

The Occult and Muscle Testing

The New Age occult origins of Applied Kinesiology, Muscle Testing, and Dousing

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Overview

Applied Kinesiology, Muscle Testing, and Dousing, New Age occult practices, are practices foisted on unsuspecting people to supposedly determine allergies, body energy levels and problems with organs Applied Kinesiology is rooted in the occult and uses the power of suggestion and psychological manipulation to produce its bogus results.

Each of these practices, though they have different names, are identical and are false, a lie, and at its roots has connections to witchcraft, scientology, new age mysticism, and the devil. Harm can occur to the unsuspecting person physically by not seeking proper care, monetarily by paying for repetitive false therapy and spiritually by following practices founded in the occult.

Christians should recognize the connection of these practices to the devil, and refuse to participate in them or to recommend these practices to others.

Churches should take a firm stand against these practices and train Christians about the demonic ongoing connections of these practices.

What is Applied Kinesiology, Muscle Testing, and Dousing?

The following definition of Applied Kinesiology is from Stephen Barrett, MD, and published in the web site Quackwatch:

Link:

<http://www.quackwatch.com/01QuackeryRelatedTopics/Tests/ak.html>

“Applied Kinesiology (AK) is the term most commonly used to identify a pseudoscientific system of muscle-testing and therapy. It was initiated in 1964 by George J. Goodheart, Jr., D.C. (1918-2008) and has become quite elaborate. Its basic notion is that every organ dysfunction is accompanied by a specific muscle weakness, which enables diseases to be diagnosed through muscle-testing procedures. Most practitioners are chiropractors, but naturopaths, medical doctors, dentists, bogus nutritionists, physical therapists, massage therapists, nurse practitioners, and multilevel distributors (most notably for Nature's Sunshine) are also involved.”

When terms such as “therapy” “muscle testing” and “procedures” appear, the tendency for the undiscerning person is to trust the practitioner and allow the method to be done to them. Even though there are no wands, mystical symbols and chants, the practice is firmly rooted in the occult. The arm of the person is used as an indicator and the hovering hand or touching hand of the practitioner acts in place of a wand

Occult Origin of Muscle Testing

According to noted Christian Apologist, John Ankerberg, applied kinesiology as a brand of muscle testing, is based in the occult. In his book *New Age Health Practices*, Ankerberg states:

“Applied kinesiology (AK) was developed by chiropractor and **psychic** George Goodheart who received much of his information on applied kinesiology by **psychic** means....

In developing his system, Goodheart combined the **occultic philosophy** of early chiropractic theory concerning the body’s supposed Innate Intelligence with ancient Eastern practices designed to regulate supposed mystical life energies within the body.” [My highlights]

In a footnote, John Ankerberg stated: “The authors personally confirmed Goodheart’s psychic approach with Dr. William Jarvis, professor of Public Health and Preventive Medicine, Loma Linda University Medical School, Loma Linda, CA; and president of the National Council Against Health Fraud.”

Allergy Muscle Testing and Eastern Mysticism

A wave of allergy muscle testing is going on throughout the country, however this testing is centered in godless mysticism. Unfortunately Christians are meshing their faith with this system; some unknowingly, some knowingly. Some people claiming to be Christians are testers or practitioners, to other Christians!

Straight from the Horses Mouth

The ties of allergy muscle testing to eastern mysticism can be found in the publications of the practitioners.

The NAET Method

In her book SAY GOODBYE TO ILLNESS, Devi S. Nambudripad, a doctor of chiropractic, R.N., and Ph.D. and creator of Nambudripad's Allergy Elimination Techniques (NAET):

“According to oriental medical principle, the Yin-Yang state represents the perfect balance of energies. Any imbalance in a Yin-Yang state causes an energy difference. Yin-Yang does not represent an item. It is a term used to compare the state of two energies in us or around us. Any imbalance in the Yin-Yang state causes disharmony. We can find various types and kinds of energy imbalances not only in many aspects of a person's life, but also between two items.” (Delta Publishing Page 12)

In another place Dr. Nambudripad refers to allergies as “repulsion of energies”:

“When a person's energy tries to block other adverse energies at the same time, the person's energy becomes weaker against all other energies. The failure to overcome the attack of adverse energies causes the energy pathways of the weakened body to create blocks toward all the adverse energies around it...NAET can unblock the blockages in the energy pathways and restart normal energy circulation through the energy channels” (Page 30)

In this practice, the practitioner places the “repulsion of energy” in a glass jar in one hand and the other arm of the patient is extended. The allergen is supposed to reveal unpleasant symptoms in the patient.

