

An Analysis of the Practices of Chiropractor Jay Fox

What is below is an adjusted version of a real letter by someone on this subject, pertaining to an actual chiropractor named Fox, a practitioner and advocate of muscle testing/Applied Kinesiology, homeopathy, and traditional chiropractic techniques. Minor changes have been introduced, and the name of the individual visiting Chiropractor Fox changed to “Jane,” representative of “Jane Doe,” wife of “John Doe.” The author of this letter is, thus, “John Doe,” writing to another family member.

For a number of months in the past, Jane had been going to Chiropractor Fox for the purpose of benefiting her health. In light of her frequent visits to him, and my God-given role as protector and provider of our household, I thought it well to join her on one of her visits and see what was going on. Thus, a few months ago, I did so.

The office was clean and nice in its appearance. Chiropractor Fox appeared to be a cordial and friendly man. Seeing that I was in the office, he explained the basis upon which he performed back manipulations, and also explained his process of muscle testing. Some of these declarations began to raise serious questions in my mind, as did other features of the office and his chiropractic practice.

First of all, the practice of muscle testing should be noted. What Chiropractor Fox did was place the substance to be tested in a certain location on Jane’s body, and then move her arm to see if her muscles “tested” strong or weak on the basis of where she was holding the substance. For example, to see if she should take a particular vitamin supplement, Fox would have her hold it in her hand, or under her chin, and then, Jane having stretched out her arm, Fox would move her arm. If her arm moved down, then this was evidence that the substance being tested was harmful. If her arm did not move down, then it was fine. If it was deemed fine through this method of testing, Fox would then say numbers out loud and move her arm. At whatever number her arm moved down after he spoke the words, he would declare that this was the number of pills that Jane should consume of the substance in question. Chiropractor Fox also tried muscle testing on me, and it seemed to me like what made my arm move down was how hard he was pushing on it, not whatever his alleged mechanism was for discovering if what he said was really good for me or not. When we left the office, Fox employed muscle testing to determine how long it was until Jane needed to come back. He said, “two weeks,” and

pushed on her arm, and it did not go down. He then said “four weeks,” pushed on her arm, and it again did not go down. This process was repeated until he said “fourteen weeks,” at which time her arm went down upon his pushing upon it. Thus, it was determined that she needed to come back to see him in fourteen weeks.

Muscle testing, otherwise called Applied Kinesiology, was invented by Chiropractor George Goodheart. Goodheart, a “Michigan chiropractor . . . worked out elaborate charts showing the effects of specific nutrients and herbs upon specific organs, teeth, acupuncture meridians, and muscles. These are extremely elaborate, and a major question is raised as to how such complex interrelationships could possibly be validated without the efforts of numerous researchers and the production of a great deal of published research [which does not exist]. . . . Goodheart was psychic (personal communication) and developed his charts by this means. . . . Goodheart combined the occultic philosophy of early chiropractic theory concerning the body’s supposed Innate Intelligence with ancient Eastern practices designed to regulate supposed mystical life energies within the body. . . . Applied kinesiology is thus a blending of the theory and/or practice of chiropractic and ancient Chinese Taoism. . . . [V]arious occultic and spiritistic books . . . employ [muscle testing] toward that end . . . [t]hat applied kinesiology is used in occult practice is not surprising given the fact that Goodheart himself is a psychic who developed his system by psychic methods.”¹ That my wife was having things done to her that came from a psychic, from the occult, and the things that were supposed to contribute to her health were actually revealed by evil spirits, was extremely disturbing to me, since we are to “Regard not them that have familiar spirits, neither seek after wizards, to be defiled by them: I *am* the LORD your God” (Leviticus 19:31). Furthermore, there was clear evidence that Chiropractor Fox was indeed employing the occult techniques developed by Goodheart, for on his wall is a chart stating that he employs “Neuro-Emotional Technique,” and the chart, on the bottom, indicates the development of this system of “medicine” from George Goodheart.

¹ Pg. 157, 167 “Applied Kinesiology (Muscle testing),” chapter 11 (pgs. 155-167) in *Can You Trust Your Doctor? The Complete Guide to New Age Medicine and Its Threat to Your Family*, John Ankerberg & John Weldon. Brentwood, TN: Wolgemuth & Hyatt, 1991. It should be mentioned that all the books and Internet articles cited below in this analysis that approach the subjects treated from a Biblical and scientific perspective provide further bibliographical sources and documentation of their claims for one who wished to test their validity.

