

Touch for Health (TFH) is the most widely used system of kinesiology in the world. Millions of people have experienced and benefited from TFH. It is recognised and respected as a fundamental training for other kinesiology systems as well as a healing modality in its own right – and a key source for the emergence of Energy Medicine, Brain Gym, Energy Kinesiology, and even Energy Psychology.

[\(See the Touch for Health Tree\)](#)

TFH Kinesiology *can be easily learned by anyone*, with a little practice, without any prior knowledge of muscles, physiology, meridians, etc. The practical, hands-on Touch for Health Synthesis workshops are facilitated by Certified Touch for Health Instructors, trained by the Faculty of the International Kinesiology College (IKC), and active in over 60 countries worldwide. www.ikc-info.org

In TFH we use muscle testing as a method of biofeedback to identify imbalances in the body's energy system. Using a holistic approach, we rebalance the body's energies and activate the body's intrinsic healing process so that the body can better heal itself.

The TFH process can also assist individuals to better achieve their life goals and true potential with *goal specific balancing*.

We invite you to take greater control of your health and well being through learning these simple techniques that will last you a lifetime.

The Touch for Health Kinesiology Association is an educational, non-profit organization, dedicated to teaching people how to empower themselves to improve their health and well-being through simple self help techniques.

If you would like to help us help others, and hear of our exciting expansion plans, [please click here](#)