys, our passions, our goals, our purposes, our values and personal/social issues. So many of us are taught to forge on, excluding from our awareness whatever pain, trouble, or frustrations we feel, only to find we've numbed ourselves to pleasure, happiness, and enthusiasm. Although we may find that an aspirin is appropriate at some point, it is not our first response in the TFH Wellness model. **Our first response is to acknowledge that all of our feelings are part of our whole Soul, our whole self.** But to keep the process simple, and not get lost in the minutiae of the reductionist search for cause and effect, we address our experience-- whether pain, fear, or euphoria-- in a simple holistic

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Minimalist and Holistic

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process: the balancing of energy in the 14 major meridians using muscle testing and acupressure, assuming that the inner harmony of our whole Soul is the most effective mechanism for healing and for achieving our goals. **Our Minimal response to symptoms is to focus on the positive outcome we desire and balance our energy to realize our goal.** Alleviation of symptoms, or continued or repeated good feelings are visualized as part of our ongoing transformation.

Pain in this system or worldview is seen as a friend that lets us know when we are out of balance in any aspect of our lives, physically, chemically, mentally, emotionally, spiritually. Our minimalist approach values the individual's own subjective sense of pain or other symptoms and does not require any singular, objectively identified or named "cause" for discomfort. **We acknowledge all types of pain as real,** whatever its form or origin, whether physical suffering, emotional anguish, mental distress, some small discomfort or some excruciating agony. It's not in our vocabulary to doubt the pain that a person has, even if it seems unlikely, illogical or mysterious. We make no value distinction between "real" pain and "imagined" pain or "phantom" pain. Our minimalist role is not to judge or measure another person's experience, but simply to assist them in making their own assessment.

When using a minimalist approach, we have to accept some Mystery. Even in most accepted medical treatments for diseases, it is really not clearly understood exactly how the actual healing takes place. In the minimalist TFH approach, we are interested in the person's subjective sense of possible underlying causes of the diminished functions or the reasons for hampered progress in our lives, but our emphasis is not on the dysfunction, but rather on the desired function. We try to develop a desired goal, and visualize how we will feel when it is achieved. When we decide on a goal, then we assume that balancing the subtle energies

will help attract the exact circumstances that will allow the goal to be reached. We focus on Wellness, not illness, and we use the safest, simplest, least invasive, yet POWERFUL methods we know.

One very important aspect of our minimalist holistic approach is our belief that we need to realize and appreciate that **we are whole right now.** Regardless of our faults, our aches, our longing, at this moment we are wonderful, unique, intrinsically valuable and complete just as we are. Although we are on a journey towards fulfilling our destiny, our telos or ultimate purpose in life, and there is great potential and transformation in store, "chronos" or linear time does not truly separate us from what we may become. There is also "kairos" or eternal time, in which all time and all potential is connected and present in the now. And so we do not need to focus on some external source of wholeness or wait for some future fulfillment. When we balance our energy moment by moment, we can experience the reality of our potential now, even though we will experience that reality as unfolding over "chronos" time, whether quickly or through a long process. We can recognize that at any given moment we are fulfilling what we are meant to be, and our awareness of how we are feeling and what we want to be doing is itself a process of becoming who we are. If we are not feeling this way now we can be assisted in regaining this feeling by balancing our energy with a TFH intervention. Thus, our minimalist attitude in a TFH intervention is not to discover "what's wrong with you", but to recover the consciousness of equilibrium and rightness that we can experience at any time.

Another aspect of our minimalist holistic approach is the idea that, although we are whole in "kairos" time, we paradoxically experience "chronos" time as a search for wholeness. This search does not end because it is not a static endpoint, but an ongoing process of disequilibrium and re-balancing. Likewise, although we are complete in ourselves, we experience "Being Ourselves" as an interactive happening. We must have the help of others to discover who we are through and with

others. One of the most powerful benefits of the TFH model (and this is not limited to TFH) is that we can experience a present-time, immediate sense of confirmation of our sense of balance and purpose in our lives through human interaction and biofeedback. Taking the minimalist approach of simply accepting one another as children of God, of immeasurable worth, and not trying to dissect, analyze and evaluate one another we accomplish a great deal of good.

