

Muscle Response Testing (MRT)



WHAT IS MUSCLE RESPONSE TESTING?

If you work with me, you will learn to love Muscle Response Testing! You will also have the opportunity to learn this powerful tool for yourself.

Muscle Response Testing is one of my absolute favorite tools. While it may seem like something that needs lots of training to master, the fact is it isn't that hard to learn. In fact, I believe anyone can learn muscle response testing and use it throughout their life.

MRT was first used during the 1960's by a Detroit chiropractor named Dr. George Goodheart. He found that normal and abnormal bodily functions could be evaluated by using muscle tests. Muscle testing is also sometimes called Applied Kinesiology.

HOW DOES MUSCLE RESPONSE TESTING WORK?

To really understand MRT, you only need to understand two basic concepts: truth and polarity.

Let's consider truth first. There is a physical reaction to truth in our bodies. You may think it is only an emotional reaction, but there is a physical reaction as well. Whenever the body hears truth, every dendrite in the body rises giving rigidity to the tissue. This is one of the reasons polygraphs are successful and accurate (yes they can be overridden, but the physical reaction doesn't change).

Nerve endings do not touch each other. Instead, dendrites are these finger- or tree-like receivers that bring nerve impulses across the gap (called the synapse) between nerve endings.

Our brains are faster than the fastest super computers. Each single neuron can handle 50,000 synaptic inputs! Our brains also are constantly receiving and interpreting data from our bodies. In fact, it is directly connected to every cell in the body! There are 1 BILLION miles of nerve pathways recording every inflammation, toxin, tumor, and abnormality in the body. The brain knows where it is and also has an innate knowledge of whether it is good or bad for us.

When we consider polarity, we have to go back to science. Everything is made up of atoms including every organ in your body. Those atoms contain protons (positive), electrons (negative), and neutrons (neutral). Atoms are arranged in different concentrations throughout nature giving all things a polarity of either positive or negative.

Think about a magnet. There is a positive side and a negative side. If you put a positive side to a positive side, you have repelling while a positive to a negative will attract. Right? Opposites attract. Magnetic current flows from the south pole of an organ, around the organ to the north pole, and straight back down the center to the south pole to begin the process again. However, when there is any dysfunction in the body (ie a virus, bacteria, tissue weakness, or even an injury), the magnetic field will be weakened.

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The entire body actually has its own magnetic field with the top of the head being north and the bottom of the feet being south. The palm of the hand is south and the top of the hand is north. Beautifully, remember, the body knows which polarities are weak!

So, our bodies know truth and we have polarity. When truth is heard, there is tissue rigidity thanks to the dendrites standing erect. Knowing that, we can muscle test.

A strong response to a true declaration causes the dendrites to rise which gives rigidity to the tissue. If the statement is false or makes the body weak, the dendrites will not move and the tissue won't be rigid leading to a weak response.

Think of it like the wiring in your house. If you plug in your hairdryer and it doesn't work and the lights in the room go out, you've blown a fuse. It is the same in your body. The energy was too much, and you go weak.

Amazingly, when done correctly, MRT can be 90% or more accurate.

BEGINNING TO LEARN MUSCLE RESPONSE TESTING—THE SWAY TEST

This simple method allows you to begin to use a form of MRT for yourself. For many of us, there is an instinctive sway forward moving toward whatever we desire (even if subconsciously). This is one of the simplest methods of obtaining a yes, no, or neutral response from within.

When you begin, I recommend getting your energy flowing by tapping your thymus gland. It is on your chest, about 2 inches below the notch in your neck where you'd tie a tie. Do this for 30 seconds.

Then, to perform this test on yourself, simply stand in an upright position with your feet hip-width apart. Look straight ahead, eyes open, at a neutral target (a blank wall is a great option for this). Intend you are seeking truth and are a blank slate ready to receive the truth. Express out loud or think of a statement (NOT a question). Then, hold an object you are questioning close to you and say, "This makes me stronger." Be open and notice what happens within your body. You can do this with food, books, supplements, medications, toxins, and the like. A yes or positive response is leaning toward the object. A neutral is no movement. A no is leaning away from the object.

You can also simply test it with a statement of your name. I would say, "My name is Ylona Hartford." I will feel myself swaying forward. This is a good way to practice to get a baseline.