By Earl Cook & Gail Cook with Dr. John Thie, DC

eTouch CD: **www.etouchforhealth.com**
Dr. John Thie: **www.touch4health.com**
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eTouch for Health
the electronic companion
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The software version of Touch for Health is now available on CD-ROM. This electronic version adds new capabilities and advanced techniques for those just learning Touch for Health and for the practitioner.

The eTouch for Health software contains the latest Touch for Health School of International Kinesiology College protocols for teaching TFH and for use by practitioners of Kinesiology. Includes the Meridian Wheel, the Chinese Five Elements and Metaphors.

eTouch for Health (eTouch) automates the learning, use and presentation of Touch for Health (TFH), a holistic complementary and alternative health system.

Touch for Health and eTouch use muscle testing as a biofeedback mechanism for evaluating the state of the energy in specific energy meridians and then use a variety of techniques for balancing these subtle energies of the body. TFH is a synthesis of eastern knowledge of the body's subtle energy system and western techniques of using muscle testing and reflex massage (and other techniques) for re-establishing the balance within the body's energy system.

For those familiar with Touch for Health, written by John Thie, the new software will look very familiar. eTouch connects the vast amount of information in TFH in a manner that it becomes useful for both beginners who

La versión del software Toque para la Salud esta ahora disponible en CD-ROM. Esta versión electrónica añade nuevas capacidades y técnicas avanzadas para aquellos que están aprendiendo Toque para la Salud y para el practicante.

eToque es el acompañante electrónico a Toque para la Salud escrito en el 1973 por el Dr. John F. Thie, DC. El libro esta publicado en 34 lenguajes y TFH es enseñada en 100 países. eToque ha estado en desarrollo por 15 años e incluye el trabajo mas reciente realizado por John F. Thie y Matthew Thie.

El mapa de eToque enseña gráficamente las áreas de funcionamiento del software y provee conexión a cada área.

QuickTime® es usado para desplegar la película. La primera prueba para los abdominales es demostrada a la derecha.

Dr. Thie demostrando técnicas precisas en la película de *eToque*.

***Seleccionar por Categoría* permite elegir músculos para una sesión basado en un sin numero de criterios en *Toque para la Salud*.**

are learning TFH and for the proficient practitioner needing an advanced tool.

eTouch Functional Areas
1. Learning tool for both beginner and practitioner
2. Presentation tool for trainers and presenters
3. Sophisticated session creation and tracking system
4. Searchable Touch for Health reference
5. Patient management system for practitioners
6. Detailed Session reports generated

An important feature of eTouch is that Touch for Health knowledge is accessible where you need it. During a session, information is either on the screen where you need it or only a click or two away.

Digital movies show Dr. Thie demonstrating the correct testing methods for each muscle. These can be stepped through frame-by-frame so that precise range of motion can be seen for each muscle test.

The flexible and powerful Session Wizard in eTouch

Session Wizard te lleva a crear una sesión de e-Toque y provee ayuda a medida que la preparas.

guides you through the creation of a TFH Session. Sessions can be focused on either Goals or Conditions and can contain from one to 42 muscles. If you select Meridian Checkup (the default), eTouch will prepare a session using the 14 primary indicator muscles.
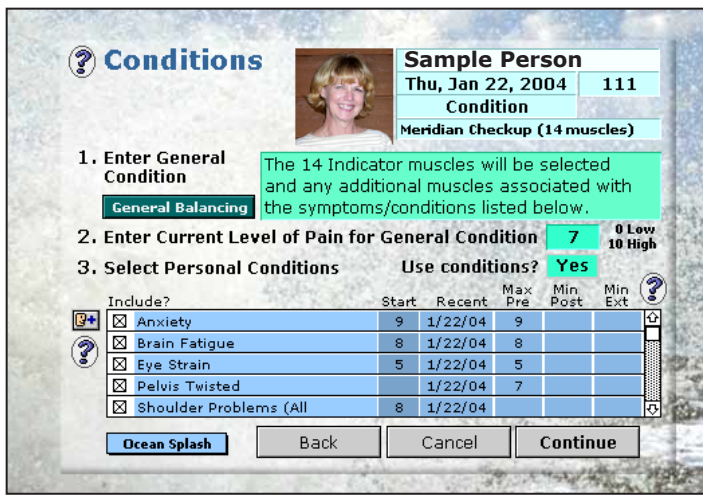
The Include feature is a good example of how the power of the computer has been harnessed to extend the power of Touch for Health. For each muscle in a session, muscles can be added based on whether they are on the same meridian, opposing or related to the muscle. In eTouch, it only takes a click of a button to add muscles based on any one or all of these options.

