



Understanding Muscle Testing: *How we Communicate with the Body's Electrical System*

At Aspire Health and Nutrition we use kinesiology, a non-invasive evaluation tool, to determine the best course of action for restoring optimal function. We'll take time to educate you on what we're doing and why. Muscle testing (also known as kinesiology) is a non-invasive, natural method used to evaluate how the body responds to substances, stressors, and internal imbalances. It's based on the fact your body is an electrical system—and every organ, gland, and tissue communicates through bioelectric signals. Muscle testing may feel unfamiliar at first, but here's a few simple ways to understand how and why it works.

1. The Body is Electric!

The human body is an electrical system. Every organ and tissue operates through bioelectric signals. During your appointment, we start with a quick demonstration showing how energy flows between people. Using a simple “energy ball” exercise, we highlight how the body conducts energy. This helps explain why light physical contact is enough to create an electrical circuit during testing.

2. Everything Has an Energy Field

We may show simple images from Kirlian photography, which captures the energy field—or resonance—of both living and non-living substances. This helps explain how the body can sense whether something (like a supplement or food) is energetically helpful or harmful, even without swallowing it.

3. The Name Test – How Biofeedback Works

Next, we demonstrate how the body reacts to truthful versus untruthful information:

- When you say your real name (e.g., “My name is Nicole Finn”) and we apply gentle pressure to your arm, the muscle remains strong.
- When you say a false name (e.g., “My name is Susan Smith”), that same pressure causes a noticeable drop in muscle integrity.

This is called biofeedback—a way the body gives us subtle, consistent information through the nervous system.

How This Helps You

By using this process during evaluations, we can:

- Identify which supplements or foods are helpful or harmful
- Prioritize where the body needs support
- Customize a Nutritional Therapy plan just for you

Though it may seem different, many clients find it both fascinating and empowering once they understand how it works.

Still Curious?

Feel free to ask us questions at any time. Your comfort, trust, and understanding are important to us. :)