

**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**



## **MORE Medical Care Not Necessarily Better**

**The TFH minimalist approach corresponds with an ever growing acknowledgment that the dominant biomedical model of our world is rapidly changing toward a minimalist approach.**

**These changes are coming about because more and more users of the biomedical methods are recognizing that *more is not necessarily better and can even be harmful.***

**In the *Journal of the American Medical Association* 1999 281 (5):446-53 appeared an article by Fisher, ES, Welch HG titled *Avoiding the Unintended consequences of growth in medical care: how might more be worse?*" I want to quote the entire abstract as quoted in the June 1999 issue of the *California Chiropractic Association Journal* and some of the comments by William Updyke, DC.**

**Abstract:** The United States has experienced dramatic growth in both the technical capabilities and share of resources devoted to medical care. While the benefits of more medical care are widely recognized, the possibility that harm may result from growth has received little attention. Because harm from more medical care is unexpected, findings of harm are discounted or ignored. We suggest that such findings may indicate a more general problem and deserve serious consideration. First we delineate two

levels of decision making where more medical care may be introduced:

- (1) decisions about whether to use a discrete diagnostic or therapeutic intervention and
- (2) decisions about whether to add system capacity, eg, the decision to purchase another scanner or employ another physician.

**More diagnosis creates the potential for labeling and detection of pseudodisease**—disease that would never become apparent to patients during their lifetime without testing. More treatment may lead to tampering, interventions to correct random rather than systematic variation, and lower treatment thresholds, where the risks outweigh the potential benefits. Because there are more diagnoses to treat and more treatments to provide, physicians may be more likely to make mistakes and to be distracted from the issues of the greatest concern to their patients.

**Finally we turn to the fundamental challenge—reducing the risk of harm from more medical care.** We identify four ways in which inadequate information and improper reasoning may allow harmful practices to be adopted—a constrained model of disease, excessive extrapolation, a missing level of analysis and the assumption that more is better."

**(continued on page two)**

## More Care Not Better Care

(Continued from front page.)

### Editorial comments of William Updyke, DC:

After reading this article, all I can think is that the authors must be wanted men. They just wrote an article that slams the growth in medical care and its 'unhealthful' consequences, published it in one of the world's most prestigious medical journals and even listed each of their addresses (well, they do work together). The only real crime, however, is that its message was not covered in depth by the media.

The message was glossed over in the "abstract," but the article clearly points out that **'too much medical care is not a good thing.'** I'm going to quote you a few of their statements and list the references, but it will not do the subject justice. You should go to your local library or hospital, get a copy of this article, read it, and share it with your patients.

First, the authors note the growth of personal health care spending (in 1995 dollars) between 1975 and 1995: 1975=\$1454, 1995=\$3344. During that same time, the physician workforce grew from 158 physicians per 100,000 individuals (1975) to 238 (1995). Now for a couple of eye opening points from studies covered in the article.

A study they discussed evaluated monitoring women at risk of preterm labor (1). The addition of 'monitoring' resulted in more unscheduled visits and greater use of tocolytic drugs which caused adverse effects in 7% of the recipients. Using antiarrhythmia therapy in patients with mild arrhythmias (2). This treatment was shown to be effective in patients with severe arrhythmias, but the results in these largely asymptomatic individuals

was a 2.5 fold increase in mortality. Giving patients structured discharge procedures with more follow-up visits after hospitalization, versus routine follow-up instructions (3). The net result of apparent "over medication" was a 36% increase in hospital readmission rates. (call CCA Journal at 916 648-2727 ext 124 for References.)

### Dr. Thie's comments on the article and the editorial by Dr. Updyke:

My first reading of this made me think of an article I read several years ago showing that where there were more medical specialists there were more medical speciality procedures being done. More and more often articles in the biomedical journals are showing that **if there is a new procedure developed, it is used and sometimes to the detriment of the patient.** The recent wide spread publicity of 100,000 deaths per year from properly prescribed drugs and over 1,000,000 hospitalizations for adverse drug reactions is causing the biomedical profession as a whole and the public in general to seek alternatives to the invasive and dangerous biomedical procedures.

