



## Level II Workshop

# Exploring Session Options





# *eTouch for Health*

## Exploring Session Options

### Level II

by Earl Cook  
Editing, Gail Cook

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*eTouch for Health - Exploring Session Options, Level II* Manual and Workshop by Earl Cook  
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## ***eTouch for Health* - Level II, Exploring Session Options**

Welcome to the *eTouch for Health* Level II Workshop. The Touch for Health practitioner needs flexibility when conducting TFH balances. Sometimes a practitioner uses 14 muscles and another time may use 42 muscles. If you are a student or instructor, you can use *eTouch* to create sessions using only the TFH II or III muscles for demonstration and class practice.

A practitioner may wish to include a goal with the session (the recommended TFH way) or they may wish to focus on a particular request made by the client. *eTouch* provides many flexible options to the practitioner in defining both the types and scope of a balancing session. This workshop focuses on the different types of sessions that can be created and the preferences that TFH practitioners can set in *eTouch* to meet their individual preferences.

At the conclusion of this workshop, students should be confident in choosing session options and creating & conducting sessions in a way that reflects their preferences.

### **Workshop Objectives**

In this Workshop, you will learn:

- Students learn how to customize *eTouch* to reflect their personal preferences
- Students learn specific techniques for creating sessions other than the standard 14-muscle goal-based balancing session
- Students learn how to create sessions for class practices using only the TFH II or TFH III muscles
- The difference between setting up goal-based and condition-based balancing sessions
- How to mix and blend *eTouch* techniques to create new variations of Sessions
- Primary goal is to ensure the workshop participant is confident and comfortable with the multiple *eTouch* session options.

Since this is the *eTouch Level II* workshop, it is assumed that you know how to perform tasks from *eTouch Level I*:

1. Creating New Personal Records
2. Logging In
3. Creating a New 14-Muscle Goal-based Session
4. Recording Results and Ending Sessions

Let's get started!

The exercises in this manual are designed for two workshop partners to balance each other in the hands-on exercises. There are two 14+ muscle balances in the workshop. Some of the other example session types will be demonstrated by going through the steps to create the session, but there will not be time to conduct a full balance with these. Importantly, you will get practice doing a new type of 14-muscle balance and you will also receive a balance in this workshop.

**Open eTouch**

- ▶ Enter account name: **my** (if prompted)  
Enter password: **hope** (if prompted)

**Go to Tester's Personal Record**

- ▶ Select: **Tester's name in Login box. (Login, if necessary.)**  
Enter password.

- ▶ Click: **Preferences Tab**



**Tester Options**

- ▶ Click: **Tester Options Tab** (will default to this first time)
- ▶ Action: **Set Tester Options**

If you have preferred ways of doing things as you use the *eTouch Session Wizard* and create new personal records, you can customize *eTouch* in these two screens of preferences. This first page determine the defaults for the *Wizard Options* and the second page sets details for the *New Personal Record Options*.

**Energy Model** - balancing based on the **Over-energy** model is the recommended way to balance in Touch for Health (TFH). It is a bit more complex than using what is termed the **Simple** model in *eTouch*. Set this to Yes to use the Over-energy Model and set to No for Simple.

**Wizard On** - determines whether the **Wizard** is activated whenever you click *New Session*. If the Wizard is Off, *eTouch* will automatically build a 14-Muscle Condition-type Session.

**Menu** - which Menu do you wish to use as your default? You can select between the standard TFH Main Menu and the Site Map.

**Use Agreements** - if this is set to Yes, then whenever you try to create a new session for someone, it will check to see if you have printed an agreement for them. If not, then you either must print one or cancel the session.

**Techniques Display** - when displayed in the Session system, do you wish to view grouped by Chapter (Function) or Priority?

**Session Focus** - set to Goal or Condition (Indications/pre-diagnosed Conditions)

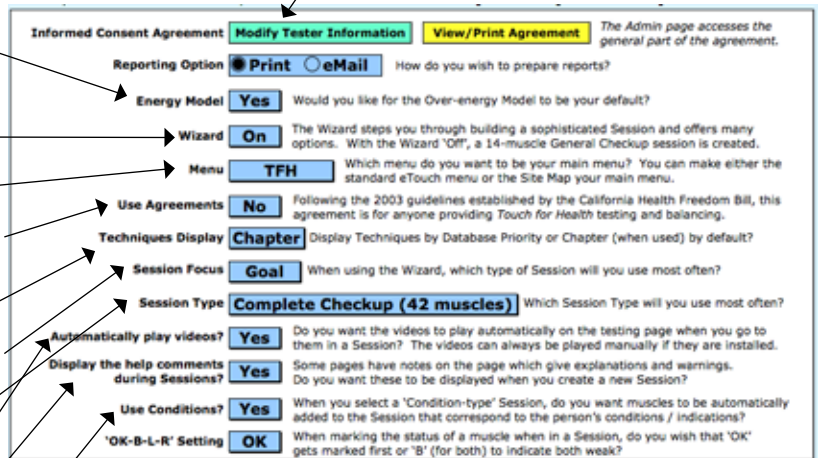
**Session Type** - 14, 42, Select by Category or Duplicate a Previous Session

**Play Videos?** - when first going to a screen in the Reference and Sessions do you want the videos to play automatically?

**Display Help?** - *eTouch* offers many tips in the Wizard. Turn this on or off.

**Use Conditions?** - a powerful feature in *eTouch* that will select and add muscles to a Session based on indications or pre-diagnosed conditions.

**Modify Agreement** - add or update your personal information that relates to your training and experience in the Agreement.



**OK-B-L-R Setting** - set the starting order of the B-L-R system.

► Click: **New Person Options Tab**

eTouch also has automated steps to assist you when creating new personal records. eTouch will step you through each option that you select for a person. On this screen, you can specify which of the options you prefer whenever you create a new record. Preferences can always be overridden during the session. Setting defaults saves clicks later on.

► Action: **Set Options**

**General Profile** - comments about the overall health of the person

**Enter Conditions / Indications** - this is where we can select and enter specific information about conditions that have been diagnosed by healthcare professionals.  
**Remember: Touch for Health is non-diagnostic!**

**Add a Portrait** - portraits can be imported from a variety of formats

**Add Photographs** - before and after your balancing session photos

**Print Reports** - after entering information for a new person, do you wish to print contact information and reports?

**Create a New Session?** - after entering information for a new person, do you wish to create a new session for them?

**Encode Personal Data** - Codes are used to protect personal data on reports

**Display?** When creating new personal records, these preferences specify which steps you prefer to use. These can be changed at any time.

- Add a General Profile** — The general profile is where you enter comments about a person's general health. You can enter up to xxxx characters.
- Add Goals** — Key goals for personal growth or overcoming personal challenges.
- Enter Conditions/Indications** \*Details of general indications and specific diagnosis made by professional healthcare providers for the person.
- Add a Portrait** — Add a digital photograph. Will import common digital formats: JPEG, TIFF, etc. 100 x 100 pixels recommended.
- Add Photographs** — Add digital photographs that represent 'before' photos when creating new personal records.
- Print Reports** — Do you wish to print reports at the time that you are entering new people? These include profiles, photos, agreements, etc.
- Create a New Session** — Do you wish to create a new session at the end of creating new personal records?
- Encode Personal Data** — This changes all personal ID information to a "-" on reports for security purposes

**Add Conditions / Indications**

► Click: **Profile Tab**

► Click: **Add Condition Tab**

Although Touch for Health is a non-diagnostic model and we do not treat or cure disease, TFH is a complementary and alternative model. Complementary means that the TFH techniques can be used in addition to care received from professional healthcare professionals. It is theorized that TFH will help people recover from illness and injury quicker and for people undergoing surgery, TFH can be used to help prepare the person for surgery and then help them recover faster afterwards. As an alternative model, TFH can be used to provide benefits when other techniques or models are not working. Whenever symptoms are serious, continue or worsen, professional healthcare assistance should be sought.

**Add Conditions / Indications for Tester**

► Action: **Add Existing Conditions / Indications / Specific Concerns of the Person**

**Category Selection** - the popup menu at the top of the list contains all the conditions and indications that are listed in the TFH manuals. These associations were made by Dr. John Thie from observations and research during his 35 years of using these techniques where he estimated he personally balanced or helped 500,000 people.

Summary Profile Sessions Photos Reports Preferences Utilities

General Goals Conditions Add Conditions Session Focus

eTouch for Health and Touch for Health do not replace professional health care. Please consult your health care provider for ongoing, worsening or serious conditions!

All

Select a category above and then click on a Condition / Indication below to add it.

