

Pectoralis Major Sternum

Anterior

One of the most widely used and fastest growing wellness systems today, *Touch for Health* is a brilliant synthesis of recent Western discoveries and ancient Chinese medicine. *Touch for Health* was developed by John Thie, D.C., and incorporates the research of George Goodheart, D.C., the founder of Applied Kinesiology.

Dr. Goodheart discovered that muscle response changes from moment to moment, depending on the stimulus. This response can be detected by manually pushing on arms and legs in different positions, which is called muscle testing. When a food or an environmental factor stresses the body chemistry, specific muscles will weaken. Emotional and structural stressors (posture, exercise) will have the same effect. On the other hand, when certain points on the skin, called reflexes, are stimulated, they act like

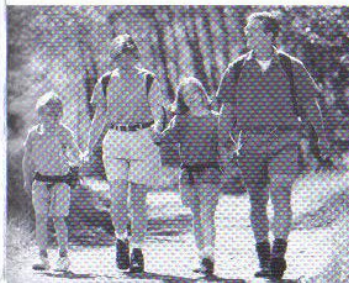
energy switches: muscles immediately become stronger. Dr. Goodheart also discovered that muscles respond to changes in acupuncture meridians, and included acupressure points in his system. Applied Kinesiology is widely used by chiropractors and other licensed practitioners.



Dr. Thie adapted the essentials of Applied Kinesiology for

the use of lay people in his book, which he called *Touch for Health*. Now, with the use of muscle testing, you can evaluate many aspects of your health and lifestyle, and discover the hidden causes of many problems. Then, with specific reflex points and movements, you can experience improvements in all these areas within minutes.

Touch for Health has been taught in 62 countries to over one million people, and the *Touch for Health* book has been translated into 15 languages, including braille.



TOUCH FOR HEALTH IS...

After attending just a two-day class, you can start effectively using *Touch for Health* with yourself and others. You don't have to wait for results: most of the time, you feel them immediately. With prolonged use, *Touch for Health* will help you achieve much higher levels of vitality.

easy to learn

instantaneous

cumulative

Touch for Health can be practiced anywhere... anytime!

Touch for Health combines well with chiropractic, massage, and other modalities, and enhances their effectiveness. *Touch for Health* techniques differ from them in the following ways:

- *Touch for Health* balances muscles to improve posture and to stimulate the body's own healing ability.
- *Touch for Health* is experienced fully clothed, sitting, standing, or lying down. Muscle testing is a cooperative venture and requires active participation.



Touch for Health does not diagnose or treat medical conditions. By stimulating each individual's own healing ability through energy and muscle balancing, *Touch for Health* improves health and vitality.

Who can benefit from Touch for Health?

"My husband Bruce, 74, had severe stomach problems and had virtually stopped eating... even though all hospital tests came back negative. When our daughter visited for Christmas, her father was very underweight and depressed. She used Touch for Health techniques with him, and the results were immediate. Bruce started eating and laughing again."

— Christiane Turner

"A 5-year-old boy in my class, diagnosed with ADD, was demanding and aggressive. I spent 10 minutes a day with him using Touch for Health techniques for seven weeks. He gradually became calm, focused and more coordinated. For the first time, he related well to the other students."

— Kim Blacklock

"One of my clients was an asthmatic, overweight woman, who couldn't walk more than two blocks without stopping. She also suffered from major bouts of depression. After thirty minutes of using Touch for Health techniques, despite her skepticism about the work, she felt better than she had in weeks. Within a month, she was walking the half mile to my office, was using half her medication, and was able to cope with a traumatic situation."

— Gary Lee Williams, MT

Take charge of your health and wellbeing!

Learn specific hands-on touch techniques that will:

- Accelerate recovery from illness and injuries
- Reduce or eliminate many different kinds of pain: headaches, backaches, stomach aches, etc.
- Uncover the hidden causes of many health problems
- Prevent future health problems
- Increase energy and counteract fatigue
- Show you immediately which foods are undermining your energy
- Quickly and measurably improve posture, strength, flexibility and athletic performance
- Improve left brain/right brain integration and enhance mental functioning

Touch for Health



About the Touch for Health Kinesiology Association

The Touch for Health Kinesiology Association (TFHKA) is a non-profit, member run, national organization, dedicated to making the *Touch for Health* self-help skills available to the public. In cooperation with the International Kinesiology College in Zurich, Switzerland, TFHKA supervises and maintains standards of teaching *Touch for Health* in the United States. It also organizes annual Touch for Health Kinesiology conferences, publishes an annual Journal and a quarterly newsletter.

For more information, please call:

1-800-466-8342 or (937) 845-3404

Fax: (937) 845-3909

PO Box 392

New Carlisle, OH 45344-0392

e-mail: admin@tfhka.org

Internet: <http://www.tfhka.org>

To enroll in a *Touch for Health* training course, schedule a private session, or find out more about *Touch for Health*, contact:

This professional has been certified in Touch for Health by the International Kinesiology College in Zurich, Switzerland, and the Touch for Health Kinesiology Association.

Copyright ©1998 TFHKA

♻️ Printed on paper containing 10% post-consumer waste fiber