When assisting people to balance their energies through TFH interventions, we claim a minimum of authority. We recognize that it is the individual's own Soul (their whole being, physical, chemical, mental, emotional, spiritual-- everything) that functions to heal and to realize their potential. We simply function as a helper. Likewise, we use the minimalist, self-responsibility model, in which each person is responsible for themselves. The person seeking help is in charge of the entire process and the person doing the helping is not an objective-prescriptive authority. In other words, we don't value our own viewpoint as more accurate than that of the person we are helping, and we don't tell them what they must do to solve their own problems. We may offer our own viewpoint as feedback for a person to evaluate, and we might suggest possible solutions, but we need to make it clear that it is the individual's responsibility to decide for themselves what is appropriate and what's not.

It should be noted that **there is a point when the minimalist model is not appropriate.** We all have moments when we are really not capable of making responsible decisions for ourselves. An obvious example would be in the case of life threatening circumstances where immediate heroic action must be taken for our sake, whether we realize it or not. But even so, when we are following a minimalist approach to our own Wellness, we want to conserve our own authority and desire for minimal invasion of our bodies, our lives, and our purposes. We may consult a medical doctor, whose traditional role tends to be very authoritarian, and still assert our own beliefs and priorities. More and more,

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physicians are taking a more holistic, individualized approach, and appreciate knowing their patients' reasons for seeking assistance and their desired outcomes. But if you go to a doctor who sees only your named condition and your "bio-statistics" and seeks only to fight your disease, you might consider trying another one. For that matter, should you find yourself rushed into the emergency room, the time is usually past for weighing the options. **If you have a clear preference as to which kinds of life saving procedures you want tried should you be seriously ill or injured, you need to put it in writing and be sure that you have an advocate who knows your wishes and will speak for you in such circumstances.**

Each person has their own unique worldview of what is really real and what is right for them. **Part of the holistic minimalist approach is to identify and be aware of and respect peoples's beliefs.** We as assistants cannot tell them that what is real for them is not really real, or that what is real for us must be real for them. We can only make comparisons about what is real for us, and offer the possibility that some aspects of their beliefs might change with experience. This makes it imperative that we learn to listen and be able to understand that we can have similar, but never exactly the same worldview in all aspects as that of another person. We truly are unique each one, having our own individual telos, although we have commonality and connection with our loved ones, our community and all of creation.

We assume that the individual is best suited to determine what their purpose(s), mission and destiny can or will be. Only the person seeking help can know if their talents are fully developed. The person assisting in the balancing procedure can

be a messenger and offer ideas that may or may not fit for that person. Each person must decide for him or herself what they have as a goal in their own telos, or ultimate purpose. We try as assistants to offer the minimum of intervention that will help get their energies flowing and finding the harmony that is right for them. Sometimes a ten minute energy balancing seems miraculous in catalyzing the shift that was waiting to happen, and sometimes we note only subtle changes after a long interview and a thorough 42 muscle balancing using all of the TFH techniques that we know. **Sometimes our minimal approach is just the ticket to put us back in our best stride, sometimes it's invaluable in helping us realize and acknowledge that we should avail ourselves of the resources of health professionals, and sometimes it is the planting of a tiny seed that will grow in time to be a mighty oak**



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

Subject: October 99 To Your Health
Date: Mon, 01 Nov 1999 10:01:08 -0800
From: VeGodsky@aol.com
To: John F Thie <thie@touch4health.com>

> Hello John!!! It is Shalom in Charlottesville, VA. I hope you are doing great and I surely appreciate >your newsletters.... As a child and teen, I had a severe scoliosis, with a C curve (high left hip with >low left shoulder). Through TFH, I learned so much about my diet and how it was effecting my health. >The balancings normalized my muscles, along with the dietary changes. My lats were constantly >reacting to my sugar intake and my whole body was out of whack. Vitamin E was testing good for > me for quite awhile too and was helping to strengthen my gluts, etc.

Now I eat lots of soy and >sweet potatoes and actually I avoid grains and sugar, and feel so very much better. I no longer test > biogenic with vitamin E, but it washelpful for quite awhile. My spine is now straight and I do attribute >most of that to changes made through TFH. Thank you!! I do also want to add that I love using your >spinal vertebral reflex points and also Dr. Dewe's neuro-emotional points regularly. I do balance >myself each day. Today I balanced myself while standing in a line at Sam's Club. The folks behind > me probably thought I was a bit strange, but I always welcome questions and am happy to educate > them. I love you and wish you a wonderful November!!!

