THE BACKGROUND

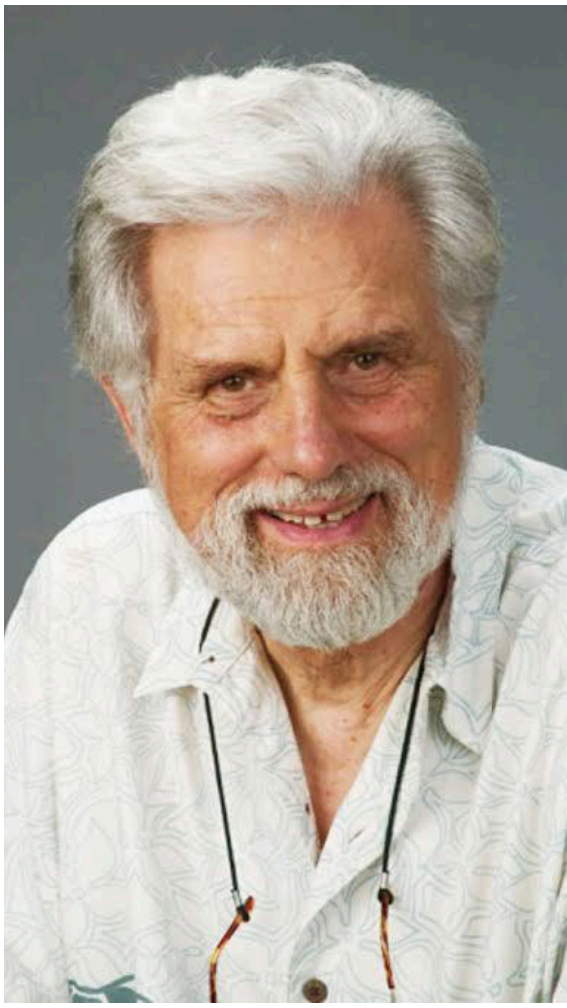
WHAT IS TOUCH FOR HEALTH?

Touch for Health (TFH) is a system developed in the 1970s by Dr John Thie, designed to make simple, effective energy balancing techniques accessible to everyone—not just healthcare professionals.

It draws from Applied Kinesiology (AK), a more clinical practice, and simplifies key techniques so individuals can support their own health and wellbeing, as well as that of their families.

At its core, Touch for Health is about:

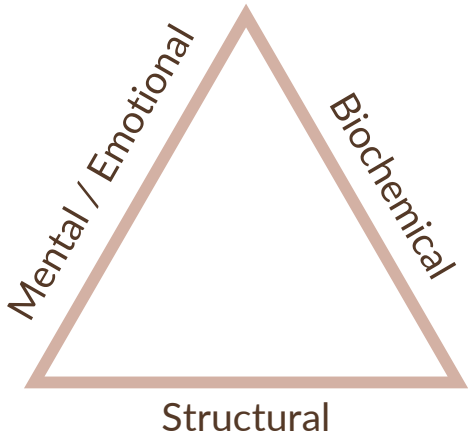
- Supporting the body's natural healing ability
- Understanding how different aspects of health are connected
- Giving people practical tools they can use in everyday life



THE "TRIANGLE OF HEALTH"

One of the key concepts in Touch for Health is the idea that health is multi-dimensional. Rather than seeing the body as purely physical, TFH recognises three interconnected areas:

- Structural (Physical) – muscles, posture, movement
- Chemical (Physiological) – nutrition, hormones, biochemistry
- Mental/Emotional (Psychological) – thoughts, stress, emotions



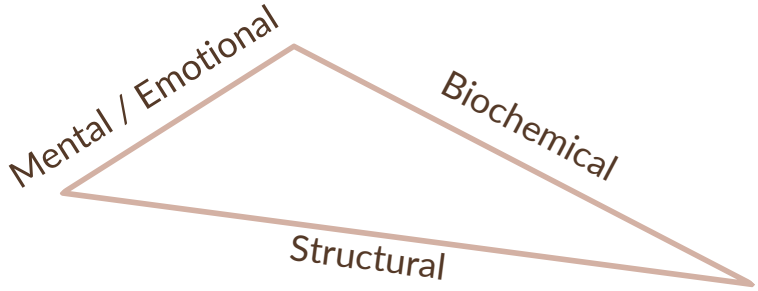
These three sides form a triangle. When all sides are balanced, we have a perfect equilateral triangle and the body functions optimally.

In reality however, we are rarely in complete balance. The body is constantly adapting and compensating to manage the demands of life. This compensation tends to place strain on one or more sides of the triangle, creating further imbalance over time.

For example:

- Ongoing stress (mental/emotional) can impact hormones and nervous system function (chemical), and lead to tension in the body (structural).

This interconnected view is central to how TFH works.



A HOLISTIC APPROACH TO HEALTH

Touch for Health is based on the idea that:

- The body is not just physical—it also has an energetic "blueprint"
- Imbalances may exist even when there is no diagnosed illness
- Supporting energy flow can help restore balance across the whole person

Rather than focusing on diagnosing or treating disease, TFH works to:

- Identify areas of imbalance
- Support the body back towards balance (homeostasis)
- Activate the body's own healing processes

HOW DOES IT WORK?

Touch for Health primarily uses muscle testing as a feedback tool.
This allows us to:

- Understand how the body is responding to stress
- Identify imbalances across the triangle
- Choose the most appropriate balancing techniques

Balancing techniques may include:

- Working with acupuncture meridians
- Reflex points (e.g. neurolymphatic / neurovascular points)
- Simple physical or energetic corrections

The aim is not to "fix" the body, but to support it in rebalancing itself.

WHY IT'S DIFFERENT

What makes Touch for Health unique is its simplicity and accessibility.

- It is non-invasive and gentle
- It can be learned and used by anyone
- It focuses on empowerment and self-responsibility
- It works with the whole person—not just symptoms

It's also widely used alongside other approaches, including:

- Bodywork and manual therapies
- Coaching and emotional work
- Conventional healthcare

THE BIGGER PICTURE

Touch for Health is now taught worldwide and has influenced many other kinesiology-based systems.

Its purpose remains the same:

To give people simple tools to better understand their bodies, support their energy, and take an active role in their own health.

AS YOU COME INTO THIS COURSE...

You don't need to understand everything yet.

What matters is being open to:

- Observing how the body responds
- Seeing connections between physical, emotional and chemical stress
- Practising simple techniques and noticing the effects

This is a practical system, not just a theory—so everything will make more sense as you experience it.

Let's get started!