There are a dozen ways to create a session in eTouch using the Session Wizard and many ways to mix the options to meet the needs of both the patient and tester. A unique feature in eTouch is the Select-by -Category method of creating a Session. Touch for Health contains many references to the functions of muscles, causes of a muscle becoming inhibited, symptoms/conditions associated with specific muscles, etc. In eTouch , these categories (and more) are the basis of the 'Explore System' as well as the core of the 'Select-by-Category' method of creating a Session. For example, when creating a Session and the function 'Flexes the Foot' is selected, eTouch will automatically add the Anterior Tibial, Peroneus, Gastrocnemius and Soleus to your Session.

The Select-by-Category feature is especially useful when there is either not enough time for a complete 42 or 14-muscle Session, or when someone is mainly concerned with, "It hurts here!" or "It hurts when I do this!" or "I was doing this when it started hurting." Muscles can also be added to a Session by clicking on a muscle in the muscle illustration or by clicking on an interactive Neuro Lymphatic Point. The interactive NLP feature is a powerful learning tool for learning which muscles are associated to specific points.
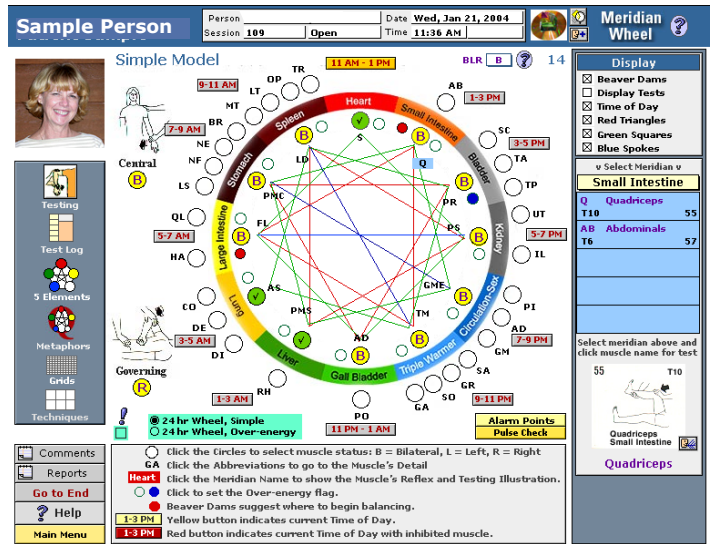
Cuando activas, Condición/Síntomas harás que otros músculos relacionados que puedes trabajar en esa sesión aparezcan.

Related to the Select-by-Category function is the Condition/Symptom entry feature where muscles are selected for a session depending upon the Conditions and Symptoms entered into the personal record for a person being tested. This feature not only selects the muscles, it produces reports that show the testing results for the muscles that were tested in relation to each condition or symptom. The Condition report shows the results before and after a TFH intervention for each condition/symptom.
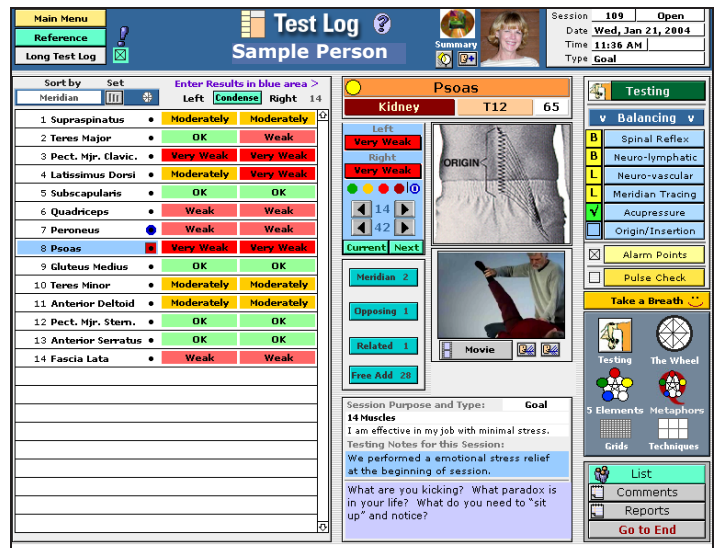
When you create a Condition session (as opposed to a Goal session), the muscles will automatically be added to the Session for any Condition/Symptom selected. For example, if you choose Condition and Meridian Checkup, eTouch will select the 14 indicator muscles and then add any other muscles that are related to the active Conditions/Symptoms. Depending on how many conditions/symptoms you selected, you could have a session with anywhere from 14 – 42 muscles. Any muscle not in the Session can be added during an active session using multiple methods.

