



THE LITTLE BOOK OF MUSCLE TESTING SUPPLEMENTS

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Step 2 – Yes or No

Ask your body whether the supplement you're testing for will help or support you now and over the next few days. Ask for the specific reason you are taking it. Examples are on the next page.

If you're feeling nervous or worried about trying this, tap on your chest, stomach, or wrist as you clear your unwanted emotions. I recommend The Tapping Solution for people new to tapping. More about tapping and the following affirmations can be found on the Resource page.

Next, affirm out loud or mentally say "yes" to accept the following beliefs:

I believe I can restore and recover

I believe it's possible to restore and recover

I know it's possible to love my body and life experience as it stands

I know it's possible to muscle test for supplements

I know how to muscle test for supplements

Step 3 – Evaluating Your Answer

If you get a “yes” for the supplement, ask by what percentage. If your body says it will help/support you by 60%, that may be a great purchase. If you get that it will help/support you by 5%, it may not be worth it. You get to decide!

Compare to other brands, factoring in dosage and other ingredients listed in the supplement. It may be that your body may want a higher or lower dosage. Muscle test the dosage.



Quantifying this process gives you a way to compare and evaluate.

On a scale of 1 – 10, High – Moderate – Low – None, and percentages are a great way to measure your findings.

Step 4 – Bioavailability

A supplement your body says "yes" to doesn't necessarily mean it's bioavailable. Ask your body if it's bioavailable to you. Ask if you assimilate or absorb this supplement, and if you are allergic or intolerant to this supplement. This is helpful if you are sensitive.

Once you've completed testing your supplement by itself, group your supplements together on your counter and ask again. You may discard the ones that overlap by asking questions to confirm your grouping. For example: "Will this group of supplements help me with _____." Compare with and without your new supplements.

I recommend testing every day what you need or every few days to get the best results.



Step 5 – Advanced questions

Note: This section is not necessary to successfully muscle test and make a huge difference in your outcome.

Dosage

- How many or how much?
- What time of day?
- Which days?
- With or without food or other substances?
- How many hours between groupings of food or supplements?

Implementing something new

- Which supplement should I start first, second, and so on?

As a rule of thumb, building up your protocol or adding one new thing at a time is always a great idea. This approach demonstrates what may or may not be working and how your body is responding to this new supplement.

Taking everything at once is not recommended. Most people prefer a gentle start to see how things go. Consider the pace that's right for you based on your individual needs. Some people may want to go at a more robust pace because they have set time aside.

Starting one new thing at a time can demonstrate how it is working and how it feels in your body. Using your choice of a measuring system, tell your body the level you want to work.

Step 5 (cont.)

Sometimes a supplement is more bioavailable than food to take in, and visa versa. Ask your body for the form that's best for you by using this method. A loose-leaf herbal tea may be better or less bioavailable than a tincture of the same herb.



Step 5 (cont.)

Comparison Shopping for Food

Create a “rule system” for measuring your shopping trip based on the qualities that are a priority for you. Cost, accessibility, organic, conventional, pasteurized, hormones, canned, frozen, fresh, local, and long-distance are factors that help you test what is the highest and best for you. Using the same approach as in the previous steps.

Comparison Shopping for Protocols

Create a rule system for evaluating and comparing a diet or protocol by considering all of your options and what is important to you. Use the comparison parameters in food and supplements to help guide you as well.

Protocols can be modified or combined. You can ask how much a change in a protocol effect the desired outcome.

More Examples

- Will this protocol help/support me to detox but not too strongly where it affects work?
- Which grocery store will provide me with the most of what I want, based on my criteria? Grocery store A, B, or C?
- Which food provides the most nutrients and bioavailability for me?
- Do I need anything in this aisle that I don't have at home?

Step 6 – Resources

How to tap out emotions <https://www.thetappingsolutions.com>

Learn about affirmations and the 8 step beliefwork process
<https://www.thebeliefwork.com>.

Free 3 min videos for muscle testing, tapping, beliefs, and more at
<https://www.tiktok.com/@kristaparadigmrebel>

About The Author

Krista Rosen is an energy healer, intuitive, educator, and author of two self-help spiritual books. *BeliefWork: What My Traumatic Childhood Taught Me About Beliefs, The Real Truth, And The Universe* is her first book. Her follow-up book, *The BeliefWork Workbook* was published in the fall of 2022.

Krista's work culminates 20 years of working with energy medicine for chronic health conditions such as anxiety, PTSD, Lyme Disease, and autoimmune conditions.

My Offerings

1-1, families, parent and child, groups, classes, retreats, workshops, Runes, Aura reading/ clearing, and spiritual mentoring

