

MUSCLE TESTING:

Scientific Information Gathering Technique or Nonsense?

by David Getoff, Naturopath and Board Certified Clinical Nutritionist

Muscle testing is a simple procedure but it is often misunderstood, and even more often it is done incorrectly. Numerous professionals are using muscle testing to gather specific information about the subject being tested, and in many cases even to apply a treatment to the subject. Each professional has created a name and set of initials to designate their particular protocol or methodology. A few of these are CRA, TFA, JMT, and NAET. I will not go into any of these special techniques nor will I give opinions as to which ones I feel are more or less valid or effective. This article is on what I believe to be the most scientific and objective form of muscle testing and it is this basic form which I use daily in my office. It is also the only form that I teach to both the public in short seminars and to health practitioners in comprehensive 2 day seminars.

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What is muscle testing? It is a methodology or procedure in which we utilize the strength of a muscle or group of muscles in the subject's body in order to gather information. It is most often done with a subject's arm but more and more health practitioners are beginning to instead use the subject's fingers. Muscle testing is based on the belief (I believe this to be a fact) that the energy field which is generated by a substance such as a food or nutritional supplement will affect any living thing (the subject being tested) if the item is placed in their immediate field such as in their hand or a pocket. Energy fields of substances are identifiable and can even be reliably photographed with the use of special high voltage photography developed in Russia called Kirlian photography. Consantin Korotkov and his cameras can be searched and read about on the web. His cameras are used worldwide and a great deal of research has now been done both on and with the use of Kirlian

photography. Please do not confuse this technology with the "Aura" cameras that are being used at public health fairs. This is not the same scientific technology and I have no idea as to the validity of these aura devices one way or the other. The photo at the beginning of this article shows a common muscle testing technique. The subject stands with an arm outstretched either forwards or to their side. The tester then needs to determine whether they are able to discern a noticeable difference between the strength of the subject's arm muscles when they are holding a harmful substance versus when they are not. Normally the tester will tell the subject to resist as a downward pressure is applied to the wrist of their outstretched arm so as to gauge their strength. They will then stop pressing and have the subject hold some substance which is not good for them such as a packet of Equal™ or of sugar. In my office I use a bottle of 98% DEET (N,N Diethylmetatoluamide) insect repellent since DEET is a strong nerve poison. With this substance in the subject's other hand, the outstretched arm is again pressed downward while the subject resists as equally to the first time as they are able. In most people, the strength will be noticeably diminished due to the weakening effect on the body caused by contact with the damaging energy of the harmful substance. If the substance is removed and they are tested again with nothing in their hand, the strength will return.

When it comes to science, we are more ignorant than we are knowledgeable. Every few years, we are forced to change "facts" that we have published in previous years' scientific college text books. We make these changes when we learn that the "facts" were incorrect and we replace them with new facts that we yet again believe are correct. Muscle testing works, but like some of the effects of aspirin, and the ability of a bumble bee to fly, we are not certain as to the exact science behind it. We know that energies effect living things. There are numerous examples of this in the scientific literature including the documented effects of various forms



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of radiation, colors, different types of lighting, and homeopathic remedies. These are just a few of the areas in which research has been published to show that we are affected by energy.

With muscle testing, we are simply making use of some muscles in the body in order to gauge whether the energy of a substance is strengthening, weakening, or neutral in its effects on the subject being tested. Muscle testing is currently being used as an almost limitless information gathering tool by physicians, physical therapists, chiropractors, naturopaths, nutritionists and others trained to use this technique. It has been my unfortunate observation that a great many professionals who use muscle testing are doing it so poorly that their results are meaningless. Yet others are apparently using it to "prove" that their supplements are superior and should be purchased by the patient or client being tested. Muscle testing, like any other tool, is only as good as the professional who is using it.

