

muscle man



nutrition response muscle testing provides proof that the greatest healing tool is your own body

BY LOU GRANIRER, DC

Three years ago a woman I'll call Diana walked into my Manhattan office with a look of quiet despair in her eyes. Upon reviewing her intake forms (including a list of more than 200 possible symptoms), I understood why. The poor woman's symptoms ranged from headaches and fatigue to severe abdominal and pelvic burning to full-body skin rashes. Two years earlier she had been diagnosed with interstitial cystitis, a condition that produces mild to severe discomfort in the bladder and pelvic region. Since then, she'd been to

medical doctors, acupuncturists and Chinese herbalists but had gotten no resolution to her symptoms. Diana had been referred to me by a friend of hers, a woman who herself had come to me as a last resort (for acne and blood-sugar issues). She understood very little about the kind of healing work I do, but to get her quality of life back, she was willing to try anything.

During our initial interview process, I gained a lot of insight into Diana's lengthy struggle to find solutions to her health problems. Before we did any-

thing, I explained what I was going to do: First, I told her, she would lie down on my chiropractic table and I would try to learn more about her condition using her own muscles and neurological reflexes. Then we would turn to acupuncture points and homeopathic dilutions to get more detailed information. Of course, none of that meant anything to her at the time, but since I seemed to understand it, she trusted the process.

The testing and analysis took 45 minutes and revealed that she had imbalances in her adrenal glands, thyroid and

bladder. On top of that, I discovered, she had parasites, an intolerance to wheat and cheese and a serious lack of the enzymatic activity required for proper digestion. Throughout the testing process, I explained my findings to Diana, who remained calm and quiet the whole time. Only when I told her that she was intolerant to cheese did she react at all. "But I love cheese!" she said, acting like this was the worst possible news I could have delivered.

Now that I had a detailed health map of the source of her problems, the next step was determining which nutritional supplements would correct and balance her. Of the almost two dozen different supplements I tested, six strongly indicated that they would strengthen her weak muscle responses

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(meaning they would rebalance and nurture her weak organs and systems). Diana's blue eyes grew wide when I retested her muscles (with the supplements), and this time they were strong. She grabbed my arm and said, "I don't understand how this is working, yet somehow it all makes sense." By now she was eager and very open to the supplement protocol I was recommending. I warned her that she would probably experience some fatigue over the next two to three weeks as her body rebalanced itself. I also pointed out that while the body is healing and detoxing, symptoms can get worse before they get better. I told her to follow the instructions closely and to schedule a follow-up visit in four weeks. Still weak and uncomfortable, Diana left my office with the first glimmer of hope she'd had in two years.

like a magic show

Most people, when they first experience the work I do, find it somewhere between incredible and impossible. And objectively speaking, it is a little amazing that simply through testing someone's muscles and reflexes, in a practice called Nutrition Response Testing (NRT), I can get clear and accurate answers about a person's state of health. For people like Pilates devotees who understand and regularly tap into the body-mind connection, this effective, noninvasive, natural healing modality can be a welcome tool in their kit.

NRT is a systematic type of analysis that is conducted using manual muscle testing, neurological reflexes and acupuncture points. The underlying principle is that the body is run by chemical

and electrical signals that are sent from (and back to) the brain via the spinal cord and the fluid nervous system. All of our organs are controlled by the brain and nervous system, and our hundreds of muscles are controlled by and connected to the nervous system. If there's an interference with electrical messages, the result is a weakened muscle. A healthy, unafflicted muscle is naturally strong and will resist average resistance. What you probably think of as simple muscle strength is actually a much deeper connection to nerves, organs, glands and all of the systems of the body.