Allergies / Infections	Allergies
Conditions, Colds, Headaches, etc.	Anemia
Posture Deviations	Ankle Bowed Out
Leg / Foot Problems	Ankle Problems
Posture Deviations	Ankle turned in
Emotional Problems	Anxiety
Diseases	Arthritis

## Select a Category

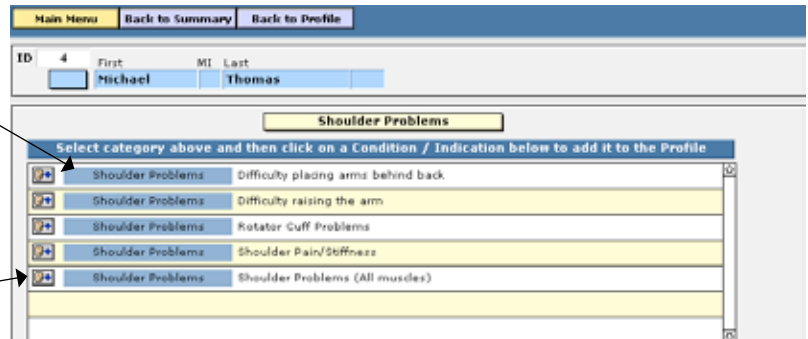
- ▶ Select: **Category for a Condition for the Tester**

*We will use Shoulder Problems as the example here*

- ▶ Click: **Shoulder Problems (Click on All and select from drop-down menu)**

**Categories** - a smaller selection of options will appear once you have selected a category. Some may be very specific while others more general in nature.

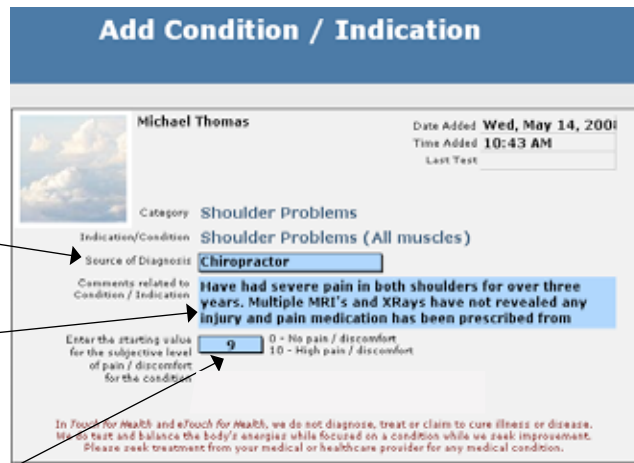
**Add a Condition** - click the name of the icon with the + sign to add the selected option.



- ▶ Action: **Add the Condition for Tester**
- ▶ Click: **Add icon next to Shoulder Problems (All muscles)**

**Source of Diagnosis** - always identify the source of the diagnosis of a condition or disease that a person conveys to you. If you do not have a license to diagnose, then do not use this software as a diagnostic tool. If you do have a license to diagnose, then do not use this software as the primary tool but only as a complementary and alternative tool.

**Details** - record as much information that you think is relevant to what you do in your TFH testing and balancing Sessions. It is always good to be aware of injuries or conditions that may be present so that you can modify your testing accordingly.

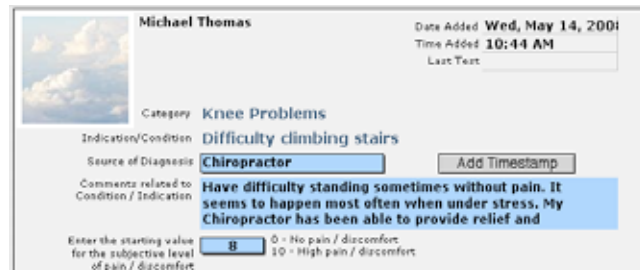


**Starting Value** - this is a subjective value that the person conveys to you on the scale with:  
 0 = No pain or discomfort / low seriousness  
 10 = Extreme pain and/or discomfort

- ▶ Click: **Continue**
- ▶ Click: **Add Condition Button or Tab**
- ▶ Select: **Knee Problems from the drop down list**



- ▶ Click: **Difficulty Climbing Stairs**
- ▶ Action: **Complete Information for this Condition or Indication**



- ▶ Click: **Continue**

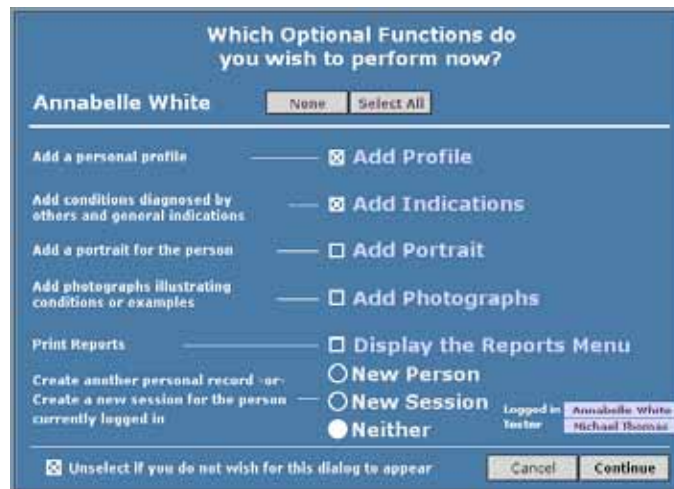
## Add New Personal Record for Your Workshop Partner

- ▶ Click: **Main Menu** 
- ▶ Click: **New (People)** 
- ▶ Action: **Add Information for Your Workshop Partner**




Tester? - if this person is going to be a Tester and use your copy of *eTouch*, make sure to set the Tester? option to *Yes*.

- ▶ Click: **Continue. Set Password. Continue. Enter Birthdate.**
- ▶ Click: **Continue**
- ▶ Action: **Accept the Agreement**
- ▶ Select: **Add Profile**
- ▶ Select: **Add Conditions/Indications. Deselect other options.**
- ▶ Select: **Neither**



- ▶ Click: **Continue**

You are now in the New Person Loop where you will first add a General Profile for your Workshop Partner and then Add Specific Conditions and Indications. These are the same steps that you just completed in the previous steps. Once you have completed entering this information, you will get logged in properly and then create a new Session for the Workshop Partner. In this new session, we will use the information just entered to help us select muscles for the session.

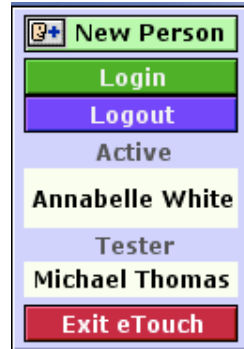
- ▶ Action: **Enter General Profile Information for the Workshop Partner. Continue**
- ▶ Action: **Enter Indications / Conditions for the Workshop Partner. Continue**
- ▶ Go to: **Main Menu** 

## Login

- ▶ Click: **Login**

Since sometimes we might be the Tester and other times the person receiving the balance, we often change roles when we practice TFH. The Login Palette is the place to make this all happen in eTouch. So, before creating New Sessions, always check to see the status of who happens to be logged in at the time.

- ▶ Action: **Login both the Workshop Partner and the Tester**



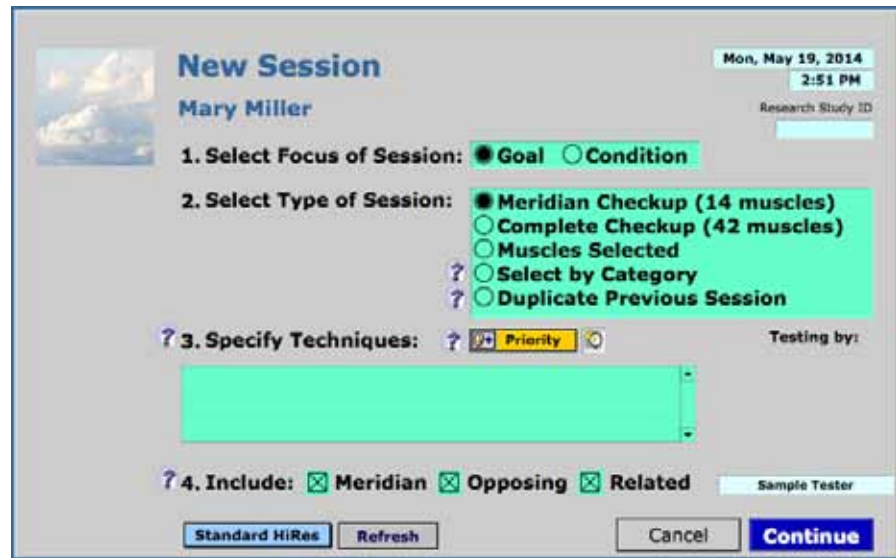
**Session Count:** the number of Sessions for the person will be displayed here once they are logged in. In this example, there were two Sessions for the person logged in.

## Create a New Session

- ▶ Click: **New (Session)**



**Preferences:** notice that the Tester Preferences you set in the earlier steps now determine what you see selected when you begin to use the Wizard. You can always override these defaults.



