

On Target Nutrition

by Andrew Morris

Abstract: With muscle testing we can design a customized nutrition program focused toward a specific goal. We will identify which areas in a person's nutritional regime are the most important to modify and how to adjust them.

Introduction

Our nutrition is undoubtedly one of the most important factors in determining our health, vitality, productivity and appearance. It is a very popular area in alternative therapies and health as evidenced by the number of best selling books on the subject. But doesn't this year's best seller give exactly the opposite conclusions as last year's? Which one is right? How can it be that people report benefits from each of the various books which contradict each other?

The answer is that all of them are right...for some people some of the time. The problem is that making things simple is what sells books. A book which claims to have the one diet that will solve all problems for everyone by having you pay attention to ONE factor is easy to sell. Unfortunately, *nutrition is a complicated subject with many important factors*. Any one factor can help a person dramatically if applied correctly and can unbalance a person significantly if used improperly.

The Study

Last winter I conducted a *pilot project to study the effects of using muscle testing to determine which nutritional factors need to be adjusted*. One of my intentions was to determine the relative importance of different aspects of nutrition which various experts suggest as important. I also intended to understand the interrelationship between factors which seem to contradict each other.

I began seeing 21 participants an average of 2 times per month for a period of 3 months. The

study concluded with 17 participants. Each participant had a primary goal along with other desired outcomes for the study. The participants were students and faculty of a massage school and their associates. (Not a random sample.)

The factors which I evaluated for are listed below. The percentage of participants which needed a change in each area is shown as well.

- Acid Alkaline 40%
- Food Combining 33%
- Food Sensitivities & Intolerance 33%
- Vital Energy Sources 27%
- Cleansing 23%
- Blood Sugar Regulation 20%
- Add Specific Foods 20%
- Specific Supplements or Nutrients 17%
- Emotional Reactions 17%
- Percentage of Macro Nutrients 15%
- Hydration 12%
- Time of Day Factors 5%
- Body Types 5%
- The Effects of Drugs 5%

Summary of Results:

Goals included increased energy, weight increase, weight decrease, increased mental clarity, better digestion and elimination and better athletic performance among others. Nearly all participants reported higher and more even energy levels, greater mental clarity, better digestion, and feeling more in control of how they feel. Several participants reported weight decrease without intentionally eating less. Of those who wanted to gain weight, more than half did. Each participant

reported satisfactory progress towards their goals.

Muscle Testing Protocol:

1. Establish a clear goal and have the participant state the goal as a fact.
2. Test the person on their goal and put the off-response in circuit.
3. List options and see which options would switch the indicator muscle on.
4. Use priority mode to establish which is the priority area for attention.
5. Explore options in that area using yes/no testing to determine what changes are needed
6. Verify that those changes will strengthen the previously weak indicator muscle.
7. Discuss implementing the changes with the person.
8. Repeat steps 4-7

Analysis

The key to effectively using this process is being able to discuss each topic with the person and educate them about the areas of their nutritional approach which need modification. It is helpful to have a working knowledge of each area of importance so we can test intelligently what might be needed to help the person progress toward their goal. Therefore I will provide some discussion of each topic and what changes were most commonly indicated.

Acid/Alkaline

This is the degree to which a person is stimulated (Acid) vs. the degree to which they are sedated (Alkaline). High blood pressure, hot, fast metabolism, high energy and reddish color are some aspects of acid while low blood pressure, cool, slow metabolism, low energy, cravings and pale color are some aspects of alkaline.

Nearly all of the participants who needed changes in this area needed to become more acid. This is best achieved through an increase in easily digested protein such as fish, eggs, and yogurt or cottage cheese. It is necessary to recognize that digested protein is the best long term solution to acidify a person while undigested protein is probably the most common cause of the low energy state associated with alkaline. Some participants also needed to replace some of their (excessive) raw vegetables with lightly cooked ones.

Food Combining

This factor most commonly came up as priority in people with slower digestion/metabolism and low energy.

For most participants the relevant changes were:

1. Take liquids without food. Usually 30 minutes before and 1-3 hour after meals.
2. Take fruits like liquids - without other food.
3. Take animal protein without refined starch. If you take difficult to digest protein like beef, less total starch in a less concentrated form tests better and gives better results. For example, fish with potato usually tested OK while beef and potato did not. A less concentrated starch like carrot or squash tested better.

