

AUTONOMIC RESPONSE TESTING (A.R.T.)

Autonomic Response Testing (ART) is a powerful technique which can be used to diagnose difficult conditions and even help determine the most likely beneficial therapy. It involves the use of quantum physics and bioresonance to detect changes in a person's biofield.

A biofield is the electromagnetic energy that a living organism is surrounded with and made up of. If a physicist were to look and describe the human body, he/she would see a body composed of mostly space and many atomic particles flying around and interacting with each other. Every substance generates and emits electromagnetic energy that has a certain frequency. When a substance is harmful, helpful, or neutral, ART testing will reveal the information to the practitioner. When something is harmful, the body's sympathetic nerves begin to fire and cause a change in the muscle strength to "block" or tighten. When something is beneficial or healing, the parasympathetic nerves fire and cause a muscle relaxation we call a healing or "yin" response. When the substance is neutral, the muscles strength doesn't change.

An example of bioresonance is if a patient has significant mercury toxins in the head, and we present a vial of mercury near the patient's head that has the accumulated toxin, that mercury vial will resonate with the mercury in that part of the body and cause the mercury in the body to vibrate. Since the mercury is already harming the body, the additional mercury will cause the body to react with a sympathetic stress response. This stress response then is transmitted to the assistant's body and changes her/his muscle response due to the bioenergetic frequency the patient transmits to the assistant. This resonance phenomenon can be demonstrated with two guitars. If one plucks the "A" string of one of the guitars, the "A" string on the other guitar will also vibrate.

There are many levels of imbalance that can contribute to the symptoms a person may exhibit. The goal of ART is to determine which layers need to be addressed first, how to treat the problems in the manner that the person tolerates best, and to monitor the patient's strength over time. The technique respects that if there is a block in a patient's biofield then they will not heal completely, no matter what therapies are used.

The initial session lasts between 1 ½-2 hours so that the practitioner may assess what the patient's needs are through ART and determine a plan of restoration. Subsequent visits are 30 minutes to 1 hour depending on the complexity and initially are more frequent and taper as health improves.

ART: What to expect

Refrain from taking any supplements or medications that do not prevent major events from occurring on the day of the testing and 24 hours before the session.

Bring any supplements or foods that you want tested to the office that day.

Plan to be here approximately two hours for the first session and an hour for subsequent sessions.

When you get here:

A brief history will be taken and within five minutes you will lay on a massage table with your head about 8 inches down from the top edge of the table. The practitioner will place a glass square with notches symbolizing different angles at the end of the table above your head. This device will communicate with another glass square where different supplements, medications, and offending agents will be placed.

The only thing that will come into contact with you is the assistant who will place his or her hand on your arm or leg for an indefinite period of time and the practitioner for short spurts of time. You are permitted to talk while the test is being conducted and any questions that you have will be answered. We are looking for blockages in your biofield leading to your difficulty in healing as well as solutions for the blockage. Expect to participate in various healing activities such as tapping acupuncture meridians and to receive treatments such as cold laser if there are any scars or dental work impeding the flow of energy into and out of your biofield.

There will be no transference of energy and there are no religious implications involved in A.R.T.

After your health is assessed, we can test any foods or supplements/medications you have brought with you. Once the testing reaches a point where we can remove one or two layers of obstacles to cure, a course of action will be outlined and a follow-up time will be requested. Expect to feel a significant improvement within 3 sessions, although on many occasions improvement can be seen after the first session.

NOW WHAT?

What to do when you've been everywhere

By Autumn Frandsen, ND

"Fatigue" and "pain" are the two complaints that every physician hears multiple times a day. These two symptoms, and the lack of a quick ability to evaluate and treat them, drive patients to desperately roam from clinic to clinic for help. Every day I hear the phrase, "I have been to fifteen different doctors and no one can tell me why I'm so tired or at least give me something to fix it." So why can't doctors easily treat what is becoming such an epidemic in our country?

Fatigue and pain are complex medical issues. They usually are manifestations of deep underlying inflammatory dysfunction of the cells, tissues, and organs of the body. Often the root causes cannot be readily explained by simply looking at lab results. Often the initial symptoms are subtle and progress over time into a lifelong struggle, eventually leading patients to be labeled as having "chronic fatigue syndrome" or "fibromyalgia." Such arbitrary designations, however, do not explain why a person is experiencing the extreme exhaustion and pain or how to alleviate the daily suffering. Conventional doctors often believe that both pain and fatigue are psychosomatic disorders. They will prescribe antidepressants, anxiety medications, and refer to mental health therapists. While these methods may help some patients, most remain battling unsuspected underlying conditions such as chronic Lyme disease, mold sensitivity, food intolerances, gut dysfunction, hormonal imbalance, lack of essential nutrients, and/or heavy metal toxicity.

Diagnosing any chronic medical condition can be costly and often imprecise. Training varies considerably between practitioners, as well. Specialization forces a patient to seek out multiple doctors in their areas of expertise and rarely do they "piece together" the seemingly endless avenues of lab tests, procedures, and office visits. Even in instances where a diagnosis is made, the doctor is at a loss for how to effectively treat the patient. That is where *Autonomic Response Testing* comes in handy.

Autonomic Response Testing, or ART, is a method of diagnosis and treatment developed by Dr. Dietrich Klinghardt, MD, PhD and Louisa Williams, ND, DC. ART can help the practitioner hone in on what is causing the dysfunction in the body. Since severe fatigue and pain are not "normal," it is important to pinpoint underlying root causes of the ailments. Many levels of imbalances exist that can contribute to the physical symptoms. The goal of ART is to determine the priority of which layers need to be addressed, how to treat the problems in the manner that the person tolerates best, and to monitor the patient's strength over time. The technique

evaluates a potential blockage in a patient's biofield. If these blockades are not adequately addressed, the patient will not heal completely, regardless of the therapies used.

The "biofield" is a quantum-level energy field that pervades the biochemical body, instructing it to function correctly. If blockages or other distortions exist in this field, the information is unable to properly instruct the body's chemistry, resulting in physical illness. ART can detect where the blockages lie, allowing the practitioner to remove them with the most appropriate therapy or substances. Every day we are exposed to a multitude of viruses, bacteria, chemicals, foods, emotional influences, and even temperature changes. These all play a role in a person's overall health but unfortunately that no simple "lab test" will detect nor predict their cumulative influences on the body. But with the help of a concept called *bioresonance*, those trained in ART can usually put the puzzle pieces together, explaining why a patient is tired and how to revitalize them. The ART sessions are intense, usually lasting two hours for the initial visit and between 30 – 60 minutes for subsequent visits. The sessions themselves, while diagnostic in nature, are usually therapeutic as well. A patient will learn the identity of their various blockages, and in so doing, most likely experience some emotional improvement and awareness, physical healing, and mental growth. ART is perfect for people who need to be heard and have been misunderstood from previous practitioners.

There are no religious implications involved with ART. The patient's body needs will direct the practitioner's sense of direction for what is best for his or her health at that moment in time. Any chronic disorder can exhaust the adrenal glands. ART is generally very relaxing and in this society of high stress, those suffering from adrenal fatigue usually benefit from the testing session itself. The patient then further improves from the recommended adjunct therapies and interventions. Most people have within themselves the tools they need to heal. It is often a matter of resolving inner obstacles to cure at a rate the person can tolerate, leading to ultimate restoration of energy and freedom from pain. As ART satisfies all of these needs, many patients with chronic disease and those interested in fine-tuning their health are seeking out trained ART practitioners.