

**TFH Level I:** This normally 15-hour course provides practical skills to manage stress, reduce physical and mental pain and tension and increase overall energy without the use of drugs. Also, included in this course are specific tests, exercises and movements for enhanced learning, improving coordination and finding food sensitivities. You will learn techniques of applied Kinesiology and acupressure massage. The TFH Book 1 is required text for this class.

- Muscle Correction Procedures
  1. Bilateral Muscle Correction Technique
  2. Neurolymphatic Massage Points
  3. Neurovascular Holding Points
  4. Meridians
  5. Origin-Insertion
- Challenge
- Surrogate testing
- Emotional stress release (ESR)
- Basic posture
- Biocidic foods
- Basic 14 muscle tests
  1. supraspinatus.....central
  2. Teres Major.....governing
  3. Pectoralis Major Clavicular.....Stomach
  4. Latissimus Dorsi.....spleen
  5. subscapularis.....heart
  6. quadriceps.....Small intestine
  7. Peroneus.....Bladder
  8. Psoas.....Kidney
  9. Gluteus Medius.....Circulation
  10. Teres Minor.....Triple Warmer
  11. Anterior deltoid.....Gall Bladder
  12. Pectoralis major Sternal.....Liver
  13. Anterior Serratus.....Lung
  14. Fascia Lata.....Large Intestine