



## MUSCLE TESTING Module One

**Participants completing the training  
Will understand the Fundamentals  
of Sho-Tai®:**

1. What is Sho-Tai®?
2. Who does Sho-Tai®?
3. Difference between Sho Tai® and other Herbalist Programs.
4. Learn the Art of Sho-Tai® Muscle Testing and Muscle Therapy M.T. Technique.
5. Where Sho-Tai® can be used.
6. Learn how to read the Eyes, Tongue, Teeth, Ears, Nails, Face and Feet.
7. Next Steps - How to become a Certified Sho-Tai Practitioner.
8. Benefits of Certification, License and Expectations.

### Health Trek

503 Mercy Street  
Selkirk, Manitoba R1A 1N4  
Canada  
204-482-4903

Toll Free Line  
1-866-725-1544  
[www.sho-tai.ca](http://www.sho-tai.ca)

## What is Sho-Tai®?

If you have heard of  
Kinesiology or Muscle Testing  
you are half way there already.

It is a method where we touch  
acupuncture points on the body to  
determine where the body is weak.

For instance, every organ or gland needs nutrition  
from the bowel and electricity from the brain to  
exist. When an organ or gland gets sick or worn  
out it loses its electrical charge.

When we touch the organ or gland reflex point  
and press on the outstretched arm, the arm will go  
weak if the organ or gland is weak. The arm will  
stay strong, if the organ or gland is strong.

By this technique we can determine which organ  
or gland is weak or sick, and how sick or weak they  
are. We determine those symptoms by the  
percentage of the organ or gland is weak.

Now if you extend your arm and I press on your  
arm and touch the reflex of your heart, if the heart  
is weak the arm will drop, if the heart is strong  
then the arm will stay strong.

When tested by one of the practitioners do not  
tell him/her anything about yourself. He/she will  
tell you how you feel, where your pain is and what  
herbs are required.

Your tester will go over 100 reflex points. At the  
end of the test he/she will show you on your arm a  
strong organ or a weak organ. By this point you  
will recognize how Sho-Tai works.

**YOU WILL BE SURPRISED!**

## IRIDOLOGY

An art by where by the tester will read dots, slashes  
or colors of your eyes that will tell him your ailments  
or weaknesses.

**Example:** If you had a dot in your left eye at 6:30  
o'clock it would tell the tester you had something  
wrong with your kidney. Depending on the color of  
the dot means a lot also. If the dot was black it  
would mean you had a chronic problem in your  
kidney. If the dot was orange it would mean your  
kidney suffers from chemical poison, if it were white  
it would mean you had puss in  
your kidney, and so on.

**Example:** A dark rim around the iris means  
dry, itchy skin that could lead to  
fibromyalgia or psoriasis.

It is similar to the tongue in that, the nerve endings  
in your eye are like the nerve endings in your  
tongue. They represent a road map of  
the organs, glands, skeletal system and nerve  
endings etc. of the entire body.

### TESTIMONIAL

***"Sho-Tai® Testing has definitely been  
a life changing experience for me.  
A journey of a thousand miles  
begins with the first step.  
Go ahead and take that step.  
God will surely lead you  
the rest of the way!"***

*Jenny Essery,  
Stonewall, MB  
April 2013*



## Course Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_

PCode: \_\_\_\_\_ Ph: \_\_\_\_\_

Email: \_\_\_\_\_

\$ **450.00** Sho Tai® 3 Day Training Course

\$ **300.00** Sho Tai® Muscle Testing Manual

\$ **750.00** Sho Tai® 3 Day Course & Manual

### METHOD OF PAYMENT

- ☐ Visa SubTotal \$ \_\_\_\_\_
- ☐ Master Card 5% GST \$ \_\_\_\_\_
- ☐ Amex 8% PST \$ \_\_\_\_\_
- ☐ Debit Shipping \$ \_\_\_\_\_
- Total \$ **750.00**

### NAME ON CARD:

First: \_\_\_\_\_ Last: \_\_\_\_\_

Account No.: \_\_\_\_\_

\_\_\_\_\_

Expiry Date: \_\_\_\_ / \_\_\_\_ Security Code \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

**DAILY 8:30 am to 4:30 pm**

**EVENING Thurs & Fri 6:00 pm to 8:00 pm**

DAY 1 – Art of Muscle Testing,  
Muscle Therapy, Hands-On Practise

DAY 2 – Tongue, Teeth, Body Analysis,  
Hands-On Practise

DAY 3 – Eye, Hands, Feet, Nails, Analysis  
Hands-On Practise.

### What to Bring:

Your Muscle Testing Course Manual,  
Sense of humor and Enthusiasm.

### We Provide:

Coffee, Tea, Water and Nutritious Lunch

### CREDIT HOURS & PRICES:

Individual Course Credits & Prices

Day 1 . . . 10 hours . . . \$150

Day 2 . . . 10 hours . . . \$150

Day 3 . . . 8 hours . . . \$150

**Total . . . 28 hours . . . \$450**

**When you Register by June 4, 2020**

**You receive 3 days for \$450.00,**

**plus \$300 for Muscle Testing**

**Module One Manual.**

**Total Investment for 3 day Intensive**

**Training Course & Manual = \$750.00**

*Any Questions call Jenny Essery,  
Training Coordinator at 1-866-725-1544  
or Text her to register at 204-791-0000*

*Home Study Sho-Tai® Practitioner/Tester  
Kit of products should be available in the Spring  
of 2020.*

**The Art of Sho-Tai®**

**The Foundation**

**MUSCLE TESTING**

**MUSCLE THERAPY and**

**BODY ANALYSIS**

**PRACTITIONER/TESTER**

## TRAINING

**June 25 to 27, 2020**

*We provide practically applied  
muscle testing skills for the non-  
professionals who are empowering  
themselves to  
increase the health and well-being  
of their family, friends and  
themselves as well as authorized  
training for healing professionals  
who choose to learn about &/or  
integrate the Art of Sho-Tai® into  
their practices.*



### COURSE LOCATION

**Health Trek**

503 Mercy Street  
SELKIRK, Manitoba

**To Register Call Jenny:**

**Toll Free 1-866-725-1544 or**

**E-mail: training@Sho-Tai.ca**