



## Applied Kinesiology

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On our spiritual check list, you will see listed "applied kinesiology," also sometimes known as "muscle testing." More and more people are visiting holistic treatment centers that are promoting this practice. Most often, it is done in relation to allergy testing or in an effort to diagnose whether or not body organs are functioning properly. The health specialist may have you hold an item in one hand while he/she presses down on the other, outstretched arm to test for "strength resistance." Or he/she may have you put a substance under your tongue to perform the test, or use some other similar method. Supposedly, this will indicate both the problem and the solution.

Every legitimate scientific test evaluating this practice has shown it to be without merit. From a medical perspective it is, at the very least, a waste of time and money. To quote from the conclusion of the medical article Applied Kinesiology: Phony Muscle-Testing for "Allergies" and "Nutrient Deficiencies" by Stephen Barrett, M. D.:

The concepts of applied kinesiology do not conform to scientific facts about the causes or treatment of disease. Controlled studies have found no difference between the results with test substances and with placebos. Differences from one test to another may be due to suggestibility, distraction, variations in the amount of force or leverage involved, and/or muscle fatigue. If you encounter a practitioner who relies on AK muscle-testing for diagnosis, head for the nearest exit.<sup>1</sup>

In spite of its lack of scientific credibility, you will sometimes hear users declaring enthusiastically that it helped diagnose their problem or indicate the effective treatment. Some of those cases can be attributed to a "placebo effect." But I believe that there are instances where the use of applied kinesiology has actually benefited the person receiving treatment, at least in the short term. And that leads to the reason why this practice is on our "supernatural checklist."

I am convinced that if/when the practice of applied kinesiology seems effective at providing diagnostic or treatment information, it is doing through the practice of divination, namely, the obtaining of knowledge through illegitimate supernatural means - a practice that is both warned against and condemned throughout the Bible. The trained practitioner will say that the method utilizes the detection of "energy fields" in the body for diagnosis and treatment. This and any other use of so-called "energy fields" for healing is an occult/eastern spiritual practice<sup>2</sup>. As the Christian authors of New Age Medicine state: "There is no 'neutral science' of life energy and meridians, but rather a highly developed

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<sup>1</sup> I would highly recommend that you read this article to learn more about applied kinesiology from the medical/scientific point of view: Applied Kinesiology: Phony Muscle-Testing for "Allergies" and "Nutrient Deficiencies" Stephen Barrett, M.D. <http://www.quackwatch.com/01QuackeryRelatedTopics/Tests/ak.html>.

<sup>2</sup> Excellent article on both the scientific illegitimacy and the metaphysical origins of AK: Applied Kinesiology and Nutritional Muscle Response Testing: A Christian Perspective by Janice Lyons, R.N., MAEd [http://www.inplainsite.org/html/applied\\_kinesiology\\_2.html](http://www.inplainsite.org/html/applied_kinesiology_2.html)



mystical system with strong ties to the psychic realm.”<sup>3</sup> If this or any "energy" treatment works, it is because it is drawing on spiritual powers of darkness, NOT on good medical practice or on any holy spirituality.

“But if it works, and the result is good,” you may ask, “how could that be a problem?”

Apart from the obvious issue of engaging in things that the Bible forbids, the practical answer is that the enemy does nothing that is not profitable to him. I've personally heard people's stories where they went for healing of one malady (e.g. allergies), and soon ended up with a far more serious diagnosis - one which the continued "applied kinesiology" treatment did nothing to help. Sometimes, just as soon as one problem is diagnosed, another one pops up - until they have a string of ailments. Or the person may begin suffering from depression, anxiety, or nightmares - issues seemingly unrelated to the original problem or to the applied kinesiology treatments. Whether it is in regard to physical, mental/emotional, or spiritual health - or simply in regard to a person's relationship with the Lord - you can be assured that the enemy WILL exact payment.

If you yourself have received this kind of diagnosis/treatment, I would recommend simply praying a prayer of confession and repentance out loud, with another Christian as witness, and then renounce any spiritual entities or powers that may have been allowed access to you through these forbidden practices. Close by praying for complete cleansing and re-filling of the Holy Spirit. If you are a prayer minister were simply a knowledgeable Christian and someone comes to you with this in their past, pray for the Lord to open their hearts to knowing the truth and share this information with them in a very nonjudgmental way. Then ask if you can help lead them in a prayer of repentance and renunciation. Sometimes people aren't ready or willing to renounce this or other practices; in that case you can simply ask them if they are willing to ask the Lord for discernment in all things and, if so, pray for that and suggest that they continue to ask the Lord to show them what he wants them to know about this practice.

This information is offered to the reader not to instill fear, but to increase awareness and to sharpen discernment. As the apostle Paul says, we do not want to be unaware of Satan's schemes, lest he outwit us (2 Cor 2:11). Praise the Lord that this and any other ways that the enemy may have been able to influence or affect us is readily remedied by the blood of Jesus Christ!

Rev. E. Kathleen Christopher 3/2021

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<sup>3</sup> Reisser, Paul, Teri Reisser and John Weldon, *New Age Medicine* (Downers Grove, IL: InterVarsity Press, 1987) p.94.