

**Please [contact us](#) if you are interested in hosting  
one of our workshops to learn how to:  
“Muscle Test for Nutrition”**

“Nutritional Muscle Testing” is a great tool to use to determine what your body needs. It is a form of bio-feedback that helps you determine if certain foods or supplements **GIVE** you vitality or if they **REDUCE** your vitality.

There are many techniques of muscle testing that people have developed over thousands of years. Some of the techniques we teach are based on “Specialized Kinesiology”. You can read more about Specialized Kinesiology and watch videos we created on our website. Please go to the “[Services](#)” or “[Kinesiology](#)” pages.

### **Benefits of Nutritional Muscle Testing**

Nutrients from food get used in every biochemical process, including metabolism and detoxification.

By determining which foods or supplements your body needs, you will begin to feel **more energy** and **your immune system will be stronger**. You may also begin to have some of the following experiences:

- Increase in your energy and vitality
- Better circulation and heart function
- Improvement in memory and brain function
- Improvement in listening skills and attention span
- Relief from pain and muscle tension without drugs
- Reduction in mental and physical stress
- A stronger immune system means less vulnerability to illnesses and infections
- The ability to overcome depression and anxiety
- Quicker healing when sick or injured
- Improvement in your sense of peace and wellbeing

**“What is food to one man is bitter poison to others.”**

**-- Lucretius --**

**“Let your food be your medicine and let your medicine be your food.”**

**-- Hippocrates --**

**“The germ is nothing; the terrain is everything.”**

**-- Louis Pasteur --**