- ▶ Select Focus of Session: **Condition**
- ▶ Select Type of Session: **Meridian Checkup (14 muscles)**
- ▶ Click: **Continue**

In this exercise, you will be learning one of the most powerful balancing features in eTouch. We always recommend at least a 14 muscle balance so that all meridians are balanced. Often, we do not have time for a complete 42-muscle balance. So, a 14 muscle balance plus the specific muscles that are related to a condition that we have activated is one of the easiest and most effective ways to get the overall benefits of the 14 muscle balance plus the special attention to a Condition or Indication gained by adding related muscles.

## Set Session Criteria

- ▶ Click: **General Balancing Button** General Balancing
- ▶ Enter: **Comments Describing the General Purpose of the Balance**
- ▶ Enter: **Starting Value for Level of Pain or Discomfort**
- ▶ Set Use Conditions?: **Yes**

**Conditions** - notice that the Conditions/Indications you entered in the previous steps are now displayed here. They are activated for the Session when their Checkbox is selected. You can also add additional conditions at this time, if you wish.

**Use Conditions?** - with this option set to Yes, the eTouch Wizard will know to add muscles associated with the conditions you have selected in the list.

- ▶ Click: **Continue**

- ▶ Select: **Balance-As-You-Go**
- ▶ Click: **Continue**

- ▶ Click: **Continue**

## Perform Pretests

- ▶ Action: **Complete Pretests**

**Muscle Count** - we started with 14 muscles and now eTouch shows that 25 muscles have been selected. The 11 extra muscles all are related to the Shoulder or Knee and are in addition to the 14. Note how many muscles are selected with the Conditions you chose?

- ▶ Click: **Continue**

► Action: **Test & Balance Your Workshop Partner and Record Results**

**Long Test Log:** the expanded test log will display all 42 muscles. Whenever there are more than 22 muscles in a Session, eTouch will begin using this view. You can toggle between the two by clicking here.



► Click: **Summary Button**

**Session Summary:** this screen looks very similar to the Summary Screen for a Goal-based Session.



► Click: **Conditions Tab**

**Reassess Pain/Discomfort**

- ▶ Action: **Re-Assess Levels of Pain and Discomfort**
- ▶ Action: **Enter Ending Values**

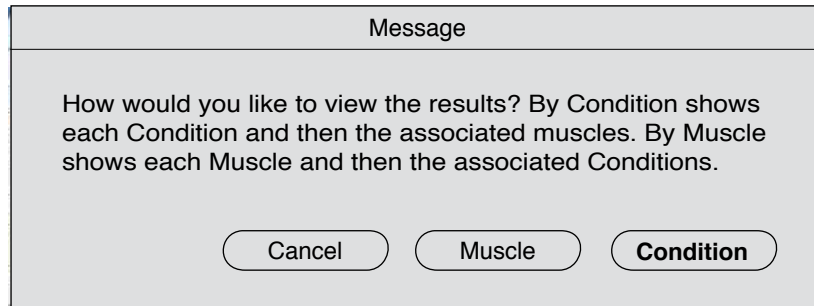
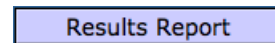
**Results Reports** - there are two reports that you can view on screen and print. These show the muscles associated with specific conditions or indications and the results of the testing & balancing session.



**Ending Values** - enter the values that the person tells you for the level of pain and/or discomfort that they now feel for each of the Conditions / Indications.

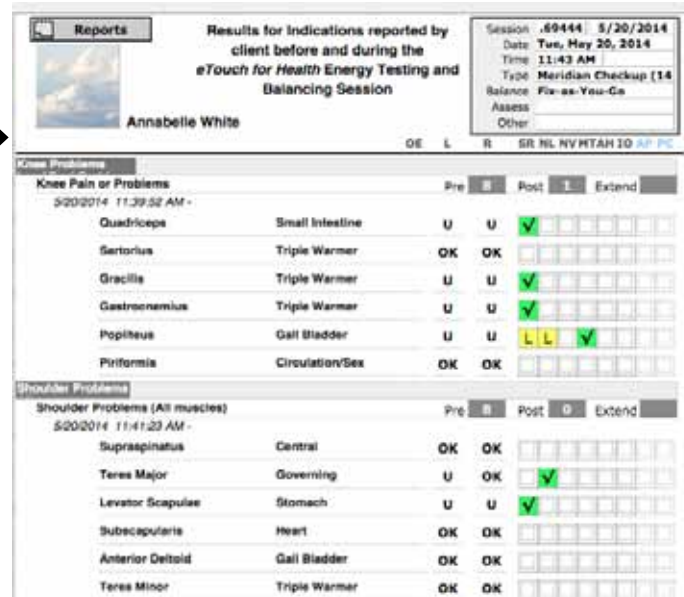
**View Reports**

- ▶ Click: **Results Report Button** (top right)



- ▶ Click: **Condition**

**Conditions Reports** - this report shows the testing results of each muscle that was associated with a specific condition.



- ▶ Click: **Continue**

- ▶ Action: **Click OK to print Report or click Later**
- ▶ Click: **End (bottom of page)**  
**Enter Ending Values**
- ▶ Action: **Close Session**
- ▶ Click: **End Session**
- ▶ Action: **Print Reports if possible**

## Examine Personal Record for Results

**Session Results:** updated results for each of the Conditions/Indications are shown on this screen. To update the comments for progress reports, you click on one of the conditions.

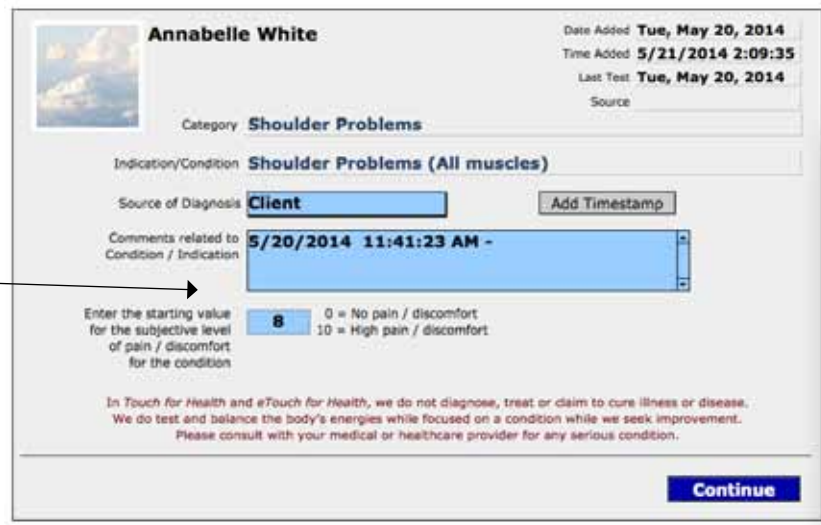
**Activation:** if you do not want the Condition to be active for your Session, deactivate here by deselecting it.

- ▶ Click: **Main Menu**
- ▶ Click: **Workshop Partner's Name in Login Box**
- ▶ Click: **Profile Tab**
- ▶ Click: **Conditions Tab**



- ▶ Click: **A Condition in the List**

**History:** you can update your notes at any time to track the progress of a condition.



- ▶ Action: **Continue**
- ▶ Click: **Main Menu**
- ▶ Action: **Switch Roles with your Workshop Partner and Login**
- ▶ Action: **Repeat Exercise by Starting on Page 6**

## Sessions from Special Groupings

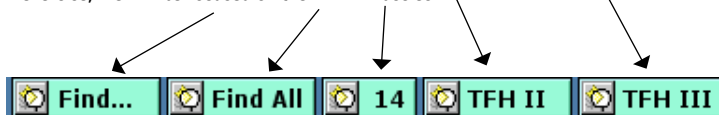
The International Kinesiology College (IKC) splits the learning of the 42 TFH muscles between three classes, TFH I, II and III. In TFH I, the student learns the 14 primary muscles, in TFH II, 14 new muscles are taught and if both the TFH I and TFH II muscles are combined into a session, you get 28 muscles in a grouping. During classes and afterwards when the student is conducting their practice balances, they focus on these particular muscle groupings. So, *eTouch* 2.0 introduced an easy way to create sessions for these groupings that correspond to the IKC syllabus.

► Login: **The Person to be Tested and the Tester**

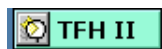
► Click: **Muscles**



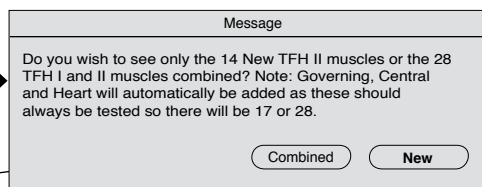
**Selection Buttons** - along the bottom of the Muscles List are a group of buttons that help you find muscles or muscle groupings. Why no TFH IV muscles button? Because that is the same as the 42 muscle group and that can be found using Find All. In this exercise, we will be focused on the TFH II muscles.



► Click: **TFH II**



**Options** - when clicking TFH II, you have the option of selecting only the new 14 muscles or those plus the original 14 for a total of 28.



