

Touch for Health® I 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 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 teaches the foundations of muscle checking and contains many techniques which are useful for all of us for daily maintenance or for supporting ourselves and loved ones dealing with various challenges of modern life. It contains essential tools for people who want to improve their own health and well-being while having effective ways of teaching others to help themselves.

Benefits

- ☞ Simple techniques to reduce stress and pain while optimizing your overall health and well-being.
- ☞ **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**. ☞ **Improve** posture.
- ☞ **Balance** depressions and low moods. ☞ Strengthen the body's **immune system**.
- ☞ Increase **muscle strength and flexibility**. ☞ **Reduce** mental and physical **stress**.
- ☞ Speed up healing when sick or injured. ☞ **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 BCTMB, is a master kinesiologist and Instructor of the Touch for Health Association. He is a Brain Gym® Instructor and an International Faculty Member. He is a Master Clinician in Nutrition Response Testing and 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..

Touch for Health I Details: Date: February 24 -25, 2024 **Time:** 9 – 6 Sat, 9 – 5 Sun

Where: Health TLC, 536 Calvert Street, Staunton, Virginia

Cost: New Students includes manuals: \$295 with \$100 deposit by February 10 / \$325 after

Repeat students: \$150+manual cost if needed

To Register: Mail \$100 nonrefundable deposit to Health TLC,
536 Calvert Street, Staunton, Virginia 24401

For more information, please contact: Health TLC at (540) 886-9453

dewetsel@gmail.com www.healthtlic.com for other classes and information