In addition to the fact that the “medicine” Fox is employing developed out of demonic influence from George Goodheart, other clear signs of pagan and occult influence are readily apparent from Fox’s self-professed practice of “Neuro-Emotional Technique” (NET). The NET chart on the wall of his office attempts to connect diseases to the Yin and the Yang—pagan concepts from devilish Eastern religion. If one calls the “Neuro-Emotional Technique” hotline, as this writer did, he will be told that NET cleanses “toxins” from one’s body. Upon asking what these “toxins” are, this writer was not told that NET somehow removed extraneous uranium atoms, or lead atoms, etc. from the body, but was told that the “toxins” are an imbalance in one’s chi. As this writer can testify from actually making the phone call and finding out, one will be told that the body is made out of chi energy. The Technique “rebalances” one’s chi, and this is what the removal of “toxins” signifies. One finds the acupuncture point that corresponds with the unbalance in chi, then taps on it, and this rebalances the chi. Homeopathic remedies are also recommended to balance chi. The statements on the phone by an official NET counselor are also confirmed on the NET website, which states that the NET method, professedly developing and expanding on the work of George Goodheart, “tests the chi” of someone and is based on “Chinese Medicine, acupuncture, and the Meridian System.” The NET website advertises “free hypnosis” MP3’s, claims to have “found the royal road to the subconscious,” and makes other occult and spiritually dangerous claims.² It also claims that “the body consists of water and electricity,” promotes homeopathy, and affirms other unscientific and false notions. The idea of chi comes from Eastern paganism, and there is no scientific evidence for it whatever, nor, even more importantly, the slightest indication in Scripture that such a thing exists. Acupuncture points and acupuncture are similarly a development of occult religion.³ (Homeopathy will be dealt with below.) The fact that Fox’s “Neuro-Emotional Technique” (NET) claims to rebalance chi is further evidence for its demonic nature.

² Quotations from http://www.asktheinternettherapist.com/counselingarchive_neuro_emotional_technique.asp, the official NET website.

³ Cf. pgs. 109-143, *Can You Trust Your Doctor?* This chapter also provides evidence that acupuncture/pressure has no more scientific benefit than a placebo (cf. also “Be Wary of Acupuncture, Qigong, and ‘Chinese Medicine,’” Stephen Barrett, <http://www.quackwatch.org/01QuackeryRelatedTopics/acu.html>).

A “medical” technique that was revealed to a man by devils through occult means will not be good for our health. God killed people for getting help from devils (Leviticus 20:6; 1 Chronicles 10:13), and devils are responsible for causing sickness in Scripture (Luke 13:16)—although, of course, not all sickness is directly caused by demonic agency (John 11:4). Demons do not have an agenda to make people, especially God’s people, healthier. Going to Chiropractor Fox can be exposing ourselves to the occult, and funding him is contributing to occult practices. His chiropractic office should be avoided for this reason, and we should warn those who might want to go to him of the occult nature of his practice, and of muscle testing in general.

Not only is muscle testing an occult technique, it is scientifically impossible. It does not follow the Biblical model of subduing and having dominion over the earth by investigating created processes through the scientific method (Genesis 1:28). It fails the Biblical imperatives to “Prove all things; hold fast that which is good” (1 Thessalonians 5:21), to “keep sound wisdom and discretion” (Proverbs 3:21), to consider what is “true . . . honest . . . [and] just” (Philippians 4:8), to “reason” (Isaiah 1:18; 1 Samuel 12:7; cf. Acts 17:2; 24:25; etc.), to “see, and know, and consider, and understand” (Isaiah 41:20), to “produce [a] cause . . . [and] bring forth . . . strong *reasons*” (Isaiah 41:21), to “gird up the loins of [our] mind . . . as obedient children” (2 Peter 1:13-14) to have a “sound mind” (2 Timothy 1:7), to “be not children in understanding . . . but in understanding be men” (1 Corinthians 14:20), to “prove what is that good, and acceptable, and perfect, will of God” by “the renewing of [one’s] mind” (Romans 12:1-2) and based on reasoning be “persuaded” (Acts 18:4). There is no scientific, rational mechanism that can explain how moving one’s arm can indicate problems in muscles in other parts of the body. There is no scientific, rational mechanism that can explain how these alleged muscle problems can cause all kinds of other diseases, as muscle testing claims. There is no scientific, rational mechanism that can justify the “Neuro-Emotional Technique” idea that emotions are stored in an organ, such as the pancreas, liver, kidneys, etc. for decades, and that these emotions stored in one’s liver or some other organ can cause disease. (Fox stated that Jane had stored emotions in one of her organs that had been hurting her health since she was twelve years old—and that then, by tapping on her back in one place, the locked up emotions were released and she was now made healthy again!) One does not even have

