



## Breakthrough Diagnostic Technique Uncovers What's REALLY Causing Your Health Problems

### What is Autonomic Response Testing?

Autonomic Response Testing is a biofeedback enhanced physical exam which uses changes in muscle tone as primary indicator. **It produces the most reliable consistent responses over other forms of muscle testing** going deeper into the matrix and intercellular levels: body, mind and spirit.

It was developed by Dietrich Klinghardt, MD, PhD. Autonomic Response Testing is a comprehensive diagnostic system that has helped to transform many practices in the US and abroad into healing centers – and helped many practitioners to become accomplished holistic physicians: our attendees include: **DDS, MD, DO, ND, RN, DC, L.Ac, NP, PhD, Psych, Nutrition, PT, and all modalities of Health Practitioners of Integrative Medicine.**

Autonomic Response Testing is taught in the USA each year by Dr. Klinghardt and his team of practitioners at the Klinghardt Academy in three level courses, Level I, Level II and Level III to all modalities of practitioners.

**Level I & II** are the Hands on Workshops in which the principles and skills of Autonomic Response Testing are taught: open & blocked regulation, switching, the 7 factors, the 5 levels of healing, the work with the signal enhancer and the polarization filter.

**Level III** is the workshop where the system is put into practice, addressing most relevant and acute and chronic illnesses of our time: CFIDS, fibromyalgia, Lyme disease, autism, acute infections, trauma, PTSD, orthopedic problems, EMF sensitivity, sleeping disorders, MS, ALS, PD, AD and more.

What others say...*"I am convinced that Dr. Klinghardt is one of the most brilliant and gifted pioneers of our time. I feel I have learned more at this workshops on the treatment of chronic illness that I have learned in the last ten years combined. His work is the most consistently effective in the shortest amount of time and at the most profound level"* ...Dr. Joe Mercola...www.mercola.com

## 2019 Autonomic Response Testing Workshops

Classes forming...  
...Register now!

### Level 1 & 2

**March 29-31 PA**

**May 17-19 WA**

**Oct. 11-13 PA**

**Sept. 23-26 WA**

*During Immersion Retreat*

### Level 3

**Sept. 27-29 WA**

### Unmasking Autonomic Dysfunction

**June 1-2 PA**

### Klinghardt Core Solutions

**Nov. 2-3 PA**

**CME Credits available  
(908) 899-1650**

*An overview of Autonomic Response Testing is presented below, including some new concepts that make Autonomic Response Testing an even more effective comprehensive diagnostic system.*



## **Autonomic Response Testing — Four Basic Steps**

**Step 1: In Autonomic Response Testing the body is *stressed* with different modalities:**

1. Electromagnetically (placing substances in the field)
2. Psychologically (APN)
3. Structurally (pushing on a tender area, squeezing an organ or gland, stressing a joint etc.)
4. Biochemically (giving a medication orally, i.v. or via other route)

**Step 2: The practitioner assesses the organism's *response to the stressor* by one of several means:**

1. The muscle test
2. Arm length test
3. Bi-digital O-ring test
4. Applied Kinesiology (multiple muscles)
5. EAV (electro acupuncture according to Dr. Voll)
6. HRV (heart rate variability)
7. Kirlian photography
8. VAS (Nogier pulse)
9. Other types of biofeedback equipment

**Step 3: The practitioner *interprets the stress- response*.** The guiding principle is as follows:

- If a **mild** stressor causes a stress response, the organism is already under **severe** stress regarding this variable (substance, psychological issues etc.)
- If a **moderate** stress is causing a response in the absence of response to a mild stressor, the organism is under **moderate** stress
- If only a **severe** stress is causing a stress response, the problem of the organism related to this issue is only **mild**

**Step 4: Now *therapeutic modalities* are tested.** Whatever neutralizes the stress response is an agent or a method that will help the organism cope with the underlying cause of the stress. How much (quantitative assessment) it will help can be determined by the quantitative amount of stress response neutralization. Most suitable for quantitative assessment is the bi-digital O-ring test from Y. Omura, MD. If an agent or method is determined to be helpful, it does not mean the patient cannot have adverse side effects to this agent or method. In case of a biochemical intervention the Autonomic Response Testing-allergy is always used to double check an item that has been determined to be helpful. In case of psychological, structural and electromagnetic interventions, things are more complicated.

**Yin and Yang:** We differentiate between Yin states and Yang states, and much of our decision making is based on an understanding of both.

***For those who would like to learn more, the Klinghardt Academy offers a Protocol Solutions Workshop not restricted to ART participation. Video tapes are available of Autonomic Response Testing classes along with course material and a product catalog of essential tools.***

***Call the Klinghardt Academy to register for our workshops at 908-899-1650 office or 908-414-0769 cell***

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