Dr. Nambudripad describes diamonds as an allergen. Note the reference to energy:

“Diamond has one of the strongest energy fields, extending up to 60 feet in radiation. If you have sensitivity to diamonds and come within its energy field, you may experience an allergic reaction.

If the energy of the diamond is perceived as compatible by the brain, the energy from the diamond would add to the body's energy and enhance the energy flow through the meridians.” (Page 126)

The Center for the New Age

The Center for the New Age in Sedona, Arizona, endorses muscle testing to tell a person the answers to a wide variety of questions. These questions include questions about relationships, allergies and vitamins. The following is from the Center for the New Age 2006 newsletter:

“Various muscles can be used for “Muscle Testing,” but the easiest to use is the big deltoid muscles or the arms. This is the classical, 2-person method of testing: the subject and the tester are standing upright or sitting upright. The subject stretches one arm straight out in front or straight out to the side. The facilitator instructs the subject to resist in response to the statement or question being proposed. The tester then presses down on the

arm taking note as to whether the arm holds up to being pressed down or if it gives in and becomes weak.

Strong means “yes” and weak means “no.” Whether a yes or a no answer is most desirable depends on what we ask for, but most often we will ask in such a way that the response is positive. It is most important to be very precise. If the question or direction is sloppy or unfocused, the response will be confused. Therefore, in muscle testing, the question must be direct and not open ended in order that the muscle not be confused by what is being asked. For instance, “Will my new relationship work out?” is less preferable to “Am I taking the proper actions to make the relationship with name successful?”

The statement, “ Vitamin X is good for my body at this time” will illicit a definite response (yes or no) from the subject whereas, “Vitamin X is good to take” will not provide significant information because it is not specific enough (by whom and when are not stipulated). After an initial reaction, tests can be continued until full and effective information with regard to how much Vitamin X or anything else for that matter is disclosed through muscle testing.

The technique itself can be used by anyone, anywhere, at any time to validate information. We can discern in a moment the level of truth or empowerment to be had from a particular statement, concept or substance by muscle testing our very own selves.”

Incompatibility with Christ

The Bible teaches us to not participate in the unfruitful deeds of darkness, but instead expose them, Ephesians 5:11, and to test or examine everything carefully and hold on to that which is true, 1 Thessalonians 5:21.

Muscle Testing, or applied kinesiology or dousing is clearly a deep-rooted new age practice. The Apologetics Resource Center, a Christian organization to defend the truth of the Bible, states the following in the *Areopagus Journal* September-October 2006:

“...new age spirituality is a synthesis of Hinduism, Buddhism, Gnosticism, occultism, witchcraft and paganism, along with a heavy dose of Western narcissism and hedonism.

The central belief of new age spirituality is monism, the belief that everything is a vast, undifferentiated, impersonal unity. The essence of this unity is energy which goes by different names such as Universal Consciousness, Life Energy, Prana, God, the Force, etc. As it applies to health, new age spirituality involves the recognition that sickness occurs when our true perfect Self is out of balance with this cosmic energy. Overcoming sickness, then, is a matter of aligning the flow of our own individual energy with the flow of the universal life energy.”

A Call to Repentance Syncretism with Satan

Pastors who overlook the truth of the new age foundation of muscle testing are guilty of meshing or syncretizing satanic principles with the Church and need to repent.

Repentance involves standing against the practices of muscle testing, revealing the truth of its new age foundations to the Church and counseling or disciplining parishioners who engage in muscle testing or promote it to others. Pastors are obligated to do this by Jesus Christ by His commands in the Bible.

Are Holy Spirit Filled People able to Discern the Right and Wrongness of Muscle Testing?

Yes and no. Some Christians are immediately repelled by muscle testing practices and refuse to engage in them. This is without training that muscle testing is founded in the new age.

Some Christians, however, allow themselves to be tested, not knowing the new age underpinnings of the tests. The practitioner may wear a white lab coat, use medical terminology, claim to be a nutritionist or doctor and even claim to be a Christian. With these things facing a person who is sick or has an allergy, it is easy to see why they might be duped into believing this is a legitimate practice.

1 Peter 5:8, however teaches us to be discerning because “your enemy the devil prowls around like a roaring lion looking for someone to devour.” Christians who are participating in muscle testing should repent by acknowledging the truth that the test have occult foundations of the test, and quit participating in the tests.

Christians who are knowledgeable about these practices should warn others of the new age foundation of muscle testing.

But it Works?

Despite the evidence of new age, occult, witchcraft, and divination, some people still say, “But it works for me.” These claims of healings as shown below may be the placebo effect, a good guess from the practitioner, or a demonic affectation of the person.

