





Taste - a Lean Life Skill

“Everything you see, I owe to spaghetti”.

~ Sophia Loren

One of the key things to staying Lean for Life is to eat the foods that not only Taste great but that are also “right” for your body based on your health and wellness goals. In this instance, we’re not talking about preconceived ideas about what foods are good or bad (we cover that in the Shift Lean Life Skill), but rather which foods your body naturally wants to eat and that it knows inherently is good for it, right here, right now.

It has been proven that many people eat the same five meals regularly because they have established a habit. However, some of those foods, the time of day we eat them, or the amount we eat at each sitting can sometimes be the cause of us not managing to remain at our Ideal Weight.

As we finetune our Taste, which has often been dulled down, due to not paying attention to what it is telling us - think something incredibly sweet or so over flavoured (artificially) that we eat because it stimulates our taste, but ultimately doesn’t satisfy our Taste and often disrupts our body. (Habitual eating falls into this category too.)

So how do we retrain our body back to eating what it needs, when it needs it and in the volume that it needs it, even if this sometimes means skipping meals, or changing the foods we eat?

We can use a kinesiological technique called Muscle Testing.

The overall concept behind kinesiology is that what enhances our body, mind and soul makes us strong. Together, our body, mind and soul create an environment that, when balanced, is strong and solid. If something enters that environment and challenges the balance, the environment is weakened. That strength or weakness first registers in the electrical system, and it can be discerned through a muscle testing technique.

One person’s meat... could be another’s poison.”

A fact that is not always recognised or understood is that there is no such thing as a universal diet which suits everyone. Everyone is different. The basic rule is “biochemic individuality”. A food that is nourishing for one person, may well be harmful for another.



*“Jack Spratt could eat no fat, his wife could eat no lean,
and so between them they licked the platter clean”.*

These old adages and poems passed down through generations tell truths about ourselves. Personal preferences are not the best guide to your choice of diet. Muscle testing foods can help you find out what it is that is holding you back from radiant health. Kinesiology Food Testing takes some of the guesswork out of balancing the diet for any individual.

Biogenic foods give you energy. They benefit the body by providing the nutrients, vitamins and minerals that the body uses to grow healthy new tissue.

Biocidic foods are foods that deplete the body of energy and are the potential cause of many imbalances. It is important to know which foods are harmful to us. Especially foods that we consume every day. In muscle testing, biocidic foods weaken strong muscles.

Taste Exercise:

Firstly, have a read of the following article to find out more about muscle testing and to help you select a technique you'll find easiest to utilise. At the end of the article, utilise your preferred technique and new understandings to test what foods, timing and volume strengthen you - what foods are Biogenic for you.

TIP: If you select to use your hands, it can be helpful to hold your hands in front of your stomach while you perform the muscle testing.

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Self Muscle Testing, and Kinesiology

by Empowering Health

Kinesiologists use muscle testing to access the client's biofeedback system to help identify stressors, and blockages in the body. You too can learn this simple skill for self testing.

Muscle testing is the art of applying pressure to a muscle and looking for either a yes/no, or stress response. It's used to access information from your body at this present time. It doesn't help with fortune telling.

Anybody can do it because it uses your electrical system and your muscles. Even small children can learn it.

Here's how it works:

If you've ever been to a kinesiologist or holistic physician experienced in muscle testing, you've experienced muscle testing. The practitioner asks you to stick out your arm and resist his/her pressure. It feels like they are trying to push your arm down after they've told you not to let them do it. Everything is going fine, and then all of a sudden they press and your arm falls down no matter how hard you try to keep it up. That is using muscle testing.

Simply stated, the body has within it and surrounding it, an electrical network or grid. If anything impacts your electrical system that does not maintain or enhance your health and your body's balance, your muscles, when having physical pressure applied, are unable to hold their strength. (Muscle power is directly linked to the balance of the electrical system.) In other words, if pressure is applied to an individual's extended arm while their body's electrical system is being adversely affected, the muscles will weaken and the arm will not be able to resist the pressure. The circuits of the electrical system are overloaded or have short-circuited, causing a weakening of that system. However, if pressure is applied while the electrical system is being positively affected, the circuits remain strong, balanced and capable of fully functioning throughout the body. The muscles will remain strong, the person will easily resist and the arm will hold its position.

This electrical/muscular relationship is a natural part of the human system. Kinesiology is the established method for reading the body's balance through the balance of the electrical system at any given moment.

