

1 - Balance the Body Practice

1. Ground yourself and your client
2. Balance your client with the “X” 10 times
3. Ask your body “Am I balanced. Am I not balanced”. If balanced, move forward.
4. If you are not balanced go through the “X” again, thymus thump, and cross crawl. Make sure to drink plenty of water before muscle testing.
5. Check client to see if they are balanced. If they are move forward.
6. If not balanced, have them draw the “X” another 10 times and recheck.
7. If balanced move forward.
8. If not balanced, do thymus thump. Recheck.
9. If not balanced go through cross crawl. Recheck.
10. If not balanced check for dehydration by holding the hair.
11. If dehydrated, give water and recheck to find out if client is balanced.

How many times did you have to check to see if client was balanced?

Did you have to go through the thymus thump, cross crawl, and checking for dehydration?

What did you learn from this practice?

2 – How to Ask the Body Questions Practice

1. Ground yourself and your client
2. Balance your client with the “X” 10 times
3. Ask your body “Am I balanced. Am I not balanced”. If balanced, move forward.
4. If you are not balanced, go through the “X” again, thymus thump, and cross crawl. Make sure to drink plenty of water before muscle testing.
5. Check client to see if they are balanced. If they are move forward.
6. If not balanced, have them draw the “X” another 10 times and recheck.
7. If balanced move forward.
8. If not balanced, do thymus thump. Recheck.
9. If not balanced go through cross crawl. Recheck.
10. If not balanced check for dehydration by holding the hair.
11. If dehydrated, give water and recheck to find out if client is balanced.
12. Test something your client has brought in with them or something nearby.
13. If using their arm, determine which arm is better to use and say “hold” when you push down their arm.
14. Find out their strength before testing. They will recognize when they are weaker and so will you.
15. Have them hold the object at their solar plexus and push on their arm or use your hands to test them.
16. Say “testing for product, not quantity”
17. Ask, is the item touching ____’s body good for ____’s body?

What did you test and what did you learn about testing this product/s?

3 – How to Test for Quantity and Multiple Items Practice

1. Ground yourself and your client
2. Balance your client with the “X” 10 times
3. Ask your body “Am I balanced. Am I not balanced”. If balanced, move forward.
4. If you are not balanced, go through the “X” again, thymus thump, and cross crawl. Make sure to drink plenty of water before muscle testing.
5. Check client to see if they are balanced. If they are move forward.
6. If not balanced, have them draw the “X” another 10 times and recheck.
7. If balanced move forward.
8. If not balanced, do thymus thump. Recheck.
9. If not balanced go through cross crawl. Recheck.
10. If not balanced check for dehydration by holding the hair.
11. If dehydrated, give water and recheck to find out if client is balanced.
12. Test something your client has brought in with them or something nearby.
13. If using their arm, determine which arm is better to use and say “hold” when you push down their arm.
14. Find out their strength before testing. They will recognize when they are weaker and so will you.
15. Have them hold the object at their solar plexus and push on their arm or use your hands to test them.
16. Say “testing for product, not quantity”
17. Ask, is the item touching ____’s body good for ____’s body?
18. If the product/item is good, ask if _____ should take the product every day.
19. If the answer is yes, say “how many “capsules or drops” should ____ take per day?
20. Check several items separately and then put the products together.
21. Have the client hold several products at their solar plexus or put them next to their body and ask the same questions.

What did you test and what did you learn about testing the product/s?

4 – How to Test when Items are Covered or Turned Practice

1. Ground yourself and your client
2. Balance your client with the “X” 10 times
3. Ask your body “Am I balanced. Am I not balanced”. If balanced, move forward.
4. If you are not balanced, go through the “X” again, thymus thump, and cross crawl. Make sure to drink plenty of water before muscle testing.
5. Check client to see if they are balanced. If they are move forward.
6. If not balanced, have them draw the “X” another 10 times and recheck.
7. If balanced move forward.
8. If not balanced, do thymus thump. Recheck.
9. If not balanced go through cross crawl. Recheck.
10. If not balanced check for dehydration by holding the hair.
11. If dehydrated, give water and recheck to find out if client is balanced.
12. Test something your client has brought in with them or something nearby.
13. Put the item/s in a bag or turn the item/s so neither one of you can see the name. Add more items if needed so you don’t know which ones are which.
14. If using their arm, determine which arm is better to use and say “hold” when you push down their arm.
15. Find out their strength before testing. They will recognize when they are weaker and so will you.
16. Have them hold the object in the bag at their solar plexus and push on their arm or use your hands to test them.
17. Say “testing for product, not quantity”
18. Ask, is the item touching ____’s body good for ____’s body?
19. If the product/item is good, ask if ____ should take the product every day.
20. If the answer is yes, say “how many “capsules or drops” should ____ take per day?
21. Check several items separately and then put the products together.
22. Have the client hold several products at their solar plexus or put them next to their body and ask the same questions.

