

Autonomic Response Testing (ART)

ART uses muscle testing through biofeedback of the Autonomic Nervous System (ANS) to determine disturbances and potential remedies. ART is a Functional Assessment medical tests used by the Holistic/ Integrative Doctor, which measure bodily function (or dysfunction) not specific disease.

Dr. Dietrich Klinghardt who blended the muscle testing of American Applied Kinesiology with the understanding of the anatomy and physiology of German Neural Therapy developed ART. The result is a highly structured muscle testing biofeedback system designed to give reliable and reproducible results.

The ANS is our functional nervous system, responsible for normal bodily functions and abnormal adaptation to health problems. Detectable problems within the ANS are present in all chronic disease and dysfunction and all chronic disease and dysfunction has a treatable autonomic component to the problem. Conventional medicine and many Holistic Practitioners do not understand the role of the ANS in health and healing.

A medical assessment tool (like ART) that records generalized and localized ANS disturbance can be helpful in determining the root causes of health disturbances. ART is one of a growing number of functional assessment tools used by Health Care Providers along with Conventional Medical tests and sound Medical judgment to develop an Integrative Medical strategy.

ART primarily evaluates dysautonomia, disturbances in the ANS, both generalized and local disturbances.

What is ART?

ART is a functional tool, which not only gives the Practitioners the ability to “see” the ANS disturbance but also is able by biofeedback to therapeutically be guided in treatment.

ART is the functional tool that is used in Allergy/hypersensitivity Elimination Therapeutics, an ANS biofeedback reprogramming of the ANS stress response to hypersensitivity/ allergic factors; Psycho- Neurobiology, the assessment and resolution of Psycho-emotional disturbances affecting the mind and body; and Neural Therapy, the direct treatment of the ANS. In fact, Dr. Klinghardt first developed ART as an assessment tool for Neural Therapy.

It must be clear that ART is an ANS dysfunction testing tool and that the therapeutic categories listed as major chronic stressors causing dys-autonomia are not the only treatments in an Integrative Medical Doctors arsenal. Physical body therapy involving drugs, herbs, vitamins and mineral supplementation are some of the biochemical options, and physical, massage, chiropractic, exercise or osteopathic therapy are some of the therapeutics that treat the structural part of the physical body.

There are four specific sequentially applied tests employed in ART required to give it its accuracy and repeatability:

1. The Regulation test- the ability of the ANS to react appropriately to a subtly measured stress with the appropriate stress response (muscle test). Chronic ANS stressors beyond the threshold of one's functional limit cause a generalized dysautonomia. What is affecting the ANS, in a generalized way is critical to find and treat because all other disturbances will be the direct or indirect result of the major ANS disturbance(s).

The Major ANS chronic stressors that "block" normal ANS regulation are:

- a) Heavy Metals: Mercury has the most devastating impact to the ANS but tin, aluminum, nickel, arsenic, cadmium and lead are also ANS toxic. Heavy metal detoxification therapeutics need to consider the biochemical toxicity and the impact to the ANS to be understood and consistently successful. The effects of Heavy Metals on the ANS is not well understood by many in the health care field as of yet.
- b) Allergies/ ANS hypersensitivity: Certain foods can cause total bodily dysregulation – ex: Wheat, milk, eggs, corn, soy and mold
- c) Other "commonly occurring substances" need to be treated in a comprehensive integrative medical strategy.
- d) Toxic Chemical overload: The solvents, petrochemicals, pesticides, and chemicals that we are continuously exposed can reach threshold toxicity and in addition to the toxic biochemical effects on the Physical body overwhelm the ANS causing / contributing to generalized dysautonomia.
- e) Psycho-emotional conflicts that remain unresolved can have a major impact to the ANS. These can be consciously remembered as a post-traumatic stress disorder or more commonly stored in the subconscious mind. It is our experience that all chronic dysfunctions, pain or disease has an unresolved psycho-emotional component that could be treated and part of a comprehensive integrative medical therapeutic strategy. The field of Applied Neurobiology employs biofeedback-processing techniques using ART and Eye Movement Directional Therapy with colored glasses to resolve these Psycho-emotional conflicts from the past and present. Unresolved psycho-emotional conflicts affect the beliefs, thoughts and attitudes of our Mental body and when unconsciously aggravated reduce the functional reserves of our organs and structures causing or perpetuating disease, dysfunction, pain, and lack of healing (chronic problems). The connection of the ANS and the Psycho-emotional brain is the basis behind mind-body medicine.
- f) Major structural disturbances impacting the cranio-sacral system- TMJ.
- g) Noxious bio-energies- geopathic stress, from underground water steams and electromagnetic radiation usually generated from electricity can be

