



# ASK YOUR BODY WHAT IT NEEDS!

## WITH MUSCLE TESTING

### How to do the Basic Muscle Test:

- Bring an arm of person to be tested out to the side or front at right angles to the body
- Connect with them by placing your hand on their opposite shoulder
- Using 2 fingers, gently press on the testing arm, asking the client to resist and keep the arm raised
  - arm stays strong - positive / strong answer
  - arm goes weak - negative / weak answer

### Before Testing a product / asking a question:

- Do a 'lie' test to check yes and no answers are correct and to check the amount of pressure to use - eg my name is...
  - If needed, re-balance by tapping in anti-clockwise direction up from heart and around

### To test a Food / Supplement:

- ask person to be tested to hold a food / product to their chest
  - do the muscle test
- tell them to hold it out away from the body
  - repeat the muscle test
- bring the product back in to the chest
  - test again

STRONG WITH / STRONG WITHOUT - item is neutral, doesn't harm (weaken) but is not necessarily beneficial/therapeutic

STRONG WITH / WEAK WITHOUT - item is therapeutic (better with than without)

WEAK WITH / STRONG WITHOUT - item is not good, will weaken the body, maybe intolerant/allergic

### To ask a question:

- Using a **Yes/No Technique** - Ask a question that needs a yes/no answer and test the arm straight after asking
  - STRONG - yes, WEAK - no

**Have fun getting to know yourself and your body, and don't forget - you already have the answers you need - you just have to ask the right questions and listen!**