

# MUSCLE TESTING AND YOU

## Your body's talking, are you listening?

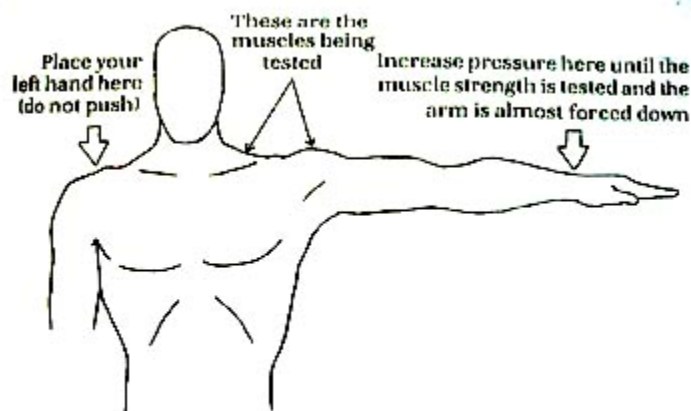
**E=MC<sup>2</sup>** - Einstein's "Theory of Relativity" : energy = mass x speed of light squared.

You've probably seen this formula many times, perhaps memorized it for an exam. Suggestions of this formula are not relevant to most of us on a day to day basis, however, there is a concept inferred by this equation which, has very practical applications. What is represented in this equation is a fundamental relationship between energy (E) and mass (M) - specifically that energy has mass and that mass has energy. They are interchangeable. any mass (object) has an energy field through and around it, in other words, all matter is energy. Many of the most sophisticated instruments used in conventional medicine to diagnosis disorders are energy field detection devices:

**Electrocardiogram (EKG)**  
**Electroencephalogram (EEG)**  
**Electromyogram (EMG)**  
**Magnet Resonance Imaging (MRI)**  
**CAT Scan**  
**Ultra-sound**

Theses instruments measure electromagnetic signals emitted by the body, which indicate a person's health status. However, we don't need such instruments to obtain information from the body, as we can read a body 's energy field in another manner - through muscle testing.

The technical word for muscle testing is Kinesiology, from the Greek word kinein = to move. Applied Kinesiology makes use of muscle strength as an indicator of an organism's orderly or disturbed state of health. Although other muscles in the body possess the same energy sensing potentials, the arm (Deltoid / shoulder muscle) offers the easiest access for muscle testing.



*Basics of Muscle Testing*