Second, I liked their definition of "pseudodisease"-- **disease that would never become apparent to patients during their lifetime without testing.** This certainly gives strong evidence to our minimalist approach being something that more and more people will be requesting and more and more physicians and other health care workers will be learning and using.

Finally, I found the following statement very telling:

**"Because harm from more medical care is unexpected, findings of harm are discounted or ignored."**

The old saying that "you do not find what you are not looking for" is true, and more than that, **what you believe is possible or not possible will effect what you find.**

I recall a day back in 1975 when I was demonstrating how the subtle energy systems work at a public demonstration for mainly retired people in Palm Springs, California. I had a volunteer from the audience come up. He was a very well dressed man, who said he was a retired physician and that what I was saying wasn't true. I demonstrated how tracing the Spleen meridian would change the response in the Latissimus Dorsi muscle. I found that his response was very good and the temporary inhibition which is caused by tracing the meridian in a reverse order did in fact make his muscle inhibited, but when I asked him if he noticed a change, he said, "no", emphatically.

I then traced the meridian in the normal flow direction and retested the muscle and noticed a greater facilitation. I again asked him if he noticed any change. He again said, emphatically, "NO." I said to the audience and him that I would try the testing one more time and see if he noticed any difference.

When I traced the meridian in the opposite direction, I could pull his arm away from his body with one finger which which was apparent to the audience. He again denied noticing any change. When I strengthened the muscle by tracing the meridian in the correct direction, I used my whole hand and pulled quite hard, almost causing him to lose his balance, while his arm stayed tight against his body. Again I inquired if he had noticed any difference and again he said, just as emphatically, "NO!" .

The audience burst out in laughter, which I was sorry to have happen, and I told him that these methods do not work with everyone and apparently they didn't work with him.

Here, in my opinion, was a situation where it appeared to me and the audience that the phenomena existed as I was describing it, however, **our approach of honoring the subjectivity of the individual above objectivity of a third party means that we want to respect the fact that it wasn't real for him.**

This is a real problem in health care today. Many in the field do not want to let subjectivity and personal evaluation be the superior method of care. Too many times, even when it isn't necessary for life-saving or even the prevention of serious medical consequences, the health professional doesn't want to consider the patient's point of view or reality.

My hope is that TFH interventions can help change this situation worldwide. We need much more realiance on the patient/clients feelings and judgement of how they are feeling and what is beneficial to them and not, as the article states, always believing more is better.



## It's a Whole-Brainer

**More and more research is pointing out that the whole brain is used and the divisions that were considered "hard-wired" aren't as fixed as we had previously thought.**

It is more and more clear that we have **creative whole brain activity**. This may be one of the reasons balancing at least one muscle from each of the meridians gives such good results, because it creates activity in diverse areas of the brain. We also stimulate whole brain activity when doing the muscle balancing related to goals.

In the January/February of the magazine **INTUITION** it was reported that Ned Herman explained:

"conceiving an idea or creative solution, experimenting with it, visualizing it and integrating it with other ideas are indeed the right brain's domain. But we call upon the left brain for analysis and logic to determine if our idea will really work. The next step, implementation, involves a sort of back-and-forth relay between hemispheres. The process also involves the limbic system—another bilateral component of the brain—which handles memory, emotion, sequence, time, fight-or-flight, and sensory responses...the right brain supplies only a quarter of the thinking needed to realize the full creative process."

### Important Enough to Talk About

#### From the November 1999 *To Your Health*

Ask 10 happily married couples why their relationships work. No doubt you'll hear a common phrase offered as the key ingredient: communication.

Communication is vital to all human relationships, whether between husband and wife, employer and employee, the person receiving and giving a TFHK balance, or doctor and patient. The relationship between the physician and the patient is especially important because life-and-death issues may be involved. Communication problems that contribute to delays in diagnosis and treatment can prove fatal.

Race, ethnicity and gender have been cited as important barriers affecting patient-physician communication. A study that appeared in the August 11, 1999 issue of the *Journal of the American Medical Association* investigated these variables in terms of patients' expectations and sense of participation in the clinical experience. Results revealed some disturbing differences:

- \* Patients who were the same race as their physician rated their visits as more participatory than other patients;
- \* African-American patients rated visits as far less participatory than Caucasian patients; and
- \* Patients of female physicians rated visits as more participatory than patients of male physicians.