the same cells in most of one's organs that one had two decades ago—they are all long gone. There is no scientific, rational method whereby eating parts of various cow innards and related products sold by the Standard Processing company⁴ can “rebalance” my non-testable, non-verifiable chi, as the NET materials in Fox's office claims. There is no scientific, rational method that can explain how Chiropractor Fox can “test” my arm—as he did when I was there—as long as I am holding on to Jane, to figure out what nutrients Jane's body is missing. There is no scientific, rational mechanism that can explain how, when Chiropractor Fox or anyone else employing muscle testing, pronounces the words “one” or “two” or “three,” one's arm muscles will somehow hear and respond to those words in the English language and will either stay firm or relax, and that this will enable one to know whether or not one needs to take, one, two, three, etc. pills in a bottle that one is holding. There is no scientific, rational mechanism that can explain how when someone says the words “two weeks,” “four weeks,” “six weeks,” etc. and then moves someone else's arm, that the English words pronounced will change anything at all in the arm muscles, much less be able to predict the state of one's body in two, four, six, fourteen, etc. weeks. How can pushing on Jane's arm while pronouncing different words possibly determine what is going to happen with any of her organs whatsoever, unless one's intestines, liver, etc. can hear, speak, and understand English and can themselves predict the future? When Chiropractor Fox said the words “fourteen weeks,” moved Jane's arm, and then said that she needed to come back in fourteen weeks because that was how long his treatment would keep working, he was doing something in the realm of predictive prophecy, not something that is in any way possible scientifically, so unless we are going to say that the New Testament gift of predictive prophecy has not ceased with the completion of the canon of Scripture (contra 1 Corinthians 13), but it is now given to those who are not even born again, his method of determining what will happen to Jane's body in the future is impossible. This is why muscle testing fails when it is tested by the scientific method.⁵ Accepting muscle testing as true not only exposes

⁴ “Standard Process products have been promoted with preposterous claims for more than 40 years . . . the company and its founder [have been] prosecuted for criminal misbranding” (“The Shady History of Royal Lee and Standard Process Laboratories,” Stephen Barrett, <http://www.quackwatch.org/11Ind/lee.html>).

⁵ For example, the *Journal of the American Dietetic Association* for June 1988 contained an article by James J. Kennedy, et. al., entitled “Applied Kinesiology Unreliable for Assessing Nutrient Status.”

Christians to occult influence, it also requires the abandonment of the Biblical commands to employ reason and logic, important elements of our creation in the image of God. Its explanations do not work in the realm of the Scriptural scientific method, but only on the false assumptions of Eastern paganism and the New Age, developed by the devil.

The exceedingly strange idea of NET that different emotions are related to our different organs has no scientific evidence in its favor whatsoever. For example, Chiropractor Fox's wall chart stated that a pancreatic problem is associated with "low self-esteem." A gallbladder problem is associated with "resentment" (and his chart further indicates that this problem makes one "indecisiv" (*sic*)). If one is "dogmatically positioned," the large intestine is the culprit. One notices that there are allegedly helpful remedies to these things from earth, metal, water, wood, fire, and "visceral polarity." The chart indicates chiropractic "subluxations" (which do not exist, as will be discussed below) that are associated with these problems and remedies, as well as sounds, smells, and times of day for remedies. The muscle groups and spinal bones associated with these emotions are also listed. And, as mentioned before, the chart, at the bottom, claims a connection with chiropractor George Goodheart (who, as we have learned, developed its contents with occult means) as well as chiropractors Victor Frank and Robert Ridler.

One who wishes for further information on muscle testing can examine Ankerberg and Weldon's book *Can You Trust Your Doctor?* cited earlier, the work by the Christian Medical Association, *Alternative Medicine: The Christian Handbook* by Donald O'Mathuna & Walt Larimore, the articles analyzing muscle-testing Biblically and scientifically on the Internet by conservative evangelical Christians at <http://www.ccgm.org.au/Articles/ARTICLE-0002.htm>; <http://www.cinam.net/AK.html>, & <http://www.watchman.org/na/namedak.htm>, and the sound scientific material—promoted in the Christian Medical Association work listed above for doing research into unconventional therapies—at <http://www.quackwatch.org> (cf. the article "Applied Kinesiology: Muscle-Testing for 'Allergies' and 'Nutrient Deficiencies' at <http://www.quackwatch.org/01QuackeryRelatedTopics/Tests/ak.html>).

