



DR. MORSE'S HANDCRAFTED BOTANICAL FORMULAS  
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## Muscle Testing

The body has surrounding and within it an electrical network, or grid. Your Autonomic Nervous System is a communication highway to all cells of your body. Your muscles respond to negative or positive energy from any source by becoming weaker or stronger respectively. You can literally test any object like foods, herbs, supplements, other humans, etc. By testing your muscle response when contact with this item is made, you can determine whether your body is in harmony with the tested item, or rejects it.

This relationship between the body's electrical network and muscular system is a natural part of the human system and falls within the laws of physics as life seeks a homeostasis. There is nothing mystical or magical about it. As such, muscle testing is a quick, easy and unbiased way to test whether objects, herbs, foods, or anything else are beneficial or not to a person's health and wellbeing.

## How to Muscle Test

Stand behind the person or to the side and have them extend their dominant arm at a 90° angle. Instruct the person to hold their arm and resist the pressure applied by the tester. Gently but firmly push the person's arm downward. This will give you the base line to go by. After establishing a baseline, you are ready to test an object, food, herbal formula, etc. Put the object being tested in the hand of the the opposite arm. While the tester applies pressure on the extended arm, if the arm feels weaker than the base line, the object is not wanted by the body. A stronger response means the body will benefit from whatever is being tested.