Shalom =0)

I have found the same thing with many supplements. That is, an individual's need for a particular supplement changes over time. -----JFT

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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Hospital-Based Integrative Health Center

Modern disease care payment systems are increasingly being run on a business basis where profitability is the most important thing. This often dehumanizing approach is creating much greater need and more opportunity for more sharing of information and interventions that are not based on the biomedical model. TFH interventions will be part of this changing paradigm.

The model hospital is dramatically changing. The Palm Drive Hospital in Sebastopol, California, was owned by Columbia/HCA- a for profit corporation. Alternative health care was being demanded by the patients and the group added a Center for Integrative Health. This center consists of a medical director, chiropractors, acupuncturists, physical therapists, movement therapists(Feldenkrais and Qi Gong), massage therapists, a biofeedback practitioner, a clinical nutritionist, a psychologist and an eye movement desensitization reprocessing specialist. One year later, Columbia/HCA gave a 60 day notice that it was closing the hospital because it was unprofitable. In 6 weeks the community formed a foundation and reorganized the hospital as an Integrative Health Care Center. This center is meeting the demands of the community. Alternative and Complimentary Therapies are provided along with biomedical treatment and emergency room availability.

I believe this is not only the ideal model for the future of health care and disease treatment, but that both market forces and public need/demand are forcing this change. You can make a difference in your community with TFH/K by working cooperatively with other health care providers.

Former United States Surgeon General C. Everett Koop says the medical paradigm is crumbling. We must not gloat over this situation, we must recognize that the doctors and other professionals that see the biomedical paradigm as the only way be gently offered our alternative methods, especially where the effectiveness of the biomedical model is clearly limited. Our model is also limited as is every model in existence and that will ever come into existence. Let us work together for the betterment of everyone.

The public has become remarkably pragmatic relative to medical science of our culture. The public is interested in quality of life as opposed to focussing on living longer without regard for living well. More discussions will be taking place in your communities. Let's all participate in these discussions which will help create the paradigms of the future. All of us who touch for health have a lot to offer. Just by telling our stories of how we have learned to help ourselves and others.

CTDs, RMIs, and ERDs On the Rise!

What are they and can TFHK interventions have any effect on them?

These are all conditions which are often considered work related and the terms are used interchangeably. CTD are the initials for Cumulative Trauma Disorders, RMI for Repetitive Motion Disorders and ERD for Ergonomic Related Disorders. These disorders are now at epidemic proportions in the last 14 years. These are conditions that were not even thought of when I began practice 44 years ago.

The other names associated with these complaints are muscle and ligamentous tears, bursitis, nerve entrapments, degenerative joint disease and subluxation complexes of different body parts. What I have found in using TFH Interventions that these conditions and complaints often are related to the whole person and the various energy imbalances on multiple aspects of the whole Soul rather than only a specific, local pathology. When we use goal setting and holistic energy balancing, the joint pain and stiffness often disappear, *even without touching the site of the complaint.*

Many people are surprised that changes that take place in the whole person can allow specific complaints to rapidly disappear.

This is almost impossible to explain from a biomedical model of disease care. But from a vitalist, meridian based model like TFH, it fits perfectly. We balance the energy for harmony of the whole person. This allows the innate healing functions to take place wherever they are needed.

Charles W. Sherrod, DC, MPH and R. Dean Harman, BEE, DC, estimate that by 2005, 50% of employers' dollars will be spent on these types of injuries.

(CCA Journal, June 1999)

Can we do something to reduce this tremendous drain on our economies? I believe we can. We can make more efforts to teach more people to use a more Holistic approach to their complaints and we can show more people how to use TFH/K interventions that help the whole person.

Will you do it?

Catherine North's Recent ITW Students Aim to Share TFH Throughout New Zealand

23rd September, 1999

Dear John and Carrie,

Having just completed my second ITW in NZ, I want to share with you some of the things about the class.

In the ITW, I read out your letter to new Instructors. This letter touched the heart of each one of my students, and they referred to it and your inspiration throughout the class. Many of the students share your vision as do I.

Each Student prepared a unique talk for a particular group of people. Each spoke enthusiastically and in their own style.

