



# Le Touch For Health en pratique

*John Thie, Matthew Thie*

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Le Touch for Health est une méthode qui combine des techniques de kinésiologie et d'acupressure.

De nombreux thérapeutes considèrent cette philosophie du bien-être comme un moyen efficace pour rééquilibrer l'énergie vitale, favoriser la communication et les processus d'apprentissage, optimiser les capacités de l'individu et faciliter l'accès à des objectifs de vie.

Ce guide pratique, fruit de plus de trente ans de pratique, est une excellente synthèse du Touch for Health.

John Thie a réuni :

- un ensemble de protocoles complets, des pages de références aux 14 méridiens, aux 42 tests musculaires, à tous les points réflexes d'équilibrage énergétique et des schémas en couleurs
- des informations précises sur la technique des métaphores des cinq éléments chinois (protocoles complets), qui permettent d'explorer en profondeur les significations des événements, et donc d'éventuels symptômes.

Un outil essentiel pour les médecins, thérapeutes, kinésologues et tous les étudiants.

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