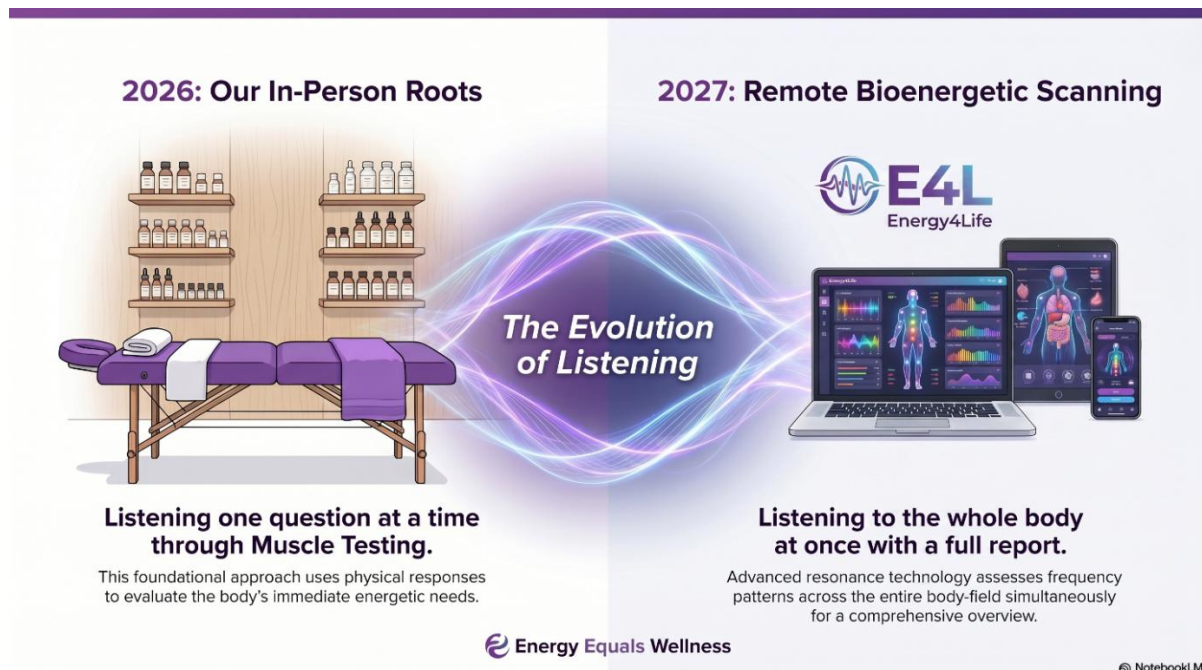




From Muscle Testing to Energy4Life Bioenergetic Scan: Introducing The Evolution of Listening!

A letter from Linda...

I want to share an important update with you about how I'll be working with clients moving forward, and what this means for your care.

Many of you have come to trust muscle testing and know how valuable it can be in listening to the body and understanding what it needs. It has been such a meaningful part of my work, and I deeply respect the process and how it has allowed us to work together towards your wellness goals.

Starting in January, I will be transitioning away from in-office appointments and moving into a remote model using the Energy4Life (E4L) bioenergetic scan.

I want to reassure you that this is not a departure from the principles behind muscle testing — in many ways it is an extension and enhancement to my muscle testing practice.

Both approaches are based on the same idea: that the body communicates its needs through its energy system. While muscle testing uses physical responses to access that information, the E4L scan uses advanced technology to read those same patterns through the body-field (often using the voice as a carrier of information).

In practical terms, this means we are still asking the same question:
What is your body prioritizing right now, and where does it need support?

What I've found with the E4L scan is that it allows us to:

- Look at the body as a whole system, rather than one response at a time
- Reduce variability that can come from physical factors like fatigue or tension

- Look past limiting variables like energy blocks and blocked or switched energy fields.
- See consistent patterns in what the body is asking for
- Continue working together no matter where you are



As we transition from muscle testing to E4L scan technology, my role in interpreting and guiding your care remains the same. The E4L scan will now gather the information we need to support your body in the most aligned and individualized way. We will continue to provide an individualized supplement recommendation sheet and make obtaining the high-quality supplements you have come to trust readily available.

In addition, the E4L scan will open a whole new level of insights and actionable health and lifestyle recommendations that we are so excited to share with you!

I understand that if muscle testing has been an important part of your experience, this shift may feel unfamiliar at first. That's completely natural. My goal is to make this transition as smooth and supportive as possible.

I'm truly grateful to continue working with you in this new way, and I look forward to supporting you moving forward.

This is just the first in a series of communications that will explain the transition step by step – Stay Tuned!

Some Common Questions...

Is Energy4Life (E4L) scan as accurate as muscle testing?

Both methods are designed to access information from the body's energy system. The E4L scan uses resonance to assess patterns across the whole system at once, which allows for consistent and repeatable results without relying on physical response. In that sense, it offers a different — and often more standardized — way of gathering similar insights.

Will my results change?

Your body is always adapting, so results can shift over time regardless of the method used. However, the types of priorities we've been identifying together — what your body is asking for support with — tend to remain very aligned. The way we access that information is changing, not the intention behind it.

Will this still feel personalized?

Yes, absolutely. While the scan gathers the information, my role in interpreting your results and guiding your next steps remains the same. Your care is still tailored specifically to you.

Do I need to do anything differently?

Very little changes on your end. The biggest difference is that we no longer need to be in the same physical space, making the process more convenient while still allowing us to work together effectively.

What if I'm unsure about the change?

That's completely understandable. If you have any concerns or would like to talk through the process, I'm always happy to connect with and support you through the transition.