

# Applied KINESIOLOGY



In 1964 Dr. George Goodheart was the first person to make the correlation between finding a weak muscle using manual muscle testing and then utilizing chiropractic therapy to make the weak muscle strong. Dr. Goodheart also wrote many articles about Applied Kinesiology, also known as muscle testing, and he lectured on the topic frequently.

Muscle testing is a non-invasive way of analyzing the body in order to determine the underlying causes of ill health, emotionally, spiritually, and physically. When these are corrected through safe, natural, nutritional means, the body can repair itself in order to attain and maintain more optimum health. Muscle testing is very precise and scientific. It is based on decades of successful clinical outcomes helping unhealthy people restore their health naturally—without drugs, without surgery, non-invasively, and often relatively rapidly.

There are many ways to muscle test. Some of the more common ways are sway testing, o-ring, finger slide, raised arm or elbow while standing, sitting, or laying down, and by the proxy method, which can be done remotely.

The benefits of muscle testing are numerous. Here are just a few:

- \*Increase vitality by improving energy, balance, posture, attitude, harmony, and wellness

- \*Guide the body in working toward its optimum performance and personal best

- \*Support the body to begin to heal itself

- \*Harmonizing emotional, mental, energetic, and spiritual energies that affect daily life

- \*Aids in non-invasive alternatives to personal wellness