**14 or 17?** - we say that we are learning 14 new muscles but now we have an option of 17 muscles. Why? It is because three of the meridians only have one muscle associated with them. That is the Central, Governing and Heart Meridians so the Supraspinatus, Teres Major and Subscapularis muscles get added to the selection so that all meridians have at least one muscle associated with them.

► Click: **New**

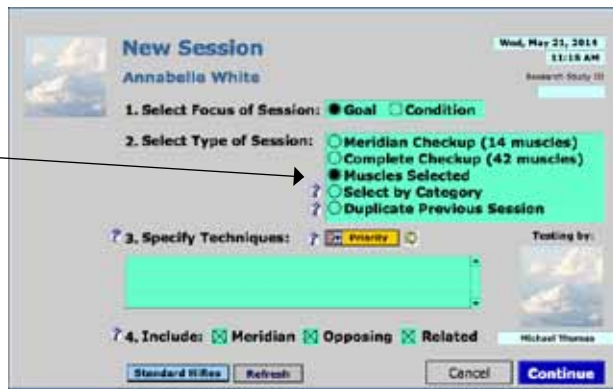
**Groupings** - the new TFH II muscles plus the three single-muscle meridians are displayed. Note, this is the group of muscles that we are going to use to create our next session. Any group of muscles that you can select and display in this list can be used as the source for the muscles in a session.

Meridian	Muscle Name	Spinal Reflex	Type	Five Elements
Omni Central	Supraspinatus	C1 & C2	Indicator	
Omni Governing	Teres Major	T2	Indicator	
Omni Stomach	Anterior Neck Flexors	C2	Associated	Earth
Omni Stomach	Brachioradialis	T12	Associated	Earth
Omni Spleen	Middle Trapezius	T5 & T6	Associated	Earth
Omni Spleen	Lower Trapezius	T6	Associated	Earth
Omni Heart	Subscapularis	T2	Indicator	Fire
Omni Small Intestine	Abdominals	T6	Associated	Fire
Omni Bladder	Sacrospinalis	T12	Associated	Water
Omni Kidney	Iliacus	T11	Associated	Water
Omni Circulation/Sex	Adductors	L1	Associated	Fire
Omni Circulation/Sex	Piriformis	S1	Associated	Fire
Omni Triple Warmer	Sartorius	T11	Associated	Fire
Omni Gall Bladder	Popliteus	T12	Associated	Wood
Omni Liver	Rhomboids	T5	Associated	Wood
Omni Lungs	Deltoids	T3 & T4	Associated	Metal
Omni Large Intestine	Quadratus Lumborum	L4 & L5	Associated	Metal

► Click: **Create New Session from Selection (top of page)**

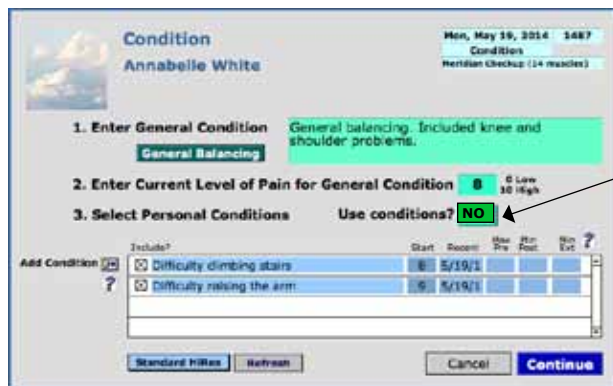


**Session Wizard:** notice that you are now in the Session Wizard. Also notice that the Type of Session is set to **Muscles Selected**. You can choose between Goal or Condition, but in this exercise, we will select Condition so that another feature can be seen.



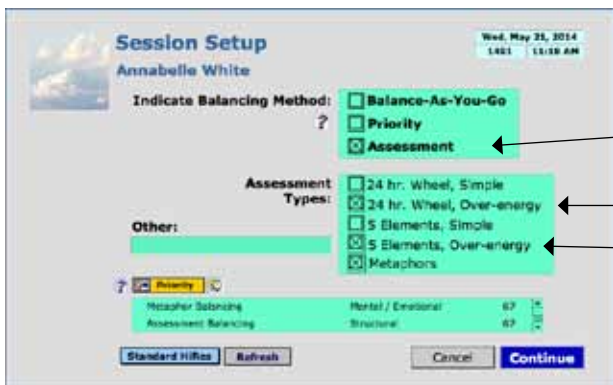
- ▶ Select: **Continue and Set Goal**
- ▶ Click: **Continue**

If you had selected Condition, the following would need to be noticed.



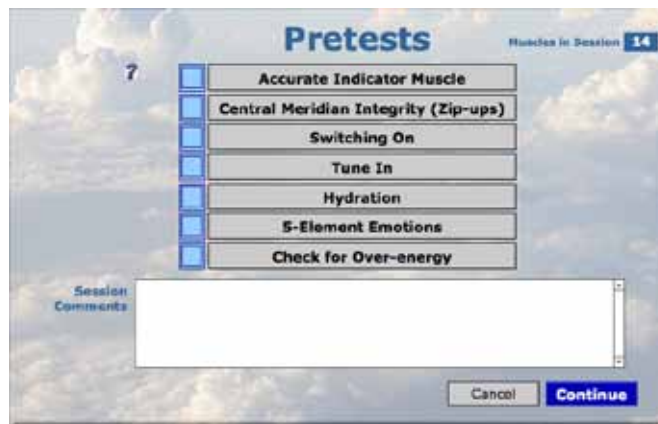
**Use Conditions?:** notice that Use Conditions? is set to No. It could be set to Yes, but then you would have your 17 muscles *plus* the muscles that are associated with the Conditions/Indications listed and activated.

- ▶ Action: **Session Setup**



**Balancing Method:** this time we are not going to perform a Balance-As-You-Go but an Assessment Balancing instead and we will be using both the 24 Hour Meridian Wheel and the Five Elements.

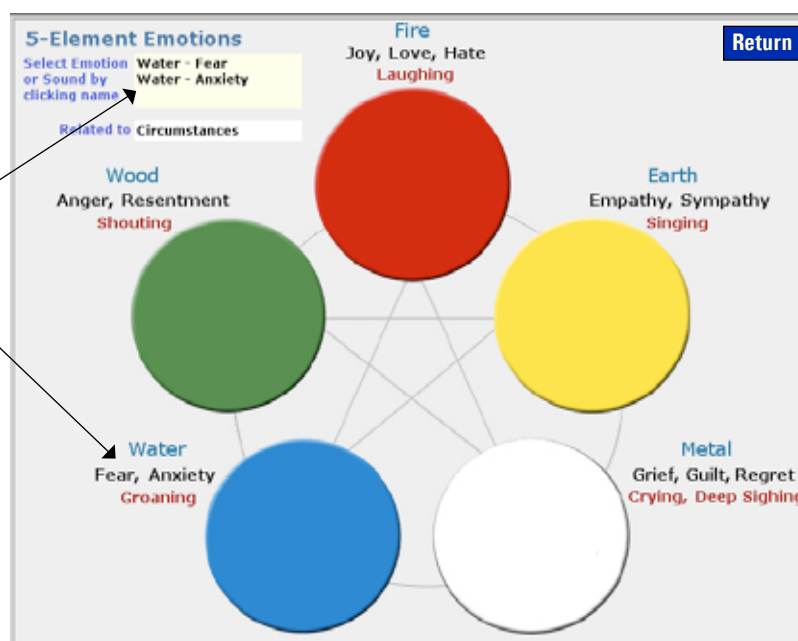
- ▶ De-Select: **Balance-As-You-Go**
- ▶ Select: **Assessment**
- ▶ Select: **24 Hr. Wheel, Over-energy**
- ▶ Select: **5 Elements, Over-energy**
- ▶ Click: **Continue**



► Action: **Perform Pretests**

► Click: **5-Element Emotions**

**5-Element Emotions & Sounds** - if you check for the Emotion or Sound, you can enter your results by clicking on the corresponding Emotion or Sound and it will be automatically added to your Session records.



► Action: **Check 5-Element Emotions and Enter Results**

► Click: **Return Button at top right**

► Click: **Continue**

► Click: **Grids from the Test log (bottom right menu bar)**



The Grids offer a convenient way to enter results quickly. They do not offer a lot of assistance like the Test Logs, so if you are comfortable without the need for Muscle Test illustrations and videos, then you may prefer this entry format. If you need the additional information, then choose the Test Log instead.

## Using the Grid

► Action: **Perform Testing Session and Record Results (do not correct)**

**Recording Results:** click here. **B** = Bilateral Unlocking  
**L** - Left Only, **R** = Right Only, **OK** = locked

**Note:** Screen data is very intensive on this screen and may be slow when entering results on some computers. If so, use the Test Log which is faster.

**Records in Selection:** a small • to the left of the result entry box indicates that the muscle was selected for the Session. Note: you can add muscles to your Session by clicking in the results box for a muscle that is not in the Session. *eTouch* will automatically add the muscle to the Session for you.

