

# Meridian Health Assessment uses computer technology to assess the body's state of health

Taken from The Health Source Newspaper November/December 2003

Written by: Kimberly Lemieux, IBA, MSA

The Meridian Health Assessment Interview (Information Therapy) is an organized, logical method of querying the body and relaying the body's answers back to patients and doctors in a format they can both understand. It is a comprehensive method that encompasses computer technology, theoretical insights, and advances in clinical knowledge and experience. Information Therapy relies on the use of an advanced, computerized procedure for assessing the body's state of health.

A Meridian Health Assessment Interview combines a computer database and transducer, which is touched to the skin (usually hands and feet) in a way that allows our bodies to answer up to 20 health related questions per minute.

How does it work? Your brain carries out thousands of non-verbal, interactive "conversations" with your muscles, glands, organs, nerves, immune system, etc., every second. Your body is internally "self aware" of all of these systems from the moment of your birth.

Using a computer to ask questions of the body, and then observing the body's electro-dermal response to develop a therapeutic protocol, may seem puzzling to you. This is understandable. You may wonder how the body can respond.

Simply put, this is a new way to listen to your body's needs. Applied Kinesiology allows your body to say yes or no. This new form of communication termed Meridian Health Assessment Interview allows your body to assess how much "yes" and how much "no" and when you have reached homeostasis (balance) in any given area and records the results in a graph to determine priorities.

Consider the marvel that is the human body. The human body is amazingly complex. It has 30 trillion cells. Each of these cells participates in trillions of chemical reactions per day. These reactions involve such things as hormone levels, growth rate, blood sugar, body temperature, target weight, pH, and oxygen level. Their function is to keep the body alive and healthy. The knowledge we need to grow and be healthy is encoded into the DNA of each cell. In addition to these physiological and biochemical functions, the body is also endowed with self-awareness, internal control, complex communications systems and volition. Biofeedback research has proven that the mind can influence body physiology if given proper feedback. This proves that the body's functions are amenable to change, even if the change agent is not something material, such as a disease or a toxin.

Innate intelligence (inborn intelligence) is the body's knowledge and government. It communicates within the body in the form of electrical impulses generated in the brain, and travels to the body through the nervous system. Information governs all body functions.

No instrument, medical laboratory, or computer is as sensitive, powerful, and comprehensive as your "innate intelligence." When it comes to knowing what is happening inside your body, you (your body) are the expert.

Information technology or Meridian Health Assessment Interview has developed into a detailed clinical procedure from its earliest beginnings as Applied Kinesiology as well as “Electroacupuncture according to Voll.” Voll was a scientist that developed some of the first mechanical devices for obtaining information from the body. These early devices could measure the body’s acupuncture points and meridians. In the presence of remedies or medications, these responses would vary, similar to what was found with Applied Kinesiology. Voll found that beneficial remedies would have a balancing effect on the body, while harmful remedies would have to opposite effect. Through the computerized program measurements can be made, indicating the degree of the body’s response along a numerical scale.

Information Therapy may be regarded as an advanced form of Applied Kinesiology. Instead of muscle testing, we use information stored in the computer as stimuli to elicit the body’s response. Although it may seem difficult to grasp or fully understand, clinical observation has convinced us that the body understands computer testing, and it is reliable when done correctly.

This technology permits you and your health practitioner to explore hundreds of specific health issues in a single session. Many other technologies and testing methods take much more time, are more invasive, and provide fewer insights. Many important health related problems and solutions would very likely not be discovered with any other approach.

Is a Meridian Health Assessment right for you? Ask yourself these questions:

- 1- Would I like to discover the root causes of my health challenges?
- 2- Would I like to find real health solutions without experimenting with every medication, supplement, therapy and diet on the market?
- 3- Can my body detect which pathogens and toxins are attacking it, which vertebrae are out of alignment, and which physiological and emotional functions are out of balance?
- 4- Can my body discover what it needs to stimulate or enhance its own immune system?
- 5- is my body able to predict how it will react to specific foods, environmental stimuli, drugs, chemicals, and nutritional supplements before being exposed to them?
- 6- Can my heart, bones, stomach and liver, “communicate” directly with my doctor?
- 7- does my body possess an innate intelligence that knows why I am ill?
- 8- If so can it help my doctor and I make educated decisions about my personal health?

If you are looking for answers to any of the above questions or looking for answers about:

Weight Control, Fatigue, Pain, Allergies, Digestion Problems, Stress, Menopause, Infertility, Chronic Infections, Arthritis, Anxiety, Depression, Sleep Disorders, ADD/ADHD, Hormone Imbalance, Cardio-Vascular, General Nutrition, Heavy Metals, Immune Deficiency or Asthma.

Take the first step on your journey to wellness by calling Dr. Knight's office at (801) 292-9857. We will set you up a complementary consultation which will include your first safe scan.