

NATURAL HEALTH SERVICES

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Nutrition Response Testing

By Keith Post, ND

Nutrition Response Testing (NRT) is a system of “muscle testing” that derives its information directly from a person’s autonomic nervous system. This system of evaluation and treatment was first developed as “Autonomic Response Testing” (ART) by Dietrich Klinghardt, MD, PhD, a German-trained physician and Louisa Williams, DC, ND, and later modified and into NRT by Fred Ulan, DC. Both are easier and more direct to use than another system you may already be familiar with called Applied Kinesiology.

In NRT, the practitioner uses one of the client’s arms as a biofeedback monitor, while at the same time exerting a slight pressure directly on the skin overlying each of the glands and organs of the body in a sequence. If completely healthy, the arm being tested will remain strong throughout the testing procedure. However, if there is a problem with any of the target tissues, the arm being tested will temporarily go weak.

After all of the problem areas are identified, a priority-testing mode is used to identify which weakness (or weaknesses) is currently of primary importance. The next step is to see if the weakness is being caused or aggravated by any of five common stress factors, either singly or in combination. They are: major food allergies, heavy metal toxicity, chemical toxicity, chronic unresolved infections and scars. If the stress factors are not addressed first, treatment of the target tissues will help, but will never totally succeed.

A unique characteristic of NRT is that the body will always tell the practitioner exactly what needs to be addressed first. For this, I like to use the analogy of the onion. Let’s say, for example, that a case begins testing as a thyroid weakness due to mercury toxicity, which is also causing a low-grade chronic viral condition (first “layer” of the onion).

Then, after this first layer has been treated for a few weeks, the testing might indicate that the thyroid is now strong, but a liver weakness is primary. Let’s say that there is also a component of mercury toxicity within the liver, however the viral condition has been cleared. Gradually then, over time, the client addresses all of the layers, until they are as close to ideal health as humanly possible. At that point, a maintenance program is decided upon.

Right now, you might be wondering what the autonomic nervous system (ANS) is and what functions it has. Briefly, the ANS is that portion of the nervous system which is normally self-regulating and beyond a person's conscious control. With biofeedback or yogic training, some conscious control of the ANS can be achieved, but the beauty of the system is that it will always make the best adjustments that it is capable of under any given circumstance. Symptoms, therefore, are the body's best attempt to create a workable balance and still maintain life.

The ANS controls such functions as the rate and depth of breathing, rate and rhythm of the heart, blood pressure, digestion and assimilation of nutrients, circadian rhythms (the wake/sleep cycle), immune system functioning, hormone secretion, detoxification pathways and many other important bodily functions. The electrocardiogram (ECG or EKG), a common diagnostic test that measures the rate and rhythm of the heart, is an example of a functional test of the ANS.

NRT allows the practitioner to identify and correct any dysfunction of the ANS. In other words, as the ideal nutrients are being supplied, along with any impediments to cure being removed, the nervous system is then able to self-regulate itself back into balance, reversing any unpleasant symptoms and allowing for an eventual return to ideal health and well-being.

Dr. Ulan has discovered that the body will respond extremely well to a treatment regimen consisting mostly of whole food nutritional supplements, along with any indicated botanical remedies, essential fatty acids, homeopathic drainage remedies and specific dietary recommendations.

NRT has often been found to be effective when other conventional and alternative treatments have failed and may be considered for virtually all illnesses, both acute and chronic degenerative conditions.