**Meridian**

**Anatomical**

**Alphabetical**

**Meridian Order**

	Muscle Test	Spinal Reflex	Neurolymphatic	Neurovascular	Meridian	Acupressure HP	Origin/Insertion	Metaphors	Overenergy	Spinal Reflex
Supraspinatus	• B								NA	C1, 2
Teres Major	• B								NA	T2
Pec. Maj. Clavicular	✓									T5
Levator Scapulae	✓									T8, C5
Anterior Neck	• L									C2
Posterior Neck	✓									C2
Brachioradialis	• R									T12
Latissimus Dorsi	✓									T7
Trapezius	• B									T5, 6
Lower Trapezius	• B									T6
Opp. Poll. Longus										C4
Triceps										T1
Subscapularis	✓									T2
Quadriceps										T10
Abdominals	✓									T6
Peroneus										T12
Sacrospinalis	✓									T12
Tibial Anterior										L5
Tibial Posterior										L5
Psoas										T12
Upper Trapezius										C7

	Muscle Test	Spinal Reflex	Neurolymphatic	Neurovascular	Meridian	Acupressure HP	Origin/Insertion	Metaphors	Overenergy	Spinal Reflex
Iliacus	✓									T11
Gluteus Medius										L5
Adductors	• B									L1
Piriformis	• B									S1
Gluteus Maximus										C2
Teres Minor										T2
Sartorius	• B									T11
Gracilis										T12
Soleus										T11, 12
Gastrocnemius										T11, 12
Anterior Deltoid										T4
Popliteus	• L									T12
Pec. Maj. Sternal										T5
Rhomboids	• B									T5
Anterior Serratus										T3, 4
Coracobrachialis										T2
Deltoids	• B									T3, 4
Diaphragm										T12
Fascia Lata										L2
Hamstrings										L4, 5
Quad. Lumborum	• B									L4, 5

## Viewing the 24 Hour Wheel



► Click: **The Wheel Button**

**A Different View:** notice that all the results that you have entered on the Grids are now displayed on the 24 Hour Meridian Wheel. The same B-L-R technique works on this screen also.

**Over-energy Model**

BLR OK ? 17

24 hr Wheel, Simple   
  24 hr Wheel, Over-energy

**Palette**

## Alarm Points

- ▶ Click: **Alarm Points**
- ▶ Action: **Test for Over-Energy**
- ▶ Action: **Record Over-Energy**

Alarm Points

Recording Over-Energy - click in one of the squares to set or turn off Over-Energy for a Meridian.

### Alarm Points

**Front**

**Back**

Click on □ to set Over Energy for Meridian and to display Acupressure Points.

**Small Intestine**

**Strengthening**

**Sedation**

**Acupressure Holding Points**  
For an over-energized meridian, use the acupressure points for sedation. Hold each set of points lightly for about 30 seconds feeling for a pulse. Afterwards, recheck the alarm point which weakened the indicator muscle. It should now be strong.

Acupressure Holding Points - notice that whenever you select a Meridian the AHPs for the Meridian are displayed here.

## Pulse Check

- ▶ Click: **Pulse Check**
- ▶ Action: **Test for Over-Energy**
- ▶ Action: **Record Over-Energy**

Pulse Check

Recording Over-Energy - click the Meridian Abbreviation to set or turn off Over-Energy for a Meridian.

**Over-Energy Comparison** - in our experience, Over-energy can be in the same Meridian when testing with the two different techniques or you can get different results for each Meridian. We have also found that the Over-energy could be detected using one method and not the other. In this example, both are the same Meridian (Small Intestine).

Click on meridian abbreviations to set Over Energy and to display Acupressure Points.

**LEFT**

**RIGHT**

**Acupressure Holding Points**

**Small Intestine**

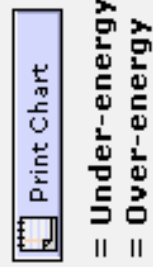
**Strengthening**

**Sedation**

Thin arrows = Light touch / YANG

Thick arrows = Deep touch / YIN

For an over-energized meridian, use the acupressure points for sedation. Hold both sets of points lightly for about 30 seconds feeling for a pulse. Recheck the pulse point which weakened the indicator muscle. It should now be strong.



UE = Under-energy  
OE = Over-energy



The Wheel

# Assessment One-Point Balancing Advanced



5 Elements

Start

**Test and Record**

- Always Test and Balance Central and Governing first
- Test and Record Results (Do Not Balance unlocking muscles at this time.)

\*Simple Model (non-IKC)

(IKC)

**Test for Over-Energy**

- Test for **Over-Energy** - **Alarm Points** - **Pulse Check**
- Record Results



The Wheel

**\*Simple (non-IKC) and the Over-energy (IKC) Models**  
The proper way to balance using Touch for Health is to check for Over-energy and use this information to determine the pattern of energetic balance. Understanding and using the Over-energy model should be the goal of everyone using TFH. The Simple model is also effective in assessing energy patterns and can be used until one masters the Over-energy techniques. Basically, one extra Under-energy is required in a sequence to form a pattern when Over-energy is not used.



5 Elements

**Assess Energy Patterns**

- **Simple Model**
  - Beaver Dams - 3+ UEs in a row
  - Squares - 3+ UEs of square
  - Triangles - 2+ UEs of triangle
  - Spokes - 2 UEs opposite each other in wheel
- **Over-energy Model**
  - Beaver Dams - 3+ UEs in a row after OE
  - Squares - 3 UEs and an OE in Square
  - Triangles - 2 UEs and an OE in Triangle
  - Spokes - UE opposite OE in wheel

- **Simple Model**
  - Shen Cycle - 1st UE Yin in a circle sequence
  - Ko Cycle - 1st UE Yin in a star sequence
- **Over-energy Model**
  - Shen Cycle - 1st UE in circular pattern after OE
  - Ko Cycle - 1st UE in star pattern after OE

**Determine One Point**

- Determine the possible starting Muscle/Meridian using either the Over-energy or Simple model.

**Circuit Locate to Verify**

- **Circuit Locate** to verify that the selected muscle locks as well as muscles 'downstream' that were previously unlocking now lock.

**One Point Balance**

- Perform **One-Point Balance** after verifying by circuit locating
- You can use the standard TFH techniques or any of the additional techniques included in TFH and eTouch.

**Retest**

- Retest all muscles that previously unlocked
- Use **Balance-As-You-Go** to correct any muscles that are still unlocking
- Recheck for residual Over-energy. Resolve with Acupressure if present.

End

Viewing the 24 Hour Wheel

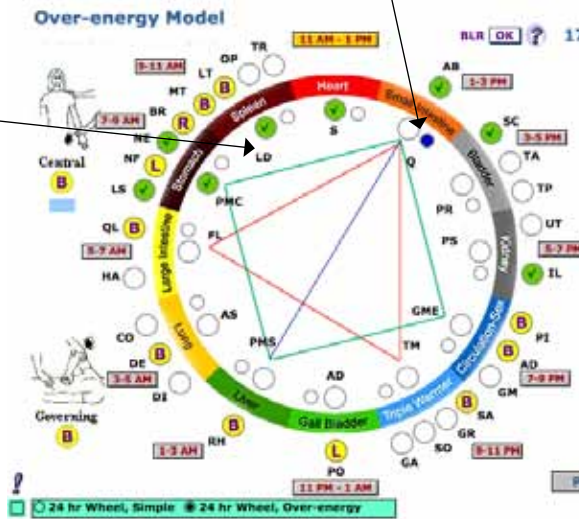


Click: The Wheel Button

Display Palette - you can turn the displaying of the different patterns on and off here. Sometimes, it may be easier to view with a single pattern being displayed.

Muscle Tests - clicking on the 2-3 character Abbreviation for the Muscle takes you directly to the Testing Screen for the Muscle. Click the Wheel button to return here.

Symbology - note that the Over-energy is shown as a blue dot. A Beaver Dam, if present, will be shown as a Red dot.



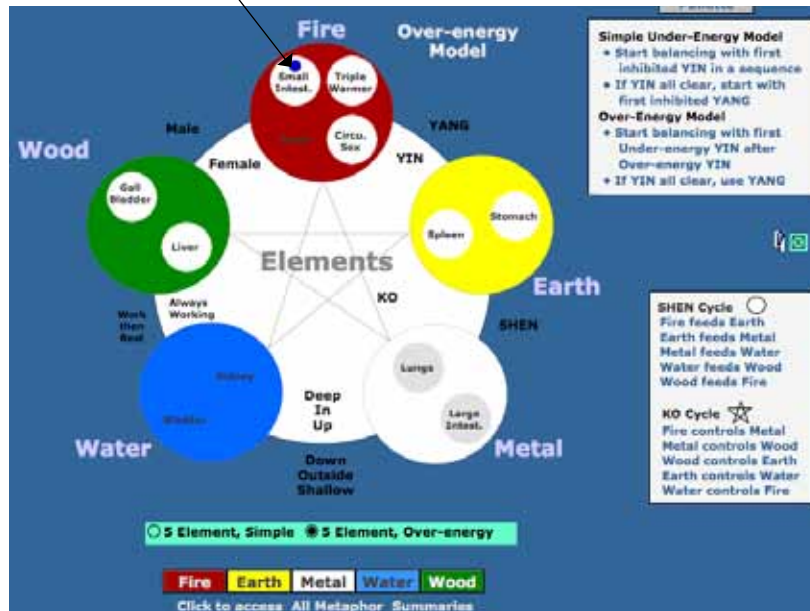
Blue for Over-energy- why the color blue? If one looks at the spectrum, blue is a higher frequency. Also, if looking at a flame, the blue portion is some of the hottest with the highest energy.