Utilizing provable methods such as placebos, retesting, and a computerized dynameter to actually measure muscle strength, the diagnoses obtained by applied kinesiology were found to be no better than random guessing.

A second severe problem with the practice of Chiropractor Fox is his endorsement, following NET, of homeopathy. On the wall of his office, a “home-run” chart to health is listed with four bases, one of which is to employ homeopathic remedies. Homeopathy was developed by Samuel Hahnemann, who “was a follower of the powerful spiritist and medium Emanuel Swedenborg . . . [and] was steeped in the mysticism of Swedenborg . . . Hahnemann was also a Freemason . . . One of his biographers writes . . . [‘]He took offense at . . . Jesus of Nazareth[’] . . . was an admirer of the occultists Paracelsus and Mesmer . . . [who employed practices] often indistinguishable from modern forms of psychic healing . . . [was] also influenced by animism and Eastern religion. . . . Finally, Hahnemann himself claimed to be ‘inspired’ in his homeopathic writings . . . there is little doubt that Hahnemann . . . was ultimately inspired by the spirit world. . . . The occult influence in homeopathy is transmitted to the individual, bringing him consciously or unconsciously under demonic influence.”⁶ Homeopathy is thus spiritually dangerous and entirely inappropriate for God’s people.

Homeopathy is also scientifically impossible. This is why it is an abysmal failure when tested by the scientific method, and why homeopaths themselves who have attempted to prove their system scientifically have ended up renouncing homeopathy.⁷ Homeopathy involves diluting solutions containing a particular “treatment” to such an extent that there is often not even a single molecule of the “treatment” left in the remedy. When one creates a homeopathic remedy, one takes one drop of the alleged cure, say, for example, arsenic (which is, of course, a deadly poison, not a cure, but this is what someone we know was told to take upon going to a homeopath!). One drop of arsenic is mixed with a large quantity of water (dilution 1x). One drop from this mixture is then taken and mixed with another equally large quantity of water (dilution 2x). One drop from this mixture is then taken and mixed with a third equally large quantity of water (3x). This process is repeated until the substance is diluted to some fantastic proportion, such as 30x (the amount mentioned on the NET website, <http://www.netmindbody.com/patients/homeopathic-support.asp>). The problem is that at this dilution, there is not even a single molecule of the original “treatment” left—one is

⁶ Pgs. 315-319, *Can You Trust Your Doctor?* ibid.

⁷ cf. pgs. 263-314, *Can You Trust Your Doctor?* ibid.

consuming nothing but very expensive water! (Of course, if the “treatment” is a poison such as arsenic, that is actually a good thing!) One who does the mathematics will discover that amount of water mixed with the original “treatment” in a 30X solution is more dilute than what one would get if he put a drop of a substance in the Pacific Ocean, and then told someone to drink a random glass of water from the Pacific to get cured by the drop mixed in the ocean—the likelihood is statistically almost 100% that there would not be even a single molecule from the dropper in the glass of water from the Pacific!⁸ Homeopathy is demonic in its origin and practice and is scientifically impossible. Its connection to Chiropractor Fox is a second reason, in addition to muscle testing, why Christians should not in any way participate with his practice.

A third severe problem with Chiropractor Fox’s practice is that his chiropractic philosophy is occult and unscientific. While there are chiropractors who have rejected the occult and unscientific ideas of the founder of chiropractic, D. D. Palmer, and have embraced the (Biblical) scientific method for evaluating facts—namely, those chiropractors associated with the National Association of Chiropractic Medicine,⁹ which sought a merger in 1994 with the Orthopractic Manipulation Society, Chiropractor Fox is not one of these scientifically practicing men. The (unfortunately, small minority) of chiropractors who have rejected New Age philosophy and similar mystical concepts for science do not make wild and unsubstantiated claims that they can cure just about everything through spinal manipulation, but limit themselves to what can indeed be factually demonstrated and have nothing to do with pagan chi energy and such occultisms, namely, that spinal manipulation can bring temporary relief for back pain. Such chiropractors, which one might view as a related medical service to a physical therapist, are to be commended, and a Christian who has lower back pain and who wishes to go to one such chiropractor has nothing in Scripture or science that would properly prevent him from doing so. Unfortunately, Chiropractor Fox is one of the large majority of unreformed chiropractors who have not rejected pseudoscience, but continue to employ methods built upon the philosophy of the founder of chiropractic, D. D. Palmer—who was quoted in a large framed picture prominently displayed in Fox’s office.

⁸ http://www.theijs.com/blog_latest.php?latest=214.

