

# ☯ Touch for Health® Kinesiology 1 ☯

for Health Professionals and Nonprofessionals

## For Dates & Location Check Website

This course will introduce you to muscle testing and procedures to balance muscles and acupuncture meridians as presented in Dr. John Thie's *Touch for Health*.

Touch for Health techniques can stimulate the body's innate healing ability by helping to balance physical, mental, and emotional energies.

Touch for Health techniques synthesize Eastern and Western approaches to mind-body healing. These safe and effective methods have been used to:

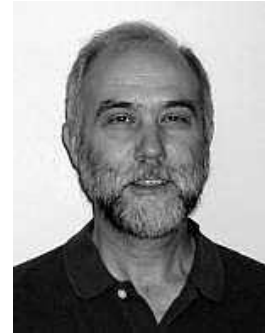
- Help individuals reduce or eliminate pain & stress
- Improve health, vitality, & athletic performance
- Improve posture, strength, & flexibility
- Enhance the immune system
- Improve vision, memory, & learning
- Accelerate recovery from injury & surgery
- Lose weight
- Eliminate phobias

## YOU WILL LEARN...

- Precision muscle testing as a tool to identify specific stressors to the body & mind
- The basic 14 muscle/meridian balance
- How to accurately assess energy in the acupuncture meridian system
- Techniques to balance the meridian system, including eurolymphatic/neurovascular reflex points, meridian stimulation, & more
- How to increase energy levels, reduce stress & pain, & improve body/mind coordination
- Food & sensitivity testing, surrogate testing, balancing for goals, & more
- A 3-minute technique to release the negative effects of emotional stress
- A 2-minute technique to reduce neck/shoulder pain & tension
- Reflex points to improve reading comprehension.

**Fee:** Check website.  
Includes manual for TFH1&2  
Discount for early registration.

**Prerequisites:** None.  
Anyone may take this workshop.



### Your Instructor:

Charles West, LMT#64  
Certified Instructor/Practitioner  
Touch for Health® Kinesiology

- *Certified Touch for Health® Kinesiology Instructor*
- *Certified K-Power® Instructor*
- *Massage Therapist since 1994*
- *Chiropractic Clinic 1995-2009*
- *Advanced Acupressure for Stress, Acupressure Institute*

**MASSAGEWORKS**  
PO Box 11606  
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Registration/information online at:

**MassageWorksTN.com**

MassageWorks is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider.  
#450843-08

**TFH 1 Registration Form: Date:** \_\_\_\_\_ **Location:** \_\_\_\_\_

To reserve your space and manual, send this form and nonrefundable deposit of \$50,  
or early payment amount at least two weeks in advance of class date to:  
MassageWorks, PO Box 11606, Knoxville, TN 37939-1606

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Email address \_\_\_\_\_