

Srinika Narayan, MS, LAc

Discover the Power of Muscle Testing

Learn to tap into your body's inner intelligence

Muscle Testing, or Applied Kinesiology, can help guide us to make healthy decisions in many areas of our life. In this workshop, Srinika Narayan will teach the basics of muscle testing, and participants will have plenty of supervised practice doing muscle testing for themselves, using various foods.

This workshop will address how to use muscle testing in your every day life. Participants will learn the premise of muscle testing, as well as see demonstrations on how it can work. We will spend the second half of the workshop actually practicing muscle testing, on ourselves, and on each other, using various foods and substances. Participants are encouraged to bring specific foods they would like test on themselves.

Ms. Narayan has been a licensed acupuncturist and practitioner of Integrative Chinese Medicine for over 15 years, with offices in both SF and Albany. Having established her own practice in 2002, she sought out additional training at Ulan Nutritional Systems to expand her healing tool-kit and added Nutritional Analysis, a specific form of muscle testing in 2011. She has used muscle testing to successfully address many forms of chronic and stubborn conditions.