Viewing the 5 Elements



Click: 5 Elements Button (not the 'E')

Symbology - note that the Over-energy is shown as a blue dot. Also note that only the Meridians that had either an under or over-energy muscle are shown using the white circles.



Perform One-Point Assessment Balance



- ▶ Action: Circuit Locate to determine which Pattern offers the Best Option
- ▶ Action: Perform Correction for the One-point Assessment
- ▶ Action: Perform Checks for Over-Energy to Ensure that it has Cleared
- ▶ Action: Click the 5 Elements 'E' and check for clearing of Emotions - Return
- ▶ Action: End Session

## Session Options Multiplied

You have now learned two new ways of using the Session Wizard to create entirely different types of Sessions. With the first, you entered Conditions / Indications for the people and then used that information to select records in addition to the standard 14 muscles that were associated with the Condition/ Indication. In this last exercise, you created a Session using the records that you had selected in the Muscles Reference. We used the TFH II muscle grouping since that is a common grouping for both students and instructors in TFH.

We have also started mixing options, for example, we used Grids for input of results; used the 5 Elements Emotions Screen; and we just used the Over-Energy Screens. There is a great deal of flexibility when all the options are mixed and utilized. And, there are still more options! We will now look at the **? Explore** function to select Muscles and then next we will create a Session using the muscles that we found.

Due to time constraints, you and your workshop partner may or may not both get a balance during the exercise. Your Instructor will help determine the pace of the class. At this point, we still have five new types of Sessions to review.

## ? Explore with Session

► Click: **Main Menu**

► Action: **Login**

► Click: **? Explore**



The ? Explore function is a portal of different views of TFH. In his books, Dr. John Thie, provided a lot of information about a muscle, however, it was often in one paragraph! These categories represent the information Dr. Thie provided from his 35-year career where he estimated he personally balanced or helped 500,000 people using the TFH techniques. This feature groups the muscles together so that you can see muscles that are related by a function of the muscle or some other criteria. While there is plenty of anecdotal evidence supporting these associations over the 35+ year history of TFH being used by millions around the world, there are no scientific studies currently supporting these claims. But, that is a goal of our TFH Research efforts and covered in the *eTouch Level III Workshop*.

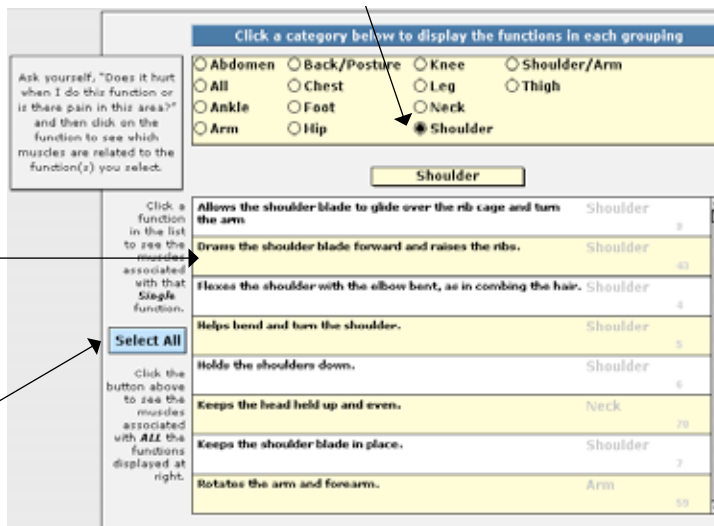
- Indications** - you have already worked with these in recording conditions and indications reported to you by the person.
- Functions** - what does the muscle do? What function does it perform?
- Causes** - similar to Indications, but slightly different. If this muscle is out of balance, what could have caused it to happen?
- Meridians** - a reference for each Meridian including animations, illustrations, emotions and metaphors.
- Foods** - when balancing energetically, which foods traditionally have a positive affect upon the muscle and can be used for balancing muscles and meridians.
- Supplements** - which have a positive affect upon muscles?
- Avoidances** - what substances are known to affect either a muscle or group of muscles energetically?
- NL Points** - interactive tool for identifying muscles associated with Neurolymphatic points.



► Click: **Functions**

► Click: **Shoulder**

**Categories** - click the circles to select a category and to display the relevant indications associated to the category.

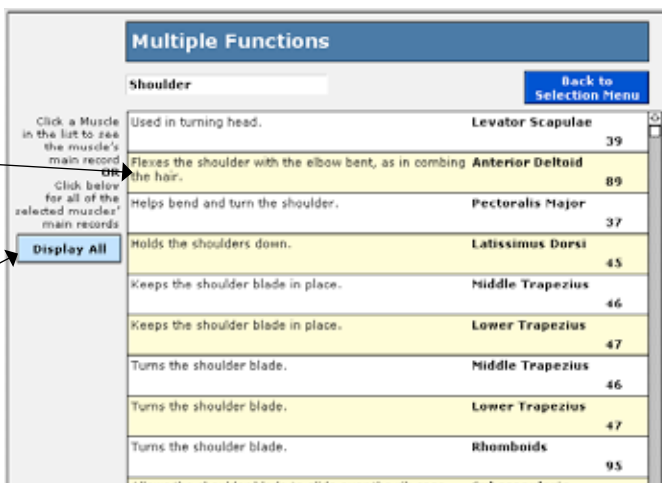


**Single Function**- click on one of the items in the list to see which muscles are involved in that function.

**Select All** - display the muscles involved in all of the Functions being displayed.

**Indications** - the indications associated with the category.

► Click: **Select All**



**Single Muscle** - click on one of the muscles to display the muscle summary in Muscles Reference.

**Display All** - click to display all the muscles in a list in the Muscle Reference.

► Click: **Display All**



**Exploring** - it is interesting to select different functions and then see which Muscles, Meridians and Elements are involved in a function. Sort by Meridian or any of the other column headings to view other interesting patterns. Which Element has more muscles related to it than others? Are there more Yin or Yang Meridians involved in a function? This is the primary purpose of the Explore feature.

Meridian	Latin Muscle Name	Spinal Reflex	Type	Five Elements	Function
Omni Gall Bladder	Anterior Deltoid	T4	Indicator	Wood	Flexes the shoulder
Omni Heart	Subscapularis	T2	Indicator	Fire	Allows the shoulder
Omni Kidney	Upper Trapezius	C7	Associated	Water	Tilts the chin and
Omni Liver	Rhomboids	T5	Associated	Wood	Turns the shoulder
Omni Lungs	Anterior Serratus	T3 & T4	Indicator	Metal	Draws the shoulder
Omni Lungs	Coracobrachialis	T2	Associated	Metal	Straightens the
Omni Spleen	Latissimus Dorsi	T7	Indicator	Earth	Holds the shoulder
Omni Spleen	Middle Trapezius	T5 & T6	Associated	Earth	Keeps the shoulder
Omni Spleen	Lower Trapezius	T6	Associated	Earth	Keeps the shoulder
Omni Stomach	Pectoralis Major Clavicular	T5	Indicator	Earth	Helps bend and
Omni Stomach	Levator Scapulae	C5 & T8	Associated	Earth	Used in turning the
Omni Triple Warmer	Teres Minor	T2	Indicator	Fire	Rotates the arm

► Click: **Meridian** to sort by Meridian order (top of column)

► Click: **Create New Session from Selection** *Time Permitting*

► Action: **Perform Session**



## Role of Touch for Health

Dr. John Thie stated many times that he thought that up to 90% of the common and non-serious healthcare issues facing us in our daily lives do not require the attention, resources and time of our highly trained healthcare professionals. For those other 90% of common issues facing us in our daily lives, Touch for Health can be a powerful tool to maintain and enhance our health. When someone is under the care of healthcare professionals, TFH can still work in a complementary role and aid in preparation and recovery.

The chart of the previous page shows the role of Touch for Health in the world of healthcare. The boundaries are there and must always be respected when using the TFH techniques. The use of the Touch for Health techniques through the decades have proven to be safe and the only danger that has been highlighted is that the techniques should not be used in serious situations that require the attention of professional healthcare providers.

