

Is Muscle Testing Legitimate?

According to Dr. James R. Overman, ND:

- It is a legitimate physical phenomenon
- It is physically observable
- Repeatable by experiment
- Responds equally with different examiners
- Can be done by electronic instruments such as electro-dermal screening devices
- It is a measure of the energy the brain allocates to the muscle during the short duration of the test.

Dr. David R. Hawkins, M.D., Ph.D. states in his book *Power vs. Force*,

“Test results can be verified to be independent of the test subject’s knowledge, opinions, belief systems, or attitudes. This confirmability of results has been observed during the last 20 years by thousands of clinicians using kinesiology in their everyday clinical practices or for research. The results, in fact, are **more consistent** than conventional diagnostic methods used in traditional medicine (that is, a weak heart never tests strong with kinesiology, but may give an erroneous normal EKG tracing – this is a well-known fact).”

What is Muscle Testing?

This is the explanation Dr. Overman uses every day:

“This test is based on the fact that your brain knows everything about your body, even though you are not consciously aware of it. If I call attention to a weak organ, or I say something that is not true about your body, your brain will temporarily weaken all your muscles – including the test muscle – and you will not be able to hold the O-ring or arm. Also, all the product vials have an electromagnetic field around them. The field goes right through the plastic. If you are touching the bottle, or if I am touching it and touching you, and if it will help your weak organ, your brain will sense it and strengthen your muscles and you will be able to resist [or hold the O-ring or arm].”

How can you test me from a distance?

A person’s handwriting records the vibrational imprint of all of the person’s organs and physical substances, thus it acts as a suitable medium for muscle testing. It acts as a resonator selecting the personal electromagnetic vibrations from the air and magnifying them. It acts like a tuner on a radio, allowing you to tune into that person’s individual station. Touching the handwriting is the same as touching the person. Handwriting test results are for the time of the test, *not the time of the writing*, thus it can also be used for following progress in the absence of the person. In addition to handwriting samples, photographs of a person also record a vibrational imprint and can also be used for testing someone at a distance.