



# AWARENESS:

*Continued from Page 1*

50 years ago by Dr. George Goodheart, a Michigan chiropractor.

“He discovered in working with his patients that he could determine their internal states by the response from the neurolymphatic reflexes in the muscles,” she said.

The muscle Fischer uses exclusively in her testing is the internal deltoid muscle, which is located in the arm. Muscle responses are controlled by the nervous system, and it is the nervous system that she uses as a device to communicate with the subconscious.

“This is a mind, body, spirit process,” Fischer said. “It uses all aspects of the being. All the information and all the answers to life’s experience are within yourself. I do not diagnose or analyze, I am the facilitator. All I have to do is ask questions and the person’s system [body] tells us the answers.”

The client is always in charge of their session, Fischer explained. As a facilitator, she does not treat physical symptoms nor does she practice any form of medicine.

Fischer’s use of kinesiology has spread through the community

exclusively through word of mouth. Generally, those who visit her Las Colinas office want to get to the root of their problem, having exhausted all their coping mechanisms.

“Many people come to me because they abuse themselves through their work,” she said. “They don’t set healthy boundaries, they push the midnight oil when no one is asking them to. They are stressed, driven to perfection, which is a common problem. We set such incredibly high standards for ourselves.”

Fischer’s theory is that people use 100 percent of the brain but only understand 10 percent of it.

“We have 90 percent that is inert. It’s doing something, but we don’t know what that is. And what I’ve stumbled into,” Fischer said, “is the technology that cracks the code to some of that.”

“It’s like the Rosetta Stone, a translation device to find out what’s really going on in the brain. I’m able to tap into parts of the mind that most people don’t know exist.”

Fischer admits she loves what she does.

“It fuels me. It’s my passion. I help see the light come back into people’s eyes, and I get to that everyday.”