

Explaining Muscle Testing

(Kinesiology)

This is the explanation we use in our clinic.

Two basic methods are used to find out what is wrong with your health:

1. Asking questions
2. Muscle testing

While muscle testing, you'll be asked to hold your arm straight out from your side. You will be able to resist the health consultant pushing your arm down.

This test is based on the fact that your brain knows everything about your body even though you may not be consciously aware of it.

If attention is called to a weak organ, your brain will temporarily weaken your muscles including the test muscle holding up your arm. This temporary weakness will also happen if a statement is made about your body that is untrue. You won't be able to resist the health consultant pushing your arm down.

The herbal test samples have an electromagnetic field around them. If you are touching them or if the health consultant is touching them and touching you, and if the product will help your weak organ, your brain will sense this and strengthen your muscles. You will be able to resist the health consultant pushing your arm down.

The health consultant will be able to recommend which products and dosage will benefit you in a monthly program.

Muscle testing is not infallible. There are some things that can interfere, but health consultants are trained and can usually catch the problems. It is the best tool anyone has for assessing your health needs.

You may see the health consultant using their fingers to test you instead of your arm. This is to give your arm a rest and is sometimes faster.