

## How does that muscle test work?

As many times as I have tried to explain it, the muscle test still seems mysterious to most people. I am writing today to assure everyone that it is not. In addition, I will attempt to give you an easy way to explain what I do to your family and friends.

Let's start with a question you may have all heard, "What is Applied Kinesiology?", or "What does Dr. Schilling do?" Applied Kinesiology (muscle testing) allows the patient's body to tell us what is stressful and what is not stressful. Most of you have experienced a weakness in your body after I have asked you to hold, smell, or taste a sample of a food homeopathic. If the arm went weak, that was your body's way of saying, "Oh yes, I remember this stuff, it's not good for me and I don't like it!" In other words, that specific food or substance causes a stress to your system and your body remembers everything that stresses it out.

The same could be done to test various chemicals. However, the most common question asked regarding chemical testing is, "Why doesn't my body go weak to all chemical tests, aren't they all bad for me?" This is a good question and brings up an important aspect of muscle testing. The body's ability to respond to the tested item does not tell us whether the substance is good or bad for us, it is telling us if our body has been "stressed out" by this substance.

Let's look at a simple summer time example to better understand. Let's say you were swimming in a chlorinated pool on Sunday for two hours. If you were tested Monday morning for chlorine, the test is not asking "Is chlorine good or bad for me?" The answer to that question is always the same, it *is* BAD for you. Chlorine is a free radical; it ages your body, eats up your supply of anti-oxidants, kills the good bacteria in your digestive system and urinary tract and causes nervous system stress. Rather, the muscle test for chlorine on Monday morning would be asking the question, "Is chlorine exposure stressful to my body." If your body is healthy enough to detox and eliminate the chlorine from the body, a muscle test for chlorine on Monday morning would be strong. But if your body could not detox the chlorine well enough it would start to "stress out" your body, so the muscle test would be weak. It is then up to you to decide what to do about this stress. As with most stressors, we can either choose to avoid them, or we can improve our body's ability to deal with them.

Another common question is "Why does my arm go weak? You must be pushing harder Dr. Schilling!" The answer is no, I am not pushing harder, and yes, this weakness is very real and quite easy to understand as long as you accept one undeniable physiologic truth regarding the human body. Every cell requires energy to do work. When your muscles are attempting to do work, they rely on energy flow from inside the body to do that work. If your body experiences a

stressful message (such as coming into contact with a food or chemical that it does not like), then it will temporarily suck most of its energy into the core of the body to help braise against this stress. In that moment, you do not have enough energy in your arm to hold it up, and so it can be easily pushed down with the slightest pressure.

Applied kinesiology is only one of the many ways we have to assess your body's level of health. In our clinic we also use independent lab studies, the Spectra Vision biofeedback unit and Body Composition Analysis, just to name a few. My dedicated staff and I are constantly researching the latest in alternative medicine so we can better serve you and your families. As always, I appreciate the many insightful questions I receive from my dedicated patients; they help keep me on my toes!

For more information on applied kinesiology, visit [www.icak.com](http://www.icak.com).

Dr. Schilling