

Oops!

H E L P ! ! !

Please open your hearts, put a couple of dollars into an envelope (this is a Here-and-Now Act) to cover the costs of this newsletter, and to insure our Keeping In Touch.

Betty Fuller or
Fawn Sheridan
423 Belvedere Ave.
Belvedere, California 94920

Use this address for contact, questions, and sharings of how it is going for you.

When time is of the essence, our telephone number is: (415) 435-4492

Include in envelope exactly the way you wish to be listed in forthcoming Trager Practitioner Directory.

MILTON TRAGER, M.D.

Answers to your questions:

1. What about working on people with arthritis.

You can, except those with Rheumatoid Arthritis in the acute inflammatory stage. Don't try to give a treatment. Much feeling in must come in your approach to treatment as to depth, degree of movement and strength used. Don't even approach the limit of pain threshold of patient. Stay completely in Hook-up.

2. Hyperkinetic children.

This is difficult to work with as it also involves the working with and treating the parents. The treatment is not one of stimulation but directed toward unconsciously imparting the feeling of Hook-up.

3. People reporting headache after treatment.

This has never happened in my treatments. Heavy massage on a very toxic subject, with the forcing of toxins from the tissues to the blood stream at a rate not commensurate with the patient's eliminative systems' ability to carry it off could cause headache.

4. Amputees

I would work the whole body. I would work the stump with the idea of influencing the tissue. Start the work away from the distal part and with very slight digital and finger tip pressure - ask yourself, "How should I work?" Pause, and an answer will come and you will have started to approach your work correctly. This should be done many times during all treatments for the greater benefit to the patient and further development for yourself.

5. How to work sinuses.

Of course, diet, tension, and allergies enter into sinus conditions. There are certain areas to be worked to help the acute stage of sinusitis. These can be found in books on Acupressure. Just use the approach you have learned to do the work effectively.

6. How to work older and more brittle people.

I repeat myself. Feel in. Don't try to give a treatment. Be very patient and don't look upon them as old people. My approach is to bring them into Hook-up and to a feeling of Agelessness. This is your chance to bring the patient further toward this goal.

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I repeat myself. Feel in. Don't try to give a treatment. Be very patient and don't look upon them as old people. My approach is to bring them into Hook-up and to a feeling of Agelessness. This is your chance to bring the patient further toward this goal. I have done wonders with so-called aged people. They are so greatful - you will feel great.
7. People reporting that they feel they are in pieces after a Trager treatment
I would be Shocked if a patient told me this after a treatment. The response I get is that they feel as if they are floating, and are put together. They feel weightless etc. Many have come back because they feel I have changed their lives and made them over.

Answers to your questions: (cont'd.)

8. What about Hemophiliacs and internal injury problems?

Hemophilia is a hereditary hemorrhagic disorder occurring almost exclusively in males and transmitted through females. Since there is excessive bleeding following minor traumas it would preclude any heavy treatment. Very light, relaxing treatment should cause no problem. The Therapist must constantly ask himself, "How light, how light?" and wait each time for the answer to come through in your hands. If you are treating with the hope of curing the condition, forget it.

Internal injury. Much patience must be exercised. Milton is working on his injury - broken ribs. The Orthopod told him to expect to be laid up for about 6 weeks with no alleviation of pain except by his taking pain pills, which he won't do. You would work the way he is working, by feeling in to the area, very gently. He has had bad muscle damage and shock to the nervous system from the fall, even to elimination system going out. In just a week he became pain free and even able to do some Mentastics. The Therapist begins to know the patient's body and should be able to impart to him how he must go about handling the injured parts from what you have given him (or her)

9. People with a history of blood clots?

When on anti-coagulant drugs, handle extremely lightly...a fluffy nothing...for they bruise easily, and can bleed internally.

With a history of thrombosis, or varicose veins, leave legs alone except for gently stretching..no shaking...gentleness and stroking.

Address your medical questions directly to Dr. Trager for personal reply. Copies of answers will be shared in next newsletter.

Dr. Milton Trager, M. D.
2161 Kalia Road #1402 2003 Kalia Rd #21 K
Honolulu, Hawaii 96815
Telephone (808) 923-7054 949-1756

NEXT TRAGER TRAINING****NEXT TRAGER TRAINING****NEXT TRAGER TRAINING****NEXT

April 14, 15, 16, 17.

\$300.00

by Betty Fuller

Review Day (fifth day of training) to be scheduled sometime in May.

Have interested friends contact Getting In Touch to reserve space: (408) 353-3770.

Box 1225

Los Gatos, Ca. 95030

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TAKING CARE OF YOURSELF AS A TRAGER PRACTITIONER:

DISCONNECT; STEP OUT; SHAKE OUT (MENTASTICS); HOOK-UP; RETURN; GET WITH THE FLOW;

....and LET THE FORCE GUIDE YOU!

....whenever you feel the slightest strain, tiredness, uncertainty, or any trying (efforting; working...like...you're doing it).

It is imperative that you take care of yourself. Be very clear about where you are. Everything going on within you is transmitted to the being you are touching....your body aches and pains, any kinks in your feelings or emotions, your mental attitudes (negative/positive). Disconnect, clear yourself, and re-establish hook-up as often as necessary during treatment.

* * * * * WEAVE MENTASTICS INTO YOUR DAILY LIFE * * * * *

Take care of your body. At present, there is no approved Trager Table. Be sure that your table is the proper height. Stand ELONGATED..with arms at sides, palms parallel to floor...fingertips should just touch working surface of table.

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Take care of your body. At present, there is no approved Trager Table. Be sure that your table is the proper height. Stand ELONGATED..with arms at sides, palms parallel to floor...fingertips should just touch working surface of table. Table should be well-padded;no hardware in a place to interfere with leg and arm swings and drops; and sturdy under-construction to withstand the movement inherent in the Trager treatment.

Take care of yourself. Transmit lightness, length, litheness, flexibility, movement, freedom, and your own special love and caring.

WE LOVE YOU !!