

# What Is Contact Reflex Analysis?

**Contact Reflex Analysis (CRA), simply stated, is an energy connection. It is a technique that utilizes a muscle response as an indicator and assessment of the energy status of each organ, gland, system, or structure. This energy assessment is accomplished by testing one or more reflexes, which are similar to acupuncture points and meridians, and monitoring the reactance of the muscle when in contact with these points. The more the body reacts when an energy imbalance is located, the weaker the muscle. In CRA the practitioner typically applies a single, downward push on the wrist of a patient's outstretched arm while also making contact with a specific reflex point on the patient's body. The gentle, but firm push is like a subtle "question" and the muscle reactivity response is the "answer."**

## **The Energy Flowing Through Our Body**

When trying to understand how CRA as an energy connection works, it is sometimes helpful to compare the energy of the body to the flow of electricity in a house. We typically don't think or worry about what's going on with our body unless something goes wrong and symptoms are produced. It's the same with our home. No one worries about the refrigerator being able to keep food cold, or the furnace heating the home when it's 10 degrees outside. However, if the computer suddenly shuts down, the lights won't go on, and the house is getting colder by the minute, it becomes an urgent matter. It becomes a priority to assess what happened, and then to figure out what needs to be done.

People don't often think about the flow of energy necessary for their body to perform all of its intricate functions either. We breathe, blink, and go from an easy walk to an urgent run as we cross a busy street as well as process complex issues all without actually thinking about how this is able to happen. A healthy body is able to adapt according to the given situation and environment. It's called homeostasis. Energy flows balanced and free to every minute area enabling each cell, organ, and system to live and function. Unfortunately our bodies can also experience energy imbalances. Energy to an organ, gland, system, or structure may be disrupted, or it may be flowing with too high or too low of a frequency necessary for well-being. Interference in the natural, balanced vibrational frequencies of the body causes one to be predisposed to illness and disease. Someone in this state of energy imbalance can be affected by the many causes of disease e.g. stress, poor nutrition, bacteria, etc. Symptoms appear. At onset these may only cause minimal irritation. However, if left unchecked the body would continue to deteriorate to a more severe state of disease.

## **Finding and Treating the Cause, Not the Symptoms**

Traditionally, western medicine treats symptoms and diseases through differential diagnosis. It is a systematic procedure where the physician begins by observing the patient's symptoms, examining the patient, and taking the patient's personal and family history. The most likely causes of the symptoms are listed as possibilities. The physician will ask questions and perform tests to eliminate possibilities until he or she is satisfied that the "single most likely cause" has been identified. A diagnosis is made, and treatment is prescribed. For example, if a patient has an acid stomach, antacids are given. If the gallbladder is causing pain, it is taken out. If the sinuses are congested, antihistamines and decongestants are prescribed. If that doesn't help, the sinuses

are scraped. Inhalers and steroids are given to control asthma. However, the question remains, "What is the cause?" If one is unable to determine the cause, patients are doomed to a life which, at best, consists of symptom management, with no hope for complete healing.

Everyday people are diagnosed with some horrific disease. Without minimizing the severity of the diagnosis, you can ask, "What is the cause?" An active parent and work professional suffers from chronic depression. Depression is the symptom as well as the diagnosis. Yet, what's the cause? A child cannot sit still or focus in school. Grades are very poor. The child has been diagnosed with ADHD. Lack of focus and concentration, along with a lack of ability to be still are all symptoms. What's the cause? A woman is diagnosed with breast cancer. What is the cause? What situation(s) occurred to allow normal cells to grow and multiply in abnormal, unhealthy ways?

Case studies have shown that no disease is an entity by itself. The cause may be a complex combination of any number of things including nerve interference, poor nutrition, chemicals, food additives, pesticides in food, water, and air, an abnormal lifestyle, stress, abuse, loss, and other physical and emotional "hits" taken over a lifetime. Symptoms due to these issues are not necessarily noticed right away because the body has been created with many systems, organs, and glands, each with multiple backups in place. When one organ is not functioning optimally, the backup organ has to work harder to compensate. For example, if the right kidney is diseased, the left kidney must function to a greater degree. As the primary organ regains function, the backup can return to its state of ease. If any of the backup systems, organs or glands has to work overtime for long periods of time, they will tire and lose optimal function. Each time any part of the body is not functioning optimally, symptoms occur.

Unfortunately people are typically more in tune with what is and what is not working in their home than in their own body. Minor symptoms are self-treated with over-the-counter medications and nutrition, and the cause is ignored. The energy problem remains undiscovered. It is only when the symptoms become unusually annoying or severe to the point of causing concern that the patient typically thinks to see a doctor. Even then, not all doctors are trained in methods used to discover the underlying cause of health problems. Many diagnose and prescribe treatment based on symptoms alone.

### **Contact Reflex Analysis Offers Hope**

With CRA neither symptoms nor specific diseases are treated. It is not a system of differential diagnosis, but a technique in which the doctor can correct the energy imbalance by finding and treating the cause. In the analysis CRA aims to discover what caused the energy situation whereby disease might flourish. With this information a personalized, specific management plan can be created and implemented to care for the patient as a whole: body, mind, and spirit. With CRA, patients are given hope. Not just hope that they can manage, but hope that the cause(s) will be found and that complete healing will take place. This is the focus and determined goal of practitioners who utilize CRA.