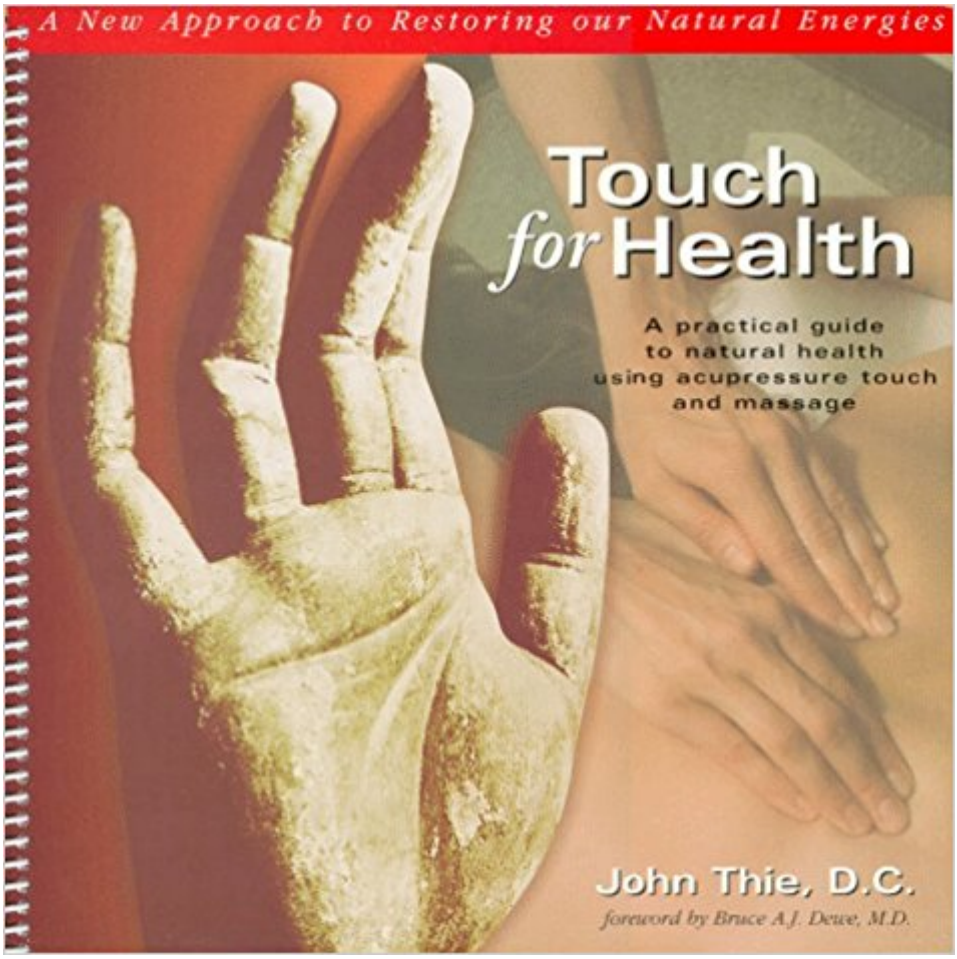
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Touch For Health: A Practical Guide To Natural Health Using Acupressure Touch And Massage



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Synopsis

The theory of chiropractic is that health comes from within. People with good posture, with the relationship of the body parts working one to another, generally have good health. The chiropractor believes that the innate intelligence that runs the body is connected to universal intelligence that runs the world, so each person is plugged into the universal intelligence through the nervous system. It is the job of the chiropractor to help this communication system, to insure that the body will function. He does this by working with the spine, the central core of the nervous system, the master system of the body. Then the body can take care of itself because there is no interference between the intelligences and the body. Building on the basic idea with earlier chiropractic work and the ancient Oriental practices, we developed the techniques we will be using here. Applied kinesiology, the science of muscle activation, uses muscle testing techniques to determine the need for and effectiveness of treatment. We intervene to restore muscle balance, which is essential to good posture and health. We are trying to think of the body as a whole, all one piece. What happens in the head or what goes into the mouth has and effect throughout the body, as when something happens to one member of the family, it affects all the rest of the family - some more than others, but everyone is affected. Man is a structural, chemical psychological and spiritual being. The primary structure and the natural chemistry work together to influence the psychological state. Man’s problems can be segmented into different systems, structural, neurological, lymphatic, vascular, cerebrospinal, nutritional .chemical and meridian systems. A problem may exist in any part of an area, and disturbances in other systems may represent the body’s efforts to compensate for the troubled system

