

# Applied Kinesiology, NST and NAET

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### ABSTRACT

**Applied Kinesiology** is a complimentary and alternative medical practice, uses manual muscle-strength testing for medical diagnosis and a subsequent determination of specific treatment program. When properly applied, the outcome of an applied kinesiology (AK) diagnosis can provide valuable insights into physiological dysfunctions. The application of AK is vital to NAET because NAET uses manual muscle strength to detect allergies and allergy-based health problems. While performing NAET muscle testing, if the previously tested strong muscle becomes weak in the presence of a substance, then the substance is said to be an allergen. If muscle does not go weak, then the substance is not viewed as an allergen. If the weak muscle becomes strong, then it is considered as a negative flow of energy in the body and that needs to be corrected before continuing with further testing. This is also called neuromuscular sensitivity testing (NST); NST is used by all NAET practitioners not only to detect allergies but any energetic imbalance in the body due to any negative stimulus brought on to the body such as: after contacting a substance, after asking a question or even after focusing on a unique thought. NST is also used in evaluating the health status of the person on a day-to-day basis.

### INTRODUCTION

The term complementary and/or alternative is used to denote that these types of care are not part of standard medical care. How do we define what is standard care? The health care that is used by the majority of the population is termed as standard care. Standard care is what medical doctors, doctors of osteopathy and allied health professionals, such as registered nurses and physical therapists, practice. Alternative medicine means treatments that one uses instead of standard ones. Complementary medicine means nonstandard treatments that one uses along

with standard ones. Applied kinesiology can be considered as a complementary and alternative medical practice.

Various branches of medical practices are considered alternative medicine. Alternative medicine varies from country to country. Commonly practiced alternative medicine disciplines in USA include: acupuncture, ayurveda, chiropractic, homeopathy, naturopathy, traditional Chinese medicine, herbalism and diet-based therapies, in addition to a range of other practices.

Applied kinesiology is a system that evaluates

structural, chemical, and mental aspects of health using manual muscle testing alongside conventional diagnostic methods. In ancient China, approximately 5300 years ago, pioneer-traditional Chinese medical practitioners used a testing procedure called *I Ching* (Classic of Change) to evaluate their patients and provide them different treatments and therapies to help them with their presenting health problems.

*I Ching* method was put together in 3,322 BC by a Chinese cultural hero named Fu Xi. Since then this method has been used by Chinese medical practitioners as a guide to evaluate certain patterns they observed in their patients' conditions. There were no laboratory tests, radiological testing equipments, imaging machines, or other diagnostic tools were known or available to these doctors to evaluate their patients. These pioneer doctors shared one thing in common with present time medical practitioners: many sick and helpless patients looked up to them for some relief from their presenting symptoms. They had to find a way to understand their patients' conditions so that they could provide some relief from their symptoms. During this conquest, *I Ching* was developed and was shared with all medical practitioners of that time to help them evaluate their unknown health conditions and to determine a treatment program most suited to the individual patient. Thus *I Ching* became the essence of Chinese philosophy. It is definitely a great work of Oriental metaphysics. *I Ching* is an ancient way of understanding the patterns of the universe as they relate to human beings at a particular time and place. In the medical arena, by performing *I Ching*, the physician or practitioner of any medical healing art, can access a deeper level of knowledge about his/her patient's health. This level of knowledge can be called as an intuitive level of knowledge. Chinese medical practitioners believed that without understanding the *I Ching*, it is not possible to become a supreme doctor. Sun Si-miao, the great Tang Dynasty master of medicine has said, "If you do not study the *I Ching*, you cannot understand medicine at all."

George J. Goodheart, a Detroit chiropractor who was a medical innovator and a researcher, who with in-depth knowledge of Oriental medicine, simplified the application of original *I Ching* into an easier form

of testing procedure known as the muscle response testing. This unique testing skill helped the Western practitioners, who had no knowledge of Eastern medicine and acupuncture, to evaluate their patients from another perspective. As a function of his practice, Dr. Goodheart learned a great deal about a patient's condition by using isolated movements of various muscles. Isolation techniques, a chiropractic procedure, made it possible to test the strength of an individual muscle or muscle group without the help of other muscles. Dr. Goodheart, Hetrick and others, concluded after many experiments that structural imbalance causes disorganization of the entire body. This disorganization results in specific disorders of the glands, organs and central nervous system. His findings were similar to what pioneer Chinese doctors had also observed through evaluation through *I Ching* as well as other evaluation procedures from Oriental medicine.

Applied kinesiology holds that when the body is disorganized, the structural balance or electrical force is not functioning normally. When this happens, the central nervous system sends out a signal that is directed to every cell of the body via its network of sensory and motor nerve cells. Under the direct command of the brain, cells are capable of conducting messages back and forth at all times. The electrical energy, or life force, flows through these nerve cells, which are energy channels. This energy has been called by different labels by different people: in Chinese it is called "Chi," in Sanskrit, "Prana," and in English, "life force" or "vital energy."

