Lesson Three

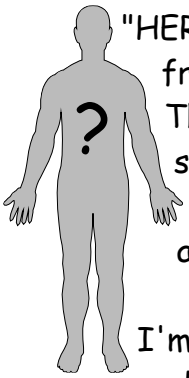
Muscle Response Testing:

Ask This Body is a text written for the purpose of teaching, entertaining and enlightening my students.

The purpose of this material is not to diagnose nor to prescribe. Muscle Response testing does not name diseases. The purpose of Muscle Response Testing is to assess the subtle energy patterns of the body.

I believe that we live in a body that was designed and created to be self-repairing, and that if we give this body the raw materials that it needs to do its work, that our bodies will respond as God intended and fix themselves. I also believe that good health requires good lifestyle habits, good spiritual habits and good nutrition. I further believe that herbs do not heal, medical science does not heal. There is only ONE healer and He has given us food to be our medicine. If any healing takes place, it is from the Hand of God.

ASK THIS BODY



"HERBS ALWAYS WORK!" I first heard that statement in a course I took from Dr. James Jenks, a Nature's Sunshine Products National Manager. That's a pretty bold statement and I've been tempted to amend that statement to read—"If I get the right herb, for the right thing, in the right amount—HERBS ALWAYS WORK!" And that's what this class is all about.

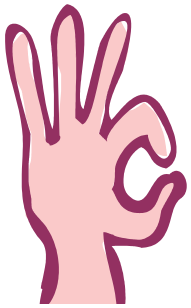
I'm always thrilled when one of my clients comes back to me totally excited and enthused about how well herbs work. It's a satisfaction that's difficult to beat and one of the many reasons I'm a Nature's Sunshine distributor and manager. Unfortunately, I have not always been ONE FOR ONE with my customers. I hate to admit that sometimes I've flat out guessed. But most of the time I used the experience I've gained through time and all the studying I've done, to guide me in the recommendations I made.

THE PROBLEM

We deal with nutritional support for Body Systems and many times our clients are not sure which body system needs help, nor is it clear from the symptoms that they describe, exactly which system would benefit most from nutritional support. THEN, assuming I do get the correct body system, there are so many herbs, vitamins, minerals, herbal combinations and nutritional supplements that feed and support any one particular system, how do you choose the BEST one? The human body is a miraculous, complicated wonder and as the old song goes: "the hip bone's connected to the leg bone." Each system is dependent on the others to function correctly, so that many times more than one system is affected, directly or indirectly, and must be considered to achieve optimum results. Then, each individual is bio-chemically unique and will react to one supplement better than all the others, so here's another potential problem to overcome! How can I help my customer make the best choice for their individual needs, especially considering the hundreds of products available?

In addition, as Nature's Sunshine Products managers, one of our responsibilities is to train our downline distributors and managers to be able to help their customers

GETTING STARTED



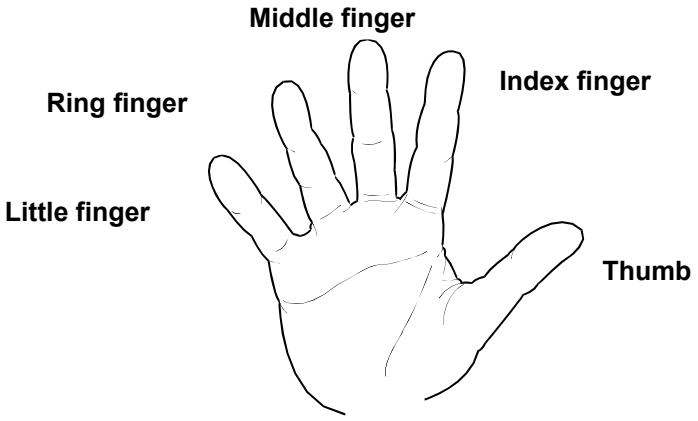
Just like the "OK" sign but with other fingers!

I like to use the "O" ring method. Obviously named for the position of the fingers.

Using the thumb and middle or ring finger, make an "O."

There's no mystery or special reason that I use these fingers in testing. I try to always use "strong" fingers. I'd like as good a test as possible; not too weak and not too strong. I find that with men, I use the fourth or "ring" finger because men are usually much stronger than women and using the thumb and ring finger gives me just the right amount of resistance.

With women, I find that using the third or middle finger gives me the right amount of resistance. Some women are so "weak" that they can hardly hold their fingers together no matter what! Of course, some are much stronger than a lot of men. Remember, you're looking for a *response*.

A weak woman's "strong" won't be very strong; but her "weak" will be very, very weak. With practice you will quickly learn to tell the difference. By the same token, a man's "weak" may be pretty strong, but you're looking for a *difference*; so while his "strong" may be extremely strong, his "weak" may be only a bit weaker.

So there won't be any confusion about which fingers are called what, let's look at a hand.