



What is Touch for Health Kinesiology?

Touch for Health is the most widely used system of Kinesiology in the world. Training is open to anyone interested in health care and self help and is internationally recognised as a fundamental training for Kinesiology.

Touch for Health is a simplified version of the non manipulative basic Applied Kinesiology, developed by John Thie. It offers a safe, effective way to maintain health and wellbeing that is available to people with no previous knowledge of the body or how it works.

Touch for Health is a holistic approach to health which teaches the restoring of our natural energies. It is a practical guide to natural health using acupuncture, touch and massage to improve postural balance and reduce physical and mental pain and tension.

Take charge of your health and well being! Learn specific hands-on touch techniques that aim to:

- Accelerate recovery from illness and injuries
- Reduce or eliminate many different kinds of pain: headaches, backaches, stomach aches, etc
- Prevent future health problems
- Increase energy and counteract fatigue
- Show you immediately which foods are undermining your energy

Touch for Health™ Kinesiology balances the body through muscle testing/monitoring to improve posture and stimulate the body's own healing ability.

Touch for Health™ Kinesiology is experienced fully clothed, sitting, standing, or lying down. Muscle testing/monitoring is a cooperative venture and requires active participation. The system is taught in 4 levels which build on the learning of each one to develop your knowledge and skills. Further training is available if you wish to work professionally as a Kinesiologist, including:

Touch for Health Proficiency

Levels I – IV have assessment requirements in the form of case studies and demonstrating knowledge and practical skill. This is consolidated during a the 3 day Proficiency course where you will review levels I – IV and take the Proficiency Assessment – this enables you to join the Kinesiology Federation, obtain insurance and charge for balances.

Instructor Training Workshop (ITW): This 60-hour course prepares you as a Touch for Health Instructor. Upon completion of the course, you are certified by the International Kinesiology College (IKC) and the Touch for Health Kinesiology Association. This course provides comprehensive training in TFH techniques, teaching skills, and running a successful TFH business.



Syllabus

<p>Touch for Health Level I - 16 hours</p> <ul style="list-style-type: none">• History• Opposing muscle theory• Triangle of health• Switching on:<ol style="list-style-type: none">1. Water2. Central Meridian Check3. Switching4. Cross Crawl for fun5. Auriculars6. Visual Inhibition7. Accurate Muscle testing8. Inhibited Muscle9. Meridian Massage• Muscle Correction Procedures<ol style="list-style-type: none">1. Bilateral Muscle Correction Technique2. Neurolymphatic Massage Points3. Neurovascular Holding Points4. Meridians5. Origin-Insertion• Challenge• Surrogate testing• Emotional stress release (ESR)• Basic posture• Biocidal foods• Basic 14 muscle tests	<p>Touch for Health Level II - 16 hours</p> <ul style="list-style-type: none">• Pretests and corrections review• Circuit locating• Cross crawl for integration• Goal balancing with a 14 muscle balance• Balancing using wheel<ol style="list-style-type: none">1. Beaver dam2. Triangle3. Square4. Midday/Midnight Law• Time of day balance• Five Element theory• Over energy/alarm points• Muscle correction procedures<ol style="list-style-type: none">1. Golgi Tendon/spindle cell2. Cerebral spinal technique• ESR for performance, enhancement/future goals• Acupressure for pain/meridian walking• Gait testing• Figure Eights• Biogenic foods• 14 more muscles
<p>Touch for Health Level III - 16 hours</p> <ul style="list-style-type: none">• Yin/Yang• Five element balance/ one point balance• Goal balance with 5 elements• Five element basic emotions• Acupressure holding points• Acupressure holding point theory• Color balance• Sound balance• Pulses and pain tapping• Postural stress release• 14 more muscles	<p>Touch for Health Level IV - 16 hours</p> <ul style="list-style-type: none">• Review TFH 1-III• 42 muscle balance- head to toe• Review five elements balance• Postural analysis and rebalancing• Facilitation/inhibition• Circuit retaining Mode/ Pause Lock• Reactive muscles• Five Elements Nutrition• Sound, color review• Luo points• Inhibited muscles• Neurolymphatic release