

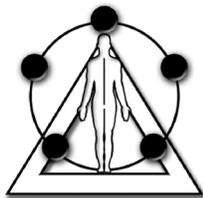
What is muscle testing?

As you know, all bodily functions are controlled by the brain through the spinal cord and the nerves. If you think of your body as a computer, then you can think of muscle testing as the keyboard that helps us access all available information. It's like biofeedback!

Muscle testing is a diagnostic technique that helps us find the root cause of symptoms. It is based on the premise that every organ dysfunction is accompanied by a weakness in a specific corresponding muscle. We do not rely solely on muscle testing to determine treatment, but it is an important component in forming a sound diagnosis.

"For years I have struggled with IBS, headaches, low resistance, and fatigue. No doctor was able to help me with these symptoms until I found Dr. Gorman. He began by using muscle testing to discover the root causes of my issues. I am totally amazed at the results! He gently eased me into a proper diet as well as helped me manage stress. This past winter was the first winter that I actually felt good and didn't get sick at all. I feel better than ever!"
— Lisa Cuffari, Richboro, PA

The origins of muscle testing come from the science of Applied Kinesiology, founded by Dr. George Goodheart in 1964. In the years following, many studies have been performed to refine the science of muscle testing. Muscle testing has become mainstream in European countries while it is still in its infancy in the US.



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Here are two examples to help you understand why we use muscle testing:

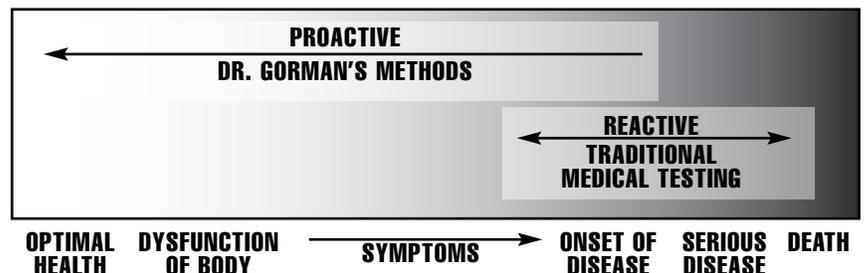
1. Let's assume you have a headache.

Your headache could be caused by a number of issues such as a subluxation in your neck, spine, foot, a food allergy, lack of certain nutrition, etc. (A subluxation is a bone out of alignment that irritates a nerve which causes pain and/or dysfunction.) Once we have checked out your spine and neck, we will use muscle testing to help us identify the root cause of your headache. We will treat the root cause so you can return to Optimal Health.

2. Let's assume you don't have any symptoms.

Internally, however, your pancreas is starting to feel some "stress." This "stress" does not cause your blood sugar readings to go beyond what is considered "normal" so nothing is done. However, when we perform a health scan, which includes muscle testing, we will discover that your pancreas is beginning to show signs of stress. We will then help your body to get the nutrition and other help it needs to heal. In effect, we are "stopping" the progress to diabetes. This is very powerful preventive treatment. Muscle testing can show us where health issues are developing before you know they exist. It enables us to find weak circuits before they become broken ones.

Muscle testing is non-invasive and the results are immediate. When combined with other diagnostic techniques, muscle testing is a very powerful tool that helps us keep you on the road to **Optimal Health!**



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