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CESSNOCK NATURAL BALANCE CENTRE

TOUCH FOR HEALTH
Levels 1 - 4

In the 1960's Touch For Health became the first simple and truly holistic system of health care available to people with no previous knowledge of their body or how it works for them.

YOU are your primary care provider of your body, mind and spirit. You are the one most qualified to assess your own experience of living your life with wellness. Using Touch For Health you can come into harmony with your past, your present and your purpose.

We know that this stuff really works! Millions of people have experienced positive subtle or dramatic transformation in their lives with Touch For Health. *Healing takes place even though we don't fully understand exactly how it happens.*

Touch For Health is a very clear and accessible system for both lay people and health care practitioners when implementing a holistic model of wellness.

Touch For Health – Levels 1 – 4 teaches the **triad of health** which shows an individual as Structural (physical), Nutritional and Mental/Emotional. Touch For Health gives us an insight into how we work (we didn't come with a manual unfortunately). It gives us the tools to become the happy, healthy, balanced person that we were intended to be.

Learn 14 muscle tests, basic tests in level 1, then deeper tests in levels 2 and 3 (42 simple muscle tests in all). Learn some basics of nutrition in relation to our bodies. The nutrition suggestions which are listed with each of the different muscles are typically found to balance the related energy. Learn how to test food and how it reacts to you (or you react to it).

Learn some pain control such as Emotional Stress Release, Meridian Walking and a Meridian Massage. Some techniques are for recent pain and others are for chronic pain.

Basic Goal Setting and Balancing makes the balances even more effective. For each goal there will be a different pattern of energy and this is indicated by the muscle tests. Learn Touch for Health for yourself, your family and the wider community. Everyone needs to focus on staying well and being pro-active in healing their body, mind and spirit when necessary.

For Touch for Health to be most effective, each person involved must be fully aware of their role in the healing process.