•One was a librarian, who has a gift of story-telling and prepared a talk for young school children and their parents. She spoke of you as a "very special man who is tall and has very twinkly eyes, and likes to help people feel good." she told how you were very busy seeing many, many people. There were too many people to see. So you decided to teach the people how they could do things to make themselves feel better. A captivating story, told in a hushed, expressive voice which had us all on the edge of our seats. And then she went on to the correction points, getting people to switch on, hold their head, etc.

•A young Maori woman from a country area on the outskirts of Auckland wants to share it with her people.

•A business man who owns his own company and wants to see a TFH person in every company, just as in NZ we have a First Aid person in each company. He aims to run TFH classes for businesses starting with a group who he meets regularly for seminars and on-going training.

•Another man who is starting his own clinic prepared a talk for a men's group.

•A horticulturalist wants to teach her family and the other parents in her church group.

•Another woman is taking TFH to her field of medicine and psychology.

•A man who is no longer dependent on drugs or alcohol envisions bringing TFH to the Rehabilitation Centre.

•A family counselor, who has used TFH in her work, aims to teach parents how to help themselves and their families.

It was a privilege to listen to their talks and I am honored to teach such beautiful people the TFH Synthesis
Love and Best Wishes,

---Catherine

I love all the stories I've been getting and will be putting more in the newsletters and on our web site. ---JFT

MEDICAL ACCIDENTS KILL 400,000 YEARLY

"Medical accidents and mistakes kill 400,000 people a year, and rank behind only heart disease and cancer as a leading cause of death, Dr. David Lawrence, Kaiser's chief executive, said in a speech to the National Press Club....Mistakes alone kill more people each year than tobacco, alcohol, firearms or automobiles." (Los Angeles Times, July 15, 1999)

Previously I reported from the front page of *the Times* that **drugs kill over 100,000 people a year in the US when properly prescribed**. These figures are particularly alarming because Dr. David Lawrence is the head of the largest HMO in California with 33% of the market share. Kaiser is also the first managed care organization, started by Henry Kaiser for his steel workers over 50 years ago. Dr. Lawrence is in a position to know about American Medical care. If he is correct, we using the safe simple TFHK methods have a great responsibility to offer these methods to an ever wider and needier public.

The Times' Robert Rosenblatt reflected that Dr. Lawrence made these comment in opposition to the American Medical Association and other doctor and health provider associations in the context of the current debate in the United States Congress over proposed changes in the laws governing HMO's. The gloves are off in the contest to determine the standards of health care for the public. The HMO's and the individual doctors are on opposite sides of this debate. Dr. Lawrence calls the fee for service doctors the "entrepreneurial doctors". He says that if they were in charge of what tests are ordered and what drugs are given (as they have been in the past) they would be ordering tests and particular drugs for a personal profit motive. He implies that the salaried doctors of Kaiser and other HMO's are better doctors and do not order dangerous tests and drugs unless they are needed for patient care. Dr. Lawrence said that if flying in a plane was as dangerous, no one would fly.

That is really scary! The head of the largest and oldest HMO says that going to a doctor is so dangerous that no one would go if they knew the facts.

Our anecdotal reports of the outcomes of TFH interventions consistently show no dangerous side effects. People take more responsibility for their own care.

I have just received a report from a TFH trained massage therapist telling me about a client that she was able to help. She had hives for four years, and had taken all kinds of medications without relief. Using TFH/K she is now free of the hives and is off all of the medication. Maybe it was just the time for them to go away, or maybe TFH was the catalyst that allowed her natural healing system to take care of itself.

In any case, we need to use the safe alternatives that we have to reduce the use of dangerous tests and drugs.

Organ Function Metaphors (Continued from page 8)

Spleen Meridian Function 9-11 AM

While the stomach receives raw materials, the spleen functions to transform them into useable forms and to distribute them. It is a moment in the cycle of assimilating what is appropriate and identifying toxic or harmful elements to be eliminated. Spleen Function also relates to immune functions, purifying the blood, increasing power of the white blood cells and removing the damaged and dead red blood cells. Pancreas function is also related to the Spleen Meridian and is involved in sugar metabolism, particularly, and digestion in general, breaking things down into manageable parts.

