# What is Nutrition Response Testing®?

Nutrition Response Testing is a method of energy or “muscle” testing that allows your pet’s body and their energy field to communicate with us. This communication helps us determine what foods or supplements will help them heal and thrive.

**How does Nutrition Response Testing® work?**

Nutrition Response Testing works by gently and indirectly testing your pet’s energy field and organ reflexes. Reflexes are the body’s way of communicating to us the health of the nervous system, which is quite specific in how it conducts information to every organ in the body. The nervous system lets us know which organs are stressed and how to prioritize care. Testing is done by the tester contacting a reflex area on your pet with one hand, while the other hand is testing the muscle of her indirect tester’s extended arm. If the reflex being tested is strong, the arm will stay strong. If the reflex being tested is stressed, your pet’s nervous system will respond with less conductivity, which will result in a weakening of the indirect testers muscle and her arm will drop.

This method of “muscle testing” can also reveal stressors on the body. Some common stressors include foods, scars, pathogens (bacterial, yeast, fungus, viruses, parasites), chemicals, heavy metals, radiation, electromagnetic fields (EMF’s) and emotions. One of these stressors may be the main block to your pet’s healing process or may be creating a switch in the nervous system which confuses the body’s natural healing capacity**.** We will perform a full body scan to evaluate all organs, glands and structures. When problems are detected, it is often determined that your pet requires targeted functional food supplements to handle stressors and repair their system.

**What happens next?**

The information obtained at this visit allows us to determine if an NRT designed clinical nutrition program is the right fit for your pet. If it is, we can start to formulate a specific nutritional program for them. Once your pet’s nutritional program has been started, we will monitor their progress with regular visits and adjust their program as needed to optimize their healing process.

It’s important to remember that your pet’s improvement is directly proportional to your adherence to their program. Clients that adhere to their pet’s program typically see positive changes in their pet’s health within 12 weeks following their initial consultation. Complete healing, however, may take up to a year depending on their issues. NRT does not treat conditions or address symptoms – it does gives your pet the tools to correct underlying deficiencies and to heal.