What you can use it for:

Primarily you are testing for what is for your body's highest good at this moment in time. Therefore many things can apply. Following are a list of things I self muscle test for (outside of kinesiology balances).

Purchasing: Is purchasing this item a wise decision

Menu items: Which dish on the menu is the best option for me.



Dosages: Number of supplements to take at that time of time: With intention say to yourself on last-lock how many of this supplement do I need to take – 1, 2, 3...

Choices:

Which other health modality is going to help me manage my symptoms today

- is it in my best interest to attend a workshop or not
- which colour t-shirt should I wear today – to provide me the vibrational energy that I need.
- is it in my highest good to purchase one bunch of celery over another

It has many applications, but if you're unsure whether you can ask, or how to word your question, feel free to message me on Facebook or email me with your questions.

How to self muscle test

There are three primary ways to do a self muscle test: whole body, two handed, one handed.

Whole Body Testing

This is the best way to learn, as the results are most obvious. When you become confident with this method, and trust yourself to respond clearly then move onto the next.



Starting position involves simply standing with your feet shoulder width apart. Relax, and bend your knees slightly (so they're not locked). Shoulders back and head tall.

Take three slow deep breaths, and clear your mind, and ground yourself – feeling your feet planted solidly to the ground.



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To start with, to see how your body responds when you ask some obvious yes no questions. When it's a yes or positive response your body sways forward slightly, and when it's a no or negative response your body sways backward slightly.

My name is (insert your name)

My name is (insert someone else's name)

I live in (insert your suburb or country)

I live in (insert a different suburb or country)

Once you've mastered this, with only positive intent for yourself ask what it is you need clarity on for your wellbeing, at this present time.

Some people do this exercise seated also, but you need to be sitting upright, toward the edge of your chair so you have space between you and the backrest to move.

Mum's can use whole body testing to help test for what their baby needs. A mother and child's bond is very close, and can share their electrical energy. Hold your baby in your arms, keeping their well-being intent in mind, and ask what it is the baby needs with Yes/No questions:

- Does he/she need their nappy changes?
- Is he/she hungry?
- Is he/she too hot (cold)?

Two handed Muscle Testing

It's not always practical to do a whole body test, and you may want to do something a little more discrete, this is when you can use two-handed muscle testing.

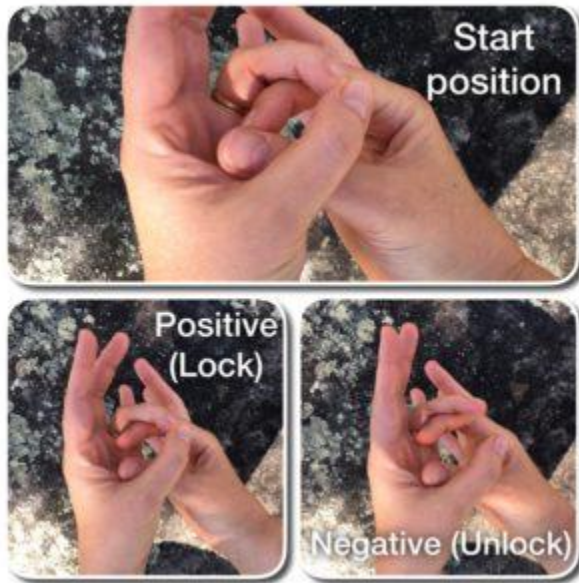




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Start with your writing hand (or dominant hand), mine is the right hand as pictured, and place your thumb to your index finger. This will be your hand you will be consciously controlling what you are doing.

With your other hand place your thumb to your ring finger. This is the hand we will be testing our electrical response with.



While learning, start by using the practice question again. Immediately after you've asked the question ... muscle test. To muscle test we place our writing hand fingers that we've made a circle with (thumb and index finger) into the loop we've created with the other hand (thumb to ring finger), and move apart your fingers on your writing hand to see if the loop on the left hand stays closed, or if it opens easily. Note, it's not a competition of strength, it's just a matter of keeping a light connection. If the fingers stay together easily, this indicates a yes or positive response. If the fingers open, this indicates a no or negative response.

My name is (insert your name)

My name is (insert someone else's name)

I live in (insert your suburb or country)

I live in (insert a different suburb or country)

NOTE: Be sure the amount of pressure holding the circuit fingers together is equal to the amount of your testing fingers pressing against them. Also, don't use a pumping action in your test fingers when applying pressure to your circuit fingers. Use an equal, steady and continuous pressure.

