What is muscle testing and how does it work?

Muscle testing works along the same lines as hypothermia. When you go out in the extreme cold, the body pulls all of its energy to the center of the body to protect the vital organs - that's why your fingers and toes get cold. Similar situation occurs with muscle testing.

When your body is not under any stress, you would easily be able to keep your arm up if someone was to try to push down on it. However, when we touch an organ that is already under stress, your arm will go weak because your body pulls the energy from the arm to protect that organ. The weak arm tells the practitioner that something is going on to make that organ stressed and unhappy.

What we need to do is find what specific nutrition the body needs to feed that organ so it can heal and repair, making that organ happy. To do this, we put whole food supplements on the body and touch the organ to see if the arm gets strong. When the arm is strong, that means that the right food supplement has been chosen. If the arm remains weak, we have not found the right supplement. How does the body know it's the right supplement? Every living thing holds energy. This includes whole food supplements - they come from live food sources but concentrated into pill form. The body can pick up on the energy emanating from the bottle - just like you are able to feel the heat or warmth generate through a window from the sun (even though the sun is 93 million miles away). Each supplement is formulated differently so the energies emanating from each bottle are different. The body will tell you which supplement it likes best by the arm going strong.

This is the basic system we use to identify your body's weaknesses and what it needs to be healthy.

Conditions you would like handled: How long have you had this?
1. 
2. 
3. 

Do you want to start handling the conditions listed above now?

What health topics would interest you for FREE health workshops we deliver?

I understand that the purpose of this screening is to determine if it might be possible for my health to be improved through a Nutrition Response Testing Designed Clinical Nutrition Program.

Signed: ____________________________

Office Use Only:

Findings: Supplements:
A Complete Health Analysis (circle one): IS / IS NOT recommended.