



Kinesiology DVD; Muscle Testing for Your Health by David J. Getoff

CLASS: G600

This is your test but... do not try to fill in the blanks! We created a Test Answer Sheet which is easy to download, fill in the answer, and email.

This test is very short and emphasizes most key points. It is short because it is very hard to fast forward or go backwards trying to find the answer. Remember that correct muscle testing results will take practice!

Recommended: The first time you watch the video do not take notes. Just listen and watch. After a couple days re-watch the video and take a few key notes. Practice on your family and friends as often as you can but don't test the same person more than once per day.

1. Muscle testing is a method that utilizes a muscle or muscle group in the body to determine if a particular substance makes a person _____ (helps them) or _____ (substance is not good for them).
2. Numerous substances don't really make a person stronger or weaker, they will keep them at their own muscular level. If a person already has an adequate amount of a nutrient they will not test positive (_____) or negatively (weaker).
3. Muscle testing should be used to test the _____ , not past events or future outcomes. You are testing a subject's reaction to an energy that they are holding; you are testing the energy being emitted from the substance to see if they should or shouldn't be using the substance.
4. Most important, you must be _____. Do not make the substance do what you want it to do! We want as little of you in this muscle testing process as possible.
5. Do make sure a person is not effected by any type of electric fields. Remove any powered item from the subject. Even the tester (you) should not have anything stronger than a _____ on your body (cellphone, pager, car keys with alarm beeper, etc.).
6. Very very important: You must be able to show a _____ response to something (poison, battery...) in a test subject. If you can't show a weakened response how are you going to compare it to determine a strong response. You have to apply enough pressure to see/feel the weakened response.

7. To determine a weak response (this is the first thing you do) you can use a poison. There are a few substances that will weaken most people. The most potent would be _____, the insect repellent chemical. Equal will also weaken most people.
8. It doesn't matter how strong or weak someone is but, if the position hurts the person you need to use the other arm or use a different position. It doesn't matter if the arm is positioned to the _____ or straight in front of them.
9. You should put your arm on the opposite shoulder you are testing to anchor yourself. When they are using resistance they should not be trying to _____ your arm up - they are simply using consistent resistance - holding their arm where it is.
10. There are a couple energy methods to test/feel the weakening response. Do not weaken someone's energy and forget to reverse/return the energy!
 - A. The first one is to place one or two fingers (nail side) in the area between their brows/ just above the nose - this should weaken them. To return the energy to normal (and you always should!) place the one or two fingers (pad side) in the same area and they should test _____ .
 - B. The second method is a directional swipe. To pull energy away from the body sweep your open hand (close to them) from the top to the _____ (down and away to the floor) Reverse the energy by sweeping from the floor up into the body.
11. When applying pressure make sure you are _____ (not on or below) the wrist joint. You may use 2 fingers, 3 fingers, or your whole hand to apply the pressure - depends on what you feel most comfortable with and the strength of the client.
12. Apply steady pressure. Don't jerk the arm down. How much strength does it take to have the arm start to go down when there is not a poison in the hand /how much less strength does it take YOU when there is not a poison in their hand. Once you determine the amount of strength it takes to see/feel a weakening effect you are done. Now start testing products. Don't _____ or tire the subject by pushing arm down past where you feel them weaken, when the arm starts to go down. Don't push the arm way down!
13. _____ is very important. It is best if the subject does not look at the product you are testing. To increase your objectivity you may choose not to read the label - random testing from the selected products.