When I subject clients to certain substances that they may be intolerant to, then apply average resistance and the muscle response changes dramatically and goes weak, I know this is a reflection of a compromise on a deeper level. Even the gentlest of pressure will weak-

en the arm if there is an underlying dysfunction in an area that corresponds to a specific organ or gland. In NRT we are interested in neurological reflexes because they are connected to the autonomic nervous system. The autonomic nervous system controls the function of our organs. It is divided into the sympathetic nervous system (think "fight or flight," the body's accelerator) and the parasympathetic nervous system (think "rest and digest," the body's brake). The neurological reflexes reflect the functioning of the delicate balance of these two systems.

That's the underlying theory of the system. Are you with me so far? So the way an NRT session works is, after talking to a patient and reviewing her symptoms, I conduct the analysis part, usually with the patient lying face-up on my table. I first establish a "baseline muscle test" of how they react when not exposed to outside agents. This is typically done using the arm and shoulder: I will gently hold the shoulder and push the raised arm away. Because it's not being exposed to outside influences, it will resist completely. (If there's injury or pervasive weakness in these areas, we can employ different muscle tests.) If it tests ok, the next thing I do is have the patient put her thumb, ring and pinky fingertips together on each hand separately (with her eyes opened and closed). This reveals whether a person may have dysfunction in the parasympathetic and sympathetic nervous system. A positive reading changes my course of the testing. Assuming it's negative, as it is 90 percent of the time, the next step is to test for blocked regulation of the autonomic nervous system. I put my hand over three different reflex points—belly button, right ear and left ear—and I test muscle response to determine whether the patient has autonomic dysregulation. Very sick people have autonomic dysregulation to some degree. They are stuck with either the

accelerator going or the brakes on.

I also work with acupuncture points, which are related to different organs or glands. This is my direct testing technique to determine if there is a weak-

ness (the arm drops). My next step is to place supplements on the body or in the hand and observe which nutritional supplements strengthen the weak reflex. My objective is to have a patient

different positions as he placed his hands on different points on my body and had me touch different vials. He started rattling off that I have parasites, fungus and heavy-metal toxicity. I have to say that I felt a little embarrassed, since I always tried to set a healthy example for my patients. Walter didn't have all the necessary supplements to test me completely, so I made a formal appointment to see him in his office. I left the seminar that day very hopeful—and intuitively felt I could trust this man. After all, he was close to 80 (though he looked at least 20 years younger) and had cured himself of liver cancer in 1965 using nutritional supplementation and fasting.

Three days later I found myself in his exam room. After another hour of his testing he informed me that he had found the supplements that would help my body to eliminate the multiple imbalances, including fungal overgrowth, parasites and mercury toxicity. He put me on an extensive supplement regimen. The first month I felt horrible but understood that I was detoxing. The second month I noticed a significant improvement in my energy levels. About three months later I actually felt better than I had ever felt. I knew that I had stumbled upon something that had the potential to make a lot of sick people well and was excited to learn more.

the art of the science

NRT is an offshoot and hybrid of Applied Kinesiology (AK), which was developed in 1964 by George Goodheart, DC, and is a diagnostic tool and health care system used by medical doctors, homeopaths, naturopaths, chiropractors, acupuncturists and many other alternative-care practitioners. Goodheart was the first to identify the relationship between individual muscles and corresponding organs. Other off-



ness in an organ or gland. I touch points throughout the body, starting with the head and working down the torso. The analogy in the conventional-medical world is hooking a patient up to a device that tests the electrical function of the heart or the conduction of specific nerves and then records the findings on a graph or a chart. With NRT, the practitioner, for all intents and purposes, becomes the device. Instead of connecting electrodes to the specific points being tested, I contact these points with my hands. With my other hand, I test the muscle of the extended arm. If it is a problem area or is dysfunctional, the nervous system responds with weakness to the arm. The patient will feel as if her arm is becoming weak to the point that even if she tried with all her might, she couldn't do anything to keep her arm in a raised position. To the practitioner, even the gentlest application of pressure causes the patient's arm to fall.

