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SELF-MUSCLE TESTING TECHNIQUES THAT ANYONE CAN DO

Self muscle testing is one of the most empowering tools you can have in your toolbox. It not only can be used to gain information about yourself, it also can be used to surrogate test others, such as test-resistant clients, babies and animals. Yet it is often misunderstood, distrusted and difficult to master.

For her DPhil (PhD) at Oxford University, Dr Anne Jensen has shown that muscle response testing can indeed be accurate and reliable.

In this presentation, she will share some of the important findings of her research and teach various self-testing procedures.

- What is Muscle Response Testing and Self Muscle Testing?
- A Brief Summary of MRT Research
- Assorted Ways to Self Muscle Test: Demonstrations & Practice
- How to get accurate & reliable results
- Applying Self Muscle Testing in your life and practice

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Dr Anne Jensen has a DPhil (PhD) in clinical research from Oxford University in the United Kingdom. The focus of her research was on the accuracy and precision of muscle response testing (MRT), and her results represent a rigorous proof of concept, confirming the validity of MRT. Her background is in chiropractic, applied kinesiology, psychology, and sports performance, and she has many peer-reviewed publications in these fields. In addition, through her academic and clinical background, her empathic ability and sense of curiosity, she developed HeartSpeak, a unique and empowering stress-reduction tool, which she teaches worldwide. She is also a healer and maintains a private practice in North Queensland and online, consulting in emotional wellness and stress reduction.