

# Touch for Health Synthesis

60 - 68 hours

## Introductory Class

4 hours

- History
- Opposing Muscle Theory
- Triangle of Health
- Switching On:
  - Water
  - Central Meridian Check
  - Switching
  - Cross Crawl for Fun
  - Auriculars
  - Visual Inhibition
  - Accurate Muscle Testing
  - Inhibited Muscles
  - Meridian Massage

## Touch for Health I

16 hours (pre or co-requisite Introductory Class)

Muscle Correction Procedures:

- Bilateral Muscle Correction Technique
- Neurolymphatic Massage Points
- Neurovascular Holding Points
- Meridians
- Origin - Insertion
- Challenge
- Surrogate Testing
- Emotional Stress Release (ESR)
- Basic Posture
- Biocidal Foods
- Basic 14 Muscle Tests:
  - Supraspinatus *Central*
  - Teres Major *Governing*
  - Pectoralis Major Clavicular *Stomach*
  - Latissimus Dorsi *Spleen*
  - Subscapularis *Heart*
  - Quadriceps *Small Intestine*
  - Peroneus *Bladder*
  - Psoas *Kidney*
  - Gluteus Medius *Circulation*
  - Teres Minor *Triple Warmer*
  - Anterior Deltoid *Gall Bladder*
  - Pectoralis Major Sternal *Liver*
  - Anterior Serratus *Lung*
  - Fascia Lata *Large Intestine*

## Touch for Health II

16 - 18 hours

- Pretests and Corrections Review
- Circuit Locating
- Cross Crawl for Integration
- Goal Balancing with a 14 Muscle Balance
- Balancing using the Wheel
  - Beaver Dam
  - Triangle
  - Square
  - Midday/Midnight Law
- Time of Day Balance
- Five Element Theory
- Over Energy/Alarm Points
- Muscle Correction Procedures
  - Golgi Tendon/Spindle Cell
  - Cerebral Spinal Technique
- ESR for Performance Enhancement/Future
- Acupressure for Pain/Meridian Walking
- Gait Testing
- Figure Eights
- Biogenic Foods
- 14 Muscles:
  - Neck Flexors *Stomach*
  - Brachioradialis *Stomach*
  - Lower Trapezius *Spleen*
  - Middle Trapezius *Spleen*
  - Rectus Abdominals *Small Intestine*
  - Sacrospinalis *Bladder*
  - Iliacus *Kidney*
  - Adductors *Circulation/ Sex*
  - Piriformis *Circulation/ Sex*
  - Sartorius *Triple Warmer*
  - Popliteus *Gall Bladder*
  - Rhomboids *Liver*
  - Middle Deltoid *Lung*
  - Quadratus Lumborum *Large Intestine*

## Touch for Health III

16-18 hours

- Yin/Yang
- Five Element Balance/ One Point Balance
- Goal Balance with Five Elements
- Five Element Basic Emotions
- Acupressure Holding Points
- Acupressure Holding Point Theory
- Color Balance
- Sound Balance
- Pulses and Pain Tapping
- Postural Stress Release
- 14 Muscles:
  - Levator Scapulae *Stomach*
  - Posterior Neck Extensors *Stomach*
  - Opponens Pollicis *Spleen*
  - Triceps *Spleen*
  - Transverse & Oblique Abdominals *Small Intestine*
  - Anterior & Posterior Tibialis *Bladder*
  - Upper Trapezius *Kidney*
  - Gluteus Maximus *Circulation/ Sex*
  - Gracilis *Triple Warmer*
  - Soleus *Triple Warmer*
  - Gastrocnemius *Triple Warmer*
  - Coracobrachialis *Lung*
  - Diaphragm *Lung*
  - Hamstrings *Large Intestine*

## Touch for Health IV

8 - 12 hours

- Review TFH 1-3
- 42 muscle balance Head to Toe
- Review Five Elements Balance
- Postural Analysis and Balancing
- Facilitation/Inhibition
- Circuit Retaining Mode/ Pause Lock
- Reactive Muscles
- Five Element Nutrition
- Sound, Color Review
- Luo Points
- Inhibited Muscles
- Neurolymphatic Release