

Promising Research

the triple entrendre

by Earl Cook

Touch for Health Kinesiology Association

2015

Annual Conference

Chapel Hill, North Carolina

June 19, 2015

entendre

noun

: ambiguity of meaning arising from language that lends itself to more than one interpretation

promise

noun

: a **statement** telling someone that you will definitely do something or that something will definitely happen in the future

promise

verb

: to tell someone that you will **definitely do something** or that something will definitely happen in the future

: to make (something) **seem likely** : to show signs of (something that is likely or expected to happen)

promising

adjective

: **likely to succeed or to be good : full of promise**

Merriam-Webster.com. Merriam-Webster, n.d. Web. 20 May 2015. <<http://www.merriam-webster.com/dictionary/>>

My Promises

- 1) In 2001, I *promised* Touch for Health (TFH) founder and author, Dr. John Thie, that I would program a research tool and conduct research into the efficacy of the TFH modality
- 2) In 2015, I am *promising* the Touch for Health family that I have developed a powerful research tool that can be used by many to conduct their own personal research
- 3) At the 2015 Touch for Health Kinesiology Association Annual Conference, I am presenting *promising* research results
- 4) My results can be replicated

Goals for My Presentation

- 1) Overview of the eTouch for Health software as a research tool
- 2) Demonstration of the tool being used for research
- 3) As promised, a look at the results of research which appear to be promising
- 4) Goals for applying the tool for research in the future



Scientific Method

- **Hypothesis** - the efficacy of the Touch for Health model can be measured
- **Experimental Design** - the *eTouch for Health* software designed to record, compare and analyze session results
- **Empirical Evidence** - 12 years of results collected
- **Reproduction of Results** - promising results achieved in reproducing results similar to Dr. John Thie's examples he provided during TFHKA conferences in 2003, 2004 and 2005 in which *eTouch* recorded the sessions.
- **Journal Publication** - *TFHKA 2015 Annual Conference Journal*
- **Conference Presentation** - happening now
- **Peer Review** - it's next
- **Adversarial Review** - it's coming!

My Question?

How do you codify a holistic model so that you can quantify results to serve as empirical evidence to prove the efficacy of the Touch for Health model?

Codifying Touch for Health

Codification consists of creating lookup tables that contain the detailed information about an attribute and then assigning a numeric code to each record. In the future, when information is needed about a specific item, its numeric ID can be used to link to the related information in the relational database system.

Numeric coding is more efficient and accurate while adding to the validity of empirical data.

- **Five Elements**
- **Acupuncture Meridians**
- **Muscles**
- **Techniques**
- **Conditions / Indications**
- **Clients**
- **Sessions**
- **Results**
- **Severity**
- **Effectiveness**

Record Keeping for Research

- **Clients** - age at time of session, gender, goals and conditions

- **Sessions:**

Type: Goal-setting or Condition-based?

Starting and Ending Values: for Pain, discomfort, stress

Scope: 14, 42 or random number of muscles

Balancing Method: Balance-as-you-Go or One Point Assessment

Techniques Used in Session

Testing Results for each Muscle

Results	Balance	Comments	Client	Goals	Conditions	Overview	Charts	Complete				
Sort by 100% Goal 12/3/2003 1												
Results	Meridian	14	OE	Left	Right	SR	NL	NV	MT	AH	IO	Met
1	Supraspinatus	Central		Unlocking	Unlocking	✓						
2	Teres Major	Governing		Moderately	OK		✓					
3	Pect. Mjr. Clavic.	Stomach		Very	Very	B	B	✓				
4	Latissimus Dorsi	Spleen		Moderately	Moderately	B	L	L	✓			
5	Subscapularis	Heart		OK	OK							
6	Quadriceps	Small Intestine		Very	Very	B	R	R	R	R	R	✓
7	Peroneus	Bladder		Moderately	Moderately	✓						
8	Psoas	Kidney		OK	Unlocking		✓					
9	Gluteus Medius	Circulation/Sex		Unlocking	Unlocking	R	R	✓				
10	Teres Minor	Triple Warmer		OK	OK							
11	Anterior Deltoid	Gall Bladder		OK	OK							
12	Pect. Mjr. Stern.	Liver		OK	Moderately		✓					
13	Ant. Serratus	Lungs		Moderately	Moderately	✓						
14	Fascia Lata	Large Intestine		Moderately	Very	✓						

Color Coding & Severity Scale

Muscle Test Result Severity Codes

OK = Locks normally

Moderately = slightly bouncy or questionable

Unlocking = unlocks during test

Very = client laughs at you because they know they can not get into the testing position or there is obvious pain before testing

Severity Scale

OK	= 0
Moderately	= 1
Unlocking	= 2
Very	= 3



Results	Balance	Comments	Client	Goals	Conditions	Overview	Charts	Complete
1	Supraspinatus	Central	Unlocking	Unlocking	✓			
2	Teres Major	Governing	Moderately	OK	✓			
3	Pect. Mjr. Clavic.	Stomach	Very	Very	B B ✓			
4	Lattissimus Dorsi	Spleen	Moderately	Moderately	B L L ✓			
5	Subscapularis	Heart	OK	OK				
6	Quadriceps	Small Intestine	Very	Very	B R R R R R ✓			
7	Peroneus	Bladder	Moderately	Moderately	✓			
8	Psoas	Kidney	OK	Unlocking	✓			
9	Gluteus Medius	Circulation/Sex	Unlocking	Unlocking	R R ✓			
10	Teres Minor	Triple Warmer	OK	OK				
11	Anterior Deltoid	Gall Bladder	OK	OK				
12	Pect. Mjr. Stern.	Liver	OK	Moderately	✓			
13	Ant. Serratus	Lungs	Moderately	Moderately	✓			
14	Fascia Lata	Large Intestine	Moderately	Very	✓			

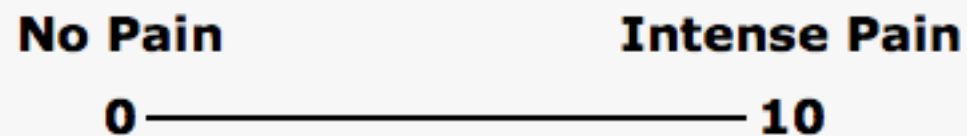
We have found that the color coding helps to add credibility to our testing, especially, with new clients that are questioning and challenging us as we test and balance them. Clients also like seeing the colors representing what they experienced during the session.

