

# Touch For Health® Kinesiology

Touch for Health® is a safe and practical touch-healing process of balancing the body's natural energies to ease discomfort of common aches, pains and the stresses of daily living. Touch for Health® is a combination of ancient Oriental principles of Acupuncture/Acupressure massage and recent Western developments in wellness and preventive health care.

This remarkable system utilizes muscle checking (kinesiology) to determine imbalances in muscle/meridian function and restores balance with gentle, safe and effective touch techniques. Kinesiology is a method for personal evolution using precision muscle checking as an instrument of biofeedback.

Touch for Health is for people who want to improve their own health and well-being while having effective ways of teaching others to help themselves. Everyone can improve their home and professional life by incorporating kinesiology into their lifestyle.

## Benefits

- ☞ **Prevent illness** and energy imbalances within your body.
- ☞ Discover the kind of exercises and food that work for your **unique needs**.
- ☞ **Relieve aches and pains** from lower back, sprains and headaches - naturally.
- ☞ Determine allergies and learn how to **avoid allergic reactions**.
- ☞ Increase **energy**.
- ☞ **Balance** depressions and low moods.
- ☞ Increase **muscle strength and flexibility**.
- ☞ Speed up healing when sick or injured.
- ☞ **Improve** posture.
- ☞ Strengthen the body's **immune system**.
- ☞ **Reduce** mental and physical **stress**.
- ☞ **And More!**

*"This class is a 10 – I would love to take all that you offer."* JT, SC

*"I was so pleased and impressed with every detail"* MG, ON

*"Outstanding! My balancing was one of the best life experiences after the birth of my boys."* SC

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**Don Wetsel**, MA LAc NCTMB, is an Instructor of The Touch For Health Association and an International Faculty Member of The Educational Kinesiology Foundation. He is a classically trained acupuncturist. His extensive training and experience in functional aspects of both western and energetic anatomy and physiology allow him to embody these concepts and effectively teach them to others. Don enthusiastically shares his vision of a world where learning is fun and easy and teaches people to embody excellent health and emotional and spiritual well-being.

*"Don is a fabulous instructor – understanding, compassionate, articulate, thorough and extremely knowledgeable. He makes his classes a pleasure to learn and gave us confidence that we could learn the material and use it successfully."* AF, NJ.

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### Professional training with certificate from the Touch for Health Association

Touch for Health is approved by the NCBTMB as a continuing education provider. CEU's for Nurses.

**Touch For Health I Details: Date:** January 15 - 16, 2010 **Time:** 9 - 6

**Where:** Fairfield, Virginia

**Cost:** New Students:\$325 (\$275 with \$100 deposit by January 6) Repeat students: \$140+manual

To Register: Mail \$100 nonrefundable deposit to Health TLC,

5819 North Lee Highway, Suite 2, Fairfield, Virginia 24435

For more information please contact: Health TLC (540) 377-9453

[dewetsel@cs.com](mailto:dewetsel@cs.com) [www.healthtlc.com](http://www.healthtlc.com) for other classes and information

Sign up for Touch for Health 1 & 2 with \$100 deposit by January 6 for special rate of \$500.

# Touch For Health® II

Touch for Health I focused on identifying weak muscles and under energy meridians, Touch for Health II will teach you techniques to measure overenergy and thus balance the overall system more effectively. You will learn two new balances which identifies a key muscle/meridian, which when switched on will balance the whole system.

In Balancing According to the Wheel, you will determine the muscle which balances the superficial flow of the meridian energy, while in Balancing According to the Five Elements, you will learn how energy flows in the Creation and Control cycles in order to balance the deeper flow.

Touch for Health II provides **a good review of the muscles, meridians and corrections from Touch for Health I** and provides additional techniques to build your understanding and experience of Kinesiology.

Touch for Health is approved by the NCBTMB as a continuing education provider. CEU's for nurses.

## What You Will Learn

- ☞ Learn the location of the alarm points to measure over-energy.
- ☞ Review 14 basic muscles and learn an additional 14+.
- ☞ Learn to Balance According to the Wheel.
- ☞ Learn to Balance According to the Five Elements.
- ☞ Learn additional techniques for switching on muscles.
- ☞ Learn Time of Day Balancing.
- ☞ Advanced Emotional Stress Release
- ☞ Expand your understanding of Pain Control Techniques.

**And More!**



**Don Wetsel**, MA LAc NCTMB, is an Instructor of The Touch For Health Association and an International Faculty Member of The Educational Kinesiology Foundation. He is a classically trained acupuncturist. He has extensive training in kinesiology, bodywork, energy work and transformational modalities. His extensive training and experience in functional aspects of both western and energetic anatomy and physiology allow him to embody these concepts and effectively teach them to others. He becomes passionate when these concepts become creative and transformational in kinesiology balance processes.



## Touch for Health® II Class Details

**Date:** January 17 - 18, 2010      **Time:** Sat. 9 - 6, Sun 9 – 5

**Where:** Fairfield, Virginia

**Cost:** New students \$325 (\$275 with \$100 deposit by January 6) Repeat students. \$140 + manual

To Register: Mail \$100 nonrefundable deposit to Health TLC,

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