

Touch for Health – A form of Specialized Kinesiology

Touch for Health

Touch for Health is a form of Specialized Kinesiology, developed by John Thie, a chiropractor who saw the value of teaching basic techniques of Applied Kinesiology to the layman person. His goal was to empower everyday people to be able to heal themselves. The Touch for Health system began around 1970 but was actually established as a teachable program around 1973.

Specialized kinesiology uses muscle testing as biofeedback to ascertain which muscles are not functioning 100% and then to discover what will strengthen or balance those muscles. Muscle outages (or 'weaknesses' or 'imbalances') can be corrected by a variety of strategies such as touching or massaging neuro-lymphatic points to improve the flow of lymph in the body, holding neurovascular points located on the head, tracing meridians, and through nutrition, such as food, herbs and supplements.

Muscle testing is a great way to determine which of the above strategies will help to strengthen the "weakened muscles". Determining a "weakened muscle" is a great way to determine which meridians are out of balance. Each muscle correlates with different organs and meridians. Stimulating various acupuncture, neuro-vascular or neuro-lymphatic points on the body helps to improve the function of those organs. For other techniques, you may want to go to the Touch for Health website (<http://www.touch4health.com/techniques.html>). You will see that there are various things a person can do to heal their body.

Muscle Testing for Nutrition

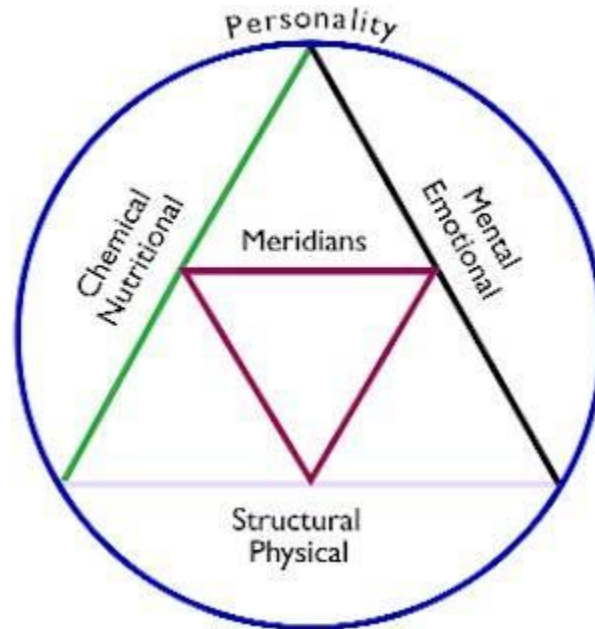
As a nutritionist, one of the most valuable tools that I learned from Touch for Health is how to use muscle testing to determine which foods, herbs or supplements "strengthen" or "weaken" the body. Each person is unique and benefits from different things depending on a variety of factors such as their emotional state (different types of emotions affect the function of different organs) and their genetic pre-dispositions. Being able to teach clients how to use their body as a "biofeedback" to determine which foods may be triggering their symptoms and which foods will help to heal their symptoms, is very empowering. It allows everyday people to feel like they have control of their health.

How to benefit from Touch for Health

Our disease symptoms are simply an imbalance between our mental and emotional state, our bio-chemical composition and our physical structure.