Remember that the real power of TFH is in its holistic focus and the realization of the balance of the Mental/Emotional, Structural and Biochemical aspects of our lives. So, try to implement as many of the Goal-setting, emotion checking and stress release techniques into a balance as possible. Even when doing a Condition-based session, you can still set a goal and enter it into the Comments section during the session and check the 5 Element Emotions before and after.

Continuing our review of different types of Sessions that are possible in *eTouch*, we will now explore the *Select by Category* type of Session.

## Select by Category Session

▶ Click: **Main Menu**

▶ Click: **New Session**



▶ Select: **Select by Category**

▶ Select: **Goal**

 A screenshot of a software window titled 'New Session'. At the top right, it shows the date 'Wed, May 21, 2014' and time '12:07 PM'. Below the title, the name 'Annabelle White' is displayed. The form contains several sections:
 

- 1. Select Focus of Session:** Two radio buttons, 'Goal' (which is selected) and 'Condition'.
- 2. Select Type of Session:** A list of radio buttons: 'Meridian Checkup (14 muscles)', 'Complete Checkup (42 muscles)', 'Muscles Selected', 'Select by Category' (which is selected), and 'Duplicate Previous Session'.
- 3. Specify Techniques:** A section with a 'Priority' dropdown menu and a 'Testing by:' field with a small image of a person.
- 4. Include:** Three checked checkboxes: 'Meridian', 'Opposing', and 'Related'.

 At the bottom of the window, there are buttons for 'Standard HiRes', 'Refresh', 'Cancel', and 'Continue'.

▶ Click: **Continue**



**Selecting Muscles** - click on a muscle name in the illustration and the muscle will be added to the list on the right. These muscles will be the ones in your Session. This feature is very handy for people just learning TFH and don't know their muscles yet but can point and click to choose muscles.

Click the Muscle Name to select it.

Often, we can point to a spot or spots where we are having pain or discomfort. Many times, this spot can be used to identify which muscle is weak. But, a muscle may be exhibiting pain, because it is trying to overcome the weakness in an opposing muscle.

Muscles that you have selected:

- 57 Abdominals
- 73 Adductors
- 103 Diaphragm
- 105 Fascia Lata
- 69 Iliacus
- 93 Pectoralis Major Sternal
- 65 Psoas
- 109 Quadratus Lumborum
- 55 Quadriceps
- 81 Sartorius

Back Muscles    Back to Selections

Note: Page #'s are for the Classic TFH Manual

► Action: **Select Muscles**

► Click: **Back to Selections**

[Back to Selections](#)

► Click: **Points**

[Points](#)

Click on a point to select or deselect.

Neuro-lymphatic points are areas on the body that when tender or sore can indicate a weakness in either one or a group of muscles. Many of these points are located around the ribs and along the spine. Massaging these points with an up-down motion for a short amount of time will help strengthen the corresponding muscle or muscles. Be sure to test the related muscle before and after massaging the appropriate neuro-lymphatic points.

45	Latissimus Dorsi	FI	Spleen
46	Middle Trapezius	FI	Spleen
47	Lower Trapezius	FI	Spleen
49	Opponens Pollicis Longus	FI	Spleen
51	Triceps	FI	Spleen

Back to Selections

Point Location:  
Between the 7th and 8th ribs near the cartilage, usually on the left. There may be a depression here.

► Action: **Click Neurolymphatic Points to Select Muscles**

► Click: **Back to Selections**

[Back to Selections](#)

► Click: **Continue**

[Continue](#)

Test Log - notice that only the muscles that you selected by clicking on the muscle name or by clicking on the Neurolymphatic Points are displayed here.

The screenshot shows a software interface for muscle testing. On the left is a table with 15 rows of muscles, each with columns for 'Set', 'Left', and 'Right'. The 'Set' column contains meridian abbreviations (SP, SI, K, CX, TW, LV, LU, LI, LI). The 'Left' and 'Right' columns are mostly 'Untested'. An arrow points from the text 'Test Log' to the table. The main area is titled 'Latissimus Dorsi' and shows a 'Back View' image of a person's back with a red muscle overlay. Below this is a full-body image of a person. To the right of the images are control panels for 'Left' and 'Right' sides, each with four colored buttons (green, yellow, red, blue) and a 'Bi-Lateral' section with similar buttons. There are also 'Mode Selection' and 'List' buttons. On the far right is a 'Testing Log' panel with various options like 'Spinal Reflex', 'Neurolymphatics', 'Neurovasculars', 'Meridian Tracing', 'Acupuncture', 'Origin/Insertion', 'Metaphors', 'Alarm Points', 'Pulse Check', and 'Take a Breath'. At the bottom right are 'Comments' and 'End' buttons.

► Action: Perform Testing & Balancing Session (Time Permitting)

## 14 Muscle *Plus* Going Outside the Wheel Session

The next Session is the last one where we will use the *Session Wizard*. This technique is really a function that can be turned on and off in the *Wizard* so it can be used with any Session except for a 42-muscle balance (since all muscles are already added). This Session is built on a technique that Dr. This liked to use. He called it “*Going Outside the Wheel*” because the basic technique involved performing a standard 14 muscle balance and also going outside the Wheel to balance the other muscles in the Meridian *if* the Indicator muscle for the Meridian tests weak or unlocking.

► Click: Main Menu

► Click: New Session



Include Toggles - you can turn on the Meridian, Opposing and Related Include Options here. The only reason for not having them on is that they it takes a bit longer to create a session when on. If you don't use this feature, then leave them turned off.

The screenshot shows the 'New Session' wizard. It includes fields for 'Annabelle White' and 'Wed, May 21, 2014 12:07 PM'. There are three main sections: 1. 'Select Focus of Session' with radio buttons for 'Goal' (selected) and 'Condition'. 2. 'Select Type of Session' with radio buttons for 'Meridian Checkup (14 muscles)' (selected), 'Complete Checkup (42 muscles)', 'Muscles Selected', 'Select by Category', and 'Duplicate Previous Session'. 3. 'Specify Techniques' with a 'Priority' dropdown and a 'Testing By:' field containing 'Michael Thomas'. At the bottom are 'Standard HIRs', 'Refresh', 'Cancel', and 'Continue' buttons.

► Select: Select Meridian Checkup (14 muscles)

► Click: Continue

► Actions: Set Goal, Choose B-A-Y-G, Perform Pretests

- ▶ Click: **Pect. Mjr. Clavic.** in the muscle list
- ▶ Set the Muscle Testing Result: **Unlocking**

**Note the three include buttons at the bottom of the muscle list**



**The Includes Buttons** - There are now a group of buttons at the bottom of the muscle list. If there are muscles associated to the current muscle either by being in the same Meridian, is an Opposing Muscle, or if it is Related muscle in some other way, then these buttons will be appear and be activated. The numbers on the buttons show how many muscles are in that group. For instance, here there are two opposing muscles to the selected muscle. When you click, these muscles are added to the session and appear in the muscle list.

- ▶ Click: **Meridian Button**

Sort by		Set		18		Long Log	
Meridian		Left		Right			
1	Supraspinatus	C	Untested	Untested			
2	Teres Major	G	Untested	Untested			
3	5 Pect. Mjr. Clavic.	ST	Unlocking	Unlocking			
4	M Levator Scapulae	ST	Untested	Untested			
5	M Ant. Neck Flex.	ST	Untested	Untested			
6	M Post. Neck Ext.	ST	Untested	Untested			
7	M Brachioradialis	ST	Untested	Untested			
8	Latissimus Dorsi	SP	Untested	Untested			
9	Subscapularis	H	Untested	Untested			
10	Quadriceps	SI	Untested	Untested			
11	Peroneus	BL	Untested	Untested			
12	Psoas	K	Untested	Untested			
13	Gluteus Medius	CX	Untested	Untested			
14	Teres Minor	TW	Untested	Untested			
15	Anterior Deltoid	GB	Untested	Untested			
16	Pect. Mjr. Stern.	LV	Untested	Untested			
17	Ant. Serratus	LU	Untested	Untested			
18	Fascia Lata	LI	Untested	Untested			

**Meridian Muscles** - notice that there are now four muscles that have been added to the Session. They have a yellow background to indicate that they have just been added and there is an 'M' to the left of each indicating that it was added via the Meridian Include.

- ▶ Click: **Related Button**

Sort by		Set		22		Long Log	
Meridian		Left		Right			
1	Supraspinatus	C	Untested	Untested			
2	Teres Major	G	Untested	Untested			
3	5 Pect. Mjr. Clavic.	ST	Unlocking	Unlocking			
4	M Levator Scapulae	ST	Untested	Untested			
5	M Ant. Neck Flex.	ST	Untested	Untested			
6	M Post. Neck Ext.	ST	Untested	Untested			
7	M Brachioradialis	ST	Untested	Untested			
8	Latissimus Dorsi	SP	Untested	Untested			
9	R Middle Trapezius	SP	Untested	Untested			
10	Subscapularis	H	Untested	Untested			
11	Quadriceps	SI	Untested	Untested			
12	R Abdominals	SI	Untested	Untested			
13	Peroneus	BL	Untested	Untested			
14	Psoas	K	Untested	Untested			
15	Gluteus Medius	CX	Untested	Untested			
16	Teres Minor	TW	Untested	Untested			
17	R Sartorius	TW	Untested	Untested			
18	Anterior Deltoid	GB	Untested	Untested			
19	R Popliteus	GB	Untested	Untested			

All Meridian Added **Opposing 1** All Related Added

**Related Muscles** - notice that there are now three muscles that have been added to the Session. Since they are from different Meridians, they are dispersed in the list since we are sorted by Meridian Order.