If you have been muscle tested and you are certain that when you were told you were weaker, the tester was simply applying more pressure and that when they said you were stronger they simply applied

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less pressure, you are not alone. I have most definitely experienced this incorrect (or even bogus) muscle testing from both supplement salespersons and licensed health professionals. On the other hand, as I teach in my professional muscle testing classes, there is also another possibility to examine. When your body is made noticeably stronger due to the supportive energy of the product in your hand, it will indeed be easier for you to resist the tester's pressure on your arm or fingers. In many cases and with many subjects, this difference in strength can be very dramatic. When this happens, it will indeed *feel* as though the tester is applying less pressure since your muscles are temporarily considerably stronger. A second example that was suggested to me by my wife, a massage therapist, occurs in massage. When she is working on an area of the body which is tight or overly sensitive, her client will often ask why she is pressing harder on that area even though she is not. So how do you know? Later in this article I will explain how you may be able to determine if a tester is good, as well as how to tell whether those who think they can do self testing are really able to do so.

What makes muscle testing so exceptional, as long as it is done correctly, is the number of ways in which it can be used to gather information.

At the beginning of this article I mentioned that I refer to the muscle testing that I use as "scientific" muscle testing. To clarify this, I mean that I will only test the effect of an actual substance being held by the subject. A food, a vitamin, an herb, an amino acid, a homeopathic remedy, a perfume, a soap, an essential oil, a detergent or a tooth paste are but a few examples of products which I might be testing. On the other hand, I will not ask a question such as whether someone has parasites, if their problems have emotional causes, or if they need a particular supplement and then test for a strong or weak muscle to try to get an answer from their body. I will also not generally test for the dose of a supplement nor will I test someone while asking a question about some other person who is not in my office. I have no way to know

whether those who ask this type of question while muscle testing could possibly be getting legitimate answers to their questions. It is simply too unscientific for my thought processes. Kirlian photography has been used to verify the more scientific manner in which I use muscle testing. An allergy study compared muscle testing results to blood allergy testing and the results were amazingly similar. In fact, they were as similar as the results that a good laboratory might be expected to get if they ran the same allergy test on the same person's blood twice.

What makes muscle testing so exceptional, as long as it is done correctly, is the number of ways in which it can be used to gather information. Let me give an example of what I feel is a good and a bad way to use muscle testing and you will see an obvious problem emerge.

Someone came in for their initial consultation and when I was ready to begin muscle testing, she tried to save me some time by telling me that her liver was fine and did not need any support. When I inquired how she knew this, I was told that on a recent visit to another practitioner, she asked if they would test her liver. The practitioner muscle tested as to whether she was strengthened when holding the product that this particular practitioner uses for supporting liver function and it did not strengthen her. I proceeded to test her for 7 of the products I use for this same purpose. When one of the products strengthened her so much that she could dramatically feel the difference, she exclaimed, "I sure need some of that, what is it". I told her it was an herbal liver support product and then I had to explain how her other practitioner had been misled. Muscle testing tests the "here and now" and it is very exacting. Her practitioner believed that she was testing if the liver needed support. In fact, with the exactness of a computer, she was only testing whether that specific product was supportive to that person at that time. Her liver needed support but could not get it from that product and so it did not test strong.

I have found that due to numerous personal differences including sensitivities to certain herbs or combinations, many good

formulas might not be supportive to people who do in fact need the type of support that the product is offering. Liver and kidney function are so vitally important that I test with 6-8 liver products and 3-5 kidney products. In this way I am more certain if the organ being tested really needs (or does not need) support.

In a similar fashion, I have had people who had just been tested (within 48 hours) by a practitioner who uses point testing and found the same problem. In this method, the tester may put their hand or fingers on the organ to be tested to determine if this elicits a weak or strong response. In other words the tester might put their hand on the subject's liver or kidney area while often saying the name of the organ for verification, and test for a strong or weak response. I have found this also to seemingly not be as accurate as the method I use.

The body apparently has a brief memory in that it can still "remember" the energy it felt from a substance that was being held by the subject...

