Muscle Testing: Your Body’s Built-In Truth Detector Transcript

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Introduction to Muscle Testing

Hello, everybody. This is Doctor Karlfeldt. And one of the things that I really want to show you something is 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 the within what's going on with somebody that you know or somebody that you love.

So, and you can test for what's going on as a person sensitive to like different foods that can be triggering inflammation contests and see, is there a certain pathogen, 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 kind of dabble with it at home and get a feel for it.

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

Demonstrating Arm Strength and Organ Testing

So let me show you a little bit how it's done. So just stretch his arms 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 lock. Yeah. So just kind of feel that arm and strong. If the person you don't want the person to be pushing backward and you don't want the person to have a wussy arm where it's just going to go 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 liver and you can push and see up staying strong there over the smaller intestines, the strong there push like over the thyroid, the strong there.

So you can test on 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 to create a stress on to that organ.

If the organ is healthy, it can handle that. If it's not healthy, it becomes overwhelmed, and then the arm will then go weak. And you cannot kind of feel that wobbly.

What you see here is strong. So I'm just going to push in different places and see if we can find the wobbly spot. And apparently this young lady is just powerful.

But there's something going on in her head. She found she was found out so, so see, I want to see strong here. And then kind of low wobbly right there.

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

And you can just kind of see where the organs are in the body.

Testing Foods and Identifying Sensitivities

Like, you know, you get the pancreas here, you know, so you would just push kind of right over where the pancreas would be. You would have spleen right here.

So you can push right over with 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 different foods that I can test. So then I can kind of check and see for instance gluten. Yeah. That's that's a common, common food that a lot of people have issue with.

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 the self. But you can use the food in itself.

And just going to put that on an individual and then test and see how they do. So I'm going to put this on top right here and see if you stay strong or weak.

So 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 get to stay away from that and we take that. But then it can also be something that a can be beneficial normally you know like here for instance that broccoli I mean broccoli we all know is amazing.

It helps in so many different ways. Has components to help to detoxify chemicals and heavy metals and 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 individual, because we we are dealing with an individual and medicine should be unique and individualized. It shouldn't just be a blanket statement.

So we can just put that on top and see how the body is 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. So how can that be bad.

Cancer-Related Vials and Possible Triggers

But in her case tomato is not the best thing to do to see strong. And then you fly. Then it goes weak. And this is, you know, the muscle testing in itself.

It is the practice. So you just get to 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 wussy arm.

They want to have a good lock in the 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 go to the Las Vegas slot machine and then try to pull down the arm.

That way you just need to kind of gradually increase pressure and kind of feel is a 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 a, a 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 you put them 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? What what is this cancer related to? Are we dealing with heavy metals? Are we dealing with chemicals? Are we dealing with pathogens? We're dealing with other emotional factors.

So then I you have these different test kits that I use. You know here you have different chemicals, different heavy metals. I get different parasites bangles, bacteria virus and and then have different foods here.

So then you know we'll say that is weak right here. 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 up here once 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.

Nutrients, Supplements, and Closing Advice

And then we would develop a protocol around that to help to remove this, this driving factor that can then put stress on the muse system, trigger inflammation that drives the cancer forward. So these are and you can check things also for like you know what are some of the nutrients.

Yeah. So you got you know fats amino acids got 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 if the 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 it becomes a really powerful, usable technique to have at home. So, just wanted you guys to be empowered. Thanks so much.