Master The Basics: Muscle Testing Explained Transcript

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Introduction to Muscle Testing

Hello, everybody. This is Dr. Karlfeldt. And one of the things that I really want to show you is something that's called muscle testing or applied kinesiology and and becomes a really powerful tool for you to understand what's going on within your own body or within within what's going on with somebody that you know or somebody that you love.

So and you can test for what what's going on? Is the person sensitive to like different foods that can be triggering inflammation, can test and see if there are certain pathogens, certain supplements that can be helpful.

And also you can push in on different areas and see how the body handles that. So I just wanted this to be a little bit like an educational video for you so that you can kind of can't dabble with it at home and get a feel for it.

Basic Arm Strength Test

And it's kind of like riding a bike. You start a little slowly and and you wobble a bit and then you get better and better and and you gain more confidence.

And then all of a sudden, you're an expert. So let me show you a little bit how it's done. So just stretch this arm straight up and you ask that person to keep this arm really strong, just match my pressure.

So the key here is that you want to find what's called a lot. Yeah. So you just kind of feel that arm and strong if the person, you know what the person is pushing backward and you don't want the person to have a wussy arm where it just kind of goes and goes down.

So you just want it to be kind of a strong arm like this. And then you can push on different places, like if you want to push over the lever, you can push and see staying strong there of the smaller intestines, the strong, they're pushed like over the thyroid.

Stay strong there so you can test them different spots because from every organ there are nerve endings that go then to the skin surface and we apply pressure on those nerve endings.

You create a stress onto that organ. If the organ is healthy, it can handle that. If it's not healthy and it becomes overwhelmed, and then the arm will then go weak and you can kind of feel that wobbly.

But you see here as strong. So I'm just going to push in different places and I'll see if we can find the Wobbly spot.

Testing Organs and Stress Points

And apparently this young lady is just powerful, but there's something going on in her head. She fine. She will stand out. So. Yeah, so see, I want to see it strong here and then kind of a little wobbly right there.

And sometimes that can be if you haven't slept much or you've been dealing with a lot of stress, then then can get a little weak there. But this way can pinpoint and see now the areas that that may be a little weaker and that that needs a little support.

And you can just kind of see where the Oregon star in the body like we got the pancreas here, you know, so you just push kind of right over where the pancreas would be.

You would have spleen right here so you can push right over the spleen as and as I said, you know, liver. And then you can kind of check and see what's going on.

But then you can also check for food because food can really impact the person's health. So I'm going to pull up here and I have all these different vials, you know, so the these are just used for my for my own convenience.

But you can use the actual foods as well. You see here all these different add different foods that I can test. So then I can kind of check and see, for instance, you know, gluten.

Yeah. That's a common, common food that a lot of people have issue with.

Food Sensitivity Testing

So I'm going to use the vial and this just contains an electromagnetic signature of the food. So it's not obviously the actual food in itself, but you can use the food in itself and just kind of put that on an individual and then test and see how to do it.

So I'm going to put this on top right here and see if she stays strong or we see how the arm goes weak here. And then I take that away. Then the arm goes strong.

So then I know that there's something with gluten that she's having an issue with. So let's say, you know, if an individual is dealing with cancer, the last thing you want to do is eat something that promotes inflammation because then you're promoting the cancer progress.

So we're testing here gluten. So I've got to stay away from that and would take that. But then it can also be something that can be beneficial. Normally, you know, like here for instance, the broccoli, I mean broccoli we all know is amazing, helps in so many different ways, has components to help the detoxify chemicals and heavy metals them unwanted hormones for for you know people are dealing with like, you know, breast cancer, prostate cancer, ovarian cancer and so many other types of cancer.

It can be beneficial, but then we can test and see if the individuals because we we are dealing with an individual and medicine should be unique. And then individuals, it shouldn't just be a blanket statement.

So we can just put that on top and see how the body's doing. She's handling broccoli perfectly fine. And then let's try something else like tomato and see how that does.

Test that. Oh, and see here. So tomato, we would think well that's tomatoes great as all these nutrients, you know. So how can that be bad? But in her case, tomato is not the best thing to do to see strong.

Cancer Vials and Pathogen Screening

And then you apply, then it goes weak. And this is, you know, the muscle testing in itself. It is the practice. So you just kind of practice it, get a feeling for that strong arm, what it feels like and really instructed the person not to push backward or just have a woozy and they want to have a good lock in this shoulder.

And and then you kind of push and you just feel you don't need to push really hard. You don't need to, you know, go to the Las Vegas slot machine and try to hold down the arm.

That way you just need to kind of gradually increase pressure and kind of feel is the lock there or is it not there? And what's fascinating with this, so here we were doing different foods.

But then in regards to cancer, then I have all these different cancer vials and you can then correlate, you know, whether a certain substance is is connected to to what's going on with the cancer.

So what you would do then, obviously this young lady is not dealing with that. So you would put then the cancer vials on top of the individual and you push and you see it's strong.

So then this wouldn't be a concern for me, but if it would be, then a cancer patient that's dealing with something,

then as I push, then the arm would go weak like this. So.

So now we're going to pretend that the arm is weak and then we're going to find, well, what do we need to do in order to be able to correct what's going on?

What is this chance what what is this cancer related to? Are we dealing with heavy metals? So we're dealing with chemicals. Are we dealing with pathogens?

We're dealing with other emotional factors. So then I have these different test kits that I use. You know, here you have different chemicals, different heavy metals.

I get different parasites, fungus, bacteria, virus, and, and then have different foods here. So then now it will say that it's weak right here.

Nutrients and At-Home Use

And then we want to kind of correlate to see what is it that is driving this cancer and we can then use this and kind of test and see how hair went strong.

So then we would know that there's some kind of pathogen either like a parasite fungus, bacteria virus that's driving this cancer. And then we would identify and see which one is it, and then we would develop a protocol around that to help to remove this this driving factor that can then put stress on the immune system, trigger inflammation that drives the cancer forward.

So and these are and you can check things also for like what are some of the nutrients, you know, I'll see you get, you know, fats amino acids get minerals vitamins and see what are some of the vitamins that can be beneficial, what are some of the minerals.

And so you can get very specific with this kind of a tool, but just in home use to be able then to test maybe supplements and see, is arm still strong or does it go very weak or, you know, different foods, you know, is this food good or is this food bad?

So becomes a really powerful, usable technique to have at home. So I just wanted you guys to be empowered. Thanks so much