In an article by the Apologetics Research Center, Dr. Walt Larimore, M.D., and Donal O Mathuna, Ph.D. write:

“When considering alternative medicine, the spiritual dimensions must also be examined carefully. The first concern should not be whether something spiritual “works.” Rather, the first concern should be whether it is true and brings glory to God, Spiritual practices that arise from belief systems that ignore or deny the claims of God will not lead to true health. Strong faith in something false is like a tower built on sand. Eventually it will crumble.”

AK is Nutritionally Worthless

A white coat and medical terminology does not make muscle testing valid, nor does it erase its new age foundation. In a study published in the Journal of the American Dietetic (June 1988), applied kinesiology or muscle testing was found to be a worthless practice.

Pritikin Longevity Center, Santa Monica, California.

Link: <http://www.ncbi.nlm.nih.gov/pubmed/3372923?dopt=Abstract>

”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. 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. Even though the number of subjects (11) and nutrients (4) tested was limited, **the results of this study indicated that the use of applied kinesiology to evaluate nutrient status is no more useful than random guessing.**” [My highlight]

Dr. Walt Larimore

Dr. Walt Larimore, M.D., a frequent medical advisor on Focus on the Family, states the following about muscle testing in his book *Alternative Medicine The Christian Alternative*:

“There is little or no reliable evidence that applied kinesiology [muscle testing] does anything more than provide reassurance to those who have not been able to find relief through conventional medicine. As such, when it offers comfort, it probably works through a complicated placebo effect. The specific treatments involved are often not necessary and could waste valuable time and money. **Given this, and the close connections between some of its many variants and New Age ideology, there seems to be no valid reason for Christians to use this practice.**” [My highlight](Page 152)

AK is Medically and Scientifically Fraudulent

Applied Kinesiology is medically and scientifically fraudulent. All true research has proven this.

Again, from an article by Stephen Barrett, MD, and published in the web site Quackwatch:

Link:

<http://www.quackwatch.com/01QuackeryRelatedTopics/Tests/ak.html>

“Although the claims of applied kinesiology are so far removed from scientific reality that testing them might seem a waste of time, competent researchers have subjected the muscle-testing procedures to several well-designed controlled tests and demonstrated what should be obvious to rational persons. Some have found no difference in muscle response from one substance to another, while others have found no difference between the results with test substances and with placebos.

- Three practitioners testing eleven subjects made significantly different assessments; their diagnoses of nutritional deficiencies did not correspond to the nutrient levels obtain by blood serum analysis; and that the responses to nutrient substances did not significantly differ from responses to placebos [10].
- Another study found no effect from administering the nutrients "expected" to strengthen a muscle diagnosed as "weak" by AK practitioners." [11]
- Researchers who conducted an elaborate double-blind trial concluded that "muscle response appeared to be a random phenomenon." [12]
- Another study showed that suggestion can influence the outcome of muscle-testing. During part of this experiment, college students were told that chewing M&M candies would give them instant energy that would probably make them test stronger. Five out of nine did so [13].
- Four AK practitioners tested seven patients who were extremely sensitive to wasp venom. Altogether, 140 muscle tests were done to see how the patients responded to preparations of venom or salt water in a bottle. If the test were valid, the venom bottles should result in "strong" reactions and the salt-water bottles should produce "weak" test reactions. However, the practitioners were unable to identify which bottles contained which [14].
- Several chiropractors were tested at a medical office while under unblinded and blinded conditions. During the volunteers could resist downward pressure when a drop of glucose was placed on their tongue but could resist when fructose was administered. The the arm tests were repeated using substances in coded test tubes so that the volunteer, the chiropractors, and the onlookers could not tell which solution being applied to the volunteer's tongue. When the code was revealed, There was no connection between ability to resist and whether the volunteer was given the "good" or the "bad" sugar [15].

Some people who undergo AK muscle-testing report that although they resisted as hard as they could, the practitioner was still able to pull down their arm. Differences from one test to another may be due to suggestibility; variations in the amount of force, leverage, or follow-through involved; and/or muscle fatigue. Distraction can also play a role. (Touching another part of the body just before pulling down the arm may cause the patient to focus less on resisting.) But trickery (deliberate or unconscious) may also be a factor. A sudden slight upward movement can cause a "set" muscle to relax so that it can be immediately pulled downward. I have found that when this is done quickly, the person being tested is unlikely to detect the upward motion. Try this on a friend.”

[Bibliography to the above article]

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Epilogue

I will be expanding this paper as I have time. There is more evidence to link muscle testing to the occult.

If this issue cannot be resolved within the church, it will need to be addressed at a higher level.