Severity totaled for each muscle, each side and a grand total for the session by adding both sides.

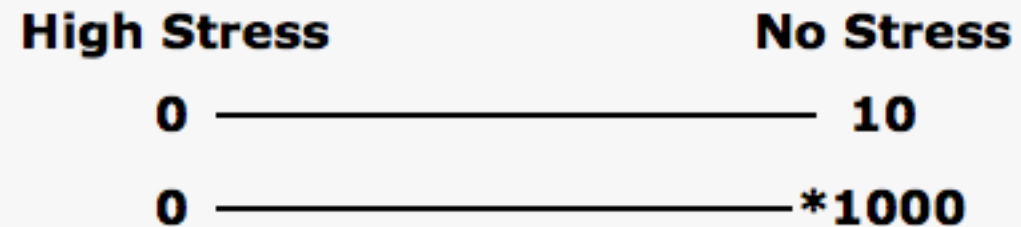
Improvement Factor

- Based on Starting and Ending Values for Pain, discomfort, stress
- Measures *magnitude* of improvement and shift between before and after assessments

Scale for Conditions



Scale for Goal-setting



*eTouch supports Dr. Thie's use of *attractor values* (0-1000) from David R. Hawkins', MD, PhD book, *Power versus Force*.

Conditions

Starting Value	Ending Value	Improvement Factor
10	0	= 100%
10	5	= 50%
5	0	= 50%
1	0	= 10%
10	9	= 10%

Goal Setting

Starting Value	Ending Value	Improvement Factor
0	10	= 100%
5	10	= 50%
0	5	= 50%
9	10	= 10%
0	1	= 10%

**Here is how
eTouch records
sessions**

```

.69444343.53313.38 .69444343.83355.10 .69444343.73741.6130 7/13/2005 33 1 1 0
Unlocking Unlocking 24 48 1 5 0 0 0 0 0 0 0 0 0 0 0 0
0 0 0 0 0 0 0 1 ✓ 8 48 24 24
.69444343.53313.38 .69444343.83355.10 .69444343.73741.6130 7/13/2005 35 2 1 0
OK OK 24 48 0 0 0 0 0 0 0 0 0 0 0 0 0 0
0 0 0 2 0 48 24 24
.69444343.53313.38 .69444343.83355.10 .69444343.73741.6130 7/13/2005 37 3 1 0
Unlocking Unlocking 24 48 2 6 0 0 0 0 0 0 0 0 0 0 0 0
0 0 0 0 0 0 0 12 ✓ 8 48 24 24
.69444343.53313.38 .69444343.83355.10 .69444343.73741.6130 7/13/2005 45 4 1 0
Unlocking Unlocking 24 48 5 5 0 0 0 0 0 0 0 0 0 0 0 0
0 0 0 0 0 0 0 14 ✓ 8 48 24 24
.69444343.53313.38 .69444343.83355.10 .69444343.73741.6130 7/13/2005 53 5 1 0
OK OK 24 48 8 4 0 0 0 0 0 0 0 0 0 0 0 0
0 0 0 6 0 48 24 24
.69444343.53313.38 .69444343.83355.10 .69444343.73741.6130 7/13/2005 55 6 1 0
Unlocking Unlocking 24 48 9 4 0 0 0 0 0 0 0 0 0 0 0 0
0 0 0 0 0 0 0 27 ✓ 8 48 24 24
.69444343.53313.38 .69444343.83355.10 .69444343.73741.6130 7/13/2005 59 7 1 0
OK OK 24 48 11 2 0 0 0 0 0 0 0 0 0 0 0 0
0 0 0 32 0 48 24 24
.69444343.53313.38 .69444343.83355.10 .69444343.73741.6130 7/13/2005 65 8 1 0
Unlocking Unlocking 24 48 14 2 0 0 0 0 0 0 0 0 0 0 0 0
0 0 0 0 0 0 0 23 B ✓ 8 48 24 24
.69444343.53313.38 .69444343.83355.10 .69444343.73741.6130 7/13/2005 71 9 1 0
OK OK 24 48 15 2 0 0 0 0 0 0 0 0 0 0 0 0
0 0 0 25 0 48 24 24
.69444343.53313.38 .69444343.83355.10 .69444343.73741.6130 7/13/2005 79 10 1 0
Unlocking Unlocking 24 48 4 0 0 0 0 0 0 0 0 0 0 0 0 0
0 0 0 0 0 0 0 5 ✓ 8 48 24 24
.69444343.53313.38 .69444343.83355.10 .69444343.73741.6130 7/13/2005 89 11 1 0
OK OK 24 48 23 4 0 0 0 0 0 0 0 0 0 0 0 0
0 0 0 19 0 48 24 24
.69444343.53313.38 .69444343.83355.10 .69444343.73741.6130 7/13/2005 93 12 1 0
OK OK 24 48 25 2 0 0 0 0 0 0 0 0 0 0 0 0
0 0 0 13 0 48 24 24
.69444343.53313.38 .69444343.83355.10 .69444343.73741.6130 7/13/2005 97 13 1 0
OK OK 24 48 27 3 0 0 0 0 0 0 0 0 0 0 0 0
0 0 0 7 0 48 24 24
.69444343.53313.38 .69444343.83355.10 .69444343.73741.6130 7/13/2005 105 14 1 0
OK OK 24 48 31 2 0 0 0 0 0 0 0 0 0 0 0 0
0 0 0 24 0 48 24 24

```

Results Reporting

Details of the muscle testing and energetic balancing session are archived so that reports can be printed immediately after the session or anytime in the future.

- **Purpose of Session (goals or conditions)**
- **Session results**
- **Techniques used**
- **Beginning and ending values**
- **Comments made by tester and client**
- **Recommendations made by Tester**
- **Energetic patterns found during the session in:**
 - * **Meridian wheel**
 - * **Five Elements**

Personal information can be blocked in reports and replaced with '-'. You can also choose whether to include Goals or Conditions in reports.

