

Who developed A.R.T.?

Autonomic Response Testing (A.R.T.) is a system of evaluation and treatment developed by Dr. Dietrich Klinghardt, DC, ND., a German trained physician who also has a PhD in neurology. A.R.T. uses Applied Kinesiology, Electro-acupuncture (EAV), D-Ring testing, Nogier pulse, Chinese pulse, heart rate variability and other techniques to assess the health or dysfunction of the autonomic nervous system.

Dr. Klinghardt believes that many practitioners using kinesiology or muscle testing in their practice are often getting inaccurate information because the autonomic nervous system is not functioning properly. In A.R.T., this condition is called 'blocked regulation' and refers to the inability of the ANS to self-regulate and is caused by 7 common factors (Allergies, infections, heavy metal and environmental toxicity, scars, jaw-dysfunction, Electro Magnetic Pollution/ Geopathic stress and unresolved emotional issues)

A.R.T. testing / Laboratory test fees

Initial Comprehensive test: 2 -3 hours	€380
(incl. B.T.M. urine/saliva test and protocol discussion).	
Follow up A.R.T. Sessions	€120 - €180
B.T.M. Urine/Saliva lab test	€80
Vit D test and dosage evaluation	€60

Other tests offered on prescription only : Mercury toxicity Tri-Test, Epigenetic test, hormonepanel, Blood mineral panel, Lyme test.

ART assesses on what level of the body the blockages are originated. Each level has its own diagnostic and therapeutic modality. For that reason the ISHSKO CENTRE offers several supporting therapies like Cranio-sacral therapy, Photon wave light therapy, Cold laser therapy, Mental Freedom Therapy, Avalon light therapy.

The ISHSKO CENTRE is a fee-for-service private integrative therapy centre. Fees are due at the time of treatment. We accept cash, laser, all major credit cards and cheque..

Day	Hours
Monday	9:00am - 5:00pm
Tuesday	9:00am - 5:00pm
Wednesday	9:00am - 5:00pm
Thursday	9:00am - 7:00pm
Friday	9:00am - 7:00pm
Saturday	9:00am - 8:00pm
Sunday	Closed

The ISHSKO CENTRE

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www.ishskocentre.com



Autonomic Response Testing

www.ishskocentre.com



Autonomic Response Testing Waking Up Your Inner Doctor

The **Autonomic Nervous System (ANS)** is the part of the nervous system that we cannot control with our mind. The ANS regulates breathing, heart rate, digestion, immune function, sleep patterns, hormone regulation, blood pressure, blood sugar levels, tissue regeneration, and liver and kidney detoxification.

Even though the ANS is the chief regulator of most functions of the body, the electro-cardiogram is a common test to measure how the ANS is working. The electro-cardiogram measures the rate and rhythm of the heart.

Autonomic Response Testing (A.R.T.) grew out of the importance to detect and correct problems of the autonomic nervous system.

Most of the practitioners using **Autonomic Response Testing (ART)** are Dentists, Naturopaths, Medical Doctors, Nutritionists, Orthopedists, Chiropractors or Acupuncturists. A.R.T. is taught through a series of classes from the **American Academy of Neural Therapy** or the **American Academy of Neural Kinesiology** as opposed to medical schools.

Dr Evelien van Amerongen, biological dentist, studied and certified in ART under Dr Klinghardt since 1997, and Michelle O'Donnell the ISHSKO nutritionist since 2013.

How is A.R.T. Used?

During the first visit, a practitioner using A.R.T. will evaluate the patient with a special attention on identifying any of the factors that are blocking a patient's ANS regulation.

This is accomplished through a review of the patient's medical and dental history and a A.R.T. physical exam that includes kinesiology, Urine/ Saliva lab test and nervous system evaluation. Once the blockages have been identified, the practitioner will choose a treatment protocol that will correct these problems.

A typical visit may reveal that a patient has severe wheat allergies, heavy metal toxicity from the mercury in their teeth, and a scar from a past appendix surgery that are all causing stress on the ANS.

The primary treatment for this patient would include scar therapy (using neural therapy, wheat germ oil, or cold laser), dietary advice to avoid wheat and gluten grains, and a referral to the biological dentist to replace the mercury fillings with a bio-compatible material.

In addition, the practitioner may prescribe natural remedies or refer to an in-house therapist for emotional work or structural alignment, and may include homeopathic drainage, vitamins, minerals, herbs, essential fatty acids, amino acids, exercise, meditation etc.

Who can Benefit from A.R.T.?

A.R.T. is effective for most chronic and acute illnesses and often succeeds where other conventional and alternative treatments have failed. Allergies, chronic pain, chronic infections, immune problems, depression, anxiety, multiple sclerosis, chronic fatigue, fibromyalgia, pre-menstrual syndrome, menopause problems, cancer, diabetes, seizure disorders, closed head injuries, sinusitis, digestive problems are but a few examples of conditions that have been addressed very successfully with A.R.T.

A.R.T. allows the practitioner to correct the problems of the ANS and to help restore the self-regulating mechanism of the body allowing the patient to return to a natural state of health. In patients suffering chronic degenerative disease it will take time to optimize the functioning of the ANS, and will often involve 6-8 therapeutic sessions over a period of 12-18 months and treatment protocols need to be followed to remove the blockages that interfere with the ANS.

As part of the Autonomic Response Therapy the ISHSKO CENTRE offers a coaching program for its patients. The coaching programs help patients address several issues at the same time without getting overwhelmed. The coaching includes necessary education, useful healthy lifestyle tips and practical exercises, so the best long-term results are achieved.