Now, let's say I touch the acupuncture point for the kidney and liver and the patient's muscle response is weak-

walk out of the office with effective supplementation that will strengthen all of their weak reflexes.

doctor, heal thyself

It was my own health issues that led me to NRT. About four years ago I was working long days as a traditional chiropractor. I realized that I was constantly exhausted; the only thing I had energy for was my work, and even that was a struggle. I had been using nutritional supplementation in my chiropractic practice and was very interested in pursuing it further. I decided to take a nutritional seminar, and there I met another participant, Walter Melnicke, PhD. I had heard about Walter and his work through a colleague, who'd told me that Walter uses muscle testing to prescribe nutritional supplements and had helped him with some health problems. I asked Walter if he could test me. He agreed to do it right after the seminar. I laid down on a desk and he told me to put my fingers together in

shoots of AK include Neuroemotional Technique (NET), Applied Psychoneurobiology (APN), Contact Reflex Analysis (CRA) and Autonomic Response Testing (ART). The *International Journal of Applied Kinesiology and Kinesiologic Medicine* is just one peer-reviewed journal that has clearly documented the efficacy and reliability of the manual muscle test. In fact, a large body of basic science and clinical research has been generated on the manual muscle test. These numerous studies clearly show that the manual muscle test is not dependent on examiner bias. NRT uses many of the same muscle-testing principles as AK, but it

constipation, chronic pain, digestive disorders, fatigue, headaches, heart palpitations, IBS, migraines and thyroid disorders.

One of the things that I—and my patients—appreciate about NRT is how it provides a framework for the body to heal itself. Many advocates of natural healing use whole foods, vitamins, minerals and herbs as their first line of defense, which is a good thing. But without accurate diagnostic tools, the average person has to rely on random recommendations (or a brand's advertising slogans) to make their choices. NRT removes the guesswork by revealing the client-specific nutrition protocol that will heal the

bring in bags of supplements to muscle-test. For the average patient, I find more than half of the pills they are taking to be not only unnecessary but actually harmful in terms of supporting the body's normal regulation processes. The NRT technique provides us with a glimpse into the "internal computer" of the body as well as an awareness of the body's deficiencies. It eliminates the guessing game of what we think we need to stay healthy and clearly points to what we actually need.

so whatever happened to diana?

Four weeks after her first visit, Diana returned to my office and greeted me with a smile and a boisterous hello. She told me the burning in her abdomen had greatly improved and her pain had subsided to "infrequent." Her headaches were gone, her energy was better, her skin was clearer, and her mood was elevated. She came back two more times for testing. Both times I reevaluated her and tweaked her supplement regimen. Four months to the day that she first walked into my office, she gratefully announced that her pain was completely gone and her symptoms resolved. Diana thanked me for all of my help and told me that I was a "genius healer." I told her that I appreciated her kind words, but she didn't need to thank me at all, because in truth, her own body was the genius healer.

To find a reputable practitioner in your area, you can contact Ulan Nutritional systems, headquartered in Clearwater, FL. For more information, visit unsinc.info.

Louis Granirer, DC, is in private practice in New York City. He is a chiropractor, Reiki healer and NRT practitioner. For more information, visit drlouchiro.com.



is its own separate system of diagnosis, developed by Freddie Ulan, DC. The fundamental principle of NRT is that a symptom can be caused by any imbalance in the body. Once the imbalance is treated properly, the symptom will disappear. I have treated such a wide array of problems through this system of healing that I know the body can truly heal itself given all the right factors. A short list of conditions I've successfully treated includes allergies, acid reflux, asthma, acne, blood-pressure and blood-sugar issues, high cholesterol,

patient on a cellular level. "Designed clinical nutrition," the kind of supplementation I give my patients, does not include over-the-counter vitamins. Most OTC supplements are synthetic, meaning they are pharmaceutically engineered parts of the vitamin reproduced in a lab. Since almost none of these products are made from whole foods, they lack the essential synergistic elements necessary to be recognized and used by the body

I've seen evidence of this time and time again. Typically, a patient will