



22 Wilson Ave, Suite 205
St Cloud, MN 56304
P) 320-253-4112
F) 320-253-4116
W) www.edgewatermed.com

AUTONOMIC RESPONSE TESTING – ART

ART is a comprehensive and accurate diagnostic system developed by Dietrich Klinghardt, MD, PhD. It is a biofeedback enhanced physical exam which uses changes in muscle tone as a primary indicator. It produces the most reliable and consistent responses over other forms of muscle testing, going deeper into the matrix and intracellular levels.

PATIENT PREPARATION INSTRUCTIONS

- No supplements the day of testing.** If there are items you must take, make sure to tell the Doctor.
- If it is possible, delay taking prescriptions that day until after your ART appointment.** If there are items you must take, make sure to tell your Doctor.
- Bring your supplements with to the visit.** It is helpful if you put 1 day's dose in a marked Ziploc bag and bring along with the bottle. This will save time in the visit.
- Bring your prescriptions with to the visit.** It is helpful if you put 1 day's dose in a Ziploc bag and bring along with the bottle. This will save time in the visit.
- Panoramic X-ray – This is necessary if you've had teeth pulled, root canals or implants. This may be required before your first or second ART visit. Please consult with the doctor about this before getting one.
Doctor is requesting ___ analog or ___ digital panoramic x-ray.
- Genogram – Create a genogram of you and your spouse/significant other, parents, siblings, aunts, uncles, grandparents, etc. Going back 3 generations is preferred.
- Wear light colored clothing for your appointment.

Your ART test is scheduled on _____ at _____
with Dr. Lee Aberle at our **ENFM St Cloud location**.

What is Autonomic Response Testing?

The autonomic nervous system (ANS) is the part of the nervous system that we cannot control with our mind. The ANS regulates breathing, heart rate, digestion, immune function, sleep pattern and hormone regulation. It also controls blood pressure, blood sugar levels, tissue regeneration, and liver and kidney detoxification.

Autonomic Response Testing (ART) grew out of the importance of detecting and correcting problems of the autonomic nervous system (ANS). ART allows the doctor to correct the problems of the ANS. ART is a system of evaluation and treatment developed by Dietrich Klinghardt, MD, Ph>D. and Louisa Williams, DC, ND. Dr. Klinghardt is a German trained physician who also has a PhD in neurology. ART uses applied kinesiology, electroacupuncture (EAV), O-ring resting, Nogier (VAS) pulse, Chinese pulse, heart rate variability, and other techniques to assess the health or dysfunction of the autonomic nervous system.

We believe that many practitioners using kinesiology or muscle testing in their practice are often getting inaccurate information because the autonomic nervous system is not functioning properly. In ART, this condition is called locked regulation and refers to the inability of the ANS to self-regulate and it is caused by 7 common factors that include; undiagnosed food allergies, heavy metal toxicity, petroleum chemical toxicity, chronic unresolved infections and scars, temporomandibular joint dysfunction (TMJ), unresolved psychological stress, and electromagnetic stress. Dr. Klinghardt has developed specific tests in ART for these factors and treatments to correct them.

During your first visit, a doctor using ART will evaluate the patient and pay special attention to identifying any of the factors that are blocking ANS regulation. This is accomplished through a review of the patient's medical and dental history and a physical exam that included kinesiology and nervous system evaluation. Once the blockages have been identified, the doctor will choose a treatment plan that will correct these problems.

For example, a typical visit may reveal that a patient has severe wheat allergies, heavy metal toxicity from mercury in their teeth, and a scar from a past appendix surgery that are all causing stress on the ANS. The primary treatment for this patient could include scar therapy, dietary advice to avoid wheat and gluten grains, and a referral to a biological dentist or dental surgeon to replace the mercury fillings. In addition the doctor may suggest natural remedies including homeopathic drainage, vitamins, minerals, herbs, essential fatty acids, amino acids, exercise and meditation.

ART is thought to help allergies, chronic pain, chronic infections, immune problems, depression, anxiety, multiple sclerosis, chronic fatigue and fibromyalgia. It may also help pre-menstrual syndrome, menopause symptoms, cancer, diabetes, seizure disorders, ADHD, closed head injuries, sinusitis and digestive problems. It is currently being used with more success in other areas including Lyme disease.

Most doctor using ART are naturopathic physicians, medical doctors, chiropractors, acupuncturists, or dentists. ART is not taught in any of the medical schools, but it is taught at the American Academy of Neural Therapy, Neural Kinesiology and Klinghardt Academies.

References:

1. Shane R (Ed): Human Bio-Dynamics (Clinical Kinesiology): The Complete Works of Dr. Alan Beardall, vol 1-3. Human Biodynamics, Portland, OR.
2. Klinghard, D & William L: Autonomic Response Testing (manual). American Academy of Neural Therapy, Seattle, WA, 1996.
3. Omura Y: Transmission of molecular information through electro-magnetic waves with different frequencies and its application to non-invasive diagnosis of patients as well as detection from patient's x- ray film of visible and not visible medical information, part I. Acupuncture & Electro-Therapeutics Research Journal, 1994; 19:39-63.
4. Mercola, Joe: The absolute best muscle testing system I know of, a breakthrough diagnosis tool uncovers what is really causing your health problems.
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