



New Zealand Organization Spreads Touch To Children

TLH (Touch, Love, Health) Inc., a New Zealand-based organization created to promote the value of touch, is reaching out to the younger generation. In its second year, TLH supervisors run a "Children Massaging Children" workshop through the YMCA

in Auckland, New Zealand. The organization was created to give children a sense of closeness and belonging by teaching them to behave with a caring touch, which in turn they believe improves the children's well-being.

"I have observed that a certain percentage of children have absolutely no idea of what it means to delicately, and with care, massage their workshop partner," says Eva Scherer, creator of TLH.

Children at the workshop learn simple massage techniques from TLH supervisors, set to specially composed music. (See photo above.)

Scherer created the organization after a June 2000 workshop she attended at the Touch Research Institutes in Miami. Her aim is to have touch and massage made more popular in society.

"In our times, when eating disorders, drug abuse and youth suicide are problems on the global scale, there is a huge need for the TLH program," says Scherer.

CAM Research On PubMed

The demand for more research on complementary and alternative medicine (CAM) led the National Library of Medicine and the National Center for Complementary and Alternative Medicine (NCCAM) to launch CAM on PubMed. The database features 220,000 references from 4,500 journals dating back to 1966. The need for more research on CAM has been voiced by many, including physicians.

Stephen Straus, M.D., NCCAM director, says joining CAM research on PubMed, the premiere site for biomedical research, is instrumental to mainstreaming CAM. To access PubMed, go to: [www.ncbi.nlm.nih.gov/PubMed/].



Mushrooms—A New Nontraditional Trend

The Japanese mushrooms are paving their way into U.S. hospitals and clinics. The mushrooms, which contain high levels of AHCC (active hexose correlated compound), are used as a supplement to improve immune system functioning. In recent studies, AHCC has been shown to aid patients with cancer, hepatitis and liver disease.

New Online Interview And Assessment System

Job turnover in the health-care industry can be difficult because of shortages of labor and the cost of training. Today, it is more beneficial for the industry to hire those who fit the position. Fitability Systems has created a new system to aid in selecting the employees best fit for a given job. The \$50 fee for each online interview creates a profile of the candidate and predicts the prospective employee's job performance. Besides finding best-fit employees, employers can save time with this prescreening process, which also reduces the amount of resumes that begin to accumulate. To view the site, go to: [www.fitability.com].

Alzheimer Patients Respond Favorably To CAM

A survey of research studies, published in the March 2001 issue of *Alternative Therapies*, cites that elderly people with Alzheimer's disease and other cognitive problems are showing signs of improvement with various forms of complementary and alternative medicine. Those therapies with the most favorable results include ginkgo biloba supplements, vitamin E, music therapy and touch and massage therapy. Patients with dementia appeared at ease and more focused after massage therapy treatments with essential oils.

