

# **Promising Research**

*the triple entrendre*

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**Touch for Health Kinesiology Association**

**2015**

**Annual Conference**

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# 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	✓						