

## Muscle Testing

Muscle testing is also known as applied kinesiology. It allows the chiropractor to determine how the body is functioning on an electrical level; it does not determine muscle strength. It is the first tool I use to determine the priority of treatment. Muscle testing uncovers the underlying imbalances that create symptoms. Over time these imbalances can change tissue; and develop into full blown disease.

Feeling well should not be viewed as black and white - rather, health should be seen as a continuum. We feel variations of wellness based on our stress level, lifestyle, eating habits, and genetics. Muscle testing checks the "gray areas" of wellness that have not yet developed into full blown disease. It finds an alteration in function in the body that is not detectable by lab, x-rays, or MRI's. Muscle testing is a powerful diagnostic tool.

The implication of being able to monitor how well your organs are working is huge. What a gift to be able to administer true preventative health! Chinese medicine takes your pulse and looks at your tongue to determine your state of health. Muscle testing uses a similar non-invasive principle to track how energy is flowing through your body. Are your organs and tissues moving energy through them in a balanced manner? When they are not doing this it usually means that there is an underlying compensation. Removing these blockages of energy can free up your vitality and improve the quality of your life.

The way kinesiology checks the body is similar to how a breaker switch in your house trips when an electrical circuit is strained. In the body these strained points cause a weakness in an "indicator muscle." An indicator muscle is a muscle that is strong when reflex points aren't being touched. If the indicator muscle becomes weak when the health professional touches the reflex, it means that the "circuit breaker switch" is blown and there is a dysfunction in

that reflex. The muscle weakness indicates a health imbalance caused by an organ, joint, or emotional pattern.

The accuracy of muscle testing is backed by scientific knowledge and clinical practice. The focus of my studies in the past 20 years has been on how the body functions when everything is working properly. This knowledge coupled with knowing what questions to ask, guides me to the highest benefit for each individual. Kinesiology optimizes function regardless of genetic propensity. For example if you have a scoliosis you cannot always eliminate it, but you can make sure the joints are moving as much as they can under those conditions.

Energy is the basis of everything and your body reacts to energy fields in its environment - for example: food and people. Muscle testing allows us to measure each and every individual's own unique energetic make-up and identify how it interfaces with its environment. This is done without expensive testing. Muscle testing can potentially prevent disease from manifesting because it alerts you early on to make changes before your body is in a crisis state. Muscle testing puts faith in your body's ability to heal and finds the most efficient way to treat it. My knowledge, combined with "asking the body the right questions" will allow me to lead you to optimal health.