⁹ cf. pg. 7, “NCAHF Fact Sheet on Chiropractic,” William T. Jarvis, <http://www.ncahf.org/articles/c-d/chiro.html>.

Daniel. D. Palmer confessed that practices like his were not new but were associated with ancient pagan religion and cults, as well as various occultic societies of his own day. Before his invention of modern chiropractic, he had been a psychic healer for over nine years, had studied spiritism, developed his chiropractic principles from the occultic ideas of mystical body energies (chi, etc.) taught by these pagan philosophies, and even transmitted his psychic powers to his son, B. J. Palmer. D. D. Palmer claimed that chiropractic manipulated a divine life force (cf. Genesis 3:5, “ye shall be as gods,” said the devil) within all people called the “Innate,” which flowed from the brain through the nerves to the organs of the body, and which was also the source of all manifestations of occult and psychic power. B. J. Palmer stated that the Innate, a personal, divine guide, was the true founder of chiropractic. D. D. Palmer said that he received the idea of “replacing displaced vertebrae for the relief of human ills” in a séance through communication with the spirit of Dr. Jim Atkinson, a doctor who had died some 50 years earlier.¹⁰ Chiropractic, said both Palmers, cannot be practiced apart from a personal working relationship with the Innate, and this spirit guide will assist the chiropractor with his diagnosis.¹¹ The occult dangers of unreformed chiropractic (referred to below simply as “chiropractic” for the sake of simplicity), that is, chiropractic techniques employed by those not associated with the National Association of Chiropractic Medicine, is frighteningly clear.

D. D. Palmer claimed to have restored the hearing of a deaf man, Harvey Lillard, by manipulating his spine, and this, he alleged, was involved in his promoting his chiropractic ideas to the world. The story of this healing is spread widely among those in favor of chiropractic to this day. However, the daughter of the man allegedly restored to hearing by Palmer, Valdeenia Lillard Simons, claimed that this restoration of hearing through chiropractic spinal manipulation did not happen.¹² Far more important than the disputable testimony of various people about what happened in the life of the nineteenth century janitor, Mr. Lillard, is the fact that it is impossible for spinal manipulation to have anything to do with restoring one’s hearing, since all of the nerves that are associated

¹⁰ “NCAHF Fact Sheet on Chiropractic,” pg. 1.

¹¹ pgs. 211-215, *Can You Trust Your Doctor?* Ankerberg & Weldon.

¹² “NCAHF Fact Sheet on Chiropractic,” pg. 1.

with hearing are within the head itself, and so hearing has nothing to do with the nerves in the spinal cord. Thus, this foundational story of the alleged healing of Mr. Lillard by D. D. Palmer through spinal manipulation is impossible.

The explanation for chiropractic techniques given by Chiropractor Fox is representative of attempts at a scientific-sounding explanation for the flow of chi and “Innate” developed by D. D. Palmer and intimately connected with chiropractic methodology. Fox, during our visit, asserted that the brain sends electrical signals to the organs of the body through the spinal cord, and that spinal vertebrae can impinge the spinal nerves, something chiropractors generally call a “subluxation.” When the nerves are impinged by the spinal vertebrae, electricity does not flow to the organs through the spine as it ought to, and one thus gets sick. Manipulating the spine to eliminate places where the bones of the spine are crushing or pressing on the nerves will then allegedly eliminate the reduced flow of electricity, and thus restore health to the organs. The problems with this alleged scientific explanation for chiropractic claims to cure or assist in the elimination of disease are severe.

First, the health of one’s organs is not related to the flow of electrical impulses through the spine. Someone who snaps his spine by, say, diving into a very shallow pool of water, and thus become paralyzed from the neck down, does not suffer severe organ malfunction from the entire area below where his spinal cord has snapped. His heart, intestines, liver, and other organs continue to function normally, and he is able to live for many years in his condition. The snapping of the spine prevents his brain from transmitting electrical impulses to his voluntary muscles, so that he is unable to move these muscles as he wishes—doubtless a very significant and sad problem—but that is just about it. If traditional chiropractic theory was true, all those who are thus paralyzed should quickly die as their organs stop functioning, since electrical impulses from the spinal cord have ceased entirely. This simply does not happen.

