

TOUCH FOR HEALTH Can help you feel better !

What is Energy Balance?

Energy balance refers to: How well we feel and how well we are able to function. If we feel good we are energetic and go through our daily routines with ease. If we get adequate rest our energy is restored and energy balance is maintained.



But **Balance** isn't just a matter of "activity" vs. "restoration." Other factors - how much stress we endure, body size, how "fit" we are, the kind of food we eat- ALL influence energy. Energy runs the body and how it is stored and replenished is probably the most important factor for maintaining our health!

We use Energy 3 ways:
Performing cellular functions - Metabolism
Using our brain - Thinking
Muscular activity - Movement

To the body, everything is work and requires energy. To sustain *all* of our body's functions energy is used non-stop 24 hours a day! The body is in constant motion that is produced by the activity of muscles. Muscles are the area in which we have the most conscious control. Energy is produced by the **mitochondria** which are located primarily in **MUSCLE** cells!

TOUCH FOR HEALTH can help you determine how well your body is functioning.

Do you ever feel as if you expend energy faster than you are able to replace it?
Does your lifestyle stress your energy?
Are you sleeping well?



Low energy, vague aches and pains, negative thinking, poor digestion and interruptions in sleep - all leave us feeling weak and can be an indication that the **mitochondria** is unable to do it's job efficiently - putting us at risk for serious health problems!

Testing your muscles gives you direct access to your energy system. With **TOUCH FOR HEALTH** you can experience an immediate increase in energy and health.

Determine how well your body is functioning - get your **MUSCLES** tested **TODAY!**

Affirmations for use with the Meridians

Stomach Meridian
FOR GOOD AND NUTRITIOUS FOOD

Spleen Meridian
FOR HAVING ALL THAT IS NEEDED TO SUCCEED IN LIFE

Heart Meridian
FOR UNCONDITIONAL LOVE

Small Intestine Meridian
FOR SUPPORT

Bladder Meridian
FOR PEACE IN MY DAY

Kidney Meridian
FOR COURAGE

Circulation/Sex Meridian
FOR PROTECTION

Triple Warmer Meridian
FOR A SENSE OF SELF, WHO I AM

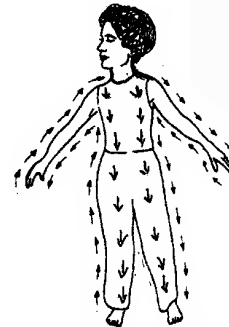
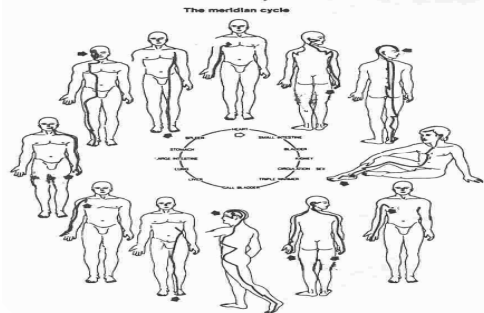
Gallbladder Meridian
FOR CHOICES and OPPORTUNITIES in the FIELD of ALL CHOICES and OPPORTUNITIES

LIVER Meridian
FOR HEALING and CLEANSING MY BODY OF ALL TOXINS

Lung Meridian
FOR THE DIVINE SPIRIT, THE BREATH OF LIFE

Large Intestine Meridian
FOR FORGIVENESS, THAT I MAY HAVE BENEFICIAL CHANGE IN MY LIFE

Central Meridian **Governing Meridian**
FOR ALL I HAVE FOR ALL I DON'T HAVE



MERIDIAN MASSAGE

(PAGE 273 IN TFH BOOK)
 A GREAT WAKE UP EXERCISE OR CALMING BALANCE FOR OVERALL ENERGY OF THE BODY.
 REPEAT THE SEQUENCE 3 TIMES.

Headache Points

GB 41-(Page 109 in TFH Book)
 When headache is one sided, starts on one side

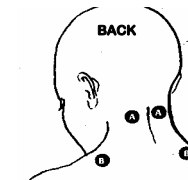
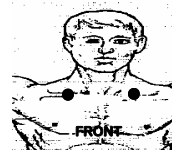
 LV 2 -(Page 203 in TFH Book) excess - When headache is behind the eyes

 St 36 - (Page 139 in TFH Book)
 deficiency -When headache is from hunger



Rub Out Tension Headaches

(Page 113-15 in TFH Book)
 Massage these points firmly to relieve tension in the Head and Neck.



Thank you for attending this workshop on **Touch For Health**. Please help evaluate our services by completing the following survey/evaluation.

