

Matrix Reflex Testing Course by Dr. Louisa L. Williams

Introduction

MRT Is a Type of Energetic Testing:

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 testing by Schimmel, 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 can indicate *how good*, or in contrast, *how bad*, a particular food, supplement, or other type of 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 tissue 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: By definition, a reflex is an involuntary and nearly instantaneous movement in reaction to a stimulus. Thus, the broad term *reflex* does not only apply to nerves, but characterizes any involuntary response to a specific stimulus. The fluid matrix is the most sensitive tissue in the body, and responds reflexively and instantaneously to both positive and negative stimuli through various fascial constriction patterns.

TESTING: A method that diagnoses *directly* and *currently*, that is, in present time, what is disturbing the system. Through specifically testing the body we can better determine what is wrong, as well as what kind of therapeutic interventions would be most appropriate.

How to Use MRT

External Signs of Health:

In health, the body is balanced and in proportion. Leonardo da Vinci demonstrated this in his Canon of Proportions figure in 1490, and this is 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. Additionally, healthy individuals should also have a close EMF or “Wei Qi,” which allows us to test supplements on patients’ body (without having to insalivate them).

First: Learn the Reflex Arm Length (RAL) Test:

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 and responses 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 (but not always), 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 a Sitting Patient:** Place the patient’s arms over his/her 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. Then measure the RAL by comparing the ends of the thumbs.
- **Tips:**
 1. **Relaxed Elbows:** 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). Thus, either hold on to the back of the patient’s wrists or grasp the more neutral thenar pad areas.
 2. **2-Step:** 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).
 3. **Reset:** Always “reset” the biocomputer each time by slightly flexing the elbows down to the patient’s chest area, before each RAL test in order to move out of the last test (pattern) and into the new one.
 4. **Test Several Times:** Additionally, always test 2 to 3 times to ensure that the patient is not oscillating. Oscillation is a mixed RAL response. Such as when

the RAL is even, then right short, (Level 1), or right short then left short, (Level 3). (See last page of this handout for that chart.)
Additionally, 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 (gently) 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 and inexperienced tester—this is normal at first.

5. Practitioner Reasonably Clear: 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., before testing the patient.

There are 4 RAL Responses: The 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.)

Practice On a Sitting Patient:

1. If patient is even, challenge with a **bad** thing. The patient should then test as uneven.
2. If patient is uneven or oscillating, challenge with a **good** thing. The patient should then test as even.
3. Record results and switch.

Notes: _____

Practice 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: _____

How Does the Body Respond to a Good Product with an Even RAL?

1. The RAL test goes right short with “eustress” (a good stress)

Distress and eustress have a similar adrenalin response

(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).

Remember, in the clear, it is *never* ok to have a short arm presentation.

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.
- Online and Clear: If the patient was initially uneven, then a good product causes him to go even, then testing a positive hand chakra in his dominant hand will cause him to go right short. That is, ***even and right short*** are the 2 responses of clear communication in the body (never left short) as you are treating a patient.

3. Other Hand Chakra Rules:

- A distressful supplement, remedy, food, etc., will cause a positive hand chakra in the non-dominant hand.
- 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.
- Mild or Weak Challenge: 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)
- Left RAL to right RAL: If a patient presents with a left RAL, and then a supplement causes a right RAL, then this supplement is *too strong* and should not be prescribed. Further, the hand chakra will not be found in the appropriate dominant hand anyway. (It’s the same if the patient changes from a right RAL to a left RAL with too strong of a supplement, but this is not as confusing since a left RAL presentation is *always* indicative of a stress.)

Practice on a Supine Patient with a Beneficial Supplement!

- As usual, remove all EMF stressors
- And now be sure and ask the patient initially if s/he is right or left-handed? and then record this information.
- Choose a beneficial supplement you suspect might test well on this patient.

Dosing Out the Supplement or Remedy

1. Use your experience and the product dosage suggestions to figure out how many pellets, capsules, etc., you or your patient should take daily, as well as how long to take the supplement.
2. You can also count out verbally (or silently) the number of capsules, tablets, etc., to take per day, how many times a day, and for how long, by observing when the RAL test changes. (Change = yes. No Change = no)

Testing Neutral 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), or a liver T.L., exercise, etc., should not cause any stress in the body. So no change in the RAL test is appropriate with these products or challenges. (Exception: Lots or herbals added to shampoo, e.g.)

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 at Home!

1. If you are even, test clearly obvious stressful things (aspartame, saccharin, enriched bread, pesticides, etc.)—over time the resulting negative short arm or 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, remove amalgams, 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.

More Information on MRT

- To stream the **MRT Self-Testing Course** go to www.mrt.radicalmedicine.com.
- For more information on self-testing order the **MRT Self-Testing Manual and DVD** at www.radicalmedicine.com.
- Doctors and practitioners may want to order the **Basic MRT Manual and DVD set** at www.radicalmedicine.com.
- Contact information: info@radicalmedicine.com, info@austinnaturopathicmedicine.com, or louisawilliams@mac.com

Oscillation Patterns:

LEVEL 1 – Even and Short Pattern

Level 1 Right: R/=/R/=/R/=...

Level 1 Left: L/=/L/=/L/=...

LEVEL 2 – Short/Even/Short Pattern

R/=/L/=/R/=/L/=/R/=/...

LEVEL 3 – Cross Pattern

R/L/R/L/R/L/R/L...

LEVEL 4 – Mixed Pattern (of levels 2 and 3)

e.g. R/L/=/R/L/=/R/L/=...

or L/R/=/L/R/=/L/R/=...

LEVEL 5 – Haywire Pattern (no pattern)

e.g. L/L/L/=/R/L/R/R/=/L/L/=...

or L/=/L/=/R/=/L/R/=/L/L/R...

NOTES: _____

