Level II Workshop
Exploring Session Options
**eTouch for Health**

Exploring Session Options

**Level II**

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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!
Tester Options

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

- 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 determines 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

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.

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.
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 Condition 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 Personal Record for Workshop Partner

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

![New Person Dialog](image)

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

![Optional Functions Dialog](image)

- **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**

![Login Palette]

- 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)**

![New Session Window]

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
- 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

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.

![Test Log Image]

**Click: Summary Button**

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

![Summary Screen Image]

**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.

View Reports

Click: Results Report Button (top right)

How would you like to view the results? By Condition shows each Condition and then the associated muscles. By Muscle shows each Muscle and then the associated Conditions.

Click: Condition

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

Click: Continue
End Session

- 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

- Click: Main Menu
- Click: Workshop Partner’s Name in Login Box
- Click: Profile Tab
- Click: Conditions Tab

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: 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.

- **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.

- **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.

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.
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.

**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.

Pulse Check

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

**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).
Viewing the 24 Hour Wheel

- Click: The Wheel Button

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

- 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.

**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.

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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.
Exploring

- Click: Functions
- Click: Shoulder

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

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

- Click: Single Function - click on one of the items in the list to see which muscles are involved in that function.
- Click: Select All - display the muscles involved in all of the Functions being displayed.

**Single Function**

- Click a function in the list to see the muscles associated with that function.

**Select All**

- Click the button below to see all the muscles associated with all the Functions displayed at right.

**Display All**

- Click to display all the muscles in a list in the Muscle Reference.

**Select All**

- Click: Select All

**Display All**

- 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.

**Click: Create New Session from Selection**

**Time Permitting**

- Click: Meridian to sort by Meridian order (top of column)
- Click: Perform Session
Touch for Health is not used in the diagnosis or treatment of disease. TFH energy kinesiology techniques are complementary to modern medicine while also providing alternative methods that assist in enhancing and preserving good health.

**Pain Control**
- MDs, OMDs, Psychiatrists, Psychologists, Pharmacists, Acupuncturists, TFHers

**Stress Relief**
- MDs, OMDs, Psychiatrists, Psychologists, Pharmacists, Acupuncturists, TFHers

**Prevention**
- Nutritionists, Acupuncturists, TFHers

By relieving stress levels with TFH, there is greater blood and nutrient flow plus better lymphatic drainage occurs. Combined with muscle relaxation this causes pain relief and greater vitality.

TFH stimulates the innate healing systems of the body by relieving the cellular pressure associated with increased stress levels.

The Goal of Touch for Health is to keep us in the ‘Green’ areas of Vitality and Good Health and to help us avoid the ‘Red’ and ‘Yellow’ Zones, as much as possible.

Touch for Health is focused on holistic healthcare working to keep people healthy in a cost-effective way.

The primary focus of today’s modern medicine is Critical Emergency Healthcare which is delivered at high cost and generally ignores the vital areas of ‘Wellness’, Health Maintenance and Prevention.

**Wellness/Vitality**
- Life Coaches, Parents, TFHers

**Personal Growth**
- Therapists, Psychologists, Counselors, Life Coaches, TFHers

**Health Maintenance**
- Health Educators, Nutritionists, TFHers

**Low Cost $**
- Minimally Invasive

**Cost Invasiveness**

**High Cost $$$$**
- Highly Invasive

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“Up to 90% of the general healthcare issues facing us today do not require the skills, attention or resources of medical doctors.” - Dr. John Thie
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

- **Action:** Set Goal & Starting Value

![Goal Setting](image)

- **Click:** Continue

- **Select:** Balance-As-You-Go

![Session Setup](image)

- **Click:** Continue

![Selection of Muscles by Category](image)

The categories to select from here are the same as those you used in the ? Explore function. But, there is a basic difference in that with the Select by Category, you can choose from multiple categories and build an almost unlimited variety of muscle groupings as you mix selections from categories.

- **Click:** Muscles

![Muscles](image)
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.

Action: Select Muscles

Click: Back to Selections

Click: Points

Action: Click Neurolymphatic Points to Select Muscles

Click: Back to Selections

Click: Continue
Select by Category Session Test Log and 14 Plus Going Outside the Wheel Balancing

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.

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. Thie 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 take a bit longer to create a session when on. If you don’t use this feature, then leave them turned off.

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**

<table>
<thead>
<tr>
<th>Meridian</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opposing</td>
<td>2</td>
</tr>
<tr>
<td>Related</td>
<td>4</td>
</tr>
</tbody>
</table>

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**

**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**

**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

Wizard Off Session Creation

- 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.

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.

- Click: New

Found 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.

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.
S3 - Simple Session System

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

View - view or enter results using either the Meridian Wheel or 5 Elements.

Reset - clear all Results and Entries.

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.
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.

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.

- **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?  
    __________________________