



# NSIPM & Sano Wellness Center

## Nutrition Response Testing FAQ

### 1. How does muscle testing work?

In order for a muscle to lock to its full strength it needs 100% energy in the nerves that go to that muscle. When we test your muscles, we first create stress in a nerve pathway and then test to see what effect it has on the strength of that muscle. If there is stress in that nerve pathway it will prevent full energy from going to the muscle and the muscle will test weak. It has a similar effect as a pinched nerve in your neck that inhibits nerve energy from going to the muscles of your arm, causing weakness.

### 2. What is “blocking” or a “blocked reflex”?

This means that there is stress in your Autonomic Nervous System that is “blocking” it from working properly. This stress has to be handled nutritionally first, before any other problems, or it will “block” the person from improving.

### 3. What is “switching” or “neurologic switching”?

“Switching” is another way for saying: the Autonomic Nervous System is in a state of confusion or dys-regulation. This concept was originally introduced decades ago and what it means clinically is:

- People who are switched cannot fully recover. Even if they do get better, they have frequent relapses.
- These people may do OK on a product initially, and then within days of taking it, start to not do well.
- These people are often reluctant to start new nutritional programs because they have dozens of half used bottles of supplements at home which they started but couldn't finish.
- These people may get worse when starting a nutritional protocol if the switching problem isn't handled first.

### 4. How can you test through the glass bottle?

This type of testing works with the vibrating energy or frequency of atoms. This energy can pass through clear glass similar to the sun's energy passing through your car windows.

### 5. Does muscle testing work for everyone?

No, but it works for most people. I do use Electro-Dermal Screening, NanoSRT Stress Reduction Therapy and saliva hormone tests in addition to muscle testing. This all gives me very good information, in addition to muscle testing, for those where muscle testing doesn't work. Also, we specialize in Hair Analysis and herbology.