

Bio-Response Test (BRT)



The Bio-Response Test (BRT) is based on the concept that your body intuitively knows – more than your conscious mind – what therapies, substances, lifestyle choices or ideas are most beneficial for your health.¹ Your body exhibits a measurable muscle weakness when its bioenergetic field intersects with something dysfunctional or imbalanced.

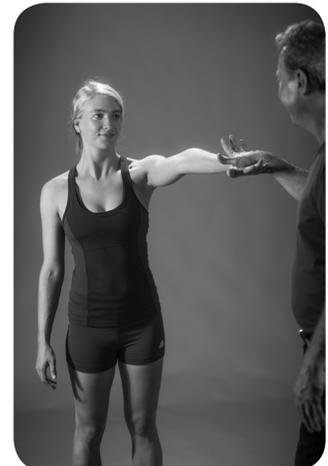
According to one major review of more than 100 research studies, "manual muscle testing employed by chiropractors, physical therapists and neurologists was shown to be a clinically useful tool."² Articles published in medical journals have validated the reliability of muscle testing for dozens of different applications.³ Still, all the research is useless for you if not put to the test. Try it!

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The Bio-Response Test (BRT) works like a truth detector to help you discover and discern what may be helpful or harmful for your life and health. You will need a healing buddy to perform BRT. Here's how it works:

BRT: The Basics

1 Stand facing your healing buddy. **Raise your dominant arm straight in front of you at shoulder height, parallel to the floor, with your elbow locked straight.** Your partner will apply downward pressure to your wrist.



2. Basic MRT: Strong Response

2 **If your arm remains firm and steady, not going down at all, that is a strong response.** Next, hold some food or a household item close to your torso (or make a statement related to your health). Your arm will go weak when you hold (or say) things that are unhealthy for you.

3 **If your arm is weak or mushy and goes down a few inches, that is a weak response.** Your healing buddy should not push down more than about three inches if you have a weak response⁵. Next, hold a food or household item, or make a statement related to your health. Your weak arm will go strong when you hold or say things that are healthy for you.



1. Basic MRT: Weak Response

¹BRT combines the best elements of other muscle testing modalities such as applied kinesiology, manual muscle testing and Nambudripad's Allergy Elimination Techniques (NAET).

²Scott C. Cuthbert and George J. Goodheart, Jr., *On the Reliability and Validity of Manual Muscle Testing: A Literature Review*, *Chiropractic & Osteopathy*, 6 March 2007, 15(1):4.

³Research Supporting the Reliability of The Manual Muscle Test, www.icakusa.com/files/Research-Reliability-of-the-Manual-Muscle-Test1.pdf (January 2014).

⁴For more detailed information, see "The Healing Revolution," Chapter 8, available at KingBio.com.

⁵A weak muscle response does not mean you are a weak person! It is simply the method your nerve is using to communicate a specific message to your muscles.

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(continued)



Basic BRT for Testing Foods & Chemicals

First, do the test (above) to see if your basic response is strong or weak. Then, hold an item (e.g., from your refrigerator, or from your cleaning supplies) and have your healing buddy test you with BRT:

1 If your basic response was strong, your arm will go weak if that item is not good or harmful for you. The strong response will not change if the item is good or neutral for you.

2 If your basic response was weak, your arm will go strong if that item is healthy for you.

BRT Tips

Perform BRT on arms, hands, wrists and shoulders that are free from injury.

Consistency is important: Your healing buddy should push with the same strength throughout BRT.

Wait 5 to 7 seconds before each BRT test.

A measurable energy field radiates out from every living thing. Your energy field intersects with things that you hold. For this reason, you need not be in physical contact with substances that are in packaging to test them. Simply hold the packaged item in your hand, lap, or under an arm, and BRT will be accurate. Try it and see how well it works!

BRT is like any art. The clearer and more focused you are, the clearer and more focused will be the results. BRT has led many of Dr. King's patients to insights that modern lab tests and science could not reveal. A confident, positive attitude that seeks truth will compensate for minor inconsistencies in the test procedure.

If the person being tested is having trouble with BRT, ask them to try drinking a half glass of water. Dehydration can interfere with the BRT process.

BRT can be fun for the whole family. You'll share lots of laughs with your kids while finding healthy and tasty alternatives for all the fake foods and ill thrills of the 21st century. More and more people are discovering the powerful potential of BRT – from professional medical doctors to ordinary men, women and children who are struggling to make sense of the barrage of questionable health choices today.

When people suddenly grasp the power of BRT, they light up. "Wow!" they say. "There is nothing I can't do with BRT! I can test all the foods in my kitchen, all my cleaning supplies, everything in my medicine chest, all my pets, my work space, my sleep space, my habits, my attitudes, my actions ... the possibilities are endless!"

This is merely an introduction to a complex topic that can help guide all your lifestyle choices. For more information about Dr. King's BRT, including Advanced BRT, see his book, *The Healing Revolution*, and visit www.kingbio.com.