

*A New Approach to Restoring our Natural Energies*

# Touch *for* Health

A practical guide  
to natural health  
using acupressure, touch  
and massage

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*Foreword by Bruce A. Davis, M.D.*

John Thie and

# Touch for Health: A Practical Guide to Natural Health Using Acupressure Touch and Massage



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The idea of chiropractic is that health comes from within. We want to think of the body all together, all one piece. The chiropractor believes that the innate cleverness that runs the body is connected to universal cleverness that runs the globe, so each individual is connected to the universal cleverness through the nervous program. He will this by working with the backbone, the central core of the nervous system, the master program of the body. It is the work of the chiropractor to greatly help this communication system, to insure that the body will function. Then your body can take care of itself since there is no interference between the intelligences and the body. Building on the essential idea with earlier chiropractic work and the ancient Oriental practices, we developed the methods we will be using here.chemical substance and meridian systems. We intervene to revive muscle balance, which is vital to good posture and health. People with good posture, with the partnership of your body parts working one to another, generally have good health. Man is usually a structural, chemical emotional and spiritual being. What happens in the head or what switches into the mouth has and effect throughout the body, as when something occurs to one relation, it affects all of the remaining family - even more than others, but everyone is affected. The primary structure and the natural chemistry work together to influence the psychological state. Man's problems could be segmented into different systems, structural, neurological, lymphatic, vascular, cerebrospinal, dietary . Applied kinesiology, the research of muscles activation, uses muscle mass testing ways to determine the necessity for and performance of treatment. A problem may exist in any part of a location, and disturbances in various other systems may represent your body's efforts to compensate for the troubled system



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Acupressure classic This book is an excellent reference for self-healing and to help others. I met a woman who had been mysteriously ill and in the hospital; she explained she used the book to improve her physical state to the point where she could possibly be released from hospital. She was convinced Contact for Wellness was the key to her recovery. I have used the publication for years with good results. I don't actually care for the pictures. Just perfect!. It's the same one I've experienced for years, but I'd used that one therefore much it was falling apart. Home Health Care I recall when I first came across this book many years ago.etc.. It's just a terrific book to greatly help one understand Chinese medication, acupuncture, acupressure, your body clock, connections between pressure factors and organs, etc. I was intrigued. I practiced what I possibly could from the book, after that took a beginner's class in TFH. Eventually I required their instructor training and I was on my way. Reserve has great images that help describe beautifully. Five Stars A great book in case you are into Natural Healing Five Stars It's the book that We was looking for I was happy to find this book I was happy to find this book. Many methods of treatment are protected including meridian therapy, stimulation of neuro-vascular points, neuro-lymphatic points and acupressure. It do for me. One caution: This book has a boat load of information packed in very concisely. How fun, I gave him a good reference tool. I hope it can. You will discover that many of the methods shown can be utilized instantly for your health and the wellness of your family. An absolute must have for your Massage Colection I am currently signed up for massage college, and because I love books so much I am thrilled when a new required reserve is put into the list. As we are learning accupressure inside our school, this publication is a significant reference point, as it is for some schools, I believe. ??? Good book Five Stars Okay Five Stars Loved it! With a back ground in energy work or cranialsacral this will broaden your understanding immensely.. This purchase can be a replacement for my falling-apart golden oldie. DO Get yourself a newer edition MAGNIFICENT, but purchase a newer edition; BUT, a pal visited within days; Details is shown in a good sized text message, in easy column structure with space for highlighting and notes, if needed. He thumbed through the publication and was ooohing and aaahing! Touch for Wellness can be an amazing practice for body function healing/adjustment without having to take off all your clothes. My one and only hang up; It is the same one I've acquired for years Just perfect! it really is practical, easy to understand and use. We gave the new edition of the book aside. The new version is none of the above. While they are fine images of procedure, they appear to be used from an original proven fact that occurred in the 70's or something, and I feel it detracts from the present day, educational experience of the book, but in no way does it compromise the information- which is vast! Love It Love this previous edition of Touch for Health. Love the Contact for Health healing methods Love the Touch for Health healing methods. Lie down, concentrate on desired result, allow specific passive movement, rejoice. Very effective. Now after 25 years of personal practice in Natural Healing I still find that I am using the used kinesiology that I discovered in this book. gave to a student of accupuncture I got the book, thinking I could browse and use. Super for self-help and referencing for interested close friends.. Well, perhaps with a good bit of learning, but I've various other pressing issues to attend to apart from this. Also included are great protocol tips, an extensive bibliography and suggested reading list and very good anatomy diagrams. and he's taking schooling for accupuncture. So far as info and diagrams move, this reserve has everything you need for accupressure! It may lead you to additional studies for the others of your life. Perhaps it had been for him all along? Yet the guidelines and explanations are exact enough that anyone might use this book if they are interested in this work. Also though I have gone to advanced formal trainings and studied in many countries around the world, I can still

recommend this publication for those who want to learn a lot about self treatment from a single publication. I took classes in Touch for Health years ago, dropped my textbook by lending it out, delighted to have got ready access to the information again.



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