

Welcome to the Chung Institute!

Our team is very excited to join you on your pursuit of health and wellness! Whether you are a health care provider yourself, an experienced patient, or simply feel lost and seeking for answers we will work with you to find a holistic and integrative approach for healing that best suits your needs. A vital aspect of your recovery is empowering you and your caretakers with the knowledge and motivation to take charge of your health. As an integrative center we draw from a broad and eclectic knowledge base to provide you with both the most cutting-edge diagnostic and treatment modalities as well as principles from ancient wisdom and forgotten remedies from around the world.

Expectations for your first visit

The first visit is typically a comprehensive screening for all aspects of health with a focus on frequently overlooked root causes to your presenting problem. The visit length is often 60 to 90 minutes time with your doctor and a team of assistants. There are often unfamiliar terms and principles starting with autonomic response testing (ART) which we will outline below and further discuss prior to any required treatments. At the end of your visit, we will provide you with a summary of the findings with the options to record the explanations and a brief typed up summary.

Autonomic Response Testing (ART) and Bi-digital O-Ring Testing (BDORT)

The examination begins with our team conducting a non-invasive muscle biofeedback testing known as ART developed by the renowned German physician pioneer Dietrich Klinghardt MD PhD and direct resonance testing known as BDORT developed by Dr Yoshiaki Omura. The principles of how this testing works involves understanding the autonomic nervous system, resonance, and other principles of applied medical quantum physics. My goal is to always try to explain in terms that are easy to understand and provide everyday examples to uncomplicate obscure ideas.

The premise of how this testing works is that our minds reflexively respond to both negative and positive inputs by sending our body into a fight or flight response or a rest and relax state. These responses can be measured through various means including electrodes on the head (EEG) or chest (heart rate variability), lie detectors, changes to pupil diameter, sweating, hairs standing on end etc. There are various simpler or more intuitive means that we use to detect this response in people. Think of professional poker players who read opponents faces or a mother being able to read the emotions of their child. We detect this response through the change in a muscle's strength (arm or hand) with the assistance of a few tools to make it easier. Rather than using the patient's inexperienced arm we typically choose to use an assistant in whom we can read the same response if they are in physical contact with the patient. This appears to be a neuro-reflex similar to mirroring when a person nearby yawns. We then test numerous slides, vials, medicines, and supplements against the patient to elicit a response. Amazingly our bodies seem to be able to detect what is in the vials without consciously being

informed. This is why we believe there is a quantum physics explanation for this involving our bodies ability to detect frequency or energy. While this seems inexplicable, the more we learn about how the body works, the more this rings true. For example, scientists are beginning to understand smell as an electromagnetic sense of a molecule's frequency rather than a receptor that detects the size or shape. This has been demonstrated by the opposite smell of heavy hydrogen compared to normal hydrogen or a dog's ability to sense an imperceptibly masked scent.

For more information on the validity of ART see our website, the resources below, or our publications regarding this testing. In the end no form of testing or physical exam findings is 100% accurate. In the same way that any test is just one data point to support a diagnosis the findings of the test must be interpreted through the lens of the complete clinical context to have meaning. The bottom line is that we have been using this form of testing for decades and have been able to discover ailments and issues that would otherwise have been overlooked.

In preparation for your initial ART assessment:

- Avoid taking any supplements the morning of your visit.
- If possible, delay taking prescriptions until after your appointment.
- Wear light colored clothing
- Bring supplements and prescriptions with you. Place one day's worth of any supplements or medications in a marked ziplock bag. This will save time during the visit.

Other ART Resources:

<https://pubmed.ncbi.nlm.nih.gov/29332023/>

<https://chunginstitute.com/autonomic-response-testing/>

<https://www.edgewatermed.com/autonomic-response-testing>

<https://www.linkedin.com/pulse/science-behind-art-autonomic-response-testing-nadura/>