Session Summary

Block Personal Information
Name, address, phone and email are replaced with '-' in reports

Include Goals or Conditions

Summary of Touch for Health Testing & Balancing Session

F Session: **201** Session Date: **Wed, Jul 13, 2005**
 Type: **Goal** Testing & balancing by: **John Thie**
12 Start: **8:48 PM** End: **9:08 PM** Length: **20** Mins.
 Birthdate: Agreement: **Yes** Date:
 Telephone: - eMail: -

.69444343.53313.38
 .69444343.73741.6130

Scope of Balancing
 Meridian Checkup (14 muscles)
 14+ Muscles
 Complete Checkup (42 muscles)
 Muscles Selected
 Select by Category
 Duplicate Previous Session

Balancing Method
 Balance-As-You-Go
 Priority / Circuit Location
 Assessment

24 hr. Wheel, Simple
 24 hr. Wheel, Over-energy
 5 Elements, Simple
 5 Elements, Over-energy
 Metaphors

Other:
 Emotion:
 Related to:

Priority Metaphor Balancing 5-Element Metaphors for Muscles, Meridians and Elements
Balancing-As-You-Go Balance muscles as imbalance is found

Meridian Checkup (14 muscles)

Type: Goal	Start	End	Factor
I do kinesiology and have quality time with my family.	10	1000	99%

Michelle Chedotal Ending Comments:
 I feel like something shifted, I feel like I've got more confidence.

Dr. John Thie Session Comments:
 The balancing was done using the TFH Five Element Metaphors and the results were recorded using the eTouch for Health software. Now, they will be posted to the new online TFH Online Research database via the Internet using the new eTouch Gateway software. E.C.- This session was completed in 20 minutes during Dr. John Thie's last public presentation at the 30th Annual TFHKA Conference in Durham, North Carolina during the Opening Presentation.

Muscle	Meridian	Element	Left	Right	SR	NL	NV	MT	AH	IO	Met	AP	PC	OE
1. Supraspinatus	Central	Central	Unlocking	Unlocking	✓							✓		
2. Teres Major	Governing	Governing	OK	OK										
3. Pect. Mjr. Clavic.	Stomach	Earth	Unlocking	Unlocking	✓							✓		
4. Latissimus Dorsi	Spleen	Earth	Unlocking	Unlocking	✓							✓		
5. Subscapularis	Heart	Fire	OK	OK										
6. Quadriceps	Small Intestine	Fire	Unlocking	Unlocking	✓							✓		
7. Peroneus	Bladder	Water	OK	OK										
8. Psoas	Kidney	Water	Unlocking	Unlocking	S	✓						S		
9. Gluteus Medius	Circulation/Sex	Fire	OK	OK										
10. Teres Minor	Triple Warmer	Fire	Unlocking	Unlocking	✓							✓		
11. Anterior Deltoid	Gall Bladder	Wood	OK	OK										
12. Pect. Mjr. Stern.	Liver	Wood	OK	OK										
13. Ant. Serratus	Lungs	Metal	OK	OK										
14. Fascia Lata	Large Intestine	Metal	OK	OK										

Signed: John Thie Date Signed:

SR: Spinal Reflex, NL: Neurolymphatic, NV: Neurovascular, MT: Meridian Trace, AH: Acupuncture, IO: Insertion-Origin, Met: Metaphors, AP: Alarm Points, PC: Pulse Check, OE: Over Energy

Tue, May 26, 2015 1:18 PM Page 1 eTouch for Health

The Explore Analysis Feature



Explore Touch for Health

- Indications** Select muscles associated with common indications and conditions
- Functions** Select muscles that are involved in specific bodily movements and functions
- Causes** Affects of muscle strain, emotional stress, etc. based on common causes
- Meridians** Examine Meridians and their 5-Element Metaphors
- Foods** Foods that provide a positive energetic effect for specific muscles
- Supplements** Natural supplements associated with specific muscles
- Avoidances** Food and substances that can cause energetic problems for specific muscles
- NL Points** See the muscles are associated with the Neurolymphatic Pts., interactively

Muscles identified under Indications and Knee Problems (All Indications)

Difficulty climbing stairs	Quadriceps
Knee Pain or Problems	Quadriceps
Knee Pain or Problems	Sartorius
Knee Pain or Problems	Gracilis
Knee Pain or Problems	Gastrocnemius
Knee Pain or Problems	Popliteus
Knee Pain or Problems	Piriformis
Knees - Hyperextended	Quadriceps
Knees - Hyperextended	Gastrocnemius
Knees - Hyperextended	Popliteus
Knees - Knocked	Piriformis
Knees - Knocked	Sartorius
Knees - Knocked	Hamstrings
Knees - Knocked	Gracilis

Throughout his 35-year career, Dr. Thie made many observations about the connections between individual muscles and specific indications, functions, causes of pain plus foods and supplements to assist in wellness as well as things to avoid when experiencing issues with specific muscles. I built lookup tables into eTouch based upon Dr. Thie's observations. As a result, searches can be performed using a variety of criteria for learning and research or for the creation of muscle sets that can be tested when related to the criteria. Future research will, hopefully, expand this body of knowledge.

Dr. John Thie's Examples

I am using the results from four of the last balancing sessions conducted by Dr. John Thie at TFHKA conferences 2003-2005. *eTouch for Health* was used to record the results in each of these sessions and the results are used in the next several slides. The last session recorded is from the 2005 Conference in Durham, North Carolina and was Dr. Thie's last public presentation. These sessions are used as a reference when comparing effectiveness results.

The primary questions for my research efforts were, "Can we replicate Dr. Thie's results and demonstrate efficacy of the Touch for Health model?"

Sessions can be selected by many criteria. In this example we are searching for sessions by Tester = John Thie and the 'Include in Reports' flag is selected for the records.

Dr. Thie's last session (#200) was recorded and can be viewed on YouTube: <https://www.youtube.com/watch?v=gIXBKXoIbDI>

This session is also on the DVD sold by TFHKA. <http://stores.tfhka.com/2005-conference-dr-john-thie-research-and-kinesiology/>

Find a Session Include in Reports

Session Date Status

Select Person from List Person ID

Session ID

Session Type Goal Condition Tester **John Thie**

Balancing Method

Session Type

- Meridian Checkup (14 muscles)
- Complete Checkup (42 muscles)
- Muscles Selected
- Select by Category
- Duplicate Previous Session

Score

Results

Testing Results Total Factor % Start End

Session Comments

Research ID and Purpose

Accepted Research Participation Agreement?

