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Matrix Reflex Testing Course

Dr. Louisa L. Williams

Introduction:

Matrix Reflex Testing, or MRT, is a form of energetic testing, that is, a method of measuring what is good or bad for a particular patient. This type of testing directly on the body has many advantages over lab tests, x-rays, cat scans, MRIs, and so forth, since it is a very current assessment of what is affecting the body *right now*—that is, in present time. Other methods of energetic testing include the measurement of muscle strength (kinesiology) and the assessment of acupuncture points through an ohmmeter (electroacupuncture by Voll, Vega, etc.).

MRT is relatively easy-to-learn, and works even on patients who are difficult to muscle test. Although it is a binary system like kinesiology that gives "yes/no" or "good/bad" answers, this method goes even further. By assessing *which* arm goes short (the right or the left)—as well as *how* short, MRT additionally indicates *how good*, or in contrast, *how bad*, a particular food, supplement, or other treatment is testing. MRT can also be used to test one's self, and is considered by many practitioners to be more objective than other self-test techniques.

Definition of MRT:

MATRIX: This is the fluid aspect of the connective tissue, known as the extracellular matrix or ground system. This extracellular fluid between our cells is often referred to as our "internal ocean," which *connects, communicates,* and *regulates* all the systems (nervous, immune, hormonal, etc.) in the body. The denser part of the connective tissue—the fascia—is an extensive and integrated network that connects the body from head to toe and surrounds and contains this fluid matrix. In the MRT method, the state of both the fluid matrix and the denser fascial connective tissue is measured through the reflex arm length (RAL), as well as the electromagnetic field (EMF) test.

REFLEX: An involuntary and nearly instantaneous movement in reaction to a stimulus. It should be further noted here that the term *reflex* does not only apply to nerves, but characterizes any involuntary response to a specific stimulus to the body. The fluid matrix is the most sensitive tissue in the body, and responds instantly to both positive and negative stimuli through various fascial constriction patterns.

TESTING: A method that diagnoses *directly* on the body and very currently, that is, in present time, what is disturbing the system, as well as what kind of therapeutic interventions would be most appropriate.

External Signs of Health:

In health, the body is balanced and in proportion. This is what Leonardo da Vinci

was demonstrating in his Canon of Proportions figure in 1490, as well as what the late, great originator of Clinical Kinesiology, Dr. Alan Beardall, emphasized. That is, individuals in optimal health should display the perfect geometry of even legs and arms.

The Reflex Arm Length (RAL):
In MRT we measure the connective tissue, which is a vast system with denser parts—the fascia, tendons, ligaments, cartilage and bone, as well as fluid parts—the extracellular fluid, the blood and the lymph. One of the major testing instruments in MRT is the reflex arm length (RAL) measurement, which assesses the health of this connective tissue.

How To Do the Reflex Arm Length:

- **Patient**: Remove all electromagnetically-disturbing stressors on your body (cell phones, pagers, keys with batteries in them, watches with batteries in them, hearing aids with batteries in them, garage door openers with batteries, credit cards with magnetic strips, etc.). Metal and gemstones are usually neutral, piercings vary depending on location, and I always have patients take off their glasses. If there is any question about metals, gemstones, piercings and glasses these can be tested individually. Also unbutton the patient's cuffs and remove any restrictive clothing.
- **RAL Test On Sitting Patient**: Place the patient's arms over the head and then gently pull cephalad (toward the head) on both arms. Continue gently pulling evenly on both arms until a *rubbery* fascial stopping point is felt. Note that the elbows are never straight and hyperextended, but always slightly flexed and relaxed. Avoid the wrist pulse points and the center of the palm (hand chakra point); either hold on to the back of the patient's wrists or grasp the more neutral thenar pad areas.

  The Reflex Arm Length (RAL) is measured by comparing both arms using the ends of the thumbs, to determine if the RAL is even, short on the left, short on the right, or oscillating (mixed pattern). (Note that in energetic testing we always refer to the *short* arm or leg, not the long limb.)