The authors suggest that these findings emphasize the need for improved cross-cultural communication between primary care physicians and patients. Don't let your doctor examine you for a minute or two and then send you on your way with another prescription. **[And if you're looking for a thorough examination and consultation with a health care professional who will take the time to answer all your questions, make an appointment with a professional that uses TFHK and goal setting as part of their protocols.]**

Cooper-Patrick L, Gallo JJ, Gonzales JJ, et al. Race, gender and partnership in the patient-physician relationship. *Journal of the American Medical Association*, August 11, 1999: Vol. 282, No. 6, pp 583-89.

Dr. Thie Comments: The importance of knowing your own bias cannot be overemphasized, it can interfere with your being able to give help or receive help from others. When you know you have a bias as the research in this article shows you can make up for it by knowing that it is there and consciously make the effort to be more careful about letting your caring overcome your bias. It would also be a good idea to see where your energy is blocked that may be causing that bias to persist. Getting a TFHK energy balance with goals around finding out your bias and the reason for it may be quite revealing. I have found using the metaphors can give some very fundamental clues as to some of ourselves that we

**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](mailto:thie@touch4health.com).

hide from ourselves and others.

## Treating “the Kidneys” Does Not Address the Whole Person

**F**or people that have Kidney failure, dialysis machines can sustain life for a while but they can't save it. According to an article in **Science News** Vol. 155 page 276 . "While these devices remove many toxins from the blood, their membranous filters don't catch the tiniest impurities. Nor do the machines produce hormones and enzymes, an essential task of normal kidneys. That's why a middle-age person with chronic renal failure has less than a 50-50 chance of living more than 5 year on dialysis."

The article goes on about using a new method that has worked on dogs that may in a few years be available for humans. I think that is an important task to be continued. Certainly we need to have emergency responses for people with serious kidney disease or kidney failure and we need to continue developing more effective treatments which focus on the physical organs, but whenever I read an article that simply mentions a treatment for “the kidneys”, as if they were a separate, replaceable part, I feel that a lie, or at least a dangerously incomplete truth is being told.

The kidneys, for example, have the same vascular, lymphatic, nervous and energetic circulation in common with the whole person. If a specific organ is expressing disease or imbalance, we want to consider what is preventing the rest of the system from supporting and allowing its function. If it's the “weak link” in the chain, we certainly want to be able to strengthen it, but **we need to look at what is stressing the entire chain so as to create distress at the weakest link.** If we only strengthen the weak link and don't address the imbalanced system, we're liable to simply create other problems when we “fix” one specific “part” of the system.

**W**e need more than treatment of “discrete” named diseases or separate “parts”. We need to also look at prevention and all of the factors that contribute to overall wellness. My question when reading the article was, why don't these scientist think about another worldview of helping the whole person rather than trying to fix a single part that has all the common circulation with the rest of the whole person? The mind, the emotions, the food intake will have important relationships that could be out of balance.

**A**lso, I can't help wondering how much the quality of life, **and the quality of death** are taken into consideration for a patient for whom treatment is clearly not a cure, but merely a delaying of total breakdown. If we focus on an individual's purposes in life, rather than only on their disease, we can help make their life meaningful, even if it doesn't last much longer.

I believe that quality of life for people on dialysis and partial kidney failure could be helped by teaching them home care with the use of TFH. More and more people are demanding that they be taught how to help themselves to address meaningful goals in their lives, and not just suppress symptoms or treat diseases.

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## Thanks for Touch for Health in Our Lives...

Just wanted to say thank you for Touch for Health in our lives, I remember the first classes that Barb and I took and how **I used to take all her pain away with just a basic 14-muscle balance.** We initially were looking for a way to help Barb with her fibromyalgia because acupuncture was getting very expensive and other conventional methods were not giving her the results needed.

Since then this has led us to helping others with pain relief on all levels and with the good Grace of God in our lives we have had 99.9% success with our system. I can also say that Barb no longer has fibromyalgia.

We are thankful every day for the goodness that we can share with others on the road to remembering the Truth of our being. You probably remember me more than Barb, I was the short French guy who got on a chair to give you a hug.

