

Applied Kinesiology

George J. Goodheart invented applied kinesiology or muscle testing in 1964. He combined elements of psychic philosophy, Chinese Taoism, and ancient Eastern practices with D.D. Palmer's chiropractic theory. He combined the concept of 'innate intelligence' with the Eastern religious concept of energy, chi's, and the concept that muscles can indicate the condition of body organs via the chi's meridians.

Similar to Ouija board

“Applied kinesiology uses the application of muscle testing to diagnose physiological conditions and anatomical problems of the human body. (Accomplished by) ... identifying the links between the energy pathways known to the Chinese as meridians and specific sets of muscles. ...” Once the problem is pinpointed by muscle testing, energy-rebalancing therapies can be given which will begin to reverse the process and allow vital body energies to flow normally again within the distressed system. This brings energy to the organ, strength to the related muscles, and relief from symptoms” (The Encyclopedia of Alternative Medicine and Self-Help, Malcolm Hulke, editor, p. 29-30).

Kinesiology claims to evaluate and correct problems of the nervous, circulatory, lymphatic, even musculature, and “meridian systems by treating the muscle imbalances thus maintaining health. Its practices are believed to permit the even flow of cosmic energy throughout the body, thus nurturing individual organs and systems with the proper supply of chi energy.

This is how it is conducted -- One puts out their left arm laterally and lets their right arm at their side. The doctor then pushes down on the left arm to see how strong it is. Then the patient is asked to repeat this process with a certain food or product held in his right hand at his side. The doctor then pushes down on his left arm to see if it is weakened or strengthened. By this, he knows whether this food or product is beneficial or not for that person. They claim the energy is absorbed just by touch. This becomes sheer wizardry, much like holding a crystal over food to see if it circles around or goes side to side. Some have the person ingest the food and do the testing to diagnose if it is good for the body. But food can take at least a half hour if not hours to be absorbed into the bloodstream, so there is no validity to this testing either.

We all touch things in our everyday life. If energy transference was a reality as we are told, by handling something poisonous even with gloves or a closed container we would all either be sick or dead, and probably the latter. Think of all the cleaning fluids that are toxic or even one's toothpaste that if taken internally can make you sick. If by handling it the energy is absorbed, we cannot do any of the normal functions we are accustomed to each day.

As with the other new age therapies that claim to manipulate or diagnose energies and their flow. This likewise helps to bring what is not good or unbalanced into its proper order. When does medicine or healing become occultic? When a physical method is used to heal the spirit; or when one uses a spiritual method to heal the physical. Real medicine is physical working on the body. These techniques are working with an energy that science has not proven to exist nor work the way practitioners claim.'