Are you burdening yourself with toxic materials and overworking the detox/immune system function in dietary, mental, chemical or spiritual areas? Do you have enough sweetness or too much sweetness? How are you at breaking down problems into digestible parts?

Heart Meridian Function 11 AM-1 PM

The Heart Function involves the cycling of the blood as well as electrical communication with the rest of the cells of the whole Soul. The heart is in constant communication with all of the organs and muscles to determine their blood/oxygen needs from moment to moment. The heart generates 5000 times more powerful electrical messages throughout the Soul than the brain. In the Chinese belief system, the heart is also strongly associated with mental processes, while in the West we have the traditional metaphor of the heart as an emotional center and a center of wisdom. In Chinese medicine, the heart is called the "sovereign ruler" which directs action with clear insight.

How is your circulation and communication within your Soul, or in your daily activities, literally or figuratively? What do you feel in your heart as opposed to your head? Is there any conflict between your logical thinking, intuition, wisdom or emotional feelings? How are you functioning in relation to receiving

and sending messages about your life to yourself and others?

Small Intestine Meridian Function 1-3 PM

The Small Intestine Function is primarily absorption of nutritious substances and the separation of waste material. These same functions take place on the cellular level, and in the Soul as a whole. It is the assimilation of influences and stuff from outside the Soul. The small intestine winds for over 23 feet and has three main parts, the duodenum, the jejunum, and the ileum. Throughout the small intestine, various secretions from other organs are added to the liquefied foods, which aid in the absorption nutrients. Bacteria make up a large amount of the contents of the small intestine, also acting upon the materials that enter so that they can be absorbed.

Are you having trouble digesting or absorbing things in your life that are meant to be nourishing, literally or figuratively? What is difficult for you to absorb or gives you a stomachache (physical, emotional, etc) or inhibits free breathing, figuratively or literally?

Bladder Meridian Function 3-5 PM

The Bladder Function is to store waste liquid before elimination, not only in the urinary bladder but also in all of the cells and throughout the Soul. In the Chinese system, the Bladder is said to be the storehouse of emotions, and so the Bladder Function is involved in the water balance/emotional balance in the whole Soul. Water is eliminated as it reaches excessive volume, or when waste material is highly concentrated.

The bladder expands or contracts as more liquid is received. If we try to reduce the need to urinate by limiting water intake, it can result in concentration of the urine. By drinking more pure water, the bladder is actually strengthened through exercise and there is actually LESS urgency to urinate since the waste materials are diluted. Water is a potent symbol for emotion and mystery in life, and the Bladder Function is also involved in the balance of mystery in the Soul. We sometimes try to eliminate mystery,

ambiguity or emotion itself from our lives, only to become toxic in our certainties and rationalizations. When we are able to accept more of the vast mystery of existence, and allow our emotions to flow, we find our tolerance and flexibility are increased.

Are you hydrated, lubricated, flexible and feeling a free flow of energy, or are you dry, tight, concentrated or inhibited? What is an irritant, or is too highly concentrated and needs dilution and/or elimination? What emotion do you need to let flow? How are you coping with mystery?

Kidney Meridian Function 5-7 PM

The Kidney Meridian Function is involved in controlling the volume, composition, and pressure of fluids in all the cells as well the whole Soul and is important in growth, development and reproductive functions. Blood flows through the kidneys at its highest pressure, toxins are filtered out, and nourishing materials are directed to where they are needed. Water is symbolic of mystery, emotion and spirit. Kidney Meridian Function is involved in the balance of these aspects of life. In Chinese medicine the Kidney is also said to be a storehouse of life force and has a strong spiritual aspect.

Where are you feeling pressure in your life, literally or figuratively? Are you bringing in enough fresh clear water to keep your life composition and volume in balance spiritually, emotionally, or physically? Do you feel that you have sufficient vitality for continued growth and development, or are you operating on reserve energy and just surviving?

Circulation-Sex Meridian 7-9 PM

The many functions of the Circulation/Sex Meridian are intimately associated with the hormones and chemical messengers related to all reproduction whether it be appropriate balance in cell production or sexual procreation. It has to do with the nourishment of new cells and the preparation for cell reproduction. It involves the menstruation cycles, ovarian and uterine functions and prostate and

testicular functions. This includes the pleasures of sexual love. It also has to do with passing on genetic, cultural, and personal heritage. The Circulation/Sex Meridian is sometimes also called the Pericardium Meridian and relates to the muscular function of the heart and blood vessels, that which keeps the beat steady and appropriate for the external and internal environments.