For the advanced Touch for Health practitioner, using the Meridian Wheel to identify where energy blockages are occurring usually means time-consuming charting using paper and pen or markers. In eTouch, as you enter the results of your testing, the Meridian Wheel is being automatically updated. So, in eTouch, Beaver Dams are automatically identified so that even novices can work with the Meridian Wheel.

La Ruedas de los meridianos automáticamente indica los bloqueos energéticos como se determine de acuerdo a los resultados al realizar la prueba muscular.
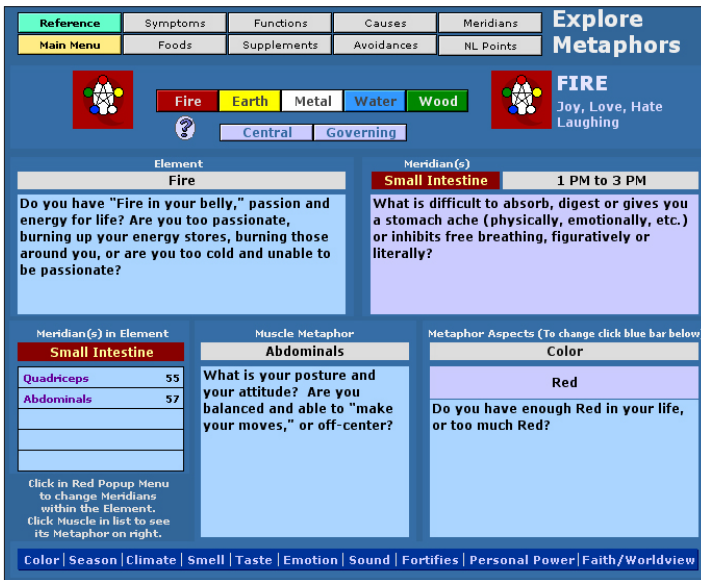
There are multiple screens for entering testing results depending upon how much support information the tester needs. For the beginner, there are screens that are loaded with detailed information about the muscle tests and the standard TFH balancing techniques: spinal

La Prueba de entrada le da una vista detallada de una sesión. La codificación con colores le provee una referencia rápida tanto para registrar el resultado de la prueba como el progreso.

reflex; neuro lymphatic; neuro vascular; meridian tracing; acupressure and origin-insertion. Sometimes, even the experienced practitioner may need to reference information and it is easily accessible in eTouch. The Test Log (shown below) is one of the screen options for entering test results.

Over-energy can be entered by using an interactive screen for either the Pulse Check or Alarm Points method.

Durante una sesión, el *eToque* activará automáticamente el Elemento y la Metáfora asociada con el músculo inhibido.

Another way the power of the computer extends TFH is the way that the Meridian Wheel and the Five Elements results can be viewed either in the Over-energy model or in the Simple model by clicking a 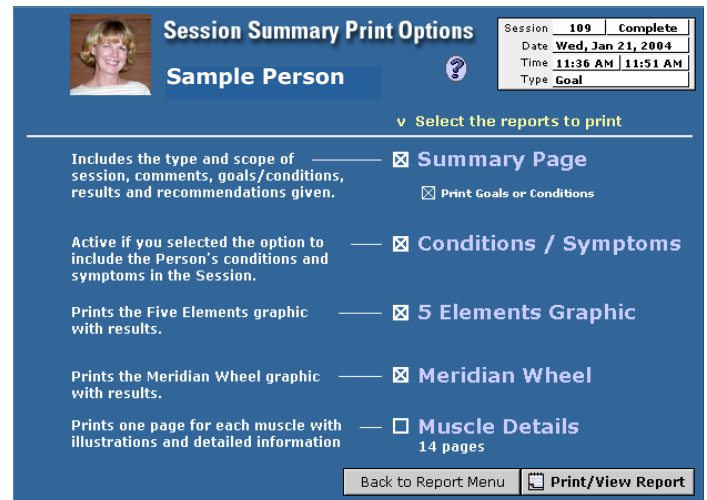button that quickly toggles between the two models. One feature that is worth the price of purchase, for many TFH practitioners, is the inclusion of the Chinese Five Element Metaphors, which represents the latest research by John Thie and Matthew Thie. These metaphors are automatically selected whenever a muscle is found inhibited or a meridian marked for over-energy. There are over 100 metaphors, so having the computer narrow the results down to only those appropriate for the results of the testing is a huge time saver and ease-of-use feature.

eTouch has been designed so that both tester and patient can see the screen during a Session. This is particularly useful when the patient is having difficulty understanding a particular muscle test or is curious about what is happening. The tester can simply play the digital movie as many times as necessary until the patient understands. Color coding of the muscle tests results also presents a visual reference of both the progress of the session and the results. An extensive reporting session allows the patient to walk away with detailed printed reports showing the results of the session including the Meridian Wheel and the Chinese Five Elements.

eTouch is like a large mansion with many rooms that you keep finding interesting things in them and want to explore. But, you can use as much or as little of all the features that you like. Practitioners, though, will want to use many of the advanced features such as Agreements that can be printed for patients. In the USA, many states are passing new Health Freedom Bills that have very important implications for Touch for Health practitioners.

