

## In This New Year, Let Your Body Talk

We often hear the expression, “if only my body could talk”. Well, guess what? It can! Your body is in constant communication 24/7. The key is interpreting what your body is telling you.

Food cravings indicate different nutritional deficiencies. Cravings for chocolate indicate a magnesium deficiency. Cravings for sugars often indicate that the body is in need of good fats, like omega oils, or that it is dehydrated. When you want salty foods your adrenal glands are asking for minerals to help your body make hormones.

These and other cravings are all ways that the body talks to you. There are many other ways the body communicates. Your body tells you when it is tired, hungry, and ready to sleep. Feeling happy or sad is another way your body talks to you. These emotions are indicators of hormonal balance or imbalance, which are influenced by nutritional toxicities and deficiencies.

There are other simple, non-invasive ways to help interpret what your body is trying to say. One of the easiest ways to understand body talk is by muscle response testing.

The muscle response testing used today by many doctors provides a great deal of information about the energized status of your body and its various organs, glands, and systems without having to penetrate your skin or use invasive techniques. The degree of accuracy is remarkable and best seen in the results achieved. Many patients notice improvement within weeks, and some within days.

Muscle response testing analyzes the various acupuncture meridians

and contact points for the integrity of the energy flow in your body. The energy of each of your body systems can be determined by touching one of the surface contact reflex points while performing a muscle test. If the strength of that point remains when it is challenged, it may be interpreted that the system or function associated is energized sufficiently.

When a reflex point tests weak, it is interpreted that there is a loss of energy and an inadequacy about that system. A weakness can never be equated to a diagnosis of a disease or condition. If a reflex for an organ tests weak, it means only that your system energetically is imbalanced.

Weaknesses are interpreted as areas of need, areas wherein your body may require cleansing, strengthening, or repair. Clinically after 1-3 months of specific nutritional support for your weak system or organ, your reflex point will no longer be weak. In addition, there is usually an improvement in your state of health and the symptoms associated with that particular body function.

There are many ways to strengthen a particular weakness, including nutritional and herbal supplementation, lifestyle modification, homeopathic remedies, chiropractic to improve nerve function and energy reaching the area, and stimulation to acupuncture points to restore normal energy flow through your meridians. The key to strengthening a weak reflex point is in listening to the needs of your body. Your body will improve if you provide it with the exact tools that it is looking for.

A native Michigan chiropractor, Dr. George Goodheart, D.C. first developed this procedure over 60 years ago. It is now being used

by various types of practitioners all over the world, including medical physicians, osteopaths, naturopaths, and chiropractors as a form of prevention by finding body weaknesses before they manifest as conditions or diseases.

I tell patients that health is a journey, not a destination. On my health journey I have found that muscle response testing helped me when nothing else could. It allowed me to understand what my body was trying to tell me. My health improved dramatically when I provided the exact nutrients that my body wanted. I have been able to recover from chronic fatigue, difficulty sleeping, hormonal imbalances, and digestive issues.

By listening to my body, I have been able to lose the weight that I wanted without taking hormones or following fad diets. Many of my patients have also experienced weight loss without even trying. Your body knows what it needs in order to lose weight, have more energy, and become healthier. All you have to do is listen to what your body tells you.

For over 25 years I have had the distinct opportunity of helping thousands of patients improve their health by listening to what their body was communicating. Try it for yourself, and see if listening to your body talk can help you lose weight and improve your health in the New Year.

Dr. Carol Ann Fischer, B.S., D.C., N.D. owns TLC Holistic Wellness in Livonia. She is a practicing chiropractor, naturopath-wellness consultant, who for 25 years has provided holistic and nutritional recommendations using water & whole food supplements. Visit [www.TLCHolisticWellness.com](http://www.TLCHolisticWellness.com) for more information and free public workshop dates, or call (734) 664-0339.