14. Occasionally a person will test stronger with a poison in their hand. These subjects may be referred to as switched. It is rare. To switch them back have them firmly massage their _____ for about 5 seconds or have them firmly tap the thymus area 15-20 times. Retest the poison. If they now test weak for the poison it worked. Retest the poison occasionally to make sure the body didn't switch back. (Do remember that some people are strong enough that Equal, DEET, a battery or other substance just doesn't seem to bother them at the dose in hand at one time.)
15. Energy is what we are testing and energy could care less about a container (magnet example). It doesn't matter how much substance is in the _____ for testing.
16. Don't put the substance in a person's _____ to test.
17. Protective energy devices don't _____ electromagnetic fields. They support you body so the fields don't harm you as much.
18. If the _____ substance you test within the same group of substances (multivitamins, liver formulas...) was the best, the others will not test as well. It doesn't mean the others are not good for them. The body is comparing the products and telling you that the first one was the best so the others will not be as strong.
19. If the best one is tested after the body responded strong to others you will end up with two or more substances in the same group in the strong pile. This is when you _____ using just the strong ones - the body will remember the best one so the others should now test as weak (there are formulas so similar that the body will still stay strong with either one so you can pick the one you or the person prefers (one is a liquid, one a pill or maybe one is an herb and one is a homeopathic).
20. Always remember the specificity of testing. When you are given information from the body remember it is specific. Example: A boiled egg may test weak while a raw egg tests strong. There are many variables! Just because a substance tests weak does not mean they are _____ to the substance. Allergies or intolerances can be difficult to determine - you need to test some of the variables (temperature, raw, cooked, organic, and don't test mixtures).

NOTE: In the video Mr. Getoff explains that he never tests for dose but in the PDF update he has changed his mind. New information and experiences often (and should) change our positions. Please read the PDF and decide for yourself what you and your client are comfortable with - some clients will react positively and others negatively to "asking" the body using words.

NOTE: Common sense and knowing what is in each product you are recommending is very important. If a person is in fairly good health and has a great diet now they may not need a full dose (recommended on bottle) of a multivitamin. Maybe they don't need a prepared multivitamin but need a B-complex and an herbal mineral/vitamin mixture like alfalfa, nettles, bladderwrack/kelp, and dandelion.

21. When a person experiences upset when taking a multivitamin formula, Mr. Getoff says that it is likely that they are so _____ in the substances that the body is overloaded when it is taken.

NOTE: It has been my experience that the "sensitive" clients are unable to process folic acid (folate is the natural form) and/or there are other substances within the formula that the body just doesn't like or need. Test nutritional herbal blends and natural B complexes and the problem is usually solved.

22. O-ring/finger testing: Mr. Getoff prefers finger testing because it is less tiring and a person can use a stronger or weaker finger if necessary. The finger usually pressed to the thumb is the one that is one away from the _____. The tips of the fingers should be touching/pressing firmly but not all their strength - like the arm you are not testing how strong they are, you are testing resistance strength.

23. The subject should place their hands on their _____. They should sit straight with no leaning to the side and no crossed legs.

24. The fingers must _____ but don't pull the fingers way apart (just like not pushing the arm way down). You just want to know how much strength it takes to create a space between the fingers. You must be in a position where you can clearly see, have a clear view, that the fingers have separated.

25. Don't put substances in YOUR _____! The energy may transfer to the client/subject (also remember not to have them sitting very close to the table of substances).

26. At the end of testing, a person should have all the substances placed in their lap to make sure they work well _____.

NOTE: If a person tests weak with all the substances in their lap you will need to think about whether together they are overloading or if you are missing a supportive substance. If you think there is an overload on a system or organ take away an item you think could be the culprit and retest. If you think the formulas need something to "tie them together" test the likely supportive substances with the other items still in their lap. Example: You have liver formulas for cleansing on their lap but the liver/body needs fat soluble vitamins, methyl groups from B vitamins, vitamin C or sulfur... to make use of the cleansing remedies correctly. Or maybe the liver is depending on bowel support that is missing. This is why we emphasize functional anatomy - what substances are needed by the the organ to work properly.

27. Most people who are _____-testing are not getting valid results.

28. When _____ testing the supplement should be held on the test subject.

Surrogate testing would be needed for babies and those unable to use their muscles.

Review the DVD a few times while practicing on friends and family. The most important aspect is practice practice.

_____ END OF TEST