

## SUBTLE SWITCHING — SUGAR SWITCHING REVERSE ADRENAL SWITCHING

by Angela Burr-Madsen

To understand this theory of sugar switching, it is necessary for the reader to have a knowledge of some basic A.K. muscle tests, Applied Physiology's clear circuit muscle tests, and Nancy Dougherty's conscious control clearance. Briefly stated they are

A. Reverse Adrenal Stress according to A.K.  
In general, refined sugar when placed on the tongue or on the body will make a clear circuit muscle test unlock. Reverse Adrenal Stress is a syndrome that occurs when sugar is placed on the tongue, and a clear circuit muscle test does not unlock, or an unlocked muscle in the clear strengthens. The client is in Adrenal Overwhelm. The accepted correction was to give nutrition.

### B. A.P.'s Clear Circuit Muscle Test

Take an indicator muscle and place in contraction, muscle test both in contraction and extension on both sides. Pinch the belly of the muscles (both) and the muscle should unlock both in contraction and extension. If that does not happen, then you have a frozen circuit; until the circuit is unfrozen, this is not a good indicator muscle. To unfreeze the muscle, simply apply pressure on a contracted muscle to push into further contraction while the client applies opposing pressure. Do the same thing in extension, apply pressure to push the muscle into further extension, apply pressure to push the muscle into further extension, while the client applies opposing pressure.

### C. Nancy Dougherty's Conscious Control

This test I find to be very beneficial and necessary. It is a test to make sure neither the Testor nor the Testee is at some level controlling the muscle test. Simply by taking your indicator

muscle and after clearing the circuits, you Statement Test, "This muscle is weak". If a muscle test weakens on command, one of you is controlling the test at a subliminal level. To clear, you simply "pause lock" the statement, "This muscle is weak", and search for the correction that will tighten the muscle. Nancy also has what she calls "Double Reversal", but I do not need to go into that at this time.

I was working on a client with very severe problems and in much discomfort. After we had cleared circuits I checked for switching as always, which we found and "fixed". The next thing I checked was reverse adrenal syndrome. Her muscle responded with an unlocked response which meant that that was not one of her problems. I proceeded to test further and found some imbalances which we balanced in priority. After we had balanced just a couple of things, suddenly everything was locked, yet the woman was in pain and still out of alignment, so I knew something was wrong; however, we could not find an imbalance. I checked frozen muscles, conscious control and switching, yet they all responded the way they should. What was happening? I decided to start again from the beginning as I just didn't know what else to do.

Again, I checked my circuits. I checked for switching, I checked for reversal adrenal stress .... There it was, the muscle response was tight! Yet earlier we had checked and it had been OK. What did this mean? How could an imbalance in reverse adrenal syndrome cause all indicators to appear in balance? I asked the client to say "Yes" and she was tight, to say "No" and again she was tight. The muscle had lost the ability to say "No", yet it would turn off. If was not frozen for when you pinched the belly of the muscle the muscle

would unlock. Now what? How do I get the muscle to be able to say "No". The first thing that came to mind was the switching points. So I just rubbed all the switching points, and then asked the muscle for a "Yes" and it was tight, for "No" and it unlocked! Next I checked reverse adrenal stress and it unlocked. What had we discovered? We proceeded to balance and the next thing you know, everything was tight again. I checked sugar; it was locked. I checked "No", it also was locked. I unswitched, and again was able to proceed with balancing. At this time I did not realize how often one would find this process going on in a client. We ran out of sugar packages quite often, so my solution for that was to have the client say "Sugar" and the muscle would unlock. When it does not, I ask the person to say "No" and it is always tight. I then unswitch.

One of the most valuable things I learned when I was in family counseling was this statement made by the therapist: "If you can't say NO, your YES has no value." I mention this here because in this case, if the muscle can't say "No", the "Yes" is invalid. The next thing we discovered was when and why does this happen! It seems to happen when a person becomes stressed out over something that was mentioned, such as "Money

.. Husband .. Wife .. Child .. Parent .. Boss .. Work, etc." or when a chemical or food is a stressor for that individual. To verify what I am saying, clear the circuits, conscious control and reverse adrenal stress (sugar statement), then ask the person to say "Money" or a known stressor, and then check by asking them to say "sugar". See if they lock, then check "No" and see if they remain locked. If they do, I would unswitch them; however, I would then proceed to defuse the stressor. Do the same thing, of course, if it is a chemical or food. There are much deeper implications when you find this problem with chemicals or foods. It implies that when we have found a locked muscle on a particular chemical or food, it does not necessarily mean that the chemical or food does not bother us. It could mean that it was such a stressor on the body, that the body had to immediately compensate by switching circuits. Why this is happening could be due to many reasons. The reason that seems to make sense to me is to go back to the original description "Adrenal Overwhelm". The adrenal glands become overwhelmed by the emotional or chemical connection; they simply check out under the stressor.

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