

ART, or Autonomic Response Testing, is a biofeedback technique used to evaluate the autonomic nervous system response in your organs and meridians. It is an adaptation of applied kinesiology (AK) technique that compensates for the problems with reliability that most AK techniques experience. ART is a functional test used to help evaluate what needs to be worked on from both a physical and mental/emotional point of view. When we use ART to select a remedy it increases our chances of success in treating the ailment, saving time, money and effort.

The patient to be evaluated lies down fully clothed on the treatment table and the assistant places their hand on the patient's leg to maintain an electrical contact. The doctor then uses the assistant's arm tension as an indicator of stress in the patient while lightly making a touch contact in each reflex zone. An increased muscle tone indicates a stress in the area.

#### **How It Works**

In your skin, you have a very complete layer of autonomic nerves. These are the nerves that take care of all of the things that you don't usually think about consciously, such as pain, circulation to and from an organ or tissue, and the regulation of hormones and immunity in an area of the body. Usually, there are a set of nerves in the skin that correspond to the nerves going to an organ. For example, the heart is supplied by nerves that also have branches to the skin of the left arm and neck. When your heart is in distress, you usually get referred pain to the left arm, as well as through the chest. These nerves are quite sensitive to outside signals. If someone gets too close to an area of your body that is in distress, the autonomic nerves usually register a signal of stress. This increases the "fight or flight" tone of the nerves, causing an increase in muscle tension.

We read the increase in muscle tension as a stress in the area we touched to localize.

We test 9 major meridians and all organ reflex points to determine if there is a stress in one or more areas.

After we have established that there is a stress in a zone, we test available remedies to see if we can remove the stress.

#### **What does it mean when a location is "stressed"?**

When an organ is stressed in this test, it means that the circulation into and out of that organ is not normal. This increases the chance of developing poor conditions and a possible pathology in the area because nutrients are prevented from getting in and waste products are prevented from getting out. This might not matter if it happens only for a brief period of time, but if it continues for a long time, damage to the tissue could be done. The presence of stressed areas can often explain why well selected remedies or therapies have failed to help -- if an area is stressed enough, it may not respond properly to applied stimuli. It's like creating a gated community and throwing remedies against the gate!

#### **How did the area get stressed in the first place?**

There are several ways that an area becomes stressed. The most common way is likely a habitual response to a mental or emotional stressor. That's why we have so many expressions in English that have to do with our anatomy (!) -- "That guy is a pain in the neck", "I had a gut feeling", "it makes me want to puke!", "my heart is broken", "I'm choked up", etc. Because we rarely learn how to properly deal with our internal stressors, we store them as conditioned responses in a certain tissue. Breaking the conditioning is key to removing this type of obstacle to health.

We can also have areas stressed by an injury, or by another area that is related in some way functionally having difficulties (remember that the body is composed of CONNECTED parts, not INDEPENDENT parts!).

We inherit the stress patterns of our family and this often predisposes us to developing stress states in certain organs. This may be one of the reasons that health conditions appear familial, even if there is no obvious genetic reason why this should be occurring.

We do our best to figure out what level of functioning the stress is occurring at and formulating a plan to revise it.



### How do we test samples?

By using a photon resonance block. This is a block onto which we can place a sample in glass and have it transmitted to the block nearest your head (central nervous system). If the nervous system responds well to the intervention, the local stress disappears with the sample in the circuit. Some stressors respond well to physical medicines. For example, an herbal cough mixture to a lung stress point. Other times, we may use ART to find out if a stress point is storing a mental or emotional trauma that has created a shift in the way a part of the body is operating. Stressed points typically are a combination of both physical and mental/emotional stressors.

### Testing How Useful an Intervention Is

Once we have found a remedy that improves a stress state, we can evaluate how significant of an improvement that remedy gives the patient. This may be measured on a scale of 1 to 7. It is accomplished by putting an electrical signal into the circuit that measures approximately how relaxed a patient becomes with a particular remedy in the circuit. If a remedy measures 1/7, it is useful, but probably not worth taking. A 7/7 is very beneficial for that patient. If the remedy "blocks" the patient, or is a 0/7, taking it would likely make any other beneficial supplements completely useless, as the body is more concerned with protecting itself from such a nervous system stressor. This is why we often test supplements that a patient is already taking.

Why waste money and time taking things that aren't working for you? If you test 7/7 to a supplement it may not always be a 7/7. For example, you might need Vitamin C during an illness where it tests 7/7 but then 3 weeks later it may only test as 1/7. Then there is not much point in taking it after 3 weeks!

Poorly made supplements, even if they contain something that might be appropriate for a condition, often test poorly. Whole foods supplements almost always test very positively as long as they are well made.

### Testing for Allergies with ART

We have samples of many common allergens and can quickly test to see if there are a set of allergens creating stress in the body. It is our experience that most people are really allergic to only a handful of things. If someone shows sensitivity to many allergens, there is another problem, usually to do with the digestion or immune system.

You must be exposed to an allergen in order to test it. This means that if you are on a wheat-free diet for 3 years and then test wheat, it likely won't show up as an allergic reaction. This may not be because you are not allergic, it is because the nervous system is no longer on high alert because you have avoided it for so long. Once someone is exposed again to something they are sensitive to, it will show up again on this testing as an allergen.