What did you test and what did you learn about testing the product/s?

5 – How to Test if a Client has Pain Practice

1. Ground yourself and your client
2. Balance your client with the “X” 10 times
3. Ask your body “Am I balanced. Am I not balanced”. If balanced, move forward.
4. If you are not balanced, go through the “X” again, thymus thump, and cross crawl. Make sure to drink plenty of water before muscle testing.
5. Check client to see if they are balanced. If they are move forward.
6. If not balanced, have them draw the “X” another 10 times and recheck.
7. If balanced move forward.
8. If not balanced, do thymus thump. Recheck.
9. If not balanced go through cross crawl. Recheck.
10. If not balanced check for dehydration by holding the hair.
11. If dehydrated, give water and recheck to find out if client is balanced.
12. Talk to the client about their pain and where it is. If they have pain in their neck or shoulder you cannot test using that arm. You will need to use the other arm or do surrogate testing.
13. If using their arm, determine which arm is better to use and say “hold” when you push down their arm.
14. Find out their strength before testing. They will recognize when they are weaker and so will you.
15. Have them put their hand “flat” where they are experiencing pain. Test them while touching and thinking about the pain.
16. If they are not having pain when they see you, have them think about the pain and feel the pain while you test them and ask their body questions to determine what is the cause of the pain.
17. Once you have determined where the pain is and what is causing it, then you can help them figure out what to do about it by testing foods and products that might help reduce the inflammation or help it heal.
18. If you check for products to help, say “testing for product, not quantity” once you have chosen multiple items to test.
19. Ask, is the item touching ____’s body good for ____’s body to help with his/her pain or cause of the pain?
20. If the product/item is good, ask if ____ should take the product every day.
21. If the answer is yes, say “how many “capsules or drops” should ____ take per day?
22. Check several items separately and then put the products together.
23. Have the client hold several products at their solar plexus or put them next to their body and ask the same questions.

What did you test and what did you learn about testing for pain and/or the product/s?

6 – How to Test for Emotions Practice

1. Ground yourself and your client
2. Balance your client with the “X” 10 times
3. Ask your body “Am I balanced. Am I not balanced”. If balanced, move forward.
4. If you are not balanced, go through the “X” again, thymus thump, and cross crawl. Make sure to drink plenty of water before muscle testing.
5. Check client to see if they are balanced. If they are move forward.
6. If not balanced, have them draw the “X” another 10 times and recheck.
7. If balanced move forward.
8. If not balanced, do thymus thump. Recheck.
9. If not balanced go through cross crawl. Recheck.
10. If not balanced check for dehydration by holding the hair.
11. If dehydrated, give water and recheck to find out if client is balanced.
12. Talk to the client about their emotions.
13. During this practice you can look at a picture that you think makes you happy and test how it’s affecting your body or you can just think about something happy or sad.
14. The person testing you can say something negative and test and then something positive and test.
15. Always end with something positive to leave the body in a positive place.
16. If using their arm, determine which arm is better to use and say “hold” when you push down their arm.
17. Find out their strength before testing. They will recognize when they are weaker and so will you.
18. If you check for products to help with their emotions, say “testing for product, not quantity” once you have chosen multiple items to test.
19. Ask, is the item touching ____’s body good for ____’s body to help with his/her emotions?
20. If the product/item is good, ask if ____ should take the product every day.
21. If the answer is yes, say “how many “capsules or drops” should ____ take per day?
22. Check several items separately and then put the products together.
23. Have the client hold several products at their solar plexus or put them next to their body and ask the same questions.

What did you test and what did you learn about testing for emotions and/or the product/s?

