

# TOUCH FOR HEALTH

## Level 1 – Foundations Registration Form

**Stay Healthy, Recover Faster, Balance Energy and Life Force with  
Touch for Health, the Practical Guide to Natural Health  
The original self-help program that teaches you how to:**

- Accurately and confidently use muscle testing
- Monitor and improve muscle tone in your body
- Discover the flow of Life Force energy in body systems
- Apply the Chinese 5-Element system for optimal health
- Listen to the language of your body, communicate effectively
- Switch energy for performance, recovery, digesting , learning
- Manage and reduce pain
- Relax muscles, increase blood flow, clear toxins
- Tune in and enhance your intuition
- Shift stalled, negative, or blocked energy
- Balance body systems to work together
- Align your body to goals
- Identify supplements that benefit you
- Identify foods that don't support health
- Improve wellness without the use of drugs
- Keep your own energy in tip-top shape
- Have greater impact on clients/patients
- Heal faster, Increase flexibility
- Reduce Stress, Learn more easily



*Level 1 is open to all. It is suitable for the lay person who has no prior knowledge about muscles/anatomy/posture or Traditional Chinese acupuncture energy theory. It is open to professions such as massage therapists, chiropractors, acupuncturists, therapists, coaches, etc., who find the skill of accurate muscle testing useful in their practices, and for client education. TFH is often recognized for professional continuing education credit CEU's. Touch for health is taught in over 40 countries and is the foundation for over 150 natural and integrative wellness modalities.*

### IKC\* Syllabus:

#### Level 1 Foundations: Fix as you go

- History of Muscle Testing
- 14 Meridians, 14 Muscles
- Corrective Reflex Points
- Triangle Health, Opposing Muscle Theory
- Finding Accurate Indicator Muscle (AIM)
- Switching-on techniques
- Central and Governing Zips for Accuracy
- Hydration/Electric connectivity
- Challenging using spindle cells
- Challenging with chemical, mechanical, emotional, magnetics
- Goal setting, Self-responsibility model

\*International Kinesiology College, Australia

#### Muscle Energy Balancing Methods

- Neuro-lymphatic Massage
- Neurovascular Holding Points
- Meridian Tracing
- Origin / Insertion Technique
- Spinal Reflexes
- Strengthening with food
- Walking / Cross Crawl
- Auricular Energy
- Visual Inhibition
- Opposing Muscle Strengthening
- Surrogate Testing
- Simple Pain Control: Feathering
- Spindling: Flushing/Running Meridians
- ESR for Present Distress





# Registration Form



Your Name: \_\_\_\_\_ Occupation \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Can you text from this #? Y/N \_\_\_\_\_

E-mail: \_\_\_\_\_

\_\_\_\_\_ Level 1 (2 days) \$475.<sup>00</sup> (handouts & textbook included. \*Textbook for all 4 levels)

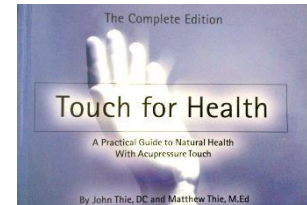
\_\_\_\_\_ Level 2 (2 days) \$425.<sup>00</sup> (handouts included )

\_\_\_\_\_ Level 1-2 (register for both at same time) \$878.<sup>00</sup>

\_\_\_\_\_ Level 3 (2 days) \$425.<sup>00</sup> (handouts included)

\_\_\_\_\_ Level 4 (2 days) \$425.<sup>00</sup> (handouts included)

\_\_\_\_\_ Chinese 5-Element Metaphors (16 hours) \$475.<sup>00</sup> (textbook and handouts included)



## Payment Options:

1. Instant Electronic transfer from your bank to mine send to [sandratoms@icloud.com](mailto:sandratoms@icloud.com) (best option)
2. Cash or Cheque to **Sandra Toms**, drop off at house when you pick up the book,  
or mail to **1604-45 Street SW, Calgary, AB, T3C 2C3**
3. Paypal or Credit card (Please pay \$495 to cover bank charge)

## Discounts and credits for Touch for Health Certificated classes

- Register with a friend and you both get a \$20 discount
- Register with 4 friends and get your training for free
- Repeat any level for ½ price if you have the TFH certificate
- 50% deposit required to reserve your place

## Refund Policy for Classes

We know 'stuff happens', and you know we have financial commitments to ensure the room, textbooks and materials are available for class. If you are unable to attend a class please let us know so we don't worry that something has happened to you. Up to 30 days prior to the start of the class we will refund all tuition less a \$20 fee for handling and bank charges. Ten days prior to class you will receive credit valid for 18 months. If we must cancel due to low enrolment or situations out of our control, you will receive a full tuition refund.

