

# Applied Kinesiology (Muscle Testing) A Scam

By [Mark David Peters](#)

Doctors can conger up all kinds of methods to get patients to come to their offices. Chiropractors are popular because of their non-invasive treatments. In the 1960s Dr. George Goodheart, a Michigan chiropractor, originated what is known today as applied kinesiology, or muscle testing.

The effectiveness of this practice is in the mind of the patient. For example, a patient may hold a bottle of vitamins in one hand and the practitioner tests muscle strength in the other arm.

Supposedly, if the ingredients in the vitamin bottle are potentially beneficial, the person will be able to resist pressure applied to their arm. It is a wonder why so many patients put their faith in this ruse. Despite studies which clearly demonstrate applied kinesiology has no reliability, it is in common practice.

How does it work? It is revealed that the practitioner first slightly moves the arm quickly upwards to relax muscles so the arm can be pulled downward. The difference in technique is subtle and often undetected by the patient.

If a person believes in applied kinesiology, then they must believe that there is some sort of energy field that is transmitted from a vitamin bottle to the patient. The ultimate test would be to muscle test for a bottle of vitamins and then, while still holding the vitamins, take the bottle out of the hand of the patient and see if strength was restored or weakened.

## Applied Kinesiology Unreliable

German researchers have been most active in testing applied kinesiology. A report published in the journal of Journal American Dietetic Association 88: 698-704, 1988 found applied kinesiology unreliable for assessing nutrient status. Kenney JJ, Clemens R, Forsythe KD. Pritikin Longevity Center, Santa Monica, California.

Applied kinesiology is a technique used to assess nutritional status on the basis of the response of muscles to mechanical stress. In this study, 11 subjects were evaluated independently by three experienced applied kinesiologists for four nutrients (thiamin, zinc, vitamin A, and ascorbic acid).

The results obtained by those applied kinesiologists were compared with (a) one another, (b) standard laboratory tests for nutrient status, and (c) computerized isometric muscle testing.

Statistical analysis yielded no significant interjudge reliability, no significant correlation between the testers and standard biochemical tests for nutrient status, and no significant correlation between mechanical and manual determinations of relative muscle strength.

In addition, the subjects were exposed in a double-blind fashion to supplements of thiamin, zinc, vitamin A, and ascorbic acid and two placebos (pectin and sucrose) and then re-tested.

According to applied kinesiology theory, "weak" (indicating deficiency) muscles are strengthened when the subject is exposed to an appropriate nutritional supplement.

#### Muscle Testing Just As Good As Random Guessing?

Statistical analysis revealed no significant differences in the response to placebo, nutrients previously determined (by muscle testing) to be deficient, and nutrients previously determined (by muscle testing) to be adequate. In thousands of studies It has been proven as complete fraud.

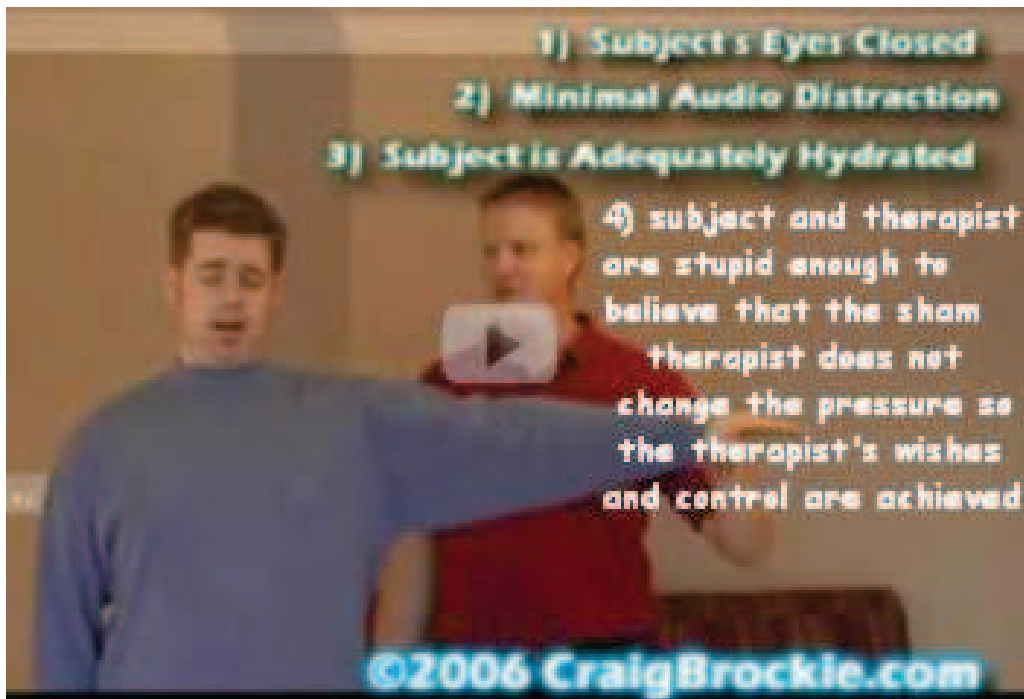
Even though the number of subjects (11) and nutrients (4), the results of this study indicated that the use of applied kinesiology to evaluate nutrient status is no more useful than random guessing.

