[What is Autonomic Response Testing?](http://rasahealth.com/what-is-autonomic-response-testing/%22%20%5Co%20%22Permalink%20to%20What%20is%20Autonomic%20Response%20Testing)

(With deep gratitude to my teachers, Dr. Dietrich Klinghardt and Dr. Marc Schwartz)

Autonomic Response Testing (ART) is an advanced method of muscle testing. This technique was developed by Dr. Dietrich Klinghardt with the help of Louisa Williams, MC, DC, ND and Yoshiaki Omura, MD.

When working with my more difficult and complex cases, ART offers a fairly quick and outstandingly accurate method of “looking deeper and listening deeper,” providing an accurate diagnosis and treatment protocol.

ART helps me to evaluate your body’s *autonomic nervous system’s* response to a specific stressor or a group of stressors.  The Autonomic Nervous System (ANS) is the portion of your nervous system that requires no conscious thought. It functions automatically throughout the day.  The balance of your body is controlled by two portions of the ANS. The first being the Sympathetic Nervous System (SNS), which is the nervous system that is dominant during times of stress (mental, physical, and chemical).  The second part is the Parasympathetic Nervous System (PNS), which is dominant during times of relaxation or deep altered states.  We need both of them working equally to maintain a proper tone within the body.

The ANS helps to control the beating of your heart; the rise and fall of blood pressure; the detoxification of the body’s toxins; digestion, assimilation, and elimination of foods; the balancing of all hormones; proper immune system responses; proper blood sugar levels; brain function; and every automatic function of your body’s organs and glands. Many of these functions go awry with prolonged chronic illness and appear as symptoms of disease.

Autonomic Response testing evaluates which stressor(s) are interfering with proper function of the Autonomic Nervous Symptoms.  These stressors could come from your external environment such as infectious agents, environmental toxins, or food allergies.  They might also arise internally and manifest as glandular/hormonal imbalances, brain/neurotransmitter imbalances and old injuries with broken-down cellular communication.

How do we apply the stressor to the ANS using ARTesting?   The ANS receives information from our bio-fields.  The bio-field is an accumulation of electromagnetic energies emitted from all of our cells, tissues, organs, and glands.  Although the body’s bio-field (infrared spectrum of light) is not visible with the eye, it is detectable with sophisticated and sensitive equipment.  This bio-field, or light field, is produced and emitted by the body and through some very peculiar properties of light; it is also carrying information from our surroundings, in the form of electromagnetic signals, back into the physical body.  The ANS then has an opportunity of responding to that electromagnetic/stress signal.  \* see below for more scientific info on the physics of light

Homeopathic preparations of hormones, small samples of heavy metals (mercury, lead, arsenic, and cadmium) microbial-derived frequencies (from Borellia, Bartonella, Candida, EBV etc), foods and preparation of food additives, vials of environmental and microbial toxins are just some of the stressors that I use with ART.  These substances are introduced into your bio-field with the help of specialized light-carrying devices called Signal Enhancers.  There is no physical contact with the potential stressor.  Only electromagnetic signals of the substances carried by photons of light are allowed into the bio-field.  If the body recognizes any of these signals as a stressor, through a neurological process carried from the ANS to the brain and the brain back to the body, a change in muscle tone can be observed.  This change in muscle tone can be evaluated with a very simple muscle test.  This is not a muscle strength test. The muscle will actually lose its ability to lock the joint.  Other stressors that can be evaluated with the use of ART include trans-generation thoughts, destructive emotions, environmental allergies/sensitivities dental problems (such as incompatible dental materials and chronic infections), geopathic stress, and electromagnetic frequency stress (cell phones, cell phone towers, microwaves).

Autonomic Response Testing is one of the most reliable and accurate forms of muscle testing.  If performed consciously by a well-practiced practitioner, traditional laboratory results cannot come close to the reliability and accuracy of ART.

During our first visit, I will use a number of tools to help identify that cause of dis-ease. I will review your medical/dental history, labs, and perform a physical exam that includes kinesiology and nervous system evaluation. A typical visit may reveal food allergies, heavy metal toxicity from mercury in teeth, infection (with accurate location), or an old scar from a surgery that are all causing stress on the ANS. I will then develop a treatment plan, accordingly using the principles of naturopathic medicine (including homeopathic drainage, vitamins, minerals, herbs, essential fatty acids, amino acids, exercise, and meditation, ozone therapy or prolozone injections).

**The initial treatment may take up to 90 minutes. If you are a first time patient, it is important to be off anti-microbial medications (and if you are medically stable enough, please discontinue all medications and supplements for 2 days prior to the visit).**

**I look forward to working with you.**

**Dr. Emily Maiella**

\* Biophysicists such as Fritz-Albert Popp, Phd, have discovered that the body produces photons of light called biophotons.  These biophotons are stored and released from the nucleus of our body’s 70 trillion cells. And these biophotons carry information within and  between cells.  Dr. Popp has written and published eight books and more than 150 scientific journals (International Institute of Biophysics – www.lifescientists.de) A great analogy here is how light is used with fiber-optics to carry the electromagnetic signal of our voice to someone in Europe.  Light carries information in the form of electromagnetic signals.  Scientists have calculated that one color of a beam of light can carry 200 terabits (terabit=one trillion bits) of information per second.  The entire Library of Congress has only 30 terabits of information in it.

References:

1. Shane R (Ed): Human Bio-Dynamics (Clinical Kinesiology): The Complete Works of Dr. Alan Beardall, vol 1-3. Human Biodynamics, Portland, OR.

2. Klinghard, D & William L: Autonomic Response Testing (manual). American Academy of Neural Therapy, Seattle, WA, 1996.

3. Omura Y: Transmission of molecular information through electro-magnetic waves with different frequencies and its application to non-invasive diagnosis of patients as well as detection from patient's x-ray film of visible and not visible medical information, part I. Acupuncture & Electro-Therapeutics Research Journal, 1994; 19:39-63.