I'm not teaching at the moment, **I simply prefer to work on and with people and watch the changes in them when they realize that they can get better and that there is hope.**

Again, thank you, John, and may all the goodness that is coming to your way continue to grow for you and your family and let us always remember the oneness that we all share with our Father.

**Barbara & Yves Veillette**  
Vital Energy Health  
Management  
**Love heals all....**

## SYMBIOSIS-MORE COMPLEX

Biological symbiosis, the mutual dependence of two species on each other (such as bees and flowers) for survival, has been cited as evidence supporting divine design. We believe that the way the Touch for Health model functions also indicates a divine design. The 14 meridians functions are dependent upon one another to have a whole healthy person that is attracting to their life the exact things that they need to reach their telos—the ultimate purpose of their lives. An imbalance in one meridian affects all the other meridians as is shown by balancing one meridian energy flow and all the other meridians come into balance as demonstrated by change in the muscles responses immediately afterward.

The general symbiosis is that plants give off oxygen needed by mammals and mammals give off carbon dioxide which is needed by plants for survival. Having plants whether in the ocean or on the land to give off oxygen and mammals to give off carbon dioxide creates a symbiotic relationship.

The more specific symbiosis demands that two different but uniquely compatible species arise at the same time and in the same place with the morphological structures in place to support the interdependence.

As unlikely as that may be, imagine the improbability that three-partner symbiosis could occur by random process. But that is what scientists have discovered: three very different species each of which contributes vitally to the survival of the other two. This tripartate grouping includes leaf cutting ants, a type of parasol mushroom, and an antibiotic-producing bacterium.

The ant-mushroom relationship works this way; The ants cut the leaves, chew them into a pulp, and lay the pulp down on a substrate from which the mushroom grow. The mushrooms produce structures called gongylidia which the ants harvest as food.

Neither the ants nor the mushrooms can feed on the leaves directly. The leaves contain a biochemical insecticide dangerous to the ants, and the leaves are covered with a waxy coating the mushrooms cannot

penetrate. The ants scrape away the waxy coating for the benefit of the mushrooms. The mushrooms digest the chemical insecticides, providing insecticide-free fungal tissue for the ants to eat.

This part of the symbiotic relationship has been observed for several years. New research, however, reveals a more complex picture: a certain parasite attacks the mushroom gardens. This parasite is kept in check by antibiotics produced by a bacterium that grows on the ants' bodies. The bacterium depends on the ants for its life, the mushrooms depend on the bacterium for life and the ants depend on the mushrooms.

All three species need each other. The complexity of the symbiotic system defies description, as well as all the laws of probability. Again, numbers point to purposeful, intricate design rather than to mindless process.—from *Connections* by Hugh Ross PhD.

This scientific evidence supports the TFHK model of everything effecting everything else and when we effect one aspect of the whole person we effect the entire soul—everything about the person

# Using the 5 Element Metaphors (Continued from page 8)

Metaphors, Organ Functions, and Muscle Functions/Motions to get a more holistic sense of what is happening in our life. Consider each Metaphor as a symbol for some aspect of your life and see what it suggests to you. The questions provided here are merely examples. **Consider your own ideas and intuition to be the highest authority for YOU."**

I find it is really nice to have the option of doing an assessment balancing. Many of the people I've worked with have told me that the simple, practical way that I present assessment balancing with the five elements has encouraged them to go ahead and do it, even without understanding traditional Five Element theory. I generally use an even simpler approach than the standardized IKC protocol, but either way, with a little bit of practice, it is easy and often profoundly rewarding to balance according to the Five Element energy cycles.

## Metaphor Questions

### The Earth Element

(Stomach And Spleen Meridians)

The **Earth Element** metaphor corresponds to the ground, the soil, the dirt. The Fire element gives birth to Earth, symbolized by ashes which return to the earth. Earth in turn gives birth to metal, symbolized by the salts, minerals and ores which form in the earth. The Earth Element is controlled by Wood which is symbolized by the roots of trees holding the earth in place. The Earth Element

in turn controls water by containing it, giving it form, as in a lake or a river. The Earth Element is associated with the Season of Late Summer, and is said to be a **time of Transition not only between Summer and Autumn, but between each of the seasons.** The Direction associated with the Earth Element is not North, South, East or West, but Center. Thus, the Five Elements are sometimes represented with the Earth Element at the center, with the other four Elements at the cardinal directions.

