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Amazing Muscle Test

What is muscle testing and how in the world does it work? Many times new people in our office are amazed and in disbelief as to how the muscle test works. They think it is some parlor trick I learned somewhere.

Muscle testing is a science and an art. Anyone can learn to muscle test and the more you practice the more accurate you will become. Truth is you and I can both fake a muscle test, however, like any tool it should be respected for what it is.

Muscle testing DOES NOT tell the future, pick winning lotto numbers or tell you what you should do. It is a bio-feedback tool used to determine imbalances of the body's energy patterns. Muscle testing will also test whether a person is congruent with thoughts and ideas; this is different than asking the body yes/no questions. For instance my emotional brain may not be congruent with making more money, this concept can be tested with muscle testing, however it is not reasonable to test: Am I going to make more money?

Where did muscle testing come from? Researchers from 1949 named Kendall and Kendall, published a book on specific muscle testing to determine the power a muscle produces. In 1964, Dr. George Goodheart, DC from Michigan discovered that the muscle testing could also be used to show how the nervous system controls muscle function; this has been called "muscle testing as functional neurology". So when a tested muscle goes "weak" we are not testing power but the interaction of the muscle with the nervous system and electrical systems of the body. By understanding that muscle testing tests neurology and energy, more information about the body's internal relationships has been discovered, further understanding of what therapy the body will respond to best can also be evaluated. Weak or inhibited muscles are just abnormal physiology being expressed.

What contributes to this abnormal physiology? Emotional stress, malnutrition, pollutants and trauma. With muscle testing we can test to evaluate what can return the body back to balance, then allowing the nervous system and the muscle to return to normal function or strength.

Keys to consistent muscle testing for optimal results are: unbiased testing by the doctor and the patient, understanding that the test is not a challenge of strength, utilizing good body mechanics and the isolation of the tested muscle, and no cheating by recruiting other muscles in the test.

Muscle testing can be a very sensitive and accurate procedure to determine the status of the body. It, many times, will detect imbalances long before blood tests or even symptoms occur.