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Customer Reviews

The theory of chiropractic is that health comes from within. People with good posture, with the relationship of the body parts working one to another, generally have good health. The chiropractor believes that the innate intelligence that runs the body is connected to universal intelligence that runs the world, so each person is plugged into the universal intelligence through the nervous system. It is the job of the chiropractor to help this communication system, to insure that the body will function. He does this by working with the spine, the central core of the nervous system, the master system of the body. Then the body can take care of itself because there is no interference between the intelligences and the body. Building on the basic idea with earlier chiropractic work and the ancient Oriental practices, we developed the techniques we will be using here. Applied kinesiology, the science of muscle activation, uses muscle testing techniques to determine the need for and effectiveness of treatment. We intervene to restore muscle balance, which is essential to good posture and health. We are trying to think of the body as a whole, all one piece. What happens in the head or what goes into the mouth has and effect throughout the body, as when something happens to one member of the family, it affects all the rest of the family - some more than others, but everyone is affected. Man is a structural, chemical psychological and spiritual being. The primary structure and the natural chemistry work together to influence the psychological state. ManÃƒÂ¢Ã â ¬Ã â„¢s problems can be segmented into different systems, structural, neurological, lymphatic, vascular, cerebrospinal, nutritional .chemical and meridian systems. A problem may exist in any part of an area, and disturbances in other systems may represent the body's efforts to compensate for the troubled system

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 told me she used the book to improve her physical state to the point where she could be released from hospital. She was convinced Touch for Health was the key to her recovery. I have used the book for years with good results. This purchase is a replacement for my falling-apart golden oldie.

Just perfect! It's the same one I've had for years, but I'd used that one so much it was falling apart. It's just a terrific book to help one understand Chinese medicine, acupuncture, acupressure, the body clock, connections between pressure points and organs, etc.etc. Super for self-help and referencing for interested friends.

I remember when I first came across this book many years ago. I was intrigued. I practiced what I could from the book, then took a beginner's class in TFH. Eventually I took their instructor training and I was on my way. Now after 25 years of private practice in Natural Healing I still find that I am using the applied kinesiology that I learned in this book. Even though I have gone on to advanced formal trainings and studied in many countries around the world, I can still recommend this book for people who want to learn a lot about self care from a single book.Several methods of treatment are covered including meridian therapy, stimulation of neuro-vascular points, neuro-lymphatic points and acupressure. You will find that many of the techniques shown can be utilized immediately for your health and the health of your family.One caution: This book has a tremendous amount of information packed in very concisely. It may lead you to additional studies for the rest of your life. I hope it does. It did for me.

I got the book, thinking I could read and use... Well, perhaps with a good bit of studying, but I've other pressing issues to attend to other than this. BUT, a friend visited within days; and he's taking schooling for accupuncture. He thumbed through the book and was ooohing and aaahing! How fun, I gave him a good reference tool. Perhaps it was for him all along?

Love this old edition of Touch for Health...it is practical, easy to understand and use.I gave the new version of the book away. The new version is none of the above.

The best body book there is.

I was happy to find this book. I took classes in Touch for Health years ago, lost my textbook by lending it out, delighted to have ready access to the information again.

These older editions are fun to browse through and have to show in my Touch For Health classes that TFH has been around for quite some time! I'm a certified Touch For Health instructor with the ability to give CEUs to nurses, massage therapists and acupuncturists (in most states) and find it helpful for people to see some of the "early" books. total-wellness@hotmail.com

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