

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Kinesiology

by Master Herbalist Mishelle Knuteson

Have you ever been in a situation where you hear about a new herb or herbal combination and wonder if it would be good for you to take, if you would really benefit from it and if so, how much would you need to take? When I'm taking a handful of capsules I often wonder if I really need all that I'm taking and if it is doing any good. Wouldn't it be nice if we could simply ask our body and get a simple yes or no answer? "Does my body need the Thyroid Maintenance formula?" (Y/N) "Do I need 2 capsules 3 times a day?" (Y/N).

The body, on a subconscious level, knows what it needs and fortunately there is a way to tap into that knowledge. It is through the application of Kinesiology.

Kinesiology is defined as the study of muscles and their movements, esp. as applied to physical conditioning *Origin:* 1890-95; < Gk kīnēsi (s) movement (see kinesis) + -o- + -logy

"Kinesiology is now a well-established science, based on the testing of an all-or-none muscle response stimulus. A positive stimulus provokes a strong muscle response; a negative stimulus results in a demonstrable weakening of the test muscle." — David R. Hawkins M.D, Ph.D., author of Power vs. Force

Over the last 25 years, muscle testing has been demonstrated and verified in many clinical studies. Dr. George Goodheart pioneered the specialty that he called *applied kinesiology*, discovering that just the presence of positive substances such as a whole food would strengthen a muscle and a negative substance or stimuli such as a chemical sweetener would cause the same muscle to go weak. The implication here is that at a level below the conceptual consciousness the body "knew", and through muscle testing (kinesiology) the body was able to signal what was good or bad for it.

To empower yourself even further in taking responsibility for your own health care, kinesiology (also known as muscle testing) will be a great tool to learn and use on a daily basis. The key is to practice, then trust yourself.

Kinesiology should not be used for figuring out numbers to win the Lottery, selling a product, determining the future or making important decisions about your life, job, relationships etc. It is a gift given from God as a tool to tap into the inner "knowing" of the body and is used to help heal ourselves and others.

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If you would like to experiment and have some fun with muscle testing follow these basic instructions from Dr. Hawkins' book, *Power vs. Force*. You will find even more detailed instructions in his book.

Two people are required for this particular technique.

Step 1

Have the test subject stand erect, right arm relaxed to the side, the left arm held out parallel to the floor, elbow straight. (You may switch arms).

Step 2

Face your subject and place your left hand on their right shoulder to steady them. Then place your right hand on the subjects extended left hand just above the wrist.

Step 3

Tell the subject to resist when you push the arm down.

NOTE: Occasionally there are people who are unable to keep their arm extended when any downward pressure is applied due to previous contact with weakening energy fields, doubts about the procedure or negative health conditions; these aren't suitable test subjects. Some of these subjects can recover by thumping themselves over the thymus gland (at the top of the breast bone) in a "one-two-three" rhythm. This "fix" may last for only four hours and this "thymus thump" will then have to be repeated. (Find more about this in the book *Power vs. Force*.)

Step 4

Now press down with two fingers on the arm fairly quickly, firmly, and evenly.

The idea is to push just hard enough to test the spring and the bounce in the arm, not so hard that the muscle becomes fatigued. It is not a question of who is stronger, but of whether the muscle can "lock" the shoulder joint against the push.

Assuming that there is no physical problem with the muscle and the subject is "testable", the muscle will "hold strong"—the arm will remain locked when given a positive stimulus or thinking a truthful declarative statement.

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Step 5

Now you can have some fun with this. Do a trial run. Ask the subject to think of someone they love and test the arm extended out to the side. Normally, the subject will stay strong and be able to resist firmly. Next, have the subject think of someone they hate, fear, or have resentment toward. A normal response is to go very weak and be less able to resist the downward pressure on their wrist.

To get a read on their affirmative (testing strong) have subject state “My name is (their name)”. They should hold strong on their name. To get a read on the negative (testing weak) have the subject state “My name is ____ (use a name that is not theirs such as Benjamin Franklin)”. Their arm should weaken on this statement.

An easy method for “self testing” is what is called the “leaning method” or “sway test”. Stand straight, feet about shoulder width apart and arms down to your sides. Ask your question and/or hold the product you are testing to your heart. If the answer is in the affirmative your body will lean forward, towards the object in question. If the answer is in the negative your body will fall back, repelling. It is that easy.

Have fun with this. Play and practice by using many different declarative statements. This will help you build your confidence on your testing ability.

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