



THE FASTING PODCAST WOW: EPISODE 36 – SELF MUSCLE TESTING & FASTING

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The Fasting Podcast WOW (Wellness & Optimal Weight)



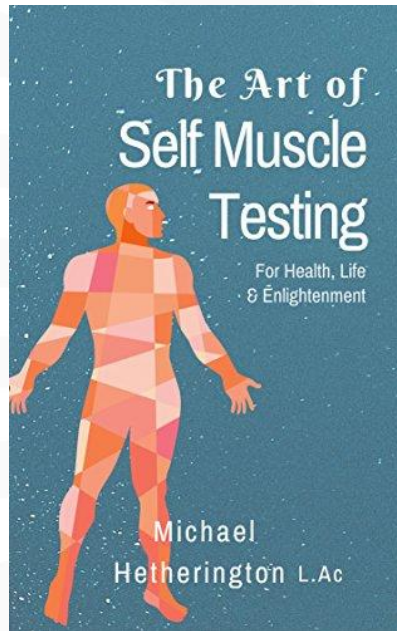
Host: Julie Phillips, CNHP





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What is Self Muscle Testing?



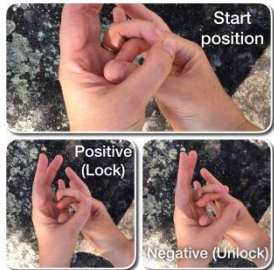
**** 4 of 5 stars on
Amazon > 100 reviews

- Some people will love this topic, others will readily “pass”
- For some, this may be a way for your body to “talk” to you
- We are definitely energetic beings and some things can make us strong, some weak, and some unchanged
- Kinesiology, muscle response testing, applied kinesiology
- DEFINITION: Kinesiology is the study of the principles of mechanics and anatomy in relation to human movement.
- Clinical study on NIH government site: “MRT has repeatedly demonstrated significant accuracy for distinguishing lies from truths, compared to both intuition & chance
- Allergy episode uses kinesiology www.NAET.com



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Some Easy Ways to Self Test



- My intro – health food store and the long ride to Atlanta
- Importance of belief system and clear mind – example
- I taught muscle testing at a local school in Tampa years ago
- ALWAYS test yourself first with simple yes/no
- STATEMENTS instead of QUESTIONS
- Lean/sway approach
- Finger pull
- Smooth/sticky
- Others



How Can it be Helpful to Fasting?



- Which foods might be better for you personally in your fasting efforts by testing how strong they make you
- Which supplements might be good, better, indifferent for you by testing how strong or weak they make you feel
- How many meals a day or what length of eating window might be best to go with for optimal fasting results now?
- Test whether organic whipping cream (all fat) makes you strong or weak, since cow's milk is often not good for us
- Statement: I should take measures to deal with yeast overgrowth/candida
- Have fun with this or disregard the topic – your choice



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POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:
www.TheFastingPodcastWOW.com

Watch WOW (Wellness & Optimal Weight) video: www.LifeboatDoctors.com

Podcasters – 5-stars on I-Tunes, YouTubers – “like” this video & subscribe





Stay Positive, Focused, & Determined Because Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

