

Muscle Response Testing

Presented by Angela Taylor, author of
The BrainFood Cookbook



Muscle Response Testing

- Uses muscles as Yes/No indicators
- The deltoid (arm) muscle is often used (but any muscle could be used)
- Arm stays up = *Negative Response*
- Arm drops = *Positive Response*
- *To make it less confusing, phrase your question something like:*
- *“Does this make you weak?”*



Muscle response testing is an energetic type of testing.

- We use the arm as an indicator to see how the body as a whole responds to a particular item. (food, vitamin supplement, etc.)



- NOT the type of muscle testing your chiropractor or physical therapist might do to target what are your weak muscles, range of motion, etc.

Preliminaries:

- Either arm can be used.
- Do ask first: Are there any physical problems with the arm/shoulder?
- Don't push on a joint (wrist or elbow).
- Both parties should be well-hydrated (drink water).
- Think calm thoughts and be neutral towards what you are testing.
- Avoid noises. Music or distracting people can influence testing.
- Absolutely no food or gum in the mouth (unless you are testing that food).

Remember: It's a test, not an arm-wrestling contest



Preliminary Test #1

- “Battery Test” to see if I can communicate with the person
- The Tester will use the fingertips of their free hand to touch (or point to) the polarity point between the Subject’s eyes at bridge of the nose, while pushing down on the arm.
- The Tester will say “Are you testable? DOWN means Yes.”
- The arm should go DOWN.



If untestable:

- Try drinking some water
- In the case of an autistic child, or someone who consumes a lot of artificial sweeteners, or other toxic substances, it's possible that this point may be totally shut off which means you can't test them. Ask the Subject to stop consuming the toxin, and try again another day.



Preliminary Test #2

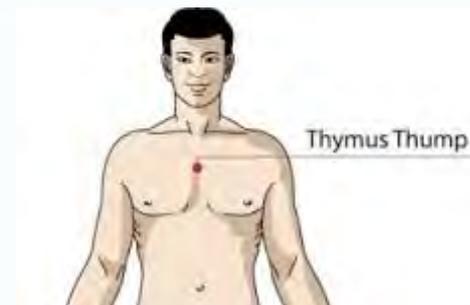


- If someone's nervous system is "switched" and/or their thymus is not working properly, this means you can't test them today.
- The Tester will use the Pinky and index finger (spread wide apart) and touch the K27 acupuncture points, which are just underneath the inside bumps of your collarbone.
- The Tester asks "Are you switched? Down means Yes."
- Push on the Subject's arm, and the arm should ideally remain UP.

If “switched”



- In some cases it can be corrected on the same day by:
 - reciting poetry in a rhythmic fashion
 - viewing landscape paintings (esp. by Turner)
 - thumping the thymus gland a few times
 - exchange metal-framed eyeglasses for plastic frames
 - receiving a chiropractic adjustment
- So if you're trying to test, and your Subject is “switched” (and none of the first 4 tips work), schedule a chiropractic appointment.



Let's get testing!

- Now that you've established your subject *is* testable and is *not* switched, you're ready to start testing stuff!



Test #1: Artificial Sweetener

- Let's start with artificial sweetener, which is a known neurotoxin.
- Have the Subject hold the colored packet while the Tester pushes on their arm and says "Does this make you weak? Down is Yes."
- The arm should go DOWN.



Test #2: Spring Water

- Next we'll test spring water, which is good for everyone.
- Have the Subject hold a glass of spring water (ideally, not a plastic cup or bottle) while the Tester pushes on their arm and says “Does this make you weak? Down is Yes.”
- The arm should remain UP.



Test #3: Raw Carrot

- Next I'd suggest testing something generally good for most people, like a raw carrot.
- Have the Subject hold the carrot while the Tester pushes on their arm and says "Does this make you weak? Down is Yes."
- The arm will probably remain UP.



Test #4: White Sugar

- Refined white sugar is bad for most people.
- Have the Subject hold the white packet (or sugar bowl) while the Tester pushes on their arm and says “Does this make you weak? Down is Yes.”
- The arm will probably go DOWN.



Continued food testing

- Continue your tests with Wheat, Food Coloring, Peanuts, and any other foods you are curious about.
- I would suggest writing down your findings as you go, and putting a name/date at the top of the page. These results may change over time as you continue your healing journey, so you will need to retest periodically.
- I have a comprehensive food testing chart on my website at www.brainfoodcookbook.com *Links* page – then see *Muscle Testing*



Testing Vitamin Supplements

- Once you feel confident in your food testing, it's time to move onto Vitamins. It's a bit more complex to test vitamins because it's important to ask multiple questions:
 - Do you need this?
 - Does this make you weak?
 - How many per day?

Vitamin Question #1

- The first question I ask is “Do you need this? Down is Yes.”
- If the arm stays UP, don't need it, so you're done with that bottle.
- If the arm goes DOWN, Yes you need it. Continue:



Vitamin Question #2

- The Second question I ask is “Does this make you weak? Down is Yes.”
- If the arm does DOWN, Yes you are allergic to (or somehow negatively reacting to) something in it. So, you shouldn't take it.



Vitamin Question #3

- The third question I ask is “How many per day? The arm should go down on the number that is the correct dose.”
- Count 1 (push), 2 (push), 3 (push) and wait for the arm to go down.
- Sometimes, you may find that the Subject needs less than one/day, in which case you would ask for “How many per week?”