Second, God has designed our spines very well, so that the spinal nerves actually do not get impinged by the bones surrounding them, and electrical impulses are not at all affected by this non-existent disability that is the theoretical basis behind all chiropractic. Surrounding the nerves in the spinal cord are large areas of spongy tissue. These provide excellent cushioning and protection from any such harm to the nerves from the spinal

bones. No scientific test has ever demonstrated the existence or the validity of such impingement of the spinal nerves (“subluxations”)—an amazing and devastating fact, in light of the fact that chiropractors have literally earned billions over the course of their over a century of practice, so that they have a superabundance of funds to produce such studies to prove the legitimacy of their methods. On the contrary, genuine tests of the subluxation theory have demonstrated that these spinal impingements do not exist, and, indeed, are impossible. Before pressure upon the spinal cord is extreme enough to in any way compress or affect the spinal nerves protected by the spinal bones, the bones themselves will shatter.¹³ In other words, God has designed our spinal cords so well that the bones of the cord simply do not harm the nerves within them. Pressure that is so extreme that it is just short of shattering the spinal bones does not impinge the nerves at all. Nothing happens to the spinal nerves from actions in everyday life that can prevent electrical signals from passing through them. Pressure will shatter the spinal bones before it will affect the spinal nerves. Therefore, anyone who has not had the bones of his spinal cord break into many pieces has not had anything negative whatever happen to his spinal nerves from the spinal bones. The fact that spinal bones do not impinge spinal nerves makes chiropractic theory, as expressed by Fox and D. D. Palmer, impossible. Chiropractic “spinal realignments” or “adjustments” do nothing positive whatsoever to the flow of electrical impulses through the spinal nerves, because nothing negative that required “adjustment” or “realignment” has taken place.

While chiropractic “adjustments” do not benefit the overall health of the body or fight disease,¹⁴ since Palmer’s theories are false, chiropractic spinal manipulation and other associates of chiropractic visits can cause serious harm to one’s health. First, full-spine X-rays of the type employed by many chiropractors—including Fox—cause cancer. When I found out that Jane had had such X-rays performed on her twice, once as a child and once relatively recently, I was very concerned. “A five-view lumbosacral series of x-rays exposes the gonads to 3,000 times more radiation than front-to-back and lateral chest

¹³ Cf. “A Scientific Test of Chiropractic’s Subluxation Theory,” Edmund S. Crelin, <http://www.chirobase.org/02Research/crelin.html>.

¹⁴ Ernst Edzard. “Chiropractic: A critical evaluation,” *Journal of Pain and Symptom Management* 35:544-562, 2008] <http://www.ncbi.nlm.nih.gov/pubmed/18280103>.

x-rays.”¹⁵ Spinal X-rays of the sort employed by chiropractors contributes yearly to hundreds of cancer deaths.¹⁶ Furthermore, manipulations of the neck, employed by many chiropractors—including Fox—can result in the chiropractic patient suffering strokes or becoming paralyzed.¹⁷ When I saw Fox perform these dangerous neck manipulations upon Jane, I was, let me say, not a little displeased.

Furthermore, the misinformation that one will get about one’s health by accepting the tenants of unreformed chiropractic, practicing muscle testing, or employing homeopathy, will often delay or even entirely prevent the taking of reasonable and realistic measures to improve legitimate health problems. There is no equivalence between a scientifically proven method for dealing with a health issue and one that is sheer speculation or, worse, one revealed by demons. Employing unproven methods is not a sort of equal “alternative” medicine, but, at best, a risky endeavor of the sort we do not consider wise in lesser matters. Why do we want a house to meet up to proven criteria for buildings so that it will not collapse in a storm, and we want a bank that meets proven criteria for financial stability so that our money does not vanish, but we will entrust our health to methods that—even apart from their roots in the occult—have not been proven to work? Are we getting better health, or simply a lighter pocketbook? Do we do well to employ health practices that are impossible upon their stated methods of working?

The analysis above, based on a Biblical worldview, should be more than sufficient to demonstrate that the practices of Chiropractor Fox are ones that Christians (and all others) not only have no right to participate in, but ones that should be warned against for both their spiritual and physical dangers. However, as a practical demonstration of how Biblical reasoning and science based upon it is sound, and the New Age and occult techniques employed by Chiropractor Fox are manifestly unsound methods of determining what is good health, this writer made an appointment with Chiropractor Fox, subsequent to his previous visit with Jane, for the purpose of conducting a scientific test

¹⁵ “NCAHF Fact Sheet on Chiropractic,” pg. 5.

¹⁶ Ibid.

