

Nutritional Muscle Testing at Resurrection Spa

Offered by Ground Level Nutrition — Seward, Alaska

What Is Nutritional Muscle Testing?

Nutritional Muscle Testing is a hands-on assessment method rooted in **Applied Kinesiology**, a system that observes how the body's muscles respond to gentle pressure. These subtle strength changes help identify:

- Foods that support your system
- Nutritional stressors that weaken it
- Organ systems asking for support
- Supplement needs and priorities

Your nervous system communicates constantly — muscle testing simply gives it a voice.

How It Works

During your session, a practitioner applies light pressure to specific muscles while introducing different stimuli such as foods, supplements, or energetic stressors. When the body encounters something supportive, the muscle stays strong. When it encounters something stressful, the muscle momentarily weakens.

This creates a clear, intuitive “yes/no” feedback loop that helps map out what your body needs most.

Why Try It?

1. Personalized Insight

No guessing, no generic protocols. Your body shows exactly what strengthens it and what drains it.

2. Non-Invasive & Gentle

No needles, no labs, no discomfort. Just light muscle-response testing.

3. Fast, Clear Answers

Most people walk away with immediate clarity about:

- Food sensitivities
- Digestive stress

- Immune challenges
- Hormonal imbalances
- Nutrient deficiencies

4. Whole-Body Perspective

Applied Kinesiology looks at the body as an integrated system — structural, nutritional, and emotional. Muscle testing helps reveal the root cause instead of chasing symptoms.

5. A Roadmap for Healing

You leave with a personalized plan based on your body's priorities, not trends or guesswork.

What to Expect in Your Session

- A brief conversation about your goals
- Gentle muscle testing of key organ systems
- Testing of foods, supplements, and stressors
- Identification of your body's top priorities
- A clear, customized next-step plan

Sessions are calm, grounding, and often surprisingly eye-opening.

Who Is It For?

Anyone who wants to understand their body better — especially those dealing with:

- Low energy
- Digestive issues
- Hormonal shifts
- Chronic stress
- Food reactions
- Unexplained symptoms

If you've ever felt like "something is off" but can't pinpoint what, this is for you.

Why Resurrection Spa?

Resurrection Spa brings a new level of wellness to Seward — a place where the body can reset, restore, and rise. Nutritional Muscle Testing fits perfectly into this mission by offering:

- Deep insight
- Gentle assessment
- Personalized care

- A whole-body approach to healing

Ground Level Nutrition is proud to partner with Resurrection Spa to bring this powerful modality to the community.

About Ground Level Nutrition

Ground Level Nutrition specializes in Applied Kinesiology, Nutritional Therapy, and whole-body assessment. Our mission is simple: **help your body communicate what it needs so you can heal from the ground up.**

Book Your Session

Resurrection Spa — Seward, Alaska
Provided by Ground Level Nutrition

Rise into a healthier, clearer, more energized version of yourself.