MUSCLE TESTING (KINESIOLOGY)

Muscle Testing is a simpler name, coming from the practice of kinesiology.

Kinesiology is defined as the scientific study of human body movement, addressing physiological, anatomical, biomechanical, pathological, neurophysiological principles and mechanisms of movement. It is used by alternative health and medicine practitioners to determine strengths and weaknesses in the body and mind. Kinesiology works with the energy of the subject which may seem a little foreign to some people but in this century we are moving quickly to understand that humans are purely energetic beings – electromagnetic.

The exact time it began is a little fuzzy, but Dr. John Thie developed a kinesiology system called TOUCH FOR HEALTH in 1973, which was practised in over 100 countries. By testing the strength of each muscle system, the stress was identified and balance was restored.

The term "kinesiologist" is not a licensed nor professional designation in many countries, with the notable exception of Canada. Kinesiology is taught at many Universities in Canada and the U.S. Not sure if it is taught in Europe, Mexico and Central/South America but many practitioners and doctors use these methods around the world.

Kinesiology has been developed by various people over the years to energetically answer questions and to:

- **Clear mental / emotional / physical and energetic blocks.**
- **Increase energy & vitality and counteract fatigue.**
- **Relieve pain & release tension - headaches, backaches, stomachaches, arm, shoulder, leg & knee pain.**
- **Release mental & emotional stress and overwhelm.**
- **Enhance health & Wellness and help prevent disease and injury.**
- **Accelerate recovery from illness & injuries.**
- **Improve performance at work, school and at home; in sports and in relationships.**
- **Identify foods which enhance your energy and ones that don't!**
- **Balance your energy flow to enhance your personal bests, achieve more consistent and frequent peak performance, reach your life goals, and enjoy life to the fullest.**

APPLIED KINESIOLOGY (A.K.) took kinesiology a step further to help diagnose illness and choose treatments to help heal the body. George J. Goodheart, a chiropractor was the originator of this in 1964. teaching it in groups in 1973 and in 1976 formalizing it under a charter with by-laws under the name The International College of Applied Kinesiology. Therapy localization is another diagnostic technique using manual muscle testing, which is unique to applied kinesiology. The patient places a hand that is not being tested on the skin over an area suspected to need therapeutic attention. This fingertip contact may lead to a change in muscle response from strong to weak or vice versa when therapeutic intervention is indicated. If the area touched is not associated with a need for such intervention, the muscle response is unaffected. Of course anything new and holistic has been termed 'quackery', but according to the American Chiropractic Association, in 2003, applied kinesiology was the 10th most frequently used chiropractic technique in the United States, with 37.6% of chiropractors employing this method and 12.9% of patients being treated with it.

CONTACT REFLEX ANALYSIS (CRA) was developed by Chiropractor, Dr. Dick Versendaal. His father was an herbalist, dowser and shoe cobbler, all of which Dr. Versendaal incorporated into his practice and teachings. Under the tutilage of BJ Palmer, he graduated in 1959 and began practicing in Redlands, California. He studied nutrition with Dr. Parker and dentistry notes of Dr. Royal Lee, all of which he applied to his own practice. He attended kinesiology seminars of Dr. George Goodheart, again incorporating the information into his own practice. He was also healed of a digestive disorder after being tested by kinesiology and so began his intense research and love affair for over 50 years. He became the chiropractor that taught other chiropractors, they came from all over the country to learn CRA which was applied kinesiology and reflexology.

Hanna Kroeger, Wendel Hoffman, and many other holistic practitioners incorporated kinesiology/muscle testing techniques into their healing businesses. Each one making it suitable for their own practice.

Dr. Dietrich Klinghardt from Germany, also working in the U.S. Works in the field of biological and integrative medicine. He developed AUTONOMIC RESPONSE TESTING (ART) which he teaches to other practitioners around the world. He uses this as a diagnostic tool. His website defines ART as a comprehensive, highly accurate diagnostic method that assesses the coherence of light emissions of organs and structures in the body. It focuses on identifying and addressing the 7 most common factors that block or stress the healthy functioning of the nervous system and offers solutions for their correction.

Muscle Testing, or kinesiology, or applied kinesiology or CRA or ART – whichever term you wish to use, is safe and non-invasive. As time has proceeded from the 1950's, it has become more complicated and exacting to use, but it need not be, outlined here are some simple types of muscle testing that you can use personally for yourself and to help others.

When testing, you are looking for two opposing muscles to see if they are strong or weak. Generally strong indication means a positive or 'yes' answer, and a weak indication means a negative or 'no' answer.

How does muscle testing work to test mental and emotional problems? When the body is in balance and happy, the muscles are strong but when there is fear, pain, poor mental health, self doubt, anger etc., the muscles feel weak. When you agree subconsciously the muscles are stronger than when you disagree. Many feel this type of testing is a link between the conscious and subconscious mind.

