

Vitamin T

Vitamin T is the nurturing nutrient found in healthy TOUCH. The US Department of Health and Happiness has established that Vitamin T is needed daily for growth. When applied topically, Vitamin T soothes the body, calms the mind, nourishes the spirit and warms the heart.

Natural sources of Vitamin T are handshakes, hugs, kisses, cuddles and rubs obtained from family, friends and co-workers. Keep within reach of children.

Guaranteed safe for all ages. Megadoses are provided by massage and no known overdose of this nutrient has ever been reported. Give Vitamin T with permission only. Active ingredient: TLC (tender loving care)

US Department of Health and Happiness Goals:

1. An adequate daily supply of Vitamin T.
2. A variety of sources.
3. A balance of giving and receiving.
4. The elimination of ouches, painful t/ouches.
5. The removal of obstacles to Vitamin T absorption.

Vitamin T Levels

Type of Relationship Degree of Intimacy

Public	T-1
Professional	T-2
Social	T-3
Friendly	T-4
Family	T-5
Special	T-6
Personal	T-7
Sexual	T-S

Leveling: The process of establishing a mutually agreeable Vitamin T exchange.

Intimacy: Level of friendship, familiarity or closeness with another person; the intimacy level increases going from T-1 to T-7.

Sensual/Sexual Touch: The boundary between sensual and sexual touch is crossed only by adults with permission.

Minor Deficiency: An inadequate supply of Vitamin T.

Major Deficiency: Problems absorbing Vitamin T.

Space Invaders: People who invade your personal space physically, verbally or sexually.

ouch!: A painful touch experience; TOUCH minus T = ouch!

STOP!: Refusal skills for dealing with space invaders.

To order: Vitamin T : A Guide to Healthy Touch \$18

Kind of Touch

introductions w/handshakes
touch dispensed by professionals
greetings, talk touch, social dance
hugging, playful touch, comforting
cuddling, hugging, kissing
holding, sleeping, hugging
massage, bathing, time in nature
sexual pleasuring between consenting adults

Abundance Company Bob Czimbai
2501 SE Madison Portland, OR 97214 503/232-3522
Bob@abundancecompany.com www.abundancecompany.com