¹⁷ “Chiropractic’s Dirty Secret: Neck Manipulation and Strokes,” Stephen Barrett. <http://www.quackwatch.org/01QuackeryRelatedTopics/chirostroke.html>; cf. “NCAHF Fact Sheet on Chiropractic,” pg. 5ff.

that would demonstrate in a clear way that his methods are faulty and either useless or harmful for determining what is healthy. This test was conducted out of love and concern for those to whom this written document has been given. It certainly did not produce any great benefit to this writer, as the visit to Fox cost him \$55, the materials employed for the conduct of the experiment were also somewhat costly, and several hours of time and much gas were used up driving to and from the chiropractic office, since it is not at all near the writer's residence. However, if this expenditure of money and time saves brethren and family in the Lord many hundreds—indeed, thousands, of dollars in future expense—twenty visits to Chiropractor Fox will cost \$1,100, apart from the cost of his remedies, the spiritual and physical dangers associated with him, etc.—then the sacrifice involved in conducting the experiment will be considered well worth it.

The writer had Jane put a variety of items in an assortment of containers, label the containers and the items, and then give them to him. The exact contents of the containers were unknown to this writer at the time Chiropractor Fox did muscle testing upon him to see if they were beneficial or not. Some of the items in the containers were a variety of vitamins that, whether or not they were necessary for consumption, were not going to cause any kind of serious harm, while the other containers had items that were clearly of great harm for human consumption, such as rat poison and highly toxic and poisonous mineral spirits from the Home Depot that were potentially deadly if consumed, and dangerous and harmful if inhaled or placed upon the skin.¹⁸ If Chiropractor Fox's muscle testing is an accurate procedure, he would by no means state that any of these deadly and

¹⁸ The mineral spirits bottle stated, in part (capitals in original), "Odorless Mineral Spirits, Excellent for thinning oil based paint, stain, and varnish; Cleans and prepares surfaces for painting . . . DANGER! HARMFUL OR FATAL IF SWALLOWED. . . . [I]t is an excellent cleaner for paint brushes, tools and equipment [so it would "clean out" a human being's insides for sure!] . . . Protect eyes with chemical splash goggles and avoid prolonged skin contact . . . USE ONLY WITH ADEQUATE VENTILATION TO PREVENT BUILDUP OF VAPORS. [So it is plainly not only dangerous to ingest, but even to smell.] Do not use in areas where vapors can accumulate and concentrate such as basements, bathrooms or small enclosed areas. Whenever possible, use outdoors in an open air area. If using indoors open all windows and doors and maintain a cross ventilation of moving fresh air across the work area. If strong odor is noticed or you experience slight dizziness, headache, nausea or eye watering—STOP—ventilation is inadequate. Leave area immediately. IF THE WORK AREA IS NOT WELL VENTILATED, DO NOT USE THIS PRODUCT. A dust mask does not provide protection against vapors. Do not take internally. Avoid contact with eyes and prolonged contact with skin. . . . FIRST AID: IF SWALLOWED . . . Call poison control center, hospital emergency room or physician immediately. . . . IN CASE OF PROLONGED SKIN CONTACT, wash thoroughly . . . if irritation persists, get medical attention." Obviously, these spirits are bad stuff. They can be deadly if consumed and are dangerous to inhale or on the skin.

toxic items were ones that the writer—or any other human being—should ingest, place upon his skin, etc. One error on one substance would demonstrate the unreliability of his methods. 100% accuracy is certainly to be expected: after all, genuine science would be able to determine with certainty the nature of the substances in the bottles every time by laboratory analysis.

When the writer arrived at Chiropractor Fox’s office to be muscle tested, he was asked what the items were in the bottles. In perfect truthfulness, he stated that he did not know, since his wife had packed them the night before and did not tell him what they were. Chiropractor Fox proceeded to employ muscle testing to determine the healthfulness, or lack thereof, of the various substances.

The various items below were held in one hand right beneath the neck, while my other arm was stretched out, and Chiropractor Fox pushed down on my arm in his typical muscle testing methodology to determine if the items were helpful or not to my body. First, my arm was moved/not moved to determine if the substance was healthful in general. Then, my arm was moved/not moved to determine if I needed to take what was in the bottle. If my arm moved in the proper way, indicating I needed what was in the bottle, Chiropractor Fox then said the word “one” and moved/did not move my arm, and, if my arm remained steady, said the word “two” and moved/did not move my arm, etc. and in this way determined the number of pills I was to take from a particular bottle that was determined to be good by seeing what my arm—and, allegedly, my muscles—did after he spoke the number in the English language.

The items tested, and the claims from the muscle testing, were:

1.) Young’s Essential Oil bottle #1. Fox stated that the contents of this bottle were good for the body, but unnecessary for my personal consumption, after performing muscle testing.

