

## **What Muscle Checking is?**

- A way to communicate with another person's body
- A way to communicate with your own body
- A way to determine what your body needs
- A way to determine an emotion that needs to be released from the body – or needs to be addressed consciously
- You can use muscle checking to check for clothes, pillows, mattresses, shoes, supplements, broken bones, jewelry, food, etc.
- Informational – is this true for me?

## **What Muscle Checking is not?**

It won't tell you if someone is pregnant.

It won't tell you the future – this is Not fortune telling.

## **Other names for Muscle Checking:**

Applied Kinesiology

Behavior Kinesiology

Muscle Response Testing

Muscle Testing

Energy Testing

## **Recommended Books – to learn even more:**

Your Body Doesn't Lie, Dr. John Diamond

Healing Energies, Dr. Stephen P. Shepard

Touch For Health, John Thie, D.C.

Muscle Response Test, Dr. Walter Fischman and Dr. Mark Grinims

The Body Says Yes, Pricilla Kapell

Muscle Testing, Your Way to Health Using Emotions, Nutrition and Massage, BioKinesiology Institute

The Way of Energy, Master Lam Kam Chuen

The Ultimate Healing System, The Illustrated Guide to Muscle Testing & Nutrition, Donald Lepore, N.D.

Your Healing Hands, The Polarity Experience, Richard Gordon

Natural Healing for Dogs & Cats, Diane Stein

Applied Kinesiology, Tom and Carole Valentine

Thorsons Introductory Guide to Kinesiology, Maggie La Tourelle

The Eye of the I, David Hawkins

Power vs. Force, David Hawkins

I: Reality and Subjectivity, David Hawkins

MAP (Medical Assistance Program), Machaelle Small Wright

Vibrational Medicine, Richard Gerber, M.D.

Energy Medicine, Donna Eden

Energy Tapping, Gallo, PH.D, and Vincenzi, Ed.D

Life Energy, John Diamond, M.D.

See What YOUR Body Says, Nancy French, N.D.

Your Body Can Talk: How to Use Simple Muscle Testing to Learn What Your Body Knows and Needs : The Art and Application of Clinical Kinesiology by Susan L. Levy

Applied Kinesiology: A Training Manual and Reference Book of Basic Principles and Practices by George J., Goodheart, Jr.

Facets of a Diamond: Reflections of a Healer, By John Diamond