I primarily use two handed muscle testing for myself. Although I've been trained to do muscle testing, it took me some time to get to the point where I knew I was getting accurate responses. For many months I questioned myself, how do I know if it's my conscious or unconscious response, was there a secondary gain involved, was my ego taking over. Of course you can control what your fingers do, but this is not the purpose of this exercise. You are communicating with your body's electrical



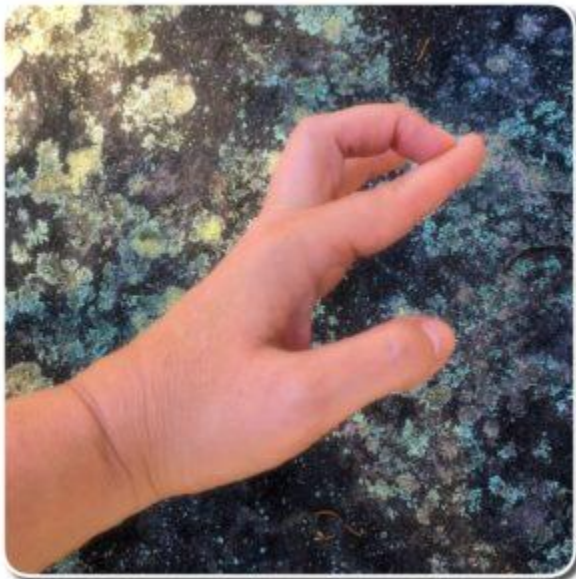
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system to learn what your body considers as being for its well being or not. Practicing neutrality is an exercise in itself when asking questions of yourself.

Once you've mastered this technique you can move onto the next exercise

One handed Muscle Testing

You can use either hand for this exercise



Let one finger be the one you will use for testing, and let another on the same hand be the same you're testing with. Extend the fingers on one hand, hold in mind the question, then test by pushing down on one finger by using another finger on the same hand. I tend to use my middle finger to push down and test my index finger.

I'm yet to master this exercise myself as the movement is very subtle, I personally like to see more movement as it provides visual reassurance for me. However, I know other kinesiologists who prefer this method as it frees up their other hand to do other things, such as scan lists to muscle test for, eg pointing to items on a restaurant menu, or a list of kinesiologists you are considering booking with to find which one may help you best.

ARTICLE ENDS



(...continued from page 2)

Taste exercise continued:

Now that you've had a play around with different muscle testing techniques and found one that you can use (practice improves speed and accuracy), use the following questions (and adapt them to suit) about food, timing and volume to decide how to balance your plate, life and eating.

NB It can be challenging to see how this exercise can be utilised in your day-to-day, particularly when cooking for others/family, but we can still make decisions from the plate right in front of us about whether we eat, leave or fully consume its contents. It's all about being Mindful.*

Before you start to test your biochemic reaction to food, make sure you are focused on a simple yes/no answer, and be mindful that the way you cook food, or the combined ingredients may also play a part. But just keep it as simple as you can, using step-by-step questions to get a clear picture of what works for you.

Also think of the questions as progressive, and not the final destination. Our bodies and needs change and are not static, even from a day-to-day basis.

You'll get so fast at asking yourself questions that you'll answer them almost as quickly as they enter your mind, so don't be put off this exercise, thinking it will take too much time.

Possible questions:

1. Does (roast chicken) suit me/support my goal to reach and remain my Ideal Weight?
2. Is it time for me to eat? (If NO, will it be time for me to eat in an hour's time? Before 6.30pm? etc)
3. Will this (sandwich - the one I am holding) energise me?
4. Is this portion of (potatoes) the right size for me? (If NO, should I eat a bigger portion? Smaller portion? If so, two more spoonfuls, two fewer spoonfuls?)
5. Do I have an intolerance to peas? Can I eat them at some time during the day? Can I eat a smaller portion?
6. Do I need magnesium? Should I take it twice a day? Morning? Evening? Would more than one capsule benefit me?
7. Am I drinking enough water? Is drinking a glass of warm water first thing in the morning good for me? Would including a teaspoon of apple cider vinegar be beneficial to me?



"Pull up a chair.
Take a Taste.
Come join us.
Life is so
endlessly
Delicious."

Ruth Reichl