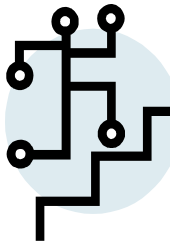
On a scale of 1 to 5 presentations were:

	Unsatisfactory		Satisfactory		
Gave clear instructions	1	2	3	4	5
Information was useful	1	2	3	4	5
Allowed for feedback	1	2	3	4	5
Knowledgeable in subject	1	2	3	4	5

I would like to attend a basic TFH class
YES NO

If yes, please include your contact information:
 Comments:

The Many Ways to Use Touch for Health



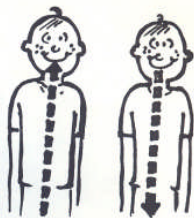
Quick energy “pick me ups” For any challenging activity. We may quickly achieve a sense of balance by using these energetic exercises. (Page 36 in TFH Book)

“Drink Up”

The **most** important element in the body is **Water**. You must have enough water in your system to assure proper functioning, elimination **AND** for muscle testing.



"Zip Up"



Begin with the hand moving up from pubic bone to bottom lip.

Moving Your hand up and down the front of the body stimulates a powerful acupuncture meridian associated with brain functioning.

Helps establish a sense of “readiness” in the energy flow throughout the body.

"Switch On"



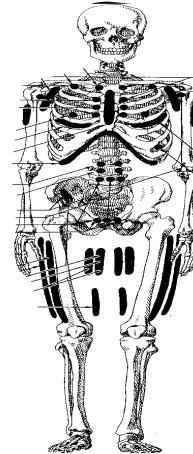
Rub the ends of the collar bone, Top and Bottom Lip and end of the Tailbone While holding one hand over the navel.

“Tune In “



Unroll ears gently pulling them away from the head (Page 261 in TFH Book). While pulling on your ears gently repeat turning the head to the left, right and up and down. Do this for 30 to 45 seconds.

SINGING raises the vibration of the cells and changes our Energy. While rubbing the **FRONT NEURO-LYMPHATIC**



points (Page 51 in TFH Book) sing this little song (to the tune of *momma's lil' baby loves shortening bread*)

“Every little cell in my body is healthy,
Every little cell in my body is well.
Every little cell in my body is happy,
Every little cell in my body is well.
I can tell, Every little cell,
In my body is happy and well!”

Repeat until you've rubbed all the points on the front of the body.

CROSS CRAWL

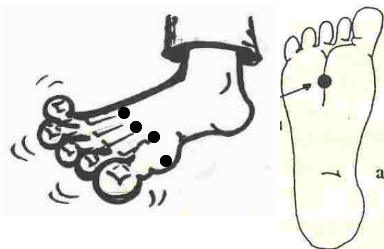
Page 264 in TFH Book.

TRY THIS FOR ENERGY, COORDINATION AND FUN!!!!

Maestro - A little music, if you please!



GAIT POINTS (PAGE 267 TFH BOOK)



BEEN ON YOUR FEET AND IN YOUR SHOES TOO LONG? TRY RUBBING THE POINTS ON THE TOP OF THE FOOT AND BETWEEN THE TOES.

VISUAL INHIBITION (page 252 in the TFH Book)

This is significant in learning disorders of all kinds and can help when you're stressed and fall asleep or feel tired when reading.

Without moving your head, move the Eyes only and look left, then look A LITTLE FURTHER left.
Move the Eyes only and look right then look A LITTLE FURTHER right

Without moving the head look Up - then look Down
Focus on something far away - then choose a spot that is nearer.

Read aloud, then silently. Note how that feels. Did it seem



effortless or was there some stress involved?

RUB the knobs of the collarbone (the end of the Kidney Meridian) with one hand while the other hand covers the navel.

Repeat with eyes looking in all directions.

RUB around the navel and the upper and lower lips (ends of the Central and Governing Meridians)

RUB around the navel and the end of the coccyx your tailbone (beginning of the Governing Meridian).

Repeat the exercise - moving the eyes, focusing and reading.

How does it feel now? Was it different?

Was there less effort or stress involved?

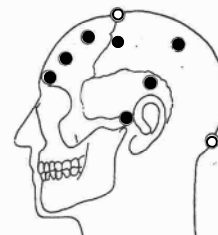


POWER POINTS (Page 53 TFH Book)

Stressed out? Need a moment? Lightly touch these points on your head using

“eyeball” pressure. While

holding the points remember to breathe deeply. (Dark circles are bilateral, clear circles are single points and can be held simultaneously.)



Emotional Stress Release Creative Visualization Technique (Page 38 in TFH Book)

USE IT ...

1. When in a state of overwhelm
2. Under mental or emotional stress or anxiety
3. To alleviate stress around fears and phobias
4. To create a mental blueprint for peak performance before a race or performance
5. With physical or emotional trauma



While thinking about a situation that you are finding stressful, lightly touch the Neuro-vascular points on the **FRONTAL EMINENCES** using “eyeball” pressure. While holding the points breathe deeply and review the stressful situation either mentally or verbally, noticing what you saw, heard, felt and thought.



Or

For an upcoming event visualize yourself doing the event optimally, telling yourself how great you are doing.

Recreate the physical sensations you have experienced when you've had great success and felt powerful and confident (even if it was a time unrelated to the event you are visualizing). Focus on what you see, hear, feel and say to yourself.

Notice your breathing and your posture in that resourceful state.

Stop when you feel the process is complete.

Repeat as often as necessary until thinking about the situation is no longer stressful.