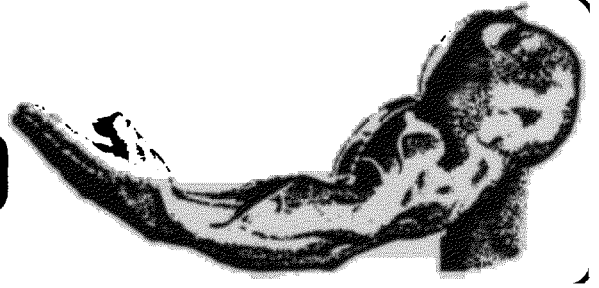


MUSCLE TESTING FOR ALLERGIES (Part 2)



By Jimmy Scott, Ph.D.

Continued from April issue.

HOW MUSCLE TESTING IS DONE

How can this incredibly sensitive instrument, the human body, be used to detect allergies, or disturbances in the body's energy field? The body's meridian energy is somehow connected to the muscles of the body. If you are exposed to the energy field of a substance to which you are allergic, it disturbs your energy flow. This energy disturbance is manifested in the form of a weakened muscle.

Before doing muscle testing, I carefully energy balance all the muscles by massaging or touching certain energy reflex points that affect the meridian energy, to make sure that I am testing the person's reaction to only the substance in question. I then expose the person to the suspected substance — say, coffee beans — and test the reaction of the previously balanced arm muscle. If the person is sensitive to the coffee beans, he will not be able to hold the arm rigid against the slight pressure I exert. The arm will simply give way. The effect in practice is quite dramatic. If the person's arm gives way on exposure to coffee beans, and if the coffee beans are then removed, the arm will test strong again.

APPLIED KINESIOLOGY AND TOUCH FOR HEALTH

Muscle testing was first developed in the early 1960s by Dr. George Goodheart, a chiropractor. He called this new system Applied Kinesiology. Today laypeople as well as health professionals can learn some of the techniques for balancing and testing the body's energy through classes in Touch for Health, a system established in the early 1970s by Dr. John Thie, another chiropractor. More than one million people, in at least 40 countries, have now learned this technique.²

HEALTH KINESIOLOGY

These muscle testing techniques, along with the methods I have developed myself, have all been incorporated into a comprehensive health care system I call Health Kinesiology™. This system comprises methods for discovering and correcting energy disturbances from all currently known sources — not only from allergy and intolerance, but also emotional and psychological factors, and other environmental influences.

While many health professionals today use muscle testing, they may not be aware of the special procedures required for precise allergy, nutritional, and psychological/emotional work. Qualified health practitioners can now receive training in Health Kinesiology. An extensive discussion of some of these methods, as well as a description of the 14 known ways, other than allergy, that people react adversely to food and other substances, is available in my 100-page booklet, *Energy and Allergy*.³ The material in this booklet is suitable for anyone interested in understanding their health better, and includes new information on improvement of diet.

Muscle testing is an extremely sensitive technique for identifying the substances to which a person is allergic. For example, through these methods I have found that many people are allergic to pollens — yet, many health-conscious people regularly eat bee pollen, and then wonder why they never feel up to par! Muscle testing can show that spring water is preferable to distilled water. (The heat of distilling water affects its energy quality.) Thus using muscle testing we are able to demonstrate that many foods and other substances that you may have thought were harmless or beneficial, are actually not good for you.

Besides the foods and chemicals that disturb your body's energy, muscle testing can identify the psychological and emotional factors that are unbalancing your energy and interfering

with normal function. Muscle testing techniques also can distinguish allergy from intolerance, and can determine what the specific tolerance level is for a given food.

ADVANTAGES OF THE ENERGY APPROACH

The techniques of Health Kinesiology are not only more sensitive than other forms of allergy testing, but also easier on the person being tested. For many people, fasting is a difficult and uncomfortable means of identifying allergies; and, like many other allergy testing methods, it is very slow, taking weeks or months. With Health Kinesiology techniques, testing for allergies can be very rapid. For most people, a single session of an hour to an hour and a half can determine all the substances to which they are allergic, and to what extent.

Energy techniques allow us to identify not only the gross, observable effects of harmful substances, but also the subtle reactions that people may not be able to free, such as a slowly deteriorating arthritic joint. I believe that any tissue in the body can show an allergic reaction, whether we can observe that reaction directly or not. I have seen many cases in which inadequately functioning tissues were restored to normal function once an allergic substance had been identified and the allergic reaction eliminated. Fibroid tumors, autoimmune diseases, such as multiple sclerosis, lupus, or arthritis, emphysema, and probably even cancer, and a great many other ailments, may have an underlying allergic basis. When people who have these kinds of problems eliminate all allergies, they often get well from their diseases. ■

REFERENCES

2. The Touch for Health Foundation, 1174 North Lake Avenue, Pasadena, CA 91104 can supply the names of instructors worldwide.
3. Order from: Health Kinesiology, 649 Irving Street, San Francisco, CA 94122. The cost is \$13.95 per copy, plus \$1.05 for mailing; California residents add appropriate tax.