

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

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## Doctors Could Be Wrong, Find out for Yourself! Becky Utley

There have been times that I just wish my body would talk to me! It could tell me what herbal formulas would help it to heal, how much to take, and whether other healing modalities that are being recommended, are the best thing for my body. I would know what foods would best support me. If I had a headache, it may help me to understand why, so I could do something about it.



Well, there is a way; applied kinesiology. Also known as biomechanics and muscle strength testing, applied kinesiology is the study of body movement. It is based on the belief that various muscles are linked to particular organs and glands, and that specific muscle weakness can signal distant internal problems. In the 28 paged booklet, *Doctors Could Be Wrong-Find out for Yourself!*, the author Becky Utley takes the reader through 7 basic steps in communicating with your body, and receiving the answers you are looking for. "Muscle testing, at its best, is used as a support tool, a confirmation or second witness to your own intuition..." With the instruction in this booklet, you can learn how to ask your body questions, and learn how it answers back.

Becky puts everything in simplistic terms so that you are able to; "[take] responsibility to use all that is in our power to take care of our own health. Muscle testing can be a great tool to assist us in knowing what is right for us."

If you are ready to begin muscle testing today, this is the booklet for you!

Now available at Christopher Publications!