Meridian Markers						Avg. Improvement		Count	
						80%		4	
Session Type	Balancing Method	Starting Value	Ending Value	Effective	Muscles	Score	Central	Govern	
Goal	Assessment	6	1000	99%	14	50			
Goal	Balance-As-You-Go	10	1000	99%	14	48			
Goal	Assessment	273	1000	73%	14	64			
Condition	Assessment	5	0	50%	17	40			

New Research Features

Select multiple sessions and sort and compare by effectiveness, session type, balancing method, severity and more.

Meridian Markers						Avg. Improvement	Count		
Session Type	Balancing Method	Starting Value	Ending Value	Effective	Muscles	Score	Central	Govern	
Goal	Assessment	6	1000	99%	14	50			
Goal	Balance-As-You-Go	10	1000	99%	14	48			
Goal	Assessment	273	1000	73%	14	64			
Condition	Assessment	5	0	50%	17	40			

View and compare session results for one person or a selected group using color coding.

rs																
Avg. Improvement			Count		Small											
Effective	Muscles	Score	Central	Governing	Stomach	Spleen	Heart	Intestine	Bladder	Kidney	Circ/Sex	TW	GB	Liv	Lung	Lrg Intestine
99%	14	50														
99%	14	48														
73%	14	64														
50%	17	40														

View and compare session results using Five Element color-coded Shen(g) & Ko Cycles

nt Markers																
Avg. Improvement			Count		Sheng Cycle					Ko Cycle						
Starting Value	Ending Value	Effective	Muscles	Score	Central	Governing	Fire	Earth	Metal	Water	Wood	Fire	Metal	Wood	Earth	Water
							H SI TW CX	SP ST	LU LI	K B	LV GB	H SI TW CX	LU LI	LV GB	SP ST	K B
6	1000	99%	14	50												
10	1000	99%	14	48												
273	1000	73%	14	64												
5	0	50%	17	40												

Dr. Thie's Results

The Four Sample Results that we have from four of Dr. John Thie's last public presentations at TFHKA Conferences that were recorded into *eTouch for Health*.

Meridian Markers						Avg. Improvement		Count	
Session Type	Balancing Method	Starting Value	Ending Value	Effective	Muscles	Score	Central	Govern	
Goal	Assessment	6	1000	99%	14	50			
Goal	Balance-As-You-Go	10	1000	99%	14	48			
Goal	Assessment	273	1000	73%	14	64			
Condition	Assessment	5	0	50%	17	40			

Tester / Subject(s)	Sample	Average Improvement
John Thie / Multiple		
Goal-setting	3	90%
Conditions	1	50%
Total	4	80%

A Larger Sample Size

Here are results from my past 14 years of personal balances while using *eTouch for Health*.

Encode Names			Meridian Markers			Avg. Improvement		Count						
						69%		87		Print				
Person	Session Type	Balancing Method	Starting Value	Ending Value	Effective	Muscles	Score	Central	Governing	Stomach	Spleen	Heart		
Earl Cook	Goal	Assessment	0	1000	100%	42	243							
Earl Cook	Condition	Assessment	10	0	100%	22	98							
Earl Cook	Goal	Balance-As-You-Go	0	10	100%	42	136							
Earl Cook	Goal	Assessment	0	10	100%	14	42							
Earl Cook	Goal	Assessment	0	10	100%	42	197							
Earl Cook	Goal	Balance-As-You-Go	0	10	100%	42	136							
Earl Cook	Goal	Priority	0	10	100%	15	46							
Earl Cook	Goal	Assessment	1	1000	100%	42	116							
Earl Cook	Goal	Assessment	5	1000	100%	42	190							
Earl Cook	Goal	Assessment	5	1000	100%	42	133							
Earl Cook	Goal	Assessment	10	1000	99%	22	147							
Earl Cook	Goal	Assessment	10	1000	99%	14	41							
Earl Cook	Goal	Assessment	.1	10	99%	42	161							
Earl Cook	Goal	Assessment	20	1000	98%	14	6							
Earl Cook	Goal	Assessment	23	1000	98%	42	152							
Earl Cook	Goal	Assessment	25	1000	98%	42	164							
Earl Cook	Goal	Assessment	25	1000	98%	42	92							
Earl Cook	Goal	Assessment	30	1000	97%	42	174							
Earl Cook	Goal	Balance-As-You-Go	33	1000	97%	14	22							
Earl Cook	Goal	Assessment	34	1000	97%	14	100							
Earl Cook	Goal	Assessment	42	1000	96%	20	116							
Earl Cook	Goal	Assessment	50	1000	95%	15	55							
Earl Cook	Goal	Assessment	65	1000	94%	42	152							
Earl Cook	Goal	Assessment	70	1000	93%	42	69							
Earl Cook	Goal	Assessment	70	1000	93%	42	133							
Earl Cook	Goal	Balance-As-You-Go	70	1000	93%	42								
Earl Cook	Goal	Assessment	75	1000	93%	14	63							
Earl Cook	Goal	Assessment	100	1000	90%	19	60							
Earl Cook	Goal	Assessment	1	10	90%	42	164							
Earl Cook	Goal	Priority	1	10	90%	10	76							
Earl Cook	Goal	Priority	1	10	90%	2	0							
Earl Cook	Goal	Balance-As-You-Go	1	10	90%	18	104							
Earl Cook	Goal	Assessment	175	1000	83%	18	92							
Earl Cook	Goal	Balance-As-You-Go	175	1000	83%	14	39							
Earl Cook	Goal	Assessment	2	10	80%	18	54							

I chose to color code results in this manner to make it easier to visually identify interesting patterns. At the time I thought of this, I was doing genealogy research and was studying different DNA Markers which are used to identify genetic matches and significant mutations.

Since the brain is a pattern recognition system to a large degree in learning and responses, it is my theory that the color coding enhances our research.