7 – How to Test with a Pendulum Practice

1. Ground yourself and your client
2. Balance your client with the “X” 10 times
3. Ask your body “Am I balanced. Am I not balanced”. If balanced, move forward.
4. If you are not balanced, go through the “X” again, thymus thump, and cross crawl. Make sure to drink plenty of water before muscle testing.
5. Check client to see if they are balanced. If they are move forward.
6. If not balanced, have them draw the “X” another 10 times and recheck.
7. If balanced move forward.
8. If not balanced, do thymus thump. Recheck.
9. If not balanced go through cross crawl. Recheck.
10. If not balanced check for dehydration by holding the hair.
11. If dehydrated, give water and recheck to find out if client is balanced.
12. Hold your pendulum in front of your heart.
13. Ask to see a ‘yes’ answer.
14. Ask to see a ‘no’ answer.
15. Observe which way the pendulum moves.
16. Ask questions just like you would with muscle testing. Be clear and wait to see what the pendulum does.
17. I normally have the person use their own pendulum to check for their products and to ask their own questions.
18. Once again they need to be clear and not interfere with the pendulum.
19. Have them stop the pendulum between questions and answers.
20. Make sure they are not moving their hand to influence the pendulum.
21. If you don’t have a pendulum and want to purchase one, the pendulum will pick you. You will know when the pendulum is right for you. You will feel it’s energy.

What did you test and what did you learn about testing with a pendulum?

8 – Muscle Testing Chart – Touch for Health Practice

Write the answers you received below.

1. Vitamin A:

2. Potassium:

3. B Vitamins:

4. Iodine:

5. Vitamin E:

6. Vitamin C:

7. Chromium:

8. Manganese:

9. Zinc:

10. Copper:

11. Iron:

12. Vitamin D:

How did you test the person?

Standing?

Sitting?

Pushing on their arms?

Surrogate?

More than one way?

Did you test out loud?

Did you test silently?

Did you test both out loud and silently?

Did you double check your answers with surrogate testing?

Did you ask if they needed these items or if they were weak or strong?

Did you ask for specific products or quantities?

What did you learn?

9 – Muscle Testing Chart – Nutritional Check Points Practice

Write the answers you received below.

1. Vitamin A:
2. Sodium:
3. Potassium:
4. Fatty Acids:
5. Calcium:
6. Iodine:
7. Vitamin E:
8. Vitamin C:
9. Vitamin A:
10. Iodine:
11. Citrus Bioflavonoids:
12. Magnesium:
13. Zinc:
14. Copper:
15. Iron:
16. Vitamin D:

How did you test the person?

Standing?

Sitting?

Pushing on their arms?

Surrogate?

More than one way?

Did you test out loud?

Did you test silently?

Did you test both out loud and silently?

Did you double check your answers with surrogate testing?

Did you ask if they needed these items or if they were weak or strong?

Did you ask for specific products or quantities?

What did you learn?

10 – Muscle Testing Chart – Digestive and Intestinal Check Points Practice

Write the answers you received below.

1. Stomach:
2. Digestive Enzymes:
3. HCL – Hydrochloric Acid:
4. Liver:
5. Pancreas:
6. Small Intestine:
7. Ileocecal Valve:

How did you test the person?

Standing?

Sitting?

Pushing on their arms?

Surrogate?

More than one way?

Did you test out loud?

Did you test silently?

Did you test both out loud and silently?

Did you double check your answers with surrogate testing?

Did you ask if they needed these items or if they were weak or strong?

Did you ask for specific products or quantities?

What did you learn?

11 – Muscle Testing Chart – Glandular Check Points Practice

Write the answers you received below.

1. Pituitary:

2. Thyroid:

3. Thymus:

4. Adrenals:

How did you test the person?

Standing?

Sitting?

Pushing on their arms?

Surrogate?

More than one way?

Did you test out loud?

Did you test silently?

Did you test both out loud and silently?

Did you double check your answers with surrogate testing?

Did you ask if they needed these items or if they were weak or strong?

Did you ask for specific products or quantities?

What did you learn?

12 – Muscle Testing Chart – Eliminative Channels Check Points Practice

Write the answers you received below.

1. Lymph Nodes:
2. Lungs:
3. Kidneys (rear):
4. Bladder:

How did you test the person?

Standing?

Sitting?

Pushing on their arms?

Surrogate?

More than one way?

Did you test out loud?

Did you test silently?

Did you test both out loud and silently?

Did you double check your answers with surrogate testing?

Did you ask if they needed these items or if they were weak or strong?

Did you ask for specific products or quantities?

What did you learn?