**Touch for Health I:** Introduces the basics of Touch for Health (TFH) for both lay-people and professionals. You will learn the core techniques of muscle testing for the primary 14 energy meridians and you will learn the standard *balance-as-you-go* technique for balancing the body's energies. The theory of TFH and the acupuncture meridians are introduced with the western reflex techniques that are used to restore balance for dramatically improving posture, alleviating pain and stress, and for enhancing vitality and mental performance.

**TFH Level I: 15-16 hours - No Prequisite**

- History of Touch for Health and Energy Kinesiology
- Opposing Muscle Theory
- Triangle of Health
- Prechecks:
  1. Accurate Indicator Muscle
  2. Hydration Check
  3. Central Meridian Check
  4. Switching
- Touch for Health Balancing Techniques:
  1. Neurolymphatic Reflex Points
  2. Neurovascular Holding Points
  3. Energy Meridians
  4. Muscle Challenging
  5. Muscle Origin-Insertion Technique
  6. Spinal Reflexes
  7. Over-facilitated Muscles
  8. Emotional Stress Release
  9. Using Food to Strengthen the Body
- Other Balancing Techniques:
  1. Cross Crawl for Fun
  2. Auricular Energy
  3. Visual Inhibition
  4. Simple Pain Techniques
  5. Surrogate Testing
  6. Posture Awareness
  7. Goal Balancing
  8. Emotional Stress Release
  9. 'Balance-As-You-Go' Balancing Technique
- Muscle tests and Corrections for 14 primary muscles and meridians:
  1. Supraspinatus - Central Meridian
  2. Teres Major - Governing Meridian
  3. Pectoralis Major Clavicular - Stomach Meridian
4. Latissimus Dorsi - Spleen
5. Subscapularis - Heart
6. Quadriceps - Small Intestine
7. Peroneus - Bladder
8. Psoas - Kidney
9. Gluteus Medius - Circulation / Sex
10. Teres Minor - Triple Warmer
11. Anterior Deltoid - Gall Bladder
12. Pectoralis Major Sternal - Liver
13. Anterior Serratus - Lung
14. Fascia Lata - Large Intestine