Replicating Dr. Thie's Results

Tester / Subject(s)	Sample	Average Improvement
John Thie / Multiple		
Goal-setting	3	90%
Conditions	1	50%
Total	4	80%

Earl Cook / Gail Cook	Sample	Average Improvement
Goal-setting	32	81%
Conditions	17	48%
Total	49	70%

Gail Cook / Earl Cook	Sample	Average Improvement
Goal-setting	48	88%
Conditions	39	47%
Total	87	69%

All (12 years)	Sample	Average Improvement
Goal-setting	171	82%
Conditions	82	45%
Total	253	70%

Summary	JT	EC	GC	All	+/-
Goal-setting	90%	81%	88%	82%	9%
Conditions	50%	48%	47%	45%	5%
Total	80%	70%	69%	70%	11%

Here are results from our past 12 years of balances while using It is divided between Earl balancing Gail, Gail balancing Earl and ALL balances that we have recorded into *eTouch for Health* during presentations, training and practicing Touch for Health.

We did not achieve results as high as Dr. Thie, but we were between 5% and 11% of achieving his totals. And, this was over a period of 12 years.

I think the empirical evidence supports my hypothesis that Touch for Health results can be measured, its efficacy proven and that results can be replicated.

A Closer Look at the Results

99.2%

an Markers			Avg. Improvement		Count	
Starting Value	Ending Value	Effective	Muscles	Score	Central	Gove
3	3	0%	22	112		
10	10	0%	42	221		

'Miracle Balances' were not included

an Markers			Avg. Improvement		Count	
Starting Value	Ending Value	Effective	Muscles	Score	Central	Gove
-95	10	1050%	42	144		
-80	10	900%	42	34		
-56	10	660%	14	40		
-50	10	600%	42	132		
-35	10	450%	14	21		
-20	10	300%	14	65		
-17	10	270%	14	58		
-17	10	270%	42	112		

an Markers			Avg. Improvement		Count	
Starting Value	Ending Value	Effective	Muscles	Score	Central	Gove
-95	10	1050%	42	144		
-80	10	900%	42	34		

In the 253 sessions included in the Effectiveness Analysis, there were only two (2) sessions where they was 0% improvement. In 99.2% of the sessions, there was a positive improvement!

There are 36 other sessions in our eTouch system with effectiveness ratings above 100%. Since in statistics there is not a value above 100%, these are not included in our effectiveness results. These balances are some that we consider 'Miracle Balances' because the magnitude of the shift in improvement was so large.

When we included our 'Miracle Balances', our improvement factor jumped to 92%.

Other Results

Research Report by Conditions - Summary

Improvement factors are based on the standard scale of Pain/Discomfort:

0 = No Pain or Discomfort 10 = Maximum Pain or Discomfort

Improvements: Start 10 and End 0 = 100%; Start 5 and End 0 = 50%

	Count	Average Improvement
<u>Ankle Problems</u>	5	40%
<u>Back Pain</u>	8	56%
<u>Chest Pains</u>	1	30%
<u>Difficulty climbing stairs</u>	22	40%
<u>Difficulty raising the arm</u>	2	75%
<u>Hip Problems</u>	2	50%
<u>Knee Pain or Problems</u>	7	69%
<u>Neck Pain</u>	7	41%
<u>Sciatic Nerve Problems</u>	6	38%
<u>Shoulder Problems (All muscles)</u>	9	51%
	Count	Avg. Improvement
	69	47%

Something I put into the early versions of eTouch was a connection between muscles and conditions. These relationships were based on Dr. Thie's inclusion of these embedded into the Touch for Health book. These associations were the result of Dr. Thie's 35-year career using these techniques.

Conditions Detail by Session ID

Research Report by Conditions - Detail

Improvement factors are based on the standard scale of Pain/Discomfort:

0 = No Pain or Discomfort 10 = Maximum Pain or Discomfort

Improvements: Start 10 and End 0 = 100%; Start 5 and End 0 = 50%

	Start	End	Improvement
Ankle Problems		5	40%
.69444343.52217.6206	8	0	80%
.69444343.49578.6196	8	1	70%
.69444343.20406.6197	5	2	30%
.69444343.09604.6211	4	2	20%
.69444343.68047.6179	3	3	0%
Back Pain		8	56%
.69444343.57335.6149	10	0	100%
.69444343.37168.6122	8	1	70%
.69444343.15053.6372	8	1	70%
.69444343.0103.6328	10	4	60%
.69444343.0774.6329	10	4	60%
.69444343.90341.6141	5	1	40%
.69444343.73746.6041	3	0	30%
.69444343.02085.6247	9	7	20%

This report lists each session in which the condition was identified as being a focus during the condition-based session.

Training Evaluations by Occupation

Touch for Health 1-4 Scale 0 thru 10 Instructor since 2005

Measurements for:

- Impression
- Impact
- Overall

Report from *eInstructus*

Impression= 9.7

Impact= 9.6

Overall= 9.7

Class Evaluation Summary by Class for Earl Cook

	Averages			
	273 Seats	9.7 Impression	9.6 Impact	9.7 Overall
Acupuncturist	7	9.9	10.0	9.9
Administrative Assistant	1	10.0	10.0	10.0
Administrative Translator	5	10.0	10.0	10.0
Administrator - Habitat for	3	10.0	10.0	10.0
Allergy Coach	2	10.0	10.0	10.0
Appraiser	4	9.8	9.5	9.5
Bicom Therapist Successful	1	10.0	10.0	10.0
Business Owner	5	10.0	10.0	10.0
Chiropractor	5	9.8	9.8	9.8
Consultant	9	9.9	10.0	10.0
Contractor	1	10.0	10.0	10.0
Creative Director	4	10.0	9.8	10.0
Donna Eden Student	10	9.6	9.7	9.3
Educational Kinesiologist	2	10.0	10.0	10.0
Entrepreneur	1	8.0	8.0	9.0
Former MD	1	9.0	9.0	10.0
Health Coach	2	9.0	9.0	9.0
Holistic Health Practitioner	20	9.5	9.3	9.5
Home Maker	6	10.0	9.3	9.5
Homeopath	3	9.3	9.3	9.7
Housewife	19	9.6	9.3	9.2
Information Technology	7	10.0	10.0	10.0
Landscaper	2	10.0	10.0	10.0
Licensed Professional Counselor	2	10.0	10.0	10.0
Massage & Body Worker	2	10.0	9.5	9.5
Massage Therapist	58	9.8	9.7	9.7
Massage/Body Work	5	10.0	10.0	10.0
Naturopath	6	10.0	10.0	10.0