Complementary Therapy & Medicine concludes that applied kinesiology is "no more useful than random guessing." [Complementary Therapy Medicine 9: 141-45, 2001] Below is a study of applied kinesiology conducted by the Pritikin Longevity Center in 1988. It also found no credence for this practice. The practitioners were measured to apply widely different pressures to manipulate the results. The Practitioner is in complete control of the outcome and he uses this control to sell products.

This is a practice that patients want to believe. It is not directly harmful or costly. Patients have choices and can elect to submit themselves to disproven practices if they desire.

Applied Kinesiology thrives if for no other reason than the tremendous fear many patients have for conventional medicine. Patients tolerate muscle testing over needles, biopsies and x-rays.

[www.muscles-testing.com](http://www.muscles-testing.com)



## Applied kinesiology

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*This article is about a [chiropractic](#) or an [alternative medicine](#) method. For other uses, see [Kinesiology \(disambiguation\)](#).*



Applied kinesiologist (right) practising

**Applied kinesiology (AK)** is a [chiropractic diagnostic and treatment modality](#)<sup>[1]</sup> using manual muscle-strength testing for medical diagnosis and a subsequent determination of prescribed therapy. According to practitioners using Applied Kinesiology techniques, it supposedly

provides feedback on the functional status of the body. AK draws together many similar therapies. It is used as an integrated, interdisciplinary approach to health care, although some chiropractic and other health practitioners use only a few AK diagnostic or treatment techniques as an adjunctive approach. [George J. Goodheart](#), a chiropractor, originated AK in 1964<sup>[2]</sup> and began teaching it to other chiropractors.<sup>[3]</sup> An organization of Goodheart Study Group Leaders began meeting in 1973, selected the name "The International College of Applied Kinesiology" (ICAK) in 1974, adopted bylaws in 1975, elected officers in 1975, and "certified" its charter members, called "diplomates" in 1976.<sup>[4]</sup> ICAK now considers 1976 to be the date it was founded and 1973 to be the date that its first chairman took office.<sup>[5]</sup> AK is a practice within the realm of [alternative medicine](#) and is different from "[kinesiology](#)," which is the [scientific](#) study of human movement. **AK has been criticized on theoretical and [empirical](#) grounds,<sup>[6]</sup> and characterized as [pseudoscience](#)<sup>[7]</sup> and [quackery](#).<sup>[6]</sup> In Britain, the [National Institute for Clinical Excellence](#) recently ruled that it is unproven and advised against its use in allergy diagnosis.<sup>[8]</sup>**



## Chiropractic Colleges and State Licensing Boards

## **will not act on the data.**

WRITEN BY LAIMA JONUSIENE

After over forty years of research they all know that muscle testing for medications, emotions, supplements, personality does not work. They all know that the tester changes the pressure subtly to affect the result. It does not measure that patient in any fashion. The therapist controls the results. I have seen muscle testing used by a licensed chiropractor to break up a marriage to get the wife to be with him. He tested her and she went weak when thinking of her husband who she loved. This he said was evidence that she did not really love him.

There are indeed millions of chiropractors, naturopaths, acupuncturists, and other alternative artists practicing the con art of muscle testing for emotions and medications. There are millions of lay people doing the same. There is a need for someone to be able to test evidence beyond placebo, and tell people the truth. If the muscle testers would just say "I am going to touch you and MY intuition will tell if you need something", but instead they want to lie and say "I am going to test your body and your body will tell me if you need something". The therapist controls the result 100%, through suggestion and or subtle change of pressure, direction, or speed of delivery.