**Do you feel like you have your feet on the ground or do you need to be more grounded and centered?** In your current phase of change, do you feel like you have enough roots to nourish your growth and enough stability to give form to your dreams (Water Element)?

The **Color** metaphor associated with the Earth Element is **Yellow.**

**What does the color yellow mean to you in your life?** Related to your current life goals, what might the color yellow represent?

Yellow might correspond to the **Season** metaphor of the Earth Element which is **Late Summer**, the time of ripening or maturing of the crops and of the early harvest. We might picture fields of crops waiting to be harvested, or the action of harvesting of crops.

Is it time for you to begin to reap the harvest of what you have sewn, or do you need to let things

develop a little longer? **What in your life needs harvesting**, and what needs to be allowed a little more time to mature?

The **Climate** metaphor of the Earth Element is **Dampness or Humidity.** We might picture a climate where we perspire without any real exertion. We can think of steam, fog, or mist.

What might humidity, steam, fog or mist symbolize in your life? **Do you need a little more steam to reach your goals, or is there some fog which is hampering your progress?**

The **Odor** metaphor for the Earth Element is **Fragrant.** We might think of taking time to smell the flowers, to appreciate the pleasant and enjoyable aspects of life. One traditional association with the Fragrant metaphor is the smell of incense in spiritual or cultural celebrations. We might think of the smells we associate with our own family or cultural holidays.

What does a Fragrant smell symbolize in your life? **Are you taking enough time to "stop and smell the flowers"--** appreciate the Fragrance in your life-- or do you need to focus on following through with your work, making that final effort to bring in the harvest?

The **Taste** metaphor of the Earth Element is **Sweet.** This can be related to all the senses in addition to the sensation of pleasure in the mouth. Sweet can be a pleasing smell as with Fragrance, a sound

that is melodious or harmonious to the ear as with Singing, a pleasing, beautiful, well-formed vision for the eye, or even a characteristic of being amiable, good-natured, gentle, welcome or Sympathetic. The metaphor of a Sweet Taste can symbolize many aspects of our life in addition to the literal sweet taste of foods and the possible dietary, social, cultural and other meanings tastes can have for us.

What tastes Sweet in your life, or in relation to your goals? **Do need to have more, or just appreciate more**, the sweet aspects of your life in order to achieve your goals?

The **Emotion** metaphor of the Earth Element is **Sympathy or Empathy**. This is the emotion of compassion that involves sharing of feelings with another and/or understanding another's feelings or experience and responding appropriately. This can be an expression of condolence and comforting in times of grief or sadness, but it can also be a spirit of kinship, comraderie, or like-mindedness in relation to any emotion. In balance, Sympathy or Empathy allow us to understand where others are "coming from". Out of balance, we can be overwhelmed by the attitudes and emotions of others and lose our own emotional balance.

How might Sympathy or Empathy be related to your goals? Are you being too sympathetic or empathetic and losing sight of your own feelings and needs, or do you need to relate more to how others are feeling, or **do you need more/less empathy/sympathy from others?**

The **Sound** metaphor of the Earth Element is **Singing**. The metaphor of singing involves uttering and/or hearing of words with rhythmic or musical modulation of the voice. As with the metaphor of Empathy, it can express, relate to, or inspire any of the Emotions.

The idea of singing can simply mean uttering an expressive sound. Singing relates to self-expression and understanding of others. We all have moments when we need sing, to proclaim our own feelings, or feel the need for enthusiastic praise from others. A person with a recurring imbalance of the Singing aspect of the Earth Element often says, "I can't sing" or, "I never sing." This may relate literally to hidden wounds related to actual singing ability, or it may have to do with our ability to express ourselves, to be understood, or to understand others.

What does Singing mean to you in your life, or in relation to your goal? Do you feel like you "sing" or tell too much, or **do you need more enthusiastic, expressive singing in your life?**

The Earth Element is said to **Fortify the Muscles**. The Muscles symbolize movement and activity. To Fortify the Muscles might make you stronger, more developed, or more powerful.

