



# **Touch for Health: A Practical Guide to Natural Health Using Acupressure Touch and Massage**

*John Thie*

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The theory of chiropractic is that health comes from within. People with good posture, with the relationship of the body parts working one to another, generally have good health. The chiropractor believes that the innate intelligence that runs the body is connected to universal intelligence that runs the world, so each person is plugged into the universal intelligence through the nervous system. It is the job of the chiropractor to help this communication system, to insure that the body will function. He does this by working with the spine, the central core of the nervous system, the master system of the body. Then the body can take care of itself because there is no interference between the intelligences and the body. Building on the basic idea with earlier chiropractic work and the ancient Oriental practices, we developed the techniques we will be using here. Applied kinesiology, the science of muscle activation, uses muscle testing techniques to determine the need for and effectiveness of treatment. We intervene to restore muscle balance, which is essential to good posture and health. We are trying to think of the body as a whole, all one piece. What happens in the head or what goes into the mouth has an effect throughout the body, as when something happens to one member of the family, it affects all the rest of the family - some more than others, but everyone is affected. Man is a structural, chemical psychological and spiritual being. The primary structure and the natural chemistry work together to influence the psychological state. Man's problems can be segmented into different systems, structural, neurological, lymphatic, vascular, cerebrospinal, nutritional, chemical and meridian systems. A problem may exist in any part of an area, and disturbances in other systems may represent the body's efforts to compensate for the troubled system.

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