Priority

- Suppose you have multiple choices for a given item, say, three brands of Fish Oil. Or three brands of Olive Oil. Wouldn't it be useful to compare them to know which brand is the best match for you? We call this Priority.
- Have the Subject hold their hand out. Hand them the first bottle. The Tester should set the expectation by saying "We're testing for Priority. The ones that go DOWN go back on the shelf. The arm stays UP for the best choice." And test all the bottles.
- Some Testers like to make the Priority hand sign with their free hand, and hold it to the Subject's shoulder. It is the tip of the middle finger to the crease on the thumb.



Additional Notes

- If the Subject starts responding 100% UP or 100% DOWN, both parties may need to take a break, and resume testing after some rest, hydration, and the tips on slide 9.
- Some people find it helpful to point their thumb down to the floor when doing muscle testing.
- Many believe this type of “Muscle Testing” is based upon greater than 50% of the body congruent with the response to the substance. Or to put it more simply, the body is negative (or positive) more than halfway to the item being tested.

Magnesium Stearate in Vitamins

- Magnesium Stearate – an additive commonly found in many vitamins – is “bad” for me. But if I have trouble finding a “Magnesium Stearate free” brand of a certain vitamin, the body is smart enough to overlook that negative point if I have an urgent need for that vitamin.
- <http://www.drroys.com/why-no-additives-in-dr-roys-supplements.htm>
- <http://articles.mercola.com/sites/articles/archive/2012/06/23/whole-food-supplement-dangers.aspx>

How did it start / How does this work?

- It all started in the chiropractic profession with Dr. Goodhart who had a technique that is widely used today called Applied Kinesiology. There are many variations that are around today.
- Electromagnetism – muscle testing derives its information directly from a person's autonomic nervous system...
- Combined with your Higher Self. At the highest level of our being lies the Spirit aspect of the human entity - the Divine essence of Life. That Spirit exceeds our individual personality and even the universal aspects of our humanity, and overlaps with God.

Testing while laying down



Test supplements on the navel

- Put all the “good” supplements on a tray (or in a pile) on the Subject’s stomach and test each new item in that context.



Surrogate Testing

- If the Subject is too weak, too old, too young, or cannot use their arm effectively, use a Surrogate.



Solo Muscle Response Testing

Kinesiology testing or K-testing – which includes hand/finger muscle testing, sway testing and pendulum dowsing.



My hand technique

- Strong = Yes
- Open = No
- 1) Hold strong. “Let me know when you have the answer to is this vitamin good for me?” Wait for O-ring to open.
- 2) Now ask “Is this vitamin good for me?”
- 3) While holding strong, ask “What Grade of importance?” and “Please open on the correct grade.” Then slowly count “A – B – C – D” until the O-ring opens on the answer.



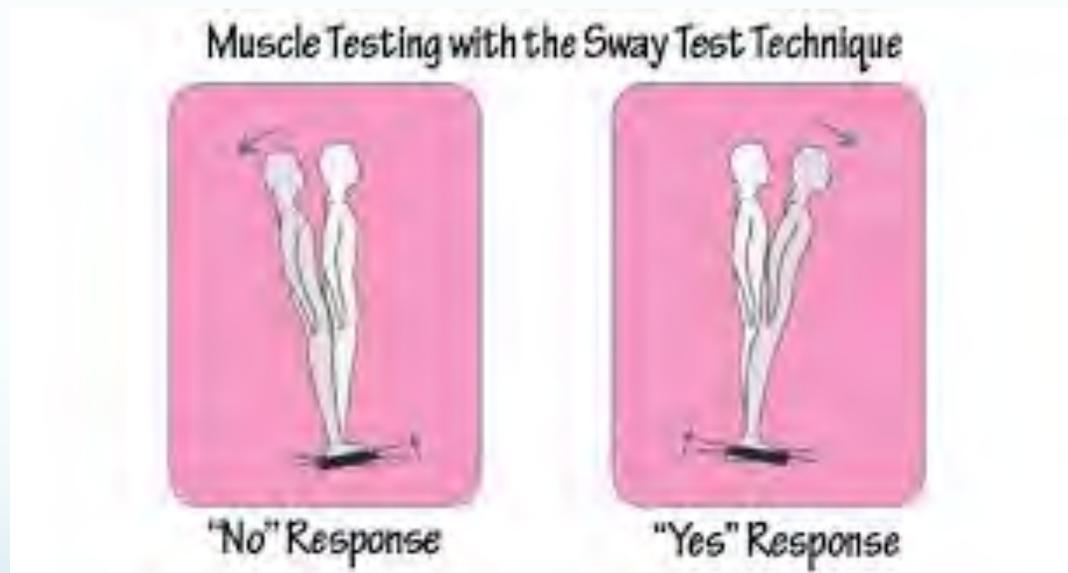
How many per day/week with hand

- While holding strong, ask “How many per day?” or “How many per week?”
- “Please open on the correct number.” Then slowly count “1 – 2 – 3 – 4” etc. until the O-ring opens on the answer.



Solo muscle testing - Sway

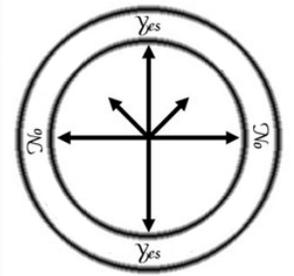
- Another method some people enjoy using:



Solo muscle testing – Pendulum



- Some diviners consider the standard "yes" response for a pendulum to be when it swings toward the body and away and a "no" response to be when it swings from side to side, paralleling the way most people move their heads for "yes" and "no."
- I think diagonal means “maybe” or “unclear”.
- When the pendulum swings in a clockwise circle, I think it means “thinking about it”. Others say this means that a mental block or negative energy is being cleared away.



Additional Reading

- *Muscle Testing* by Serafino Amoroso
- *Your Body Doesn't Lie* by John Diamond, M.D.
- *Your Body Can Talk* by Susan Levy, D.C.