**What role does Muscle or strength play in your goals?** Do you need more power, movement or activity to reach your goals or do you need to focus more on centeredness, stillness and patience?

The **Personal Power** metaphor of the Earth Element is **Decrease**. There is a point in our lives when less is more and we need to let go of some things to have more power in our own life. There are many aspects of cutting back or gradual diminution in our lives that allow us to be more effective and more authentic.

What in your life is no longer necessary, fruitful or beneficial that you continue to keep or do out of habit or fear of change? **What can you let go of that would allow you to have more Personal Power** in your life?

The **Faith/Worldview** metaphor of the Earth Element relates to **Late Adolescence and Early Adulthood**. Structure and function are seen in context. Systems are seen to reflect flexible and multiple purposes. This is a transitional phase characterized by disillusionment with literalism and blind acceptance of rules. Instead we increase our abilities of abstract thinking and reflection upon the self and one's own actions from multiple/others' perspectives. It can be called the **Conventional/Synthetic Faith Worldview**.

**Are you placing too little or too much reliance on the values of your peer group**, community or culture and seeing yourself through the eyes of others? Are you bogged down and stuck in your own thoughts and feelings, or are you in denial of your true inner thoughts and feelings about your experience of life?



# Using the 5 Element Metaphors for Energy Balancing Part I of IV

I have been getting such great results and feedback using the Chinese Five Element metaphors that I want to share with you the simple protocol and the questions that I use to help people think about the metaphors. I will publish the questions that I am using in four parts.

If I am doing a "Fix-as-you-go" balancing, I usually refer to organ or muscle or muscle metaphors as I encounter weak muscles. Depending on how long I spend using touch reflexes I ask about one or more metaphors while working the reflexes. I might also mention an emotion, or something that seems to fit from the related element, or I might purposely go for an inscrutable metaphor to see what that brings up.

If doing multiple corrections on same meridian, either by challenging or mult. Muscles, or in same element, I work my way through all the questions. If NV, I like to do the 5 senses, but I may toss in the emotions also. Sometimes, if it seems appropriate, I'll stop and read off all of the questions for the aspects of the related element.

If I'm doing an assessment balancing, I'll find the one meridian that seems to be the most appropriate to start with and either I'll just read off all of the aspects of the associated element first, or just start asking some of the questions that I think of while I'm

working the reflexes. Often, all of the muscles which were inhibited retest strong after just contemplating the metaphors! Other times I may need to do some of the reflexes, and I might continue talking about the associated metaphors.

In any case, people usually feel like there's an extra benefit in thinking about the metaphors. They may feel like the essence of some life issue has crystalized in their minds, or else they simply feel an enhanced sense of mental clarity. Often they feel a lot better about their goal and experience relief from symptoms whether the metaphors really "made sense" literally or not.

## Dr. Thie's Protocol for Balancing Using the 5 Elements:

1. Establish a goal that you feel enthusiastic about and you believe is possible.
2. Do any pretests that you normally do.
3. Check and correct the Central and Governing meridians. (My assumption is that if I've cleared the channels so that excess energy can leave the body, then the over-energy will clear as I balance the under-energy)
4. Check the rest of the indicators for the remaining meridians, recording results on the 5 element diagram.
  - 4b. If you are going to check for Over Energy, mark these with a - sign; use the Alarm Points to establish over energy pattern. Mark over energy meridians with a plus sign.
5. Begin with Yin. Look for a Yin meridian that is the first out of balance in a series, going clockwise through Shen or

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Ko cycles, and do the corrections for the associated muscle(s).

5b. If you've marked over AND under energy, **look for the first Yin Under-energy which follows Any Over-energy** clockwise in the Shen or Ko cycles.

6. After correction, recheck all (under energy) muscles to confirm that they are now facilitated. Correct any which may have remained inhibited.

6b. If you have marked Over Energy, recheck ALL alarm points- all should now be clear. Use Sedation with the acupuncture holding points of any over-energy which may have remained.

7. Reassess your goal and how you are feeling.

## TFH Metaphor Questions

**The following text appears on the back side of the latest edition of the "handy assessment chart":**

"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 organ systems, between the conscious mind, the unconscious, our intuition, and our connection to Chi, life energy, or God. We can contemplate the metaphors associated with the Five Element

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