Class Evaluation Summary by Class for Earl Cook

	Averages			
	273 Seats	9.7 Impression	9.6 Impact	9.7 Overall
Neurofeedback Therapist	1	9.0	9.0	9.0
NeuroMuscle Therapist	6	9.7	9.7	9.8
Neurotherapist	1	10.0	10.0	10.0
Nurse	11	9.8	9.8	9.7
Nutritionist	2	10.0	10.0	10.0
Office Manager	1	9.0	10.0	10.0
Personal Trainer	3	8.0	8.7	8.3
Physical Therapist	2	10.0	10.0	10.0
Physician	5	9.2	9.0	9.2
Physician's Assistant	1	9.0	6.0	8.0
Private	1	10.0	10.0	10.0
Project Manager	1	9.0	9.0	9.0
Property Manager	2	10.0	10.0	10.0
Psychologist	7	10.0	9.4	9.9
Real Estate	5	10.0	9.8	9.8
Retired Consulting Actuary	2	10.0	8.5	10.0
Retired Massage Therapist	4	9.5	9.3	9.5
Retired/Healing Touch	2	10.0	10.0	10.0
Teacher	4	9.3	9.8	9.8
TFH Practitioner	4	10.0	10.0	10.0
Transformational Coach	4	9.8	9.3	9.0
Transportation Supervisor	4	10.0	10.0	10.0
TV Production Assistant	2	10.0	9.0	8.5
Wellness Coach	4	10.0	10.0	10.0
Yoga Instructor	1	10.0	10.0	10.0

Shen & Ko Cycle Pattern Comparison

Event Markers		Avg. Improvement	Count	Sheng Cycle										Ko Cycle																		
Starting Value	Ending Value	Effective	Muscles	Score	Central	Governing	Fire					Earth		Metal		Water		Wood		Fire					Metal		Wood		Earth		Water	
							H	SI	TW	CK	SP	ST	LU	LI	K	B	LV	GB	H	SI	TW	CK	LU	LI	LV	GB	SP	ST	K	B		
0	1000	100%	42	243			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
10	0	100%	22	98			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
0	10	100%	42	136			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
0	10	100%	14	42			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
0	10	100%	42	197			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
0	10	100%	42	136			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
0	10	100%	15	46			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
1	1000	100%	42	116			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
5	1000	100%	42	190			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
5	1000	100%	42	133			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
10	1000	99%	22	147			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
10	1000	99%	14	41			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
.1	10	99%	42	161			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
20	1000	98%	14	6			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
23	1000	98%	42	152			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
25	1000	98%	42	164			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
25	1000	98%	42	92			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
30	1000	97%	42	174			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
33	1000	97%	14	22			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
34	1000	97%	14	100			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
42	1000	96%	20	116			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
50	1000	95%	15	55			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
65	1000	94%	42	152			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
70	1000	93%	42	69			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
70	1000	93%	42	133			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
70	1000	93%	42				■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
75	1000	93%	14	63			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
100	1000	90%	19	60			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
1	10	90%	42	164			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
1	10	90%	10	76			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
1	10	90%	2	0			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
1	10	90%	18	104			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
175	1000	83%	18	92			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	

Sessions for comparison can be selected and compared in a variety of ways.

Sort by:

- Effectiveness
- Total Severity
- 5 Element severity
- Meridian severity

Most Important Benefit of TFH?

In 2005, a few months before his death, I was sitting with Dr. Thie in his office in his home in Malibu, California. I asked Dr. Thie, "What do you think is the most important benefit of Touch for Health?"

Dr. Thie replied, "We can help people relieve their physical pains all day long. However, to truly help others, you need to help them identify meaningful goals and help them to understand what they want to accomplish in life. What is their Gestalt? What is the purpose of their life? If we truly want to help people, we need to help them take that next step in discovering themselves. Then we are really accomplishing something."

The evidence from my twelve years of research supports these statements by Dr. Thie. Touch for Health can be very effective in relieving physical pain. More importantly, Touch for Health with Goal-setting can be extremely powerful by relieving mental, emotional and physical pain, simultaneously while using holistic techniques. While using the Touch for Health techniques, we have been able to achieve similar results that Dr. Thie achieved. Of course, Dr. Thie was the master. I think it is significant that we were able to achieve results within 10% of his. And, more importantly, in our larger sampling, similar results were recorded.

Summary	JT	EC	GC	All	+/-
Goal-setting	90%	81%	88%	82%	9%
Conditions	50%	48%	47%	45%	5%
Total	80%	70%	69%	70%	11%

I think we achieved closer results to Dr. Thie's while using conditions because with Goal Setting, Dr. Thie was a master at weaving the Metaphors from the Five Elements, Meridians and Muscles so elegantly together. He would do this while carrying on a conversation with the client in a way that was directly related to the goal but did not seem clinical in nature. This is something I wish to replicate and get closer to his results.