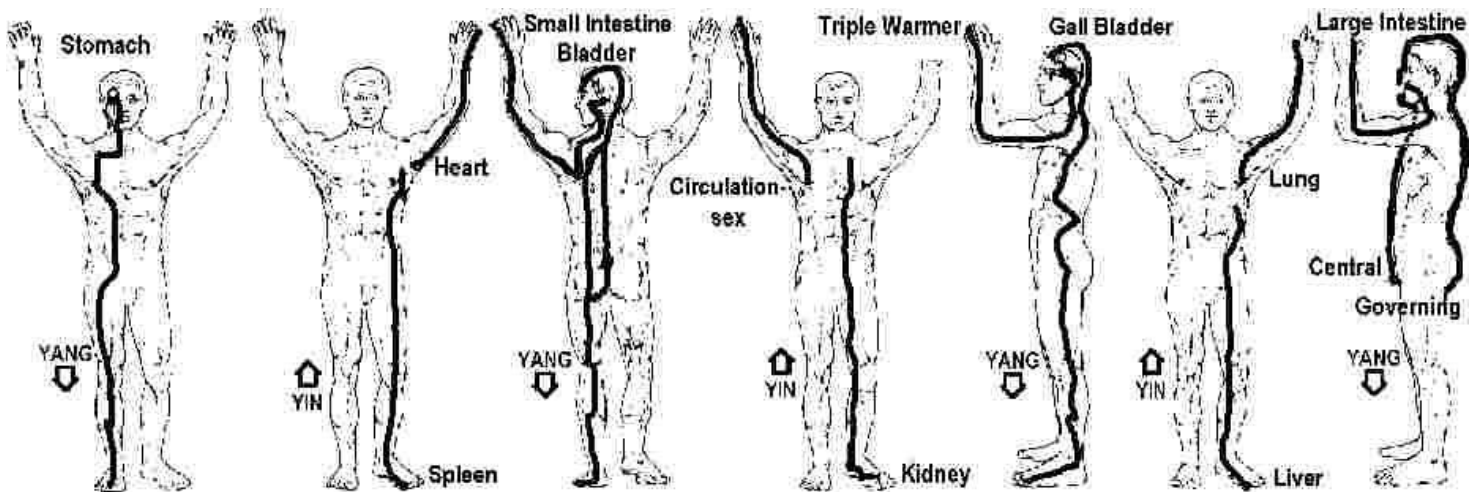
- We have the ability to improve our emotions with positive thoughts and affirmations.
- We have the ability to improve our bio-chemical composition through a nutritious diet and avoiding chemicals by eating organic food and using more natural based products for different household uses. (Ex: cosmetics, cleaning products, using glass dishes rather than plastic for food storage, etc...)
- We have the ability to improve our physical structure through movement and exercise.

As a nutritionist, who has studied Chinese Medicine, I am completely convinced of the value and benefit that a person can have from learning how to integrate “Touch for Health” techniques into their everyday life. As the following diagram illustrates, our personality is a reflection of the combination of our diet, our emotions, and our body structure. The more we make positive choices and let go of old destructive patterns, the healthier we will be.



In getting certified in the 4 levels of Touch for Health, I have been able to experience the benefits of learning these techniques. For example, when we “run our meridians” as illustrated in the following diagram, we help the energy flow of our body to go in the direction that brings the body into a sense of homeostasis. When our body is in homeostasis, all “blockages” are removed. These “blockages” are disruptions in the flow of circulation and energy through each meridian. They are energetic blockages caused by many different things that stem from mental or emotional stress, structural damage due to injuries or poor posture, poor diet or toxic overload on the body.

When our cells are in a state of “homeostasis”, they have the ability to properly eliminate toxins allowing nutrients to come in.



In conclusion, I seriously recommend and hope that many more people can learn the Touch for Health techniques and benefit from them the way that my family and I have. The good thing about learning Touch for Health is that ANYONE can learn it. It is designed for everyday people to learn and requires no previous training to learn the techniques. After learning Touch for Health, your whole way of viewing your health and your life will be drastically altered. For the first time you will feel that you have the ability to "take charge of your health"! Another good thing is that you can "heal yourself" FREE OF CHARGE!

Since I'm required to mention any disadvantages to using this form of therapy, I would say that some people are "freaked out" by the idea of using the body as a biofeedback. When a person first experiences "muscle testing", it may frighten them because it is a fairly "new" concept in our Western culture. I feel that the more we can teach this to people and make people aware that we are made up of energy, then less people will be frightened with this concept.

Trish Leclair

Reference websites:

http://www.canask.org/Class_Descriptions.htm#Touch%20for%20Health

<http://www.touch4health.com/techniques.html>

Reference book:

[Touch for Health – A Practical Guide to Natural Health with Acupressure Touch](#)

Note: Class material such as reading handouts and reference charts were also considered when explaining the above information.