2.) Young’s Essential Oil bottle #2. Fox stated that the contents of this bottle were good for the body, but also unnecessary for my personal consumption, after performing muscle testing. It should be noted that he also later took a whiff from one of these Essential Oil bottles, and said that they were really good stuff.

- 3.) Utrophin (“Uterus support”—parts of cow uterus in a bottle from Standard Processing) bottle. The contents of this bottle were tested as good for the body, but unnecessary for my personal consumption.
- 4.) Daily Multivitamin bottle: This product tested as good for human consumption, and further testing determined I needed to take two of the pill in this bottle daily.
- 5.) Vitamin C bottle from grocery store: The contents of this bottle were tested as beneficial for human consumption, but testing determined that I did not need to take any of these.
- 6.) Beta Vitamin C bottle from Body Wise Corp.: The contents of this bottle were tested as beneficial for human consumption, and testing determined I was to take one of these daily.
- 7.) Multiprobiotic bottle of the kind sold at Fox’s office: Fox observed by visual inspection that the pill inside of this bottle was not the kind of multiprobiotic that was sold at his store. I, of course, did not know what was in this pill. The contents of this bottle were tested as beneficial for human consumption, and testing concluded I was to take one of them daily.
- 8.) Female balance multivitamin bottle from BodyWise Corp.: This pill tested as a good product for human consumption, but one I did not need.
- 9.) Flora source bottle: This pill tested as a good product for human consumption, and muscle testing determined I should take one daily.
- 10.) Unspecified bottle #1: The pill in this bottle, a simple container with a #1 on the side, was determined to be healthful through muscle testing, but unnecessary for my personal consumption.

11.) Unspecified bottle #2: The pill in this bottle was determined through muscle testing to be good for human consumption, and testing also indicated that I needed to take one daily.

12.) Unspecified bottle #3: The pill in this bottle was determined through muscle testing to be good for human consumption, and testing also indicated that I needed to take two of them daily.

13.) OJ bottle: The contents of the orange juice bottle were determined by muscle testing to be good for human consumption, but testing determined I was to consume no more than two 8oz. glasses a day.

14.) Water bottle: The contents of a water bottle were determined by muscle testing to be good for human consumption, and moving my arm determined I was to consume 3.5-4 quarts daily.

15.) I also was muscle tested to determine that I need to take calcium and fish oil daily—but not any other vitamins or minerals, as the items from the above list covered what I need (a conclusion that someone who did not believe in muscle testing at all could easily come to by simply looking at the bottles that were being tested and noticing that I had been “tested” to take two basic multivitamins a day).

16.) Finally, I was tested to determine how long it was until I needed to come back to see if the needs of my body for vitamins had changed. It was determined that I needed to come back in 14 weeks, because after pronouncing the number “14” my arm moved down.

The contents of the various bottles were:

1+2.) Tiny amounts of Young Essential Oils, with the great majority of the bottle containing highly toxic mineral spirits purchased at the Home Depot, that are deadly when ingested, harmful on the skin, and carcinogenic when inhaled.

3.) The Utrophin bottle contained one Ester C vitamin.

4.) The Daily Multivitamin bottle contained one daily multivitamin.

5.) The Vitamin C bottle contained one chewable vitamin C.

6.) The Beta C bottle contained toxic and obviously unhealthy Silica Gel mixed with some Female Advantage Body Wise product.

7.) The Multiprobiotic bottle contained some Body Wise Female Advantage product mixed with a definite majority of rat poison.

8.) The Female Balance bottle contained one cranberry supplement from Walmart.

9.) The Flora Source bottle contained Epsom Salt, which should obviously not be ingested.

10.) The unspecified bottle #1 contained one Body Wise female advantage tablet.

11.) The unspecified bottle #2 contained cake topping mixed with female advantage from Body Wise.

12.) The unspecified bottle #3 contained a Body Wise food shake.

The orange juice and tap water were both actually orange juice and tap water. A bottle with grape juice and mineral spirits mixed together, and of root beer, apple juice, and mineral spirits mixed together, were also taken along, but these smelled horrible and were

obviously not normal juice, so I did not get them tested, as I could clearly determine beforehand that they contained toxic mineral spirits and was thus not ignorant of the contents of the bottle before the muscle testing.

The results of Chiropractor Fox's muscle testing was as follows. Highly toxic mineral spirits, which should not be breathed, are fatal if consumed, and are very dangerous if on the skin for extended periods of time, were good for people in general to ingest/apply to the body (#1-2). Ester C vitamin tablets were good for human consumption (#3), but I personally don't need them. Daily Multivitamins are good for human consumption (