Challenges for TFH Research

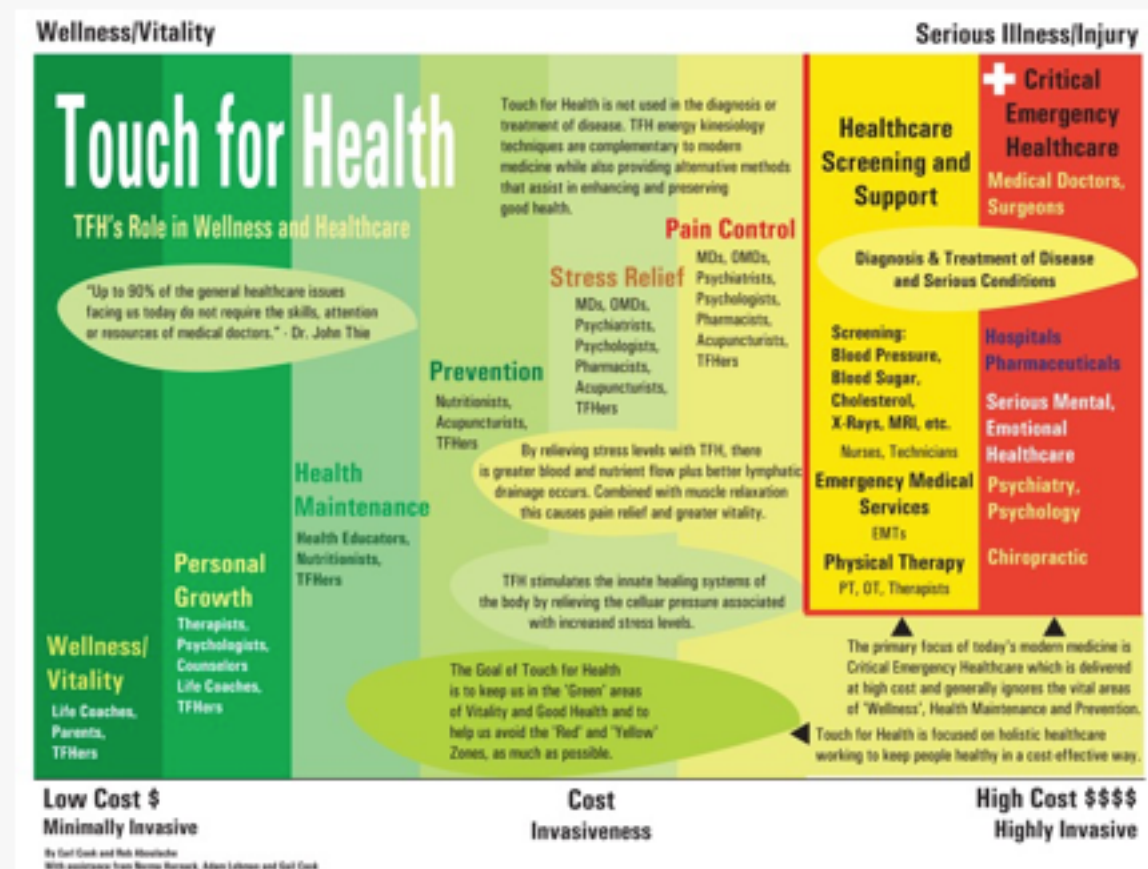
Two Primary Challenges to TFH Research

1. Client's self-assessment of current level of pain, anxiety, discomfort and stress
2. 'Subjectivity' of muscle testing

Touch for Health is focused on: Wellness & Vitality; Personal Growth; Health Maintenance; Prevention; Stress Relief; Pain Control and not serious illness or injury. With the exception of Stress Relief and Pain Control, these are difficult areas to measure. Cost and Invasiveness are easily measured.

Overcoming the Challenges:

1. Client's self-assessment of pain and discomfort is a shared challenge with research of ALL protocols, allopathic and CAM.
2. Ways for countering and reducing the subjectivity of the muscle test:
 - a. Proficiency of the tester. Various skill levels from student to professional
 - b. Tester and Client both agree upon the results of a muscle test
 - c. The muscle test can be used to verify starting and ending values (monitoring stress)
 - d. Empirical data will reduce abnormal results as patterns emerge



Double Blind Study the Gold Standard of Research

I have a Double Blind Study that I would like to conduct. Due to the sample size, support staff and organization, it has not occurred to this date. If you are able to help fund this project or can help secure funding, please contact me.

The *eTouch for Health* system is a tool that can be used to conduct and record the results of the Double-blind research study.

Practical Research Goals

1. For which conditions is Touch for Health most effective?
2. Which muscles should always be tested for a condition?
3. Which area of the body is Touch for Health most effective in relieving pain?
 - a) Shoulder
 - b) Hip
 - c) Leg
 - d) Knee
 - e) Ankle
4. Which is more effective?
 - a) Balance-as-you-go
 - b) One-point Assessment
5. Which techniques are most effective?
6. Bottom line – do we have a tool that can provide meaningful research results?

Proposed Research Studies

This is a list of proposed research studies that are included in eTouch version 3.33 and later. The Study ID can be entered when the Session is created. Later, all sessions for a Study ID's can be selected and used in research analysis and reports.

Main Menu		Research Studies		Update Studies
Study ID	Study Name	Notes	Sessions	
1.0	General TFH Balancing	Includes all types of balances (Goals or Conditions); 14 or 42-muscles; Balance-as-you-Go or One Point Assessments.	2	
2.0	14 Muscles, Goal, BAYG	Goal-based session with 14 muscles while balancing as you go.		
2.1	14 Muscles, Goal, Assessment	Goal-based session with 14 muscles with one-point assessment balance.	2	
2.2	42 Muscles, Goal, BAYG	Goal-based session with 42 muscles while balancing as you go.		
2.3	42 Muscles, Goal, Assessment	Goal-based session with 42 muscles with one-point assessment balance.		
3.0	14 Muscles, Condition, BAYG	Condition-based session with 14 muscles while balancing as you go.		
3.1	14 Muscles, Condition, Assessment	Condition-based session with 14 muscles with one-point assessment balance.		
3.2	42 Muscles, Condition, BAYG	Condition-based session with 42 muscles while balancing as you go.		
3.3	42 Muscles, Condition, Assessment	Condition-based session with 42 muscles with one-point assessment balance.		

Research Legal Agreement

eTouch for Health now includes a sample Research Participation Agreement. This sample can then be modified to fit the legal requirements of the researcher's local legal jurisdiction. Acceptance can be tracked in the client's personal record.

Research Participation Agreement

This agreement is based upon the US National Institutes of Health (NIH) standard informed consent agreement. No personal information is contained in the eTouch for Health Research Reports. Only Age, Gender and Session Results are reported. It is necessary for Accepted to equal to 'Yes' before eTouch will include session results for a person.

