

Kinesiology Testing:

Kinesiology testing can be done any time we need to know specifics. Used for dosing purposes for herbs, homeopathy, essential oils, etc., Or in emotional clearing to find out what area of the body or what emotion to treat.

Our body is naturally intuitive; thanks to its electrical system “it’s energy”. We can test this energy using what’s called muscle testing or the proper name “Kinesiology”, when testing; our bodies respond in a negative (saying No) or positive (saying Yes) way. So as we ask question it responds by resisting or accepting the pressure.

There are different “Kinesiology” methods you can use to muscle test. Whether I use the circuit method, arm method, or the sway test is dependent on what I feel is needed. I first test with a silly way out phrase such as “My name is Reba McEntire” which gives me a negative (NO it’s not) response (it relaxes and doesn’t hold), then “My name is Vonda” (resulting in a positive (yes it is) response (it holds strong)).