Laboratory blood tests are the standard of practice in medicine for determining whether liver or kidney function is impaired. Although many laboratory tests are extremely useful for diagnostic purposes, the elevated liver enzyme test appears not to be in this category of accuracy. Simply put, if someone's liver enzymes are elevated, then we know there is a problem, but if they are not it may easily NOT mean that this organ is not in need of help. Muscle testing shines in this case as a very effective additional method of gathering information on the liver. This particular organ will manage to produce "healthy, in range" numbers on a blood test when it is working at only about 80% of its abilities or possibly even less. The muscle test however will show that the body would be strengthened with the use of a liver support formula. After a few months, this will no longer be indicated after the liver heals itself. The incomplete accuracy of western medicine's standard liver enzyme blood test can allow a person to seemingly have good liver function one week, and then for no apparent reason, an extremely elevated liver test the following

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week. Only a special test where the liver's clearing abilities are checked both before and after challenging it with certain chemicals given to the patient, can we find that it is already below par even though the standard test shows no problem. For those health practitioners who are unable to order laboratory tests, the muscle test, when properly done, gives what I believe to be a very acceptable indication that some completely non-toxic and harmless liver support products might be helpful. One additional aspect of muscle testing, which I go over extensively in my health practitioner training seminars, is a peculiar phenomenon. The body apparently has a brief memory in that it can still "remember" the energy it felt from a substance that was being held by the subject during the past undetermined number of minutes (1,2,3?)

This can actually be shown in a scientific way with the Kirlian camera. Take for example a person whose Kirlian image shows a deficient energy in their kidney area. This person is then muscle tested for a number of kidney support remedies, and the one which tests strongest is chosen. If the subject simply holds this product (or puts it in their pocket) while a second Kirlian image is taken, the kidney area is noticeably improved or possibly appears completely normal. It is the same energy which made this remedy test strong, which is helping, on an energetic level only, to temporarily support the kidneys. Although there will be no real lasting effect unless the remedy is actually taken for weeks or months, there will be a short term effect. If the remedy is removed from the subject, and Kirlian images are taken every 15-30 seconds for the following 5 minutes, a strange occurrence will be noted. As time passes, the supportive effect from holding the substance will be noticeably diminishing as time passes until it no longer exists. The amount of time it will take for the effect to diminish completely will vary from individual to individual.

The very interesting retention of an energy signature, that I just described, gives a fascinating ability to the field of muscle testing. It enables the tester to determine the order in which supportive supplements might be utilized. When testing for

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kidney and liver products, many subjects will test as being benefited by both. The best procedure at that point is to let the subject hold the kidney *and* the liver product for which they tested best. The subject is tested again with both products. If supporting both organs at the same time will not cause any problem, then the subject will still test very strong. If they test at all weaker with both products than they did with them individually, then only one should be used at a time. Immediately, the subject should be re-tested with the products singly. The one which the body "desires" to get supported first (I know of no other way to describe this) will still test strong. The product to be used second will now test weak. This gives you yet another example of how properly used muscle testing can give us information which might not otherwise be accessible.

In closing, I would like to give my suggestions for determining if a prospective practitioner is a good muscle tester. Ask them (not their secretary) whether they basically know what supplements will be needed, and that the muscle testing is just a verification, or whether muscle testing often shows them that many of their choices would have been wrong. Unless they tell you that muscle testing often shows them where their supplements' choices would have been wrong and that this is why it is so useful, you may want to consider a different practitioner. With

sas many people as I have tested and a much knowledge as I have absorbed, I am still amazed at how many times a month I gain important knowledge that I would never have accessed without this wonderful technique. What I have tried to do in this article is to explain muscle testing techniques, go over some of its apparent abilities, problems and peculiarities, and provide an example of how it might be used as an adjunct to standard laboratory testing for liver function. This article is not meant to teach you the technique of muscle testing. If you wish to learn this skill to have fun trying to test friends and family members to show how sugar or NutraSweet™ weakens them or to see if they might be better off not eating certain food, I suggest you order the three hour video [Muscle Testing for your Health](#) from the Price-Pottenger Nutrition Foundation at 1-800-FOODS4U.

A much more expensive (\$300-400) comprehensive instructional video designed for health practitioners *only* should be available about the end of October. If you are a health professional and wish information on this upcoming set, email David Getoff through the Price-Pottenger Nutrition Foundation (info@price-pottenger.org) and they will forward me your e-mail.

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Muscle Testing For Your Health

Taught By: David Getoff, Naturopath

• *Have you ever heard of muscle testing?*

• *Have you ever seen someone pressing on another person's outstretched arm to determine if some food or nutritional supplement might be good or bad for them ?*

• *Did you know that this technique is used by properly trained physicians, dentists, physical therapists, nutritionists and chiropractors around the world?*

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