Generally, the Health Freedom Bills recognize the existence and value of complementary and alternative healthcare providers and these new laws establish guidelines under which these services should be delivered. Central in these new laws is the requirement that a practitioner provide a written contract that states both the theory of the treatment and the education and experience of the practitioner. These need to be printed, signed and given to the patient. eTouch prints customized agreements for the patient and tester and tracks the date that the agreement was signed.

The Health Insurance Portability and Accountability Act (HIPAA) in the USA protects the rights of privacy

***eToque* te permite imprimir muchos detalles acerca de la sesión. Es fácil seleccionar cual informe imprimir.**

of personal health records. This new law in the USA will increasingly affect the TFH practitioner in the future, so it is good to have a tool that already complies with many of these regulations. eTouch's password system protects this personal information.

eTouch allows the tester to provide the patient with a detailed reports after their Session. For those in the formal TFH Kinesiology training, these reports also work great for delivering the reports for the five balances that must be conducted before progressing to the next level.

Something that becomes quickly evident upon using eTouch is that it is an attractive application. There are personal options that allow the selection of a background that will be used during portions of the Session. These backgrounds: sunset; ocean splash; clouds; mountains; and diving can be selected to add color and a mood to the Session. Digital portraits of people can be entered into eTouch. These photos will appear throughout an eTouch Session and are printed on the reports. This allows a quick visual reference for identifying a person's records.

Digital photographs can be added to a personal record. These can show before and after conditions and can be used for gauging posture improvements as well as many other uses that can be visually recorded. Selected photos for comparison can be printed from eTouch in a report format.

eTouch has been designed to be an extensible software application. This means that new assessment and balancing techniques can be added via the Extend System so that they will become part of the Reference, Session and Reporting functions. These new techniques will be added in the future as other TFH innovators want to add their techniques to eTouch for Health. These new techniques will be available during the Session so that they can be referenced at any time.

A Research Module is in the works that will allow the details of eTouch Sessions to be submitted through the web to an online research database. The online database can then be searched via a standard web browser and will serve as a source for research for people all around the world. A presentation module is also being planned that will allow instructors and presenters to simply step through a Touch for Health presentation by using the materials contained within eTouch. Other modules will be developed in the future if there is a need for a special utility or feature.

eTouch has been priced so that the average family can afford to learn and use Touch for Health. The current price is $59.95 USD, but some have said, "eTouch could easily sell for $1,500 a copy!"

The software runs on Windows, Mac OS X and Mac 9.x computers. eTouch is a modern multimedia application built upon a relational database platform. It requires nearly 300 MB of space to install without the videos and over 500 MB is required if the digital videos are installed, but this should not be a problem on computers these days with gigabytes of storage space.

eTouch was developed by Earl & Gail Cook of Laser Solutions, Inc., (LSI) a software development firm located in Atlanta, Georgia. Earl began the software in 1988 as a tool for learning Touch for Health and as a method of recording sessions. The couple collaborated with Dr. John Thie in the completion of the software during 2002-2003. The couple has been practicing Touch for Health for over 25 years after a 7-year old injury of Earl's was fixed in only several minutes using TFH. This was after being told that he would have to live with the injury for the rest of his life.   They have purchased and worn out four copies of Touch for Health over the past 25 year period.

eTouch is the third health-related software project that Earl has participated during his computer career. During 2000, he was the project manager and a programmer on a web-based database project for the Children's Hospital of Philadelphia, one of the top research facilities in the world focused on children's diseases. This project automated the preparation of clinical studies and data collection using the world wide web. Earl also was the technical writer for the documentation of software products that automated the data entry, reporting and billing for Physical Therapists, Occupational Therapists and Speech Pathologists.

Laser Solutions has delivered computer consulting or software development services to AT&T, BELLSouth, Delta Air Lines, Emory University, GTE and Turner Broadcasting System. During 2003, LSI consolidated a project management function for five of the television networks of Turner Entertainment into one functional operation.

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