

Triumphing Over Plateaus and Weight Regain - HANDOUT

Muscle Testing / Kinesiology – Getting Answers to Any Questions

During and after developing an Empowerment Plan, there are **choices that you will make. Choices that affect the overall picture of what is most wanted and what actions to take next.** Muscle testing can be an excellent tool. Muscle testing uses the bodies physical structure and electrical circuitry to determine **what answers may benefit you in the strongest way and helps you better trust your own intuition and bodies guidance.** It is direct **communication with your body.**

Description:

Kinesiology is another word for muscle testing. Kinesiology is simple. Anybody can do it because it uses your electrical system and your muscles. It is easy! Even small children can learn to do kinesiology in less than 5 minutes!

Simply stated, the body has within it and surrounding it an electrical network or grid. If anything **impacts your electrical system that does not maintain or enhance your health** and your body's balance, your muscles, when having physical pressure applied, are **unable to hold their strength.** (Muscle power is directly linked to the balance of the electrical system.) The circuits of the electrical system are overloaded or have short-circuited, causing a weakening of that system. However, if pressure is applied while this electrical system is being **positively affected,** the circuits **remain strong, balanced, and capable of fully functioning** throughout the body. The muscles will remain strong, the person will easily **resist, and the arm will hold its position.**

This electrical/muscular relationship is a natural part of the human system. It is not mystical or magical. Kinesiology is the established method for reading the body's balance through the balance of the electrical system at any given moment.



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Ask a Question and Find Your Answer!

Exercise:

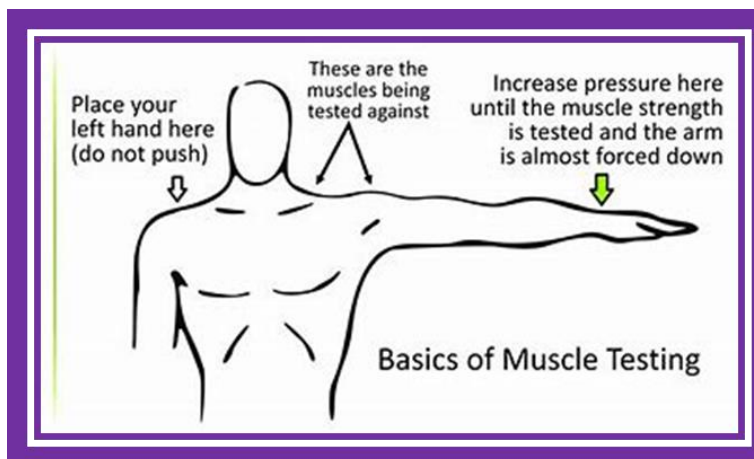
Nature can answer your yes/no questions by projecting a positive or negative response into the electrical circuit.

There are two ways that this can be done:

Two Person Testing and One Person Testing (Individual)

Two Person Testing - To Test on Another Individual:

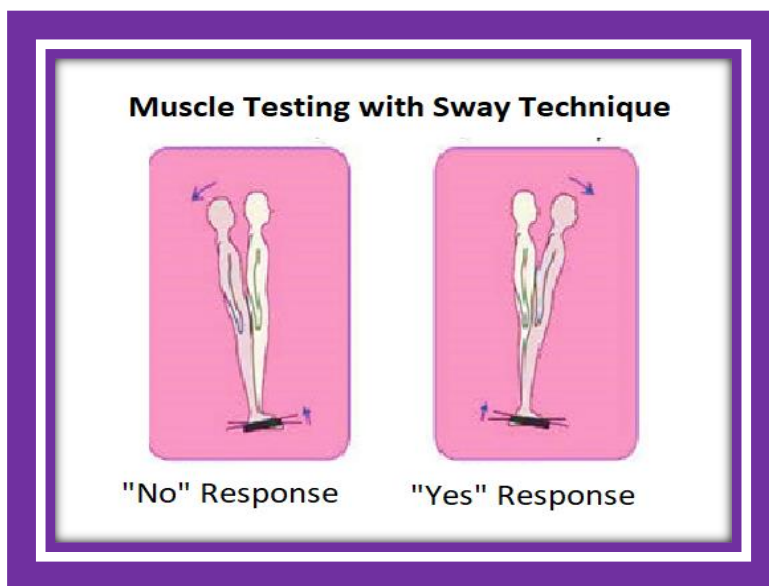
1. **First, do a baseline test** – To test on another individual – Have the other person provide their left arm in an extended position – straight out from the side from their body. Place your left hand on their right shoulder. With your right hand apply pressure downward on the individuals' extended left arm and test the overall strength of the arm to resist your pressure downward. (At baseline strength, the participant should be able to resist the push.)
2. **Next, ask a yes or no question to the person** – The person's body being tested will read the energy of the question and respond appropriately. A "yes" response: the arm will be able to resist the pressure and stay strong. A "no" response: the arm will not be able to resist the pressure and become weakened. The strength of the response will = the strength of the yes/no. No response – neutral (no energetic response).



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One Person Testing - To Test on Yourself (Sway Test):

1. **First, do a baseline test** – To test on yourself- Stand tall and clear your mind. Feel your posture and position in the moment.
2. **Next, ask a yes or no question to yourself (silently or aloud)** – Your body will read the energy of the question and respond appropriately. A “yes” response: your body will sway forward. A “no” response: your body will sway backward. The strength of the response will = the strength of the yes/no. No response – neutral (no energetic response).



Some “yes” and “no” statement or questions – as examples:

- My name “John” (test wrong name / then correct name and see results)
- Is this fitness program / exercise right for me in this moment?
- Is exercising twice a week enough for me to lose weight? Three times per week?
- Is this food the best food for me right now?
- Will talking with a health coach / dietitian help me get back on track?

Any “yes” or “no” question ~ will work