Do you feel balanced regarding reproduction and sex? What are you doing to see that your legacy will be passed on in your family, work, play, spiritual community? Do you feel that you have sufficient circulation of blood, warmth, nutrition or sexual energy?

Triple Warmer Meridian 9-11 PM

The Triple Warmer is a somewhat mysterious Meridian in that it is said to have Organ Function in the Chinese energy system, yet it is not associated with a specific organ. It is said to have function, but no form, or it is alternatively defined as having its functions through the interactions of three different groups of organs found in the thoracic, upper and lower abdominal areas. The functions of the Triple Warmer take the form of three "heats", the heat of metabolism and maintaining body heat, the heat of the "fight or flight" heat of life passions.

Triple Warmer Function is associated with various interactions of gland secretions involved in our various human passions. The adrenal glands function in concert with other hormonal glands, particularly in fighting or running away in a moment of crisis, or recovery from injury, illness, malfunction and generalized stress. Four of the muscles that are related to this meridian function are muscles involved in running, pushing off, or getting on your toes, all essential fight or flight/passion muscles. The pituitary gland works in concert with other endocrine glands that have functions related the heat of life passions, procreative activity and sexual pleasure, life and death circumstances, causes worth suffering and dying for, etc

What gets you hot, physically, mentally, spiritually or emotionally? What are you running from? What are you fighting? Do you feel that your life is one of constant fight or flight? Are

you always on the run? What are you willing to suffer or even to die for? Do you feel that you have the fire, the passion, to reach your goals?

Gall Bladder Meridian 11 PM to 1 AM

The gall bladder is a small organ that stores and concentrates the bile from the liver, which aids in digestion, particularly of fats. It contracts and releases bile when fats reach the duodenum from the stomach. On a cellular level this same function of maintaining fat metabolism relates to the subtle energy of the Gall Bladder Meridian.

How are you digesting the heavy parts of your life? Are you able to clear out the waste materials in your life? Do you remain too concentrated for your own good?

Liver Meridian Function 1 to 3 AM

The liver has more known functions than any other organ. Each cell has more programmed instructions than the most sophisticated computer program, and the Liver Meridian may activate a large number of the absorption and detoxification instructions. The liver is the largest physical organ and is most active while you sleep. The liver is said to store blood while the body is at rest, and also to exert particular influence over the lower abdomen, and so is considered of central importance in women's menstrual cycle and sexuality. Liver Meridian Function is involved in digestion, metabolism, storage and distribution of nourishment, filtration, detoxification, and immune function.

How are you handling your multiple responsibilities? Are you open to too many things and becoming overwhelmed/toxic, or do you need to absorb more, literally or figuratively? What needs detoxification in your life, what do you need to let go of? What do you need to bring into your life that will be cleansing, purifying or nourishing?

Lung Meridian Function 3 to 5 AM

While we may not go without water for more than a few days, or without food for more than a week or two, we can't last without air for more than three minutes. The lungs are the chief organs of respiration and exchange of gases, mainly

oxygen and carbon dioxide, serving both as a primary and essential source of life energy as well as an important channel of elimination. The lungs also supply the air for speaking and making other vocal sounds. In addition to drawing in air (oxygen), the Lung Meridian Function is said to draw in or release Chi, and regulate the status of chi in the whole Soul.

Can you breath/speak easily? Do you have a free flow of fresh air and/or inspiration to nourish the various functions of your life, or are you feeling constricted, inhibited in speaking, literally or figuratively? What do you need to lift up in your life? Are you giving too much or too little praise? Do you need to shout, cheer, or even cough something up?

Large Intestine Meridian 5 to 7 AM

The Large Intestine Function is to absorb the last useful products of digestion and store the waste materials until they can be eliminated. Approximately 80% of the material entering the large intestines is absorbed, but it is mostly water. The Large Intestine Meridian Function is very important in the metabolism of water, extracting water from waste material and either reabsorbing it or sending it on to the bladder, and passing waste material as stool. It is also crucial in eliminating waste materials, as imbalance in the Large Intestine Function may result in physical, mental, emotional or spiritual toxicity.

