

NUTRITION RESPONSE TESTING Part One

Sharon Doolittle, DVM

The most exciting technology I have come across in years is Nutrition Response Testing. This technique allows a non-invasive look into the inner workings of the body and the stressors that may be affecting normal function. I wish I had known this technique when I graduated vet school!! However, it has only been around for about a decade. This is a technique developed in the alternative human healthcare field, by Dr. Freddie Ulan DC CCN. I have attended many of Dr Ulan's seminars, and over the course of the past year completed his course in Advanced Clinical Training in Nutrition Response Testing, an 8 module post- grad course. I have adapted this technique to the animals in my practice and it has become the reason I have been able to have the success I have in my practice. How does this diagnostic protocol work?

First of all, we have to understand muscle testing. Muscle testing is what allows Nutrition Response Testing to be non-invasive. Muscle testing comes out of Applied Kinesiology (AK), which was developed by Dr. George Goodheart in the mid 1960's. AK is an offshoot of chiropractic that tests various muscle groups for strength or weakness, and looks at its relationship to structure, chiropractic subluxations, and functional neurology. The muscle testing used in Nutrition Response Testing is similar in that we test the functional neurology of the animal and test to see if the indirect tester's arm stays strong, or goes weak. It's kind of like going the mechanic and hooking your car up to the computer and getting a readout on it! We get a readout on the animal in this method of testing. When doing muscle testing on humans, it is just the doctor and the patient, and the doctor tests the patient's arm strength while scanning various areas on the body. With an animal we need a third party, called the indirect tester, to use their arm to test with while we scan the animal. So, we are making a circuit with the doctor, the animal, and the indirect tester (a 3 way circuit). The indirect tester holds an arm straight out to the side at shoulder level. The doctor then scans various organs and stressors on the animal and simultaneously tests to see if the indirect tester's arm retains strength, or weakens and the arm falls. We generally think of the arm remaining strong as good, and a weakened arm that crashes down as a problem area on the animal. This is because when we are scanning something that is a problem to the animal, this weakness winds up "shorting out" the 3 way circuit, and the indirect tester's arm weakens and falls. So, again, we use muscle testing to allow us to get the information obtained in Nutrition Response Testing.

How do we do a Nutrition Response Testing exam? We will look at the flow of an entire exam.

We start by evaluating the status of the Autonomic Nervous System, by checking for neurologic switching and also to see if there is open or blocked regulation. Put very briefly and simply, switching is neurologic confusion, and regulation is the ability (or inability!) of the Autonomic Nervous System (ANS) to regulate itself in response to minute by minute demands. Blocked regulation means the ANS can not regulate itself---things are "stuck", which among other things means that the body is NOT open to healing. If there is switching, then the body has a rollercoaster effect with healing—better, then worse, then better, etc. Or, it can also make the body have an opposite ("switched") response to any supplementation or medication.

If we find switching or blocked regulation, we look to see what is causing that. This is very important so that we can get rid of the root cause of the body's problems! This is where alternative medicine differs from conventional medicine, in that we always try to find the root cause and correct it, while conventional medicine usually addresses symptoms only. The 5 major stressors that cause the blocked regulation or switching are food (and/or digestion), heavy metal toxins, solvent/chemical toxicity, immune challenges (bacteria, yeast, parasites, viruses), and scars.

We will continue this in the next issue by discussing the stressors, looking at how we finish the examination, and how we correct the things we find.