

## The Top Ten Pain Releasers (8 hrs) Integrating Massage and Touch for Health

- Basics of accurate muscle testing
- Testing for Hydration
- Pain Release with Music
- Brazilian Toe Massage
- Meridian Massage
- Neurolymphatic Massage
- Specific Neuromuscular Reset
- Auricular Massage
- Energy Stroking
- Neurovascular Stress Release
- Releasing Muscle Spasms naturally

\*This a great introductory class to Touch for Health with a number of extras not included in the TFH syllabus.

The book by Arlene Green - Top Ten Pain Releasers is the required text for class.

TFHKA is an approved provider for:  
Massage Therapists - NCBMBT #050467-00  
RNs and LPNs - CA board of Nursing #CEP 13015  
Acupuncturists - NCCAOM #947