Applied kinesiology uses a special muscle testing technique where the practitioner looks for any change in the muscle strength of a previously tested indicator muscle. If there is no change, there is no adverse reaction from the substance. If there any change, then there is a reaction. For example: in the case of testing for an allergen, if previously tested strong muscle becomes weak or if previously tested weak muscle becomes strong in the presence of a substance, either way as long as the substance produced a change in the muscle strength, the substance is said to be an allergen. The stimulus that is capable of causing change in the strength of a muscle is called a negative stimulus. A negative stimulus can be a substance, a question or even a thought. The previously tested and determined strong muscle either

will become strong or weak. When properly applied, the outcome of an applied kinesiology diagnosis can provide valuable insights into physiological dysfunctions. These findings then should be verified by other supporting standard diagnostic procedures such as radiological and laboratory tests appropriate to the clinical conditions of the patient. This early assessment can help to eliminate unnecessary or inappropriate diagnostic tests.

Applied kinesiology has been documented to be used by chiropractors, naturopath, physicians, dentists, nutritionists, physical therapists, massage therapists, and nurses. Like *I Ching*, applied kinesiology is a system that evaluates structural, chemical, and mental aspects of health using manual muscle testing alongside the conventional diagnostic methods. This cost-effective testing procedure can be mastered by anyone interested and used it in their daily practice. The essential theory of applied kinesiology is that every organ dysfunction is accompanied by a weakness in a specific corresponding muscle, probably brought on by the presence of an energetic imbalance in the viscerosomatic relationship. The energetic balance or imbalance in the viscerosomatic pathways are caused by the integrity or interference in the energy flow through the acupuncture meridians or the hypothetic energy pathways of the body. This theory is very hard for an allopathic medical practitioner to understand because he/she is not taught the Oriental medical theories in the allopathic medical schools. Applied kinesiology is developed and based on Oriental medical theories and principles. To learn and practice applied kinesiology one must understand Oriental medicine theories and applications.

Applied kinesiology has been criticized on theoretical and empirical grounds, and categorized as pseudoscience. With mounting testimonials and anecdotal accounts providing positive evidence of the efficacy of the practice, a review team was engaged to conduct a peer-review process in AK. A double-blind study was conducted by the ALTA Foundation for Sports Medicine Research in Santa Monica, California and published in the June 1988 Journal of the American Dietetic Association. The study used 3 experienced AK practitioners and concluded that, "The results of this study indicated that the use of Applied Kinesiology to evaluate nutrient status is no more useful than random

guessing. Another study (Hyman99) was conducted by Ray Hyman, a professor of psychology at the University of Oregon. This article was published as "The Mischief-Making of Ideomotor Action" in the Fall-Winter 1999 issue of *The Scientific Review of Alternative Medicine*, ©1999, Prometheus Books. This peer-reviewed study concluded that the "evidence to date does not support the use of applied kinesiology for the diagnosis of organic disease or pre/subclinical conditions. The reason for these studies to reject the null hypothesis (or fail to produce satisfactory outcome to support the claims made by Ak) was due to:

- Lack of knowledge of the participants and examiners about Oriental medical theory in connection with AK;
- Poor understanding of applied kinesiology of the examiners;
- Poor design of the study;
- Poor management of the study;
- Inappropriate application of AK.

In the late 1960's, an original student of Dr. Goodheart, John F. Thie, DC, felt that the procedures in applied kinesiology could be simplified for use by the general public. The material was simplified using the most basic material in applied kinesiology and was taught to anyone who was interested. The title of the book was *Touch for Health*. Basically, *Touch For Health* procedures are reflex stimulation methods based on the very early work of Dr. Goodheart (1961-1964). Originally, this unique applied kinesiological work was named as *Touch for Health*.

Some confusion has come from the work that others have done with muscle testing. When someone takes a part of applied kinesiology and develops specialized usages of muscle testing, they have labeled their technique using the name kinesiology as part of their title. So there are more than 80 different forms of therapy now using the term kinesiology such as Behavioral kinesiology, dental kinesiology, etc. Even though most of these have nothing to do with traditional applied kinesiology, Dr. Goodheart and his technique, applied kinesiology get credited and associated with all of these variant forms.

## **NST, NAET and Applied kinesiology**

Neuromuscular Sensitivity Testing (NST) and

Nambudripad's Allergy Elimination Techniques (NAET) are built on Oriental medical theory and applied kinesiological concepts, but take it one step further by implementing the true Oriental medical principles in an intelligent manner. Using Oriental medical theory and acupuncture theory, energy meridians can be balanced, the energy flow through the meridians can be normalized and the body can be brought into a state of homeostasis. The body must be brought into a state of homeostasis before performing NST on a person. Initial balancing of the body energies is an important step of NAET®-NST, which is not done in AK.

