

Clinical Muscle Testing Leaflet

What is Muscle Testing? Muscle Testing is a non-invasive system of analyzing the body to determine the underlying causes of ill or non-optimum health. This system may be quite different from any other healing practice, and may at first seem very different from anything you've ever experienced. The actual procedure is simple and direct, with the body providing all of the information and feedback needed. Sometimes muscle testing is called CRA (Contact Reflex Analysis) or NRT (Nutrition Response Testing).

What are we testing? Muscle testing tests your body's neurological reflexes. Since your nervous system controls and regulates every tissue and organ, these neurological reflexes are the body's way of telling us how you are doing. The test is actually a neuro-muscular integrity test. In easier terms, the function of the muscle tested acts as an indicator of the energy conducted through the nervous system from the reflex point.

How is it done? Basically, during the exam, the doctor will contact your extended arm with one hand, and contact a specific reflex point on your body with the other hand (*these reflex points are on the surface of the body, typically directly over the organs, glands, joints, or muscles themselves.*) Then if the tested reflex point is "imbalanced" or "stressed", your nervous system will respond by reducing energy to the extended arm (which will weaken and cause it to drop). A drop in the arm indicates underlying stress or dysfunction which can be affecting your health. Once the underlying stress is corrected--through an adjustment, a supplement, acupressure, etc.-- this weak muscle response will no longer occur and the extended testing arm will remain strong. There are other ways to do this testing other than by using the extended arm, and Dr. Nygren prefers to use her finger, therefore, she will not need to use your arm. This makes it easier to test children, elderly and those with shoulder injuries.

After testing, what's next? If there are any imbalances or stresses, the doctor will determine what corrects these (whether it is a dietary change, a supplement need, acupressure/acupuncture, emotional release, and/or chiropractic adjustments) and develop a program to match the exact needs of your body. Often, if supplements are needed, that means there are nutrients that your body is not receiving and/or assimilating in your current diet.

How do I know which supplements are right for me? If the doctor identifies there is a nutritional deficiency, muscle testing can isolate and verify the precise whole food supplements (and quantities) your body needs to resolve its problems. Our goal is to have you take as few supplements as possible, with your body being fully addressed and restored at the same time. There is no guesswork in developing a program for your health using muscle testing because all the testing and information is derived from your body's reflexes. This is quite a contrast than just reading an article about a particular nutrient to take or recommending supplements based off symptoms or subjective questionnaires. This ultimately saves you money, reduces wasted time, and most importantly produces results.

Can't I just eat better and why whole food supplements? The best way to replace the nutritional components that are lacking in your diet is through concentrated whole food supplements. Our office uses Standard Process whole food supplements. These whole food supplements are entirely derived from specific real foods, organically grown and minimally processed (prepared) in such a way that preserves their vital enzymes, vitamins and phytonutrients, as it is found in nature. Compared to the cheap synthetic commercialized vitamins found at retail stores, whole food supplements are better digested, more utilized by the body and ultimately more effective with less overall intake, making them the optimum vitamin-mineral products.

How soon will I see improvement? Although every case is different, patients often report positive changes in as little as 4-6 weeks. The fastest recoveries are often from those who have most closely adhered to their recommended program. Generally chronic health problems do not develop overnight. They develop over a long period of time (often years) with improper diet (which cause nutritional deficiencies and imbalances) and environmental influences and traumas. All of which, have put you into your current health condition. Therefore, the sooner and more thoroughly you implement your program, the sooner the results. While on your program, if you continue those same poor habits and routines that contributed to your current condition, you are reducing your body's natural ability to heal itself and you may not improve as you hoped. Success of your program is directly related to your level of commitment to your program.