- ▶ Action: **Complete or End Session**

## Wizard Off Session Creation

- ▶ Click: **Main Menu**
- ▶ Click: **Tester name in Login Box. Enter Password.**
- ▶ Click: **Preferences Tab**

Energy Model  **Yes** Would you like for the Over-energy Model to be your default?

→ Wizard  **Off** The Wizard steps you through building a sophisticated Session and offers many options. With the Wizard 'Off', a 14-muscle General Checkup session is created.

Menu  **TFH** Which menu do you want to be your main menu? You can make either the standard eTouch menu or the Site Map your main menu.

- ▶ Set: **Wizard? to Off**

- ▶ Click: **Main Menu**
- ▶ Click: **New Session**



This technique completely by-passes the Session Wizard and creates a 14-Muscle Condition-type Session. Note that you can always add a Goal and record it in the Session Comments. This Technique is the quickest way to get a Session going where you can have all the features of the Session System with recording of results, dynamic pattern generation with the 5 Elements and Meridian Wheel, access to Techniques and the ability to print Reports.

- ▶ Action: **Complete or End Session**

This completes the portion of the Workshop that uses the **Wizard Session System**. We will now look at the **Simple Session System (S3)** and see how to create Sessions without having to create new Users or creating the Session using either the Wizard or not. You will not be able to save results or print reports, but this is a quick way to create a Session. S3 is located in the Muscles Reference and available through Reference.

## Simple Session System

- ▶ Click: **Main Menu**
- ▶ Click: **S3**



**New or View?** - if you are in the S3 and need to go to Reference, Charts or some other place in eTouch, you can click the S3 button and get the option to View your existing Results.

Message

Do you wish to start a new Session or do you wish to view existing results.

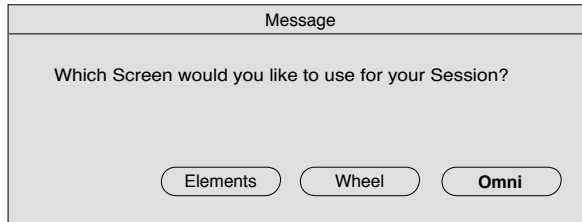
- ▶ Click: **New**

**Found** - just as the ? Explore function tied into the *Wizard Session System*, so can it tie into S3. If you have a group of records that you wish to use as the group for your Session, then click **Found**.

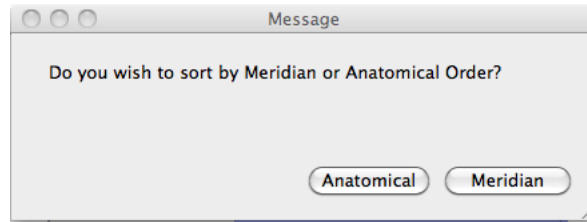
Message

Do you want a 14, 42-muscle set or do you want to use the found set of muscles?

- ▶ Click: **14**

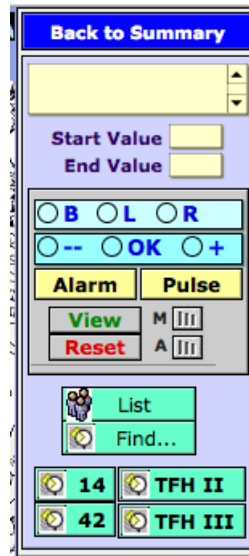


► Click: **Omni**



► Click: **Meridian**

**View** - view or enter results using either the Meridian Wheel or 5 Elements.  
**Reset** - clear all Results and Entries.



**Purpose** - enter the Goal or reason for the Balance here.

**Starting & Ending Values** - enter the values here using either the subjective or attractor value method.

**Test Results** - select either B - L - R. Defaults to B.

**Energy Status** - Under-energy (-), Over-energy (+)

**Over Energy Checks** - this is specifically tied to S3

**Sort Order** - M = Meridian, A = Anatomically

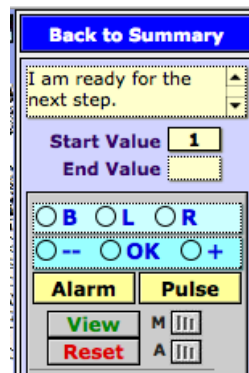
**S3 Navigation** - click here to navigate along the muscles you have selected for your S3 Session. Note that it indicates which muscle you are on numerically and how many muscles are in the Session.



**Muscle Tests OK** - click the right Arrow button. eTouch will automatically set the result to OK if you do not enter anything and use the S3 Navigation button to go to the next muscle.

**14-42 Navigation** - click here to navigate along these muscle groups. Note: being in a 14 muscle Session and then clicking the 42 button is similar to going *Outside the Wheel*.

► Actions: **Set Goal and Value, Perform Balance and Enter Results**



**Defaults** - when you click B - L - R, it sets B by default, click L or R to set these if necessary. Also, when you click either B, L or R, eTouch assumes that it was Under-energy and sets this by default. Most of the time, these default entries will be the correct ones. If not, set the values manually.

▶ Click: **View** View

Message

Do you wish to view the results using the Meridian Wheel or 5-Elements?

Elements
Wheel

▶ Click: **Wheel**

**Results** - you enter results on this screen through popup lists for each muscle. For muscles tested out of balance, their result is displayed in the Wheel as either a (-) or (+). Note that Over-energy can be turned on and off by clicking the golden circles inside the Wheel.

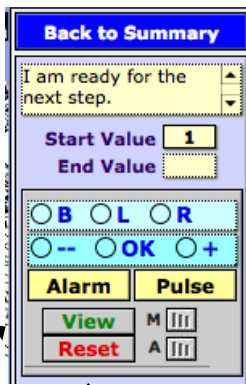
▶ Click: **5 Elements Icon (top right)**



**Results** - you enter results on this screen through popup lists for each muscle just like with the Wheel. For muscles tested out of balance, their result is displayed in the Circles as either a (-) or (+). Note that Over-energy can be turned on and off by clicking the white circles inside the Elements.

## Ending the S3 Session

- ▶ Action: **Test and Enter Results.**
- ▶ Enter Ending Value on any of the screens, **Omni page, Wheel or 5 Elements.** Click Back to Supraspinatus Omni Page (top of page) to return.



**View** - will display a dialog so that you can choose which screen you want to use: Omni; Wheel; 5 Elements.

**S3 Palette** - you enter goals, conditions, comments in this small scrollable text area. It encourages concise Goals!

**Reset** - clears all entries and results. Always do this before leaving the S3 area. Shortcut to restarting a New S3 Session also. Just Reset and go to first muscle.

### ▶ Click: **Reset**

Congratulations! You have completed your review of the many Session options that you have in *eTouch for Health*. Experiment with them all and then choose your favorite way of working with *eTouch*. With the number of options available, we are sure that some people will find new and interesting ways to combine options and surprise us all.

In our next workshop, we will look closer at using *eTouch* to manage clients and how to work with the personal reports. We will import existing customer lists, add photos for portraits and add photos for before and after shots of progress. The workshop also looks at the using the **Priority System** and using the **5 Element Metaphors** in an *eTouch* balancing Session.

## ***eTouch for Health* Session Options Review**

1. The Session Wizard can be turned On and Off? T\_\_\_ F\_\_\_
2. You must Login to use the *Simple Session System* (S3)? T\_\_\_ F\_\_\_
3. What are the two primary types of Sessions that the Session System handles? \_\_\_\_\_  
\_\_\_\_\_
4. Tester Options are used to set defaults for the Session Wizard and for indicating which pieces of information you want to enter when creating new personal records? T\_\_\_ F\_\_\_
5. When creating a Session using the TFH II or TFH III class muscles, which screen has the *New Session from Selection* button? \_\_\_\_\_
6. *Touch for Health* and *eTouch for Health* are non-diagnostic models? T\_\_\_ F\_\_\_
7. Which *eTouch* function can be used to view different groups of muscles based on a variety of criteria? \_\_\_\_\_
8. Name two ways to create a *Going Outside the Circle* Session: \_\_\_\_\_  
\_\_\_\_\_
9. What are the two methods of checking for Over-energy that are in *eTouch*? \_\_\_\_\_  
\_\_\_\_\_
10. Which three screens can be used to enter results when using S3? \_\_\_\_\_  
\_\_\_\_\_