



The Wholesome Life

Principle 5 - Why Use Self-Muscle Testing?

Why would you want to use self-muscle testing? I see this tool as a way to take care of this body that Paul, the Apostle in the New Testament referred to as the temple of our spirit. With this simple tool you can listen to the 99% of the rest of your body with the 1% that is your conscious or thinking brain. I compare our conscious brain to the CEO of a company or the commander of a military organization. The CEO or commander is only one person of perhaps 100, or 1,000, or 10,000 people in that organization. In a larger organization like a country they are only one of millions. But they are responsible for making decisions for all the offices and people of their organization. In many organizations the Headquarters function has plenty of materials while other offices may be lacking in some of the most basic things to do their daily work. I worked in one place that was so lacking in listening to the needs of other offices that there were no pens or pencils or paper to do the daily tasks.

In our body the thinking or conscious brain is responsible for bringing in materials and making decisions for the many systems and the millions of cells that make up our body. In an organization with many people the good leader will try to get feedback, in fact will beg for feedback, from all the systems in the whole company to know what resources will make the company more healthy. They want to ensure that each individual has what they need and that all sections are working together.

In one of the places that I worked, I was on the small Quality Team that was trying to improve the way the whole organization functioned. We spent 4 years going to each office in the organization and teaching the team leaders and members of each office how to communicate upward and downward to create a feedback loop. This meant that the leaders would communicate up and down to ensure decisions made at the top level were in the best interest of each member and for all of the organization.

This one tool of self-muscle testing will give your conscious brain the information it needs to determine what materials your body needs to be at your best and most energetic wellness. Self-muscle testing is one of the core tools that you need to know.

As I mentioned, I have been familiar with this tool of self-muscle testing for 15 years and I am teaching my clients how to use it. I personally am feeling younger and more energetic than I have at any point prior in my life, clear back to when I was 4 years old. (I found that out by asking my body using self-muscle testing:)

Examples from my clients of the kinds of results they are experiencing by learning from their body with self-muscle testing

- A 51-year-old grandmother - When she started working with me she was crying out of control and in pain most of the time. She is now 40 pounds lighter and years of pain are now gone completely. She looks great and has a smile on her face
- A young mother of 2 was putting up with stomach pain and severe digestive problems along with other challenges. After just a few sessions with me and using self-muscle testing, she solved her long standing challenges and was able to clear her children's problems and also her husband's.

With my simple training of how to use self-muscle testing to know what their body needs in food and supplement, these individuals and others have gained skills to help them feel at their best. You can too! This simple skill is the foundation. You may need my 40 years of training on how the body works and what plants and herbs rebuild each system of the body to help you know what to test for each day.

What can you use muscle testing for? These are just a few of the things:

- Checking if a certain food is good for you.
- Knowing how much of a food your body needs today
- Knowing if an herb is needed
- Knowing how much to take of an herb that you are using to rebuild a specific body function or system.
- Knowing how much and what type of exercise is best for today.

In the next segment I will teach a simple method of self-muscle testing and what it can be used for.