Do you retain things you can no longer use in your life or are you letting too much go out of your life? What are you hanging onto that is toxic, literally or figuratively?



Remembering Wellness

with TFH Organ Function Metaphors

It should be noted that the Chinese conception of the Organ Functions differ significantly from the traditional western medical conception of the functions of the actual physical organs. In the context of TFH, these metaphors are not taken literally to reflect the clinical status of a physical organ. Rather, we examine the meanings that we attach to the organs and explore how those meanings might also reflect some aspect of our experience of our lives. The Chinese conception of Organ Function is far better understood through an exploration of the metaphors of the Five Elements. The Western physiological conceptions of organ functions are given here as another possible source of meaningful metaphors, and by no means as a resource for diagnosing organ based physical conditions.

The Central and Governing Meridians

The Central and Governing meridians relate to the balance of the energy leaving the Soul (the whole person). The Supraspinatus and Teres Major muscles are used as indicators of the Central and Governing meridians, respectively. These are the first two muscles that are balanced (restored to a facilitated state, testing strong). When the used and stored energy is in balance, then the excess or over energy in any of the other meridians will be more easily brought into balance. This will allow the greatest change and attract those people and things that will allow the fulfillment of our purposes.

Central Meridian Function

The Central Meridian/Conception Vessel is where the used energy is stored prior to being released with the breath on exhaling. All the other meridians have connections with it for releasing the excess and/or used energy. The associated metaphor is of letting go of a previously useful idea, thing, emotion, heuristic truth, worldview etc. It is a short meridian and we use a small muscle (the supraspinatus) as an indicator. Releasing of little, or subtle things can be of great importance to allow new things to occur in your life. Think of exhaling, and letting

go of things that once served you, but can now be released. The Central Meridian is related to the Brain Functions of the innate intelligence of the whole Soul in each of the cells and in the overall coordination of your internal wisdom. These are the functions of doing some things automatically (or autonomically), while doing other things consciously; doing more than one thing at a time and changing what you're doing as circumstances change.

What subtle, small thing or idea do you need to release to reach your goal?

Governing Meridian Function

The Governing meridian is connected with all the other meridians including the Central/Conception vessel. It is a storage vessel for excess 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.

The **Governing Meridian** is associated with the function of standing and Spine Function. It may also be related to Pineal Function that relates to the day/night cycles of light and darkness.

What transitions are you coping with, or do you need to make? What subtle or dramatic shifts in energy allocation are you making or do you need to make? How do you feel about night-time vs. day-time? What is your favorite season? What are you carrying that has become a burden? How can you transition or transform yourburden so that it is helpful and not hindering to you?

The Governing and Central Meridians are closely associated with the Lung Meridian because they relate to the breath cycle in which subtle energy and air are drawn into and released from the Soul. For this reason, some people prefer to start with the Lung Meridian after the Central and Governing, when following the Time Of Day Cycle. However, I have found that

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starting with the Stomach Meridian is very effective.

Stomach Meridian Function 7-9 AM

The Stomach Function involves receiving potential nutrients and beginning the digestive functions. The 35 million cells in the stomach have multiple functions. The Stomach Function is taking in new materials and new ideas, mixing them and temporarily storing them for further assimilation. It is a moment in the cycle of seeing what is available and tagging it for use in other functions of the Soul. The Stomach Meridian is particularly associated with the mouth as the beginning of the digestive system, but must necessarily involve the sense of smell, vision, etc. As it is often said, digestion truly begins in the brain and the Stomach Function has a strong mental/emotional component as well as a dietary component. We come into first contact with potential nutrients and new ideas through what we see, smell or hear and digestion occurs best when it involves a full appreciation with the five senses. Sometimes we don't see what we're taking in (watch what we eat), or we swallow something without chewing, or without realizing that it's poison. We may need to think more about what we're taking in, or even vomit it up, or at least allow ourselves the time to digest it, whether it's a food, a feeling, a thought, etc.

Are you receiving the proper resources to fulfill your purposes? Are you able to use your resources efficiently? What nutrient, emotion, or idea are you digesting? What is difficult for you to swallow or gives you a stomachache (physical, emotional, etc) or inhibits free breathing, figuratively or literally?