detrimental to the ANS especially if these noxious energies are in the patient's area of sleep. It is the experience of most Integrative Medical Doctors, who assess for noxious energies that the chronically ill patient will not heal unless the detrimental effects from the noxious energies are resolved.

- h) Chronic infestations: chronic viral, bacterial, fungal and parasites can create or perpetuate an ANS distress of such magnitude that it causes generalized ANS dys-function. The diagnosis and treatment of these chronic infestations, which escape the immune system and are often intracellular is fundamental to treating a wide variety of diseases from heart and blood vessel occlusion diseases, arthritis, most (if not all) degenerative conditions to autoimmune diseases.
- i) Chronic cellular communication problems- chronic imbalances or deficiencies of electrolytes, immune enhancers, neurotransmitters enzymes and dehydration.
- j) Chronic dys-oxygenosis, tissue acidity and lymph congestion: Dr. Ali, the President of Capital University of Integrative Medicine (CUIM) and an internationally known physician and author has advanced the thesis that all chronic disturbances, degeneration, and aging are ultimately the result of the body's inability to utilize oxygen properly, which he calls dys-oxygenosis. The causes are the major chronic stressors to the ANS listed.
- k) Chronic GI disturbance: The bowel toxicity from overwhelming pathogenic infestations, digestive enzyme problems resulting in lack of properly digested food and feeding the "bad bugs", inflammatory GI conditions creating "leaky gut" problems dump more toxins into the liver and blood than can be handled. The primary Naturopathic principle is to clean up the gut first. This wisdom is practiced by every ancient and modern Indigenous Medicine discipline of the world.
- l) Hormone dys-regulation: The Physical body is regulated in a generalized way by the Psycho- neuro- immunological and hormonal systems all-functioning as one. Hormonal problems involving the pituitary gland, the master gland, which receives its direction directly from the ANS brain centers, the adrenal gland the stress gland regulator, the thyroid, the metabolic gland regulator, and the sex hormones are often problems in chronic health problems and a specific therapeutic strategy to resolve.
- m) Chronic antioxidant protection and free radical damage.

2. The Acute Focus Test (or switching)- is a challenge test to determine if the ANS is seriously disturbed by a focus Areas of focal disturbance (Interference Fields-IF) are local areas of ANS disturbance generated by electrical pathological tissues, whose chronic discharge is overwhelming to the ANS. Most commonly these IFs are scars, dead teeth (also root canals), chronic infections of the jawbone, and organs like sinus, tonsil and appendix. Neural therapy, the German discipline of treatment of the ANS, and Traditional Chinese Medicine has been aware and has treated these disturbances for years.

. An Acute Focus is a generalized dys-autonomia where-by the electrical or pathological disturbance (focus) is of such magnitude that causes brain disorganization. The most common causes of Acute focus are:

- a) Scars
- b) Dead teeth, chronic infections in jawbones, tonsils, sinus, and appendix.
- c) Jewelry (that often have some significance), watches, and electrical devises

3. Therapy Localization (TL)- is an evaluation of the regional (or localized) ANS dysfunction. The first application of TL is to find the primary organ that is disturbed. Then the chief complaint of the patient can be addressed if the problem is localized on the body.

4. Direct Resonance- developed by Dr. Yoshiaki Omura who discovered that a substance placed over the skin resonates with the identical substances inside the body. Utilizing these test concentrations of heavy metals, toxic chemicals, chronic infections, cancer and any other normal or pathological tissue or concentration of substance can be detected.