Proof that Muscle Testing and Applied Kinesiology cannot test your reaction to vitamins or medications

1. No double blind study has ever shown it valid where thousands of studies have shown that it is only the therapist affecting the results.
2. The therapist do not use a constant weight or force
3. When measured, the therapist changes the amount of force greatly.
4. When the therapist does not know what he is testing he cannot get results
5. The therapist attack the messengers who tell the world of their fraud, they deny the fraud to the public and laugh later because they really do change the pressure while testing

Muscle testing to sell nutritional supplements is the biggest con game in the world today. There are many problems of the SINthetic evidence based way and the flim flam muscle testers, classic homeopaths, and math-phobic alternative doctors. This puts stress on alternative doctors trying to do statistics, and registration and trying to find a way to help natural medicine get to the people in real science and real research.

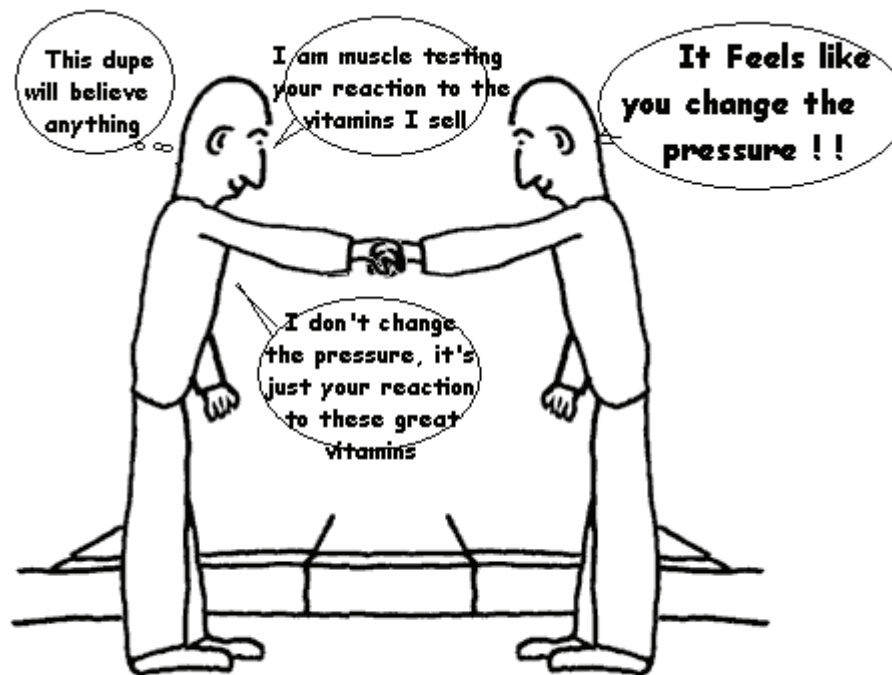
There is a need for evidence research. There is a need for science to test things and not let them develop out of control and let people be deceived by charlatans. Some years ago the Papini device killed people in Seattle.



## Chiropractic Colleges and State Licensing Boards Vision Test



**Chiropractic Colleges and State Licensing Boards turn a blind eye to the proof that muscle testing for medications and supplements or muscle testing for emotions does not work at all and is a sham**



**Kinesiology can test a muscle, but not your reaction to a substance or whether you are lying or not,**

*Proof of the Sham that  
Muscle Testing, Applied  
Kinesiology CAN NOT be  
used to test your reaction  
to vitamin or Medications*

- 1. No double blind study has ever shown it valid where thousands of studies have shown that it is only the therapist affecting and controlling the results.*
- 2. The therapist do not use a constant weight or force*
- 3. When measured, the therapist changes the amount of force greatly.*
- 4. When the therapist does not know what he is testing he cannot get results*
- 5. The therapist attack the messengers who tell the world of their fraud, they deny the fraud to the public and laugh later because they really do change the testing pressure*



*Don't Judge the Teacher  
Judge the Teachings.*

*Muscle testing to sell nutritional  
supplements is the biggest con game  
in the world today*