Before doing testing, drink a glass of water so you are hydrated (whoever is involved in the testing).

If you have a computer there are lots of videos available on the internet to help you in this regard.

SIMPLE WAYS TO TEST

ARM TESTING.

- **The most common testing is arm or leg testing. You need two people for this – one that is being tested and the person doing the testing.**
- **Have the person stand if possible and put one arm out to the side.**
- **See if the person is 'testable' by asking a question of the person being tested, either outloud or silently and if you get the correct response, they are ready for testing. If not, it is usually because they are dehydrated – have the person drink some water.**
- **To test, face the person you are testing, put your left hard on their right shoulder, and with your right hand, tell the person to resist as you push down on their outstretched left arm. You don't need to push hard, just to get an indication of strength or weakness.**

SWAYING TEST

- **This is a test anyone can do easily. Stand up, close the eyes, and ask the question of the body/mind eg. Do I have a virus? If you lean forward, it represents a "yes", and if you push away leaning back, it represents a "no".**
- **Testing at the chest. Hold up a product or food to the thymus gland (center of body just below the neck) and ask the body if it needs the formula. If the body sways towards the product, it is a positive. If the body sways away/back from the product, it is rejecting it (negative). You can quantify this on a scale of one to ten eg. One being weak, and 10 being positive or strong. This works best when standing and having the eyes closed so not distracted.**
- **You can also use this to test organs, sickness etc. eg. "do I have a bacterial infection". You can also test plants, animals, children and other people by asking the subject the question, touching the subject and your own thymus gland, seeing if you go toward or back.**

- **With this type of testing, you can do it to yourself, have someone else do it to give you the result, and you can test another person by touching them with one hand, and using your other hand to touch your own thymus gland. By touching the other person, your intention or focus and energy in changed and you can capture the information from that body (whether it is a person, animal, plant etc).**

"O" RING METHOD

Blood vessels in the hand have dual innervation of sympathetic and parasympathetic system. This is rare in the body, the only other areas like this are the face and pelvis; all other blood vessels have sympathetic innervation. Formerly, in kinesiology, when a arm goes weak, it says whatever you are holding near it, is making the sympathetic nervous system weak, then what you bring in now to correct it, makes it strong again.

You can test anything by using this method. Make an "O" with your index finger and your thumb. Use the thumb and an opposing finger of your other hand to go up the hole created by making the "O" and try to push them apart. If it is strong, again, this is a positive or "yes" answer. If weak, it is a negative or "No" answer.

Which is the best finger to use as the opposing finger. You are using the thumb as the main finger, to find the best opposing finger: see which is the first weakest when pulling apart the thumb and

1. **index finger (normally the strongest),**
2. **middle finger (next strongest)**
3. **ring finger (not as strong as middle finger)**
4. **little finger (weakest).**

The O should be a perfect circle, not an egg shape

So you have an area of concern - how concerned should you be: the weaker it is, the more concerned – so if you try and pull the client's circled fingers open with the index finger and it is weak - this is suppose to be the strongest, so it is very weak.

When testing remedies - see if it makes the fingers in the circle stronger. Go to the first O ring that is weak (eg. ring finger), if it becomes strong, use two of your fingers on each side to pull apart, if still strong, use 3 fingers each side to pull apart - the more fingers you need to use the more the remedy is making the body stronger.

Another "O" ring method: make the circle with the thumb and finger of one hand and make a circle of the thumb and index finger of the other hand, inside the first circle. Ask the question and pull it through to see if strong or weak.

THUMB LENGTH TESTING

- **This needs two people.**
- **Have the person being tested to sit in a chair opposite you. Their buttocks should be pushed forward on the chair so they have to lean back. They put their hands out in front, with their two thumbs meeting in the middle. You sit opposite them and adjust your chair so when you hold their hands, you are right in the middle and their thumbs are even.**
- **Hold their hands, and ask the question you want.**
- **If the hands stay even and level, it is a positive or strong sign.**
- **If the hands become uneven, this is a negative or weak sign and so there could be a problem that you need to investigate.**

PENDELLING

- **You can use a button on a string or any object that can dangle eg. Key ring. Don"t use crystal pendulums if asking a series of questions. The crystal retains information and after a couple of questions, will need cleansing after each question..**

- **You can see what your own personal negative and positive energy is for yourself or someone else. With palm face up, hold the pendel over the tip of your pointer finger (that is your negative) – if it goes back and forth, or around in a circle clockwise or counterclockwise, or dead stop – that is your negative sign. The middle finger is your positive sign – does the pendel go around in circle, back and forth etc. The thumb is neutral.**
- **There is a vortex in the center of the palm of your hand. Ask a question of the body while dangling the pendel over the inside center of your palm of your hand and see if it goes around in a circle, dead stop, or back and forth to get your answer.**