These changes related to Acid/Alkaline balance as regulated by undigested food, especially undigested protein which is alkalizing.

Food Sensitivities & Intolerance

I used testing against C1 and the allergy modes. The most common factor was wheat, then uncultured dairy, followed by corn, especially in the form of chips. Hydrogenated oils also needed to be eliminated by some

participants. I was surprised by the participant's willingness to make these changes when they were indicated. I attribute this to the fact that they knew that the change was directly related to their goal.

Vital Energy Sources

Fresh, raw unprocessed organic foods are highest in vital energy. Rare meats and fish can also be a good source. The most common changes needed in this area were an increase in lightly cooked organic vegetables and organic fruit. Some participants benefitted from raw or rare fish, usually tuna. For some of the participants it was important not to increase their tendency towards alkaline. (i.e. not large amounts of raw vegetables or vegetable juices)

Cleansing

Toxic buildup in the colon, liver and gallbladder were key factors for some participants. Colonics, proper use of enemas and a saltwater cleanse were used by several participants with excellent results.

The saltwater cleanse is a simple, gentle cleanse is done by drinking a quart of warm water with 2-3 teaspoons of sea salt on an empty stomach. Plan to stay near a toilet for a few hours. More salt makes the action more vigorous. This would not be recommended for persons on a sodium restricted diet. Also, liver/gallbladder cleansing was helpful, although this is best done with supervision.

Blood Sugar Regulation

Blood sugar regulation with diet is best achieved with smaller meals which include digestible protein taken frequently throughout the day. Some participants needed to eat as frequently as every 4 hours and to have small (7-12 grams) portions of protein 3-4 times per day. For others, they only needed to avoid heavy sweets and go no more than 6 hours without food.

These changes related to the Acid/Alkaline balance and the Percentage of Macro nutrients present. Most participants enhanced this area by increasing their digestible protein intake.

Add Specific Foods

Ocean Fish was the most commonly needed food when this factor tested to be the priority. Other foods which participants needed were whole grains, steamed vegetables, sea vegetables and fresh fruit were also indicated in some cases.

Specific Supplements or Nutrients

The most indicated supplement was HCl followed by Vit. E, Vit. C, Calcium/Magnesium and pancreatic enzymes.

Emotional Reactions

A variety of techniques were used here and no single method stands out. The approaches included: suggesting that they not sit at their desk during lunch or watch TV during dinner; using ESR and Affirmation technique on their goals and laterality repatterning.

Percentage of Macro Nutrients

Here we addressed the percentage of calories from Carbohydrate, Protein and Fat. There are popular programs which suggest that 40/30/30 is ideal for everyone. My testing indicated that the ideal macro nutrient balance varied from person to person over a range of 40-55% Carbohydrate of 17-30% Protein and 20-40% Fat.

Each individual tested to have a unique ratio which was ideal for him/her. The most frequent range was from 42-47% Carbohydrate, 22-27% Protein and 30-35% Fat. Although this factor was not indicated very frequently, when it was indicated it was often the #1 priority.

Most frequently the biggest change the participant needed to make to achieve the recommended ratio was to increase their

protein intake. It is important to consider the nature of my sample, as some of the participants had previously been deliberately emphasizing a low protein, high carbohydrate approach.

Hydration

We are all aware of the need for adequate water. I believe that the low percentage of participants needing more water was due to relatively high consumption prior to the study. The use of water without chlorine tested to be essential. Some participants benefitted from adding 20-30 percent apple or pear juice to their water to aid absorption.

It was also indicated that a decrease in caffeine, especially coffee was helpful. Testing indicated 1/2 -2/3 oz water per pound of body weight per day was ideal.

The factors Time of Day, Body Types, and The Effects of Drugs did not test to be relevant for many of the participants.

Conclusion

To have an effective approach to nutrition one must include at least being aware of a wide

range of factors, any of which can be very important for a given individual. Even though Acid/Alkaline, Food Combining and Food Sensitivities and Intolerance were most often the priority, each of the other areas such as Vital Specific Supplements and Percentage of Macro Nutrients produced significant benefit for participants in the study.

It seems that we can benefit from understanding the relationships between different aspects of nutrition. Finally, we can not afford to ignore any of the many parts of nutrition which can either enhance or diminish our health and vitality.

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