Earl Cook

Accepted **Yes**

Date

[Back to Summary](#)

Research Informed Consent Agreement

Researcher: _____

Research Participant: _____

I. Introduction/Background/Purpose

You have been asked to participate as a subject in a research project entitled "Global Touch for Health Research Project" since you have received Touch for Health balances. The purpose of this study is to formally investigate the efficacy of the Touch for Health techniques by creating a centralized worldwide sample data set from worldwide testing. Only standard Touch for Health Techniques are being studied and you will not be submitted to any experimental techniques in this study.

II. Procedure

If you choose to participate in this study, the researcher will add your testing and balancing results report to a dataset of Touch for Health Testing and Balancing Sessions. This report will report the results and any comments you make that are relevant to the before and after effects of the balancing. Importantly, this report will not contain personal identifying information such as your name, address or other identifying information. Your age at the time of the session and your gender will be submitted.

We ask that you are as objective as possible when stating before and after pain measurements, discomfort, or problems or pains with range of motion of muscles. Importantly, you will also be asked for comments that accurately describe your stress levels, emotional disturbances, physical irritations and other situations that affect your general physical, mental and emotional health. When assessing the result of a muscle test, it will be your assessment that determines the final before and after values/states of the muscle when tests and balancing techniques are performed and results entered into the eTouch for Health software.

There is a small possibility that a scientific researcher in the future may want to briefly contact you through the Researcher for the purpose of validating the results or to hear from you directly about the benefits you received from the Touch for Health techniques. If this possibility occurs, you agree to make yourself reasonably available via your preference of either postal mail, email or telephone contact.

III. Risks

There are no reasonably foreseeable physical discomforts or risks associated with participating

The Research Participation Agreement should meet the legal regulations of your area.

Check with a legal representative in your area to assure that your agreement meets the regulations of your nation or area.

You are responsible for the legality of the agreement that you are using.

[Import Agreement](#)

In research analysis and reports, it is possible to select only those client's that have accepted your legal agreement.

Informed Consent Agreement	Yes	Jan 16, 2015	Agreement
Research Agreement	Yes	Apr 21, 2015	Agreement

About Earl Cook

Earl, along with his wife, Gail, began learning and using Touch for Health in 1976. In the late 1970's, Earl began working with advanced computers. Later, he began his own consulting and software development firm and solved complex problems for some of the largest organizations in the world. He began the *eTouch* software in 1988 and after he and Gail worked full-time for two years in close relationship with Dr. John Thie, *eTouch* first shipped December, 2003 and is being used in homes, clinics, schools and spas in over 75 countries. After approximately 30,000 hours of work between the couple, *eTouch* has reached a high maturity after 12 years of continual development and improvements in technology and features. While the Cook's receive benefits from the sales of eTouch, the returns have only been a fraction of the investment and tremendous effort expended to this date. This last version is a huge milestone. Earl was presented the 2010 IKC John Thie Award at Kyoto University where he was also a keynote speaker, for his work in research and promoting the dreams of Dr. Thie.

Other health related projects

- Apple Computer asked Earl to present the new capabilities of desktop publishing to communications managers for the Centers for Disease Control (CDC) before the CDC conducted the largest preventive health campaign in history. The CDC later contacted every mailable address in the USA with information on how AIDS was transmitted and how to prevent the transmission.
- Earl participated in a software development project as a project manager and programmer for one of the largest research hospitals in the USA for children's diseases. The purpose of the project was to dynamically create research studies, send the research study guidelines to selected researchers around the world and then receive results back from the researchers.
- Earl created the John Thie Memorial Online Research Database to collect results submitted from eTouch via the Internet. This was a leading-edge project using a PHP front end for a Internet based relational database system. It was an advanced as well as complex system. It worked in several of Dr. Thie's last presentations and captured the 2005 balancing session from Chapel Hill, North Carolina. Due to technical complexities and lack of budget, this system is temporarily not functioning. But with a few tweaks and a budget, it can be reactivated.
- While functioning as Research Chair of the Touch for Kinesiology Assoc. in the USA, Earl began an online center of links for anyone wishing to conduct or access research studies listed in peer-reviewed journals and authoritative databases from government, academic and research organizations in subjects related to Touch for Health: www.etoouchforhealth.com/research/ Earl expanded upon this idea and created a collection of links to studies that he had found while in the TFHKA project. This is also a complete table of the different TFH techniques: http://www.etoouchforhealth.com/research/abstracts_menu.html

Contributions to the TFH Model by Earl Cook

1988 - 2015: eTouch for Health software

- Codification of model (Elements, Meridians, Muscles, Techniques, Clients, Sessions)
- Separation of Session Focus between Goal Setting and Condition-based
- Connection between Dr. Thie's observations about common conditions for specific muscles to muscle record selection
- Ability to create a session based upon any selection of muscles
- Ability to add muscles associated with conditions if they were not part of the 14 muscle or random selection of muscles
- Severity scale integrated with color-coding for recording results of muscle tests
- Integrated the Touch for Health Metaphors by John & Matthew Thie into the eTouch software

2003 - 2004: John F. Thie Memorial Research Library - online relational database that would accept submissions from eTouch via Internet

2004: Research study design involving Dr. John Thie, Georgia State University Professor Yong 'Tai' Wang, PhD and Earl Cook

2006: TFHKA-sponsored membership allowing access to the National Standard Research Database of Complementary and Alternative Medicine of published online studies. Discovered that Touch for Health was not in any of the lists for research

2007: Created an online collection of abstracts focused on studies related to Touch for Health and techniques. The first page included studies conducted on the Validity of the Manual Muscle test and included studies discovered on the National Standard Research Database. Our studies, at this time, seemed to spur renewed interest in Touch for Health by the Applied Kinesiology researchers. It was at this time that George Goodheart, DC and Dr. Scott Cuthbert, DC, began a renewed effort into research and began publishing their results. These efforts help to slightly thaw and improve the relationship between AK and TFH

2008: Created a research Home Page that included links to: TFH Abstracts; Related Abstracts; Online Medical Research Databases sponsored by government, academic and research organizations; Online Alternative Research Databases and sources:

www.etoouchforhealth.com/research/

2010: Awarded the 2010 IKC John Thie Award in Kyoto, Japan for contributions to research and promotion of Touch for Health

2015: Added new research capabilities into eTouch so that all users around the world can perform their own personal research.

2015: Presentation of the results of empirical evidence collected over a 12-year period comparing average improvement values