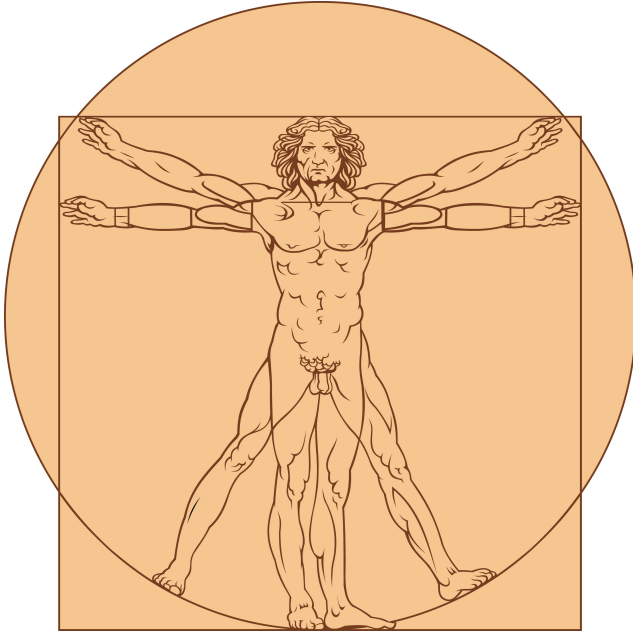


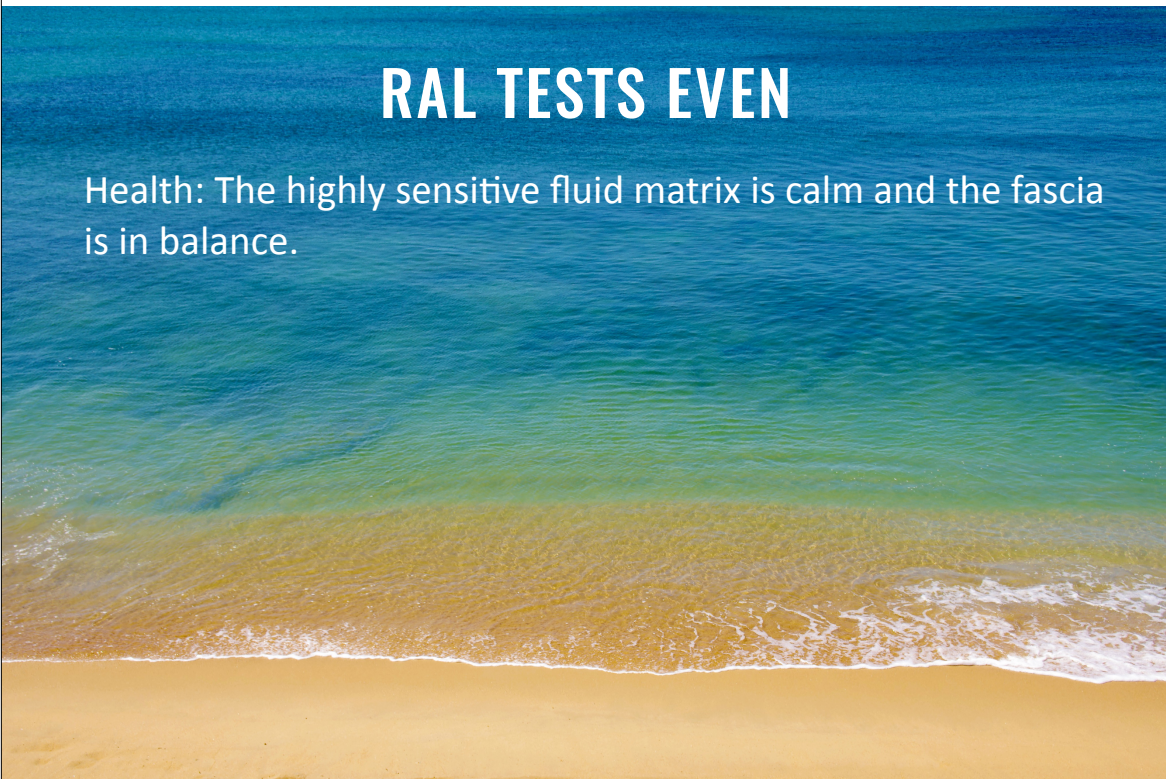
REVIEW – EXTERNAL SIGNS OF HEALTH



- Health is balance, order, symmetry, and proportion.
- In optimal health, we should have even arms and legs.

RAL TESTS EVEN

Health: The highly sensitive fluid matrix is calm and the fascia is in balance.



RAL TESTS UNEVEN OR OSCILLATING

Disease – The highly sensitive fluid matrix is in stress and the fascia is in:

1. an adaptive torqued pattern - short RAL
2. or a chaotic pattern - oscillating



CHAPTER

8

PRACTICE RAL TESTING ON A SUPINE PATIENT

FIRST

1

REMOVE EXTERNAL STRESSORS



- cell phones
- pagers
- keys with a battery
- most watches
- credit cards
- hearing aids
- parking and hotel key cards with magnetic strips

SECOND

2

TEST THE REFLEX ARM LENGTH (RAL)



- Pull gently cephalad until you reach a rubbery Fascial Matrix stopping point
- Then compare the ends of the thumbs
- Test several times