It is hypothesized that a measurable weakness in a particular muscle will be produced by the generation of an energy disturbance in the particular spinal nerve route that supplies to the corresponding test muscle when a specific item is brought into its energy field. Any item that is capable of producing energy disturbance in any spinal nerve route and its associated muscles and tissues is called an allergen. Through this simple testing method, the allergens can be detected; disturbed spinal nerves and their nerve routes can be identified; and the target organs, tissues, and other body parts can be uncovered.

The NST and NAET® theories are mainly based on the assumption that all molecules have their inherent electromagnetic signatures surrounding them. All living or nonliving, objects have an electromagnetic field in their immediate surroundings. Whether someone is a conventional or alternative medical practitioner, we all agree on one thing: the amazing powers of the brain! We also know that the functional aspect of the brain is very complicated and its functional abilities are beyond our imagination. In the past, only a very few scientists have ventured to deal with the controversial subject of brain power and conduct research based on similar unpopular assumptions (Nambudripad, 1999), but many questions still remain unanswered, giving further unlimited opportunity for exploration and more investigational studies. It is well-known that the electromagnetic nature of the molecular signals arises from their molecular/atomic vibration and associated frequencies. This inherent vibration and resultant frequencies allow us to detect rare molecules such as water and hydrocarbons in far away places such as distant galaxies. Hence, we all know that they exist far beyond our comprehension

and are so powerful that we can detect their unique physical properties.

The NAET® hypothesis is mainly based on the assumption that all molecules have their inherent electromagnetic signatures surrounding them. And accordingly it is assumed that the human central nervous system and its extended/external sensory systems have the ability to detect these fields around them. The central nervous system also can attract, ignore, or reject a substance's inherent electromagnetic field. When this field is manifested as the "ability to attract a substance" and is "positive" or "aligned", the brain accepts and approves the substance's field in relation to the substance thus making the individual feel good and comfortable (Nambudripad, 1999). When this field is manifested as the "ability to repulse away from a substance" and is predominantly "negative" or "nonaligned", the brain elicits a response manifested as an energy disturbance within the system. This energy disturbance can be called an allergic reaction. This energy disturbance lays the first step to an allergic reaction, or a disease. If the first energy disturbance is not resolved, more similar events follow. The cumulative affects of these energy disturbances can produce disturbances in the functions of the body giving rise to various health disorders (Nambudripad, 1999).

It is also postulated that the human brain may have acquired the ability of attraction towards the electromagnetic fields or repulsion from the electromagnetic fields of various substances from one's surroundings, such as food, clothing, chemicals, trees, grasses, flowers, animals and even other humans from the beginning of one's life (Nambudripad, 1993, 1999, 2002) or even acquired through genes (<http://wsunews>). In biological terms, this can be understood as the natural and powerful immune response of living beings. In most cases, genes learn to easily adapt to the new surroundings. But in some cases, due to cell mutation and various other interactions (interaction between the genes and various toxins like pesticides, heavy metals, and bacterial toxins) the genes (later the brain) lose the ability for dynamic adjustment or appropriate immune response, and ability to differentiate toxins from useful items in the surroundings and perceives everything around the body as intruders trying to hurt the body. All these types of reactions can be tested successfully through applied kinesiological muscle response testing procedures when applied properly.

Ignorance is the worst enemy of progress. Western medical researchers and doctors depend on the latest scientific tools and medicines. Most Western doctors are not encouraged to look at the body and study its own power of natural healing. If given a chance, appropriate stimulation to the body and brain can produce substances within the body, including adrenaline, thyroxin, pituitropin, serotonin, dopamine, endorphin, dynorphin, enkephalin, interferon and other immune system mediators, that will help heal the body from many problems.

The brain has the ability to create appropriate remedial secretions that release to the target tissue and organs, when needed, to heal infections, allergies, tuberculosis, immune deficiency diseases, etc., as long as the brain receives the right directions and demands. This has been demonstrated repeatedly and proven in many cases when treating by NAET®. It is necessary to raise the level of the immune system, which provides the right ingredients to create the necessary antidotes for any situations. The brain needs the right instructions to create these antidotes. This is done through kinesiology and NAET®. Then the full power of the brain is stimulated to heal the body appropriately. If all medical professionals from different fields would join together to share and learn each others' different techniques like applied kinesiology, NAET®, etc., then there would be more sensible answers to many puzzling or incurable health problems. Oriental and Western medical knowledge would complement one another in the patient care. Millions of suffering people all over the world would see some light at the end of the otherwise "blocked" tunnel.

## CONCLUSION

Applied kinesiology along with NST and NAET® is a blessing, especially to the multitudes of allergy sufferers who have no light at the end of the tunnel if they only followed Western medicine since there is no effective treatment for allergies in Western medicine except avoidance. Both applied kinesiology and NAET® can help people immensely by removing energy blockages from energy pathways. They also help healthy people maintain their vitality by preventing energy blockages. Both of these disciplines can be used to maintain good

health accentuated by good nutrition, sound living habits, strong mental attitudes, and exercise.

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