



MUSCLE TESTING

IS TRULY A SCIENCE AND AN ART

It is a bio-feedback tool used to determine the imbalances of the body's energy patterns. It will also test whether a person is congruent with thoughts and ideas.

Kendall and Kendall, researchers from 1949, published a book on Specific Muscle Testing to determine the strength a muscle produces. In 1964, Dr. George Goodheart, DC, discovered that muscle testing could demonstrate how the nervous system controls muscle function. When a tested muscle goes "weak," we are not testing the strength but the muscle's interaction with the nervous system and electrical systems of the body.

Emotional stress, physical trauma, nutritional imbalance, and environmental toxins can cause abnormal physiology. Muscle testing can evaluate the abnormalities and what is necessary to restore balance in the body. Therefore, allowing the nervous system to return to normal functionality.

Muscle testing can be a very sensitive and accurate procedure to determine the health states of the body. It will often detect the system imbalances before symptoms occur.

For more information about services

Carpe Diem Wellness has to offer, visit: carpediemwellness.net