  Tips:
  1. To ensure you accurately measure the RAL, do it in a 2-step fashion. That is, first pull both arms cephalad (superiorly toward the head) keeping them *apart and separate* from each other until you feel the rubbery fascial stopping point (step 1). Then—and only then—bring the arms together and compare the ends of the thumbs (step 2).
  2. Additionally, always test several times to ensure that the patient is not oscillating. Oscillation is a mixed RAL response. Such as even, then right short, etc., or right short then left short, etc.
  3. Also, if the RAL is only *slightly* uneven (just a few millimeters), then retest. The RAL could actually be even but appears slightly uneven due to not

pulling quite evenly on both arms. Or on the other hand, the RAL could actually be uneven, but only appearing as slightly uneven due to the lack of confidence from a new inexperienced tester.
4. Always "reset" the biocomputer each time by slightly flexing the elbows before each RAL test in order to move out of the last test (pattern) and into the new one.
5. Practitioner: Make sure you are not in a major stressful pattern (such as oscillating). If so try to stabilize yourself with a supplement, brief treatment, etc.

Practice:

1. If patient is even, challenge with a bad thing.
2. If patient is uneven, challenge with a good thing.
3. Record results and switch.

Notes:_____
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Self-Testing:

1. Let your arms hang loosely beside your body
2. Now slowly bring the arms together (be neutral and objective)
3. Now compare the ends of the thumbs, or the wrist creases
4. Record: Even, Right Short, Left Short, or Oscillating
5. Next:
    - If you are *even*, challenge with a *bad* thing
    - If you are *uneven or oscillating*, challenge with a *good* thing
6. Practice!

Notes:_____
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How Does the Body Respond to a Good Product With an Even RAL?

1. **The RAL test goes right short with "eustress" (good stress)**
   Distress = Eustress: Similar adrenalin response
   Distress = Adaptation; Eustress = Compensation
   (This is because it is a Lesser Yang response: See MRT Basic for more info.)
   Rule: Eustress (a good product) causes a right RAL response (if patient is initially even) or an even RAL response (if patient is initially uneven).
2. **And, a positive hand chakra in the patient's dominant hand**
   There are 21 minor chakras and 7 major chakras in the body.
   The hand chakra is energetically activated in the patient's dominant hand with a beneficial supplement.
   This hand chakra when "Therapy Localized" (T.L.'ed) will 2-point (cause a change in the RAL) if positive.

This is true for left-handers as well: If you begin with an even RAL, a good product will cause a right RAL response and a positive hand chakra in the patient's dominant left hand.
A stressful supplement will cause a positive hand chakra in the non-dominant hand.
When the RAL test does not change, but a hand chakra tests positive in the patient's dominant hand, then the product is mildly helpful and often needs to be taken just a little bit (e.g., 1 cap, 3 times a week)
No hand chakra means that the supplement is not an issue—that is, it is neither helpful nor harmful enough to elicit a hand chakra response.
Note: If a patient presents with a left RAL, and then a supplement causes a right RAL, then this supplement is too strong. (And the hand chakra will not be found in the appropriate dominant hand anyway.)

3. Practice! Ask the patient if s/he is right or left-handed—record.
4. Dosage: Count out the number of capsules (or tsp's or TBLSP's) per day, how many times a day, and for how long?

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Testing Benign Things:

1. A benign, neutral product should not cause a change in the RAL test nor should it elicit a positive hand chakra
2. For example, non-toxic mascara or shaving cream or dental filling material, or your occlusion (your bite), exercise, etc., should not cause any stress in the body. So no change in the RAL test is appropriate with these products.

Priority Testing for the Best Food or Supplement:

1. The supplement that causes the shortest right RAL is the best
2. Or test both, then thump the thymus, and then retest.

Practice!

1. If you are even, test clearly obvious stressful things (aspartame, saccharin, enriched bread, pesticides, etc.)—the resulting oscillation response will be very clearly felt!
2. Get healthy! The more clean and clear you are the better you are at testing. Eat a nutrient-dense WAPF diet, avoid your primary food allergy (dairy and/or gluten), take high quality supplements, get on your deepest constitutional homeopathic remedy, and so forth.
3. Using this self-testing method can help empower you to make wiser nutritional and dietary decisions, and therefore gain the increased self-understanding that communicating directly with your body can bestow.

For more information on this method order the **MRT Self-Testing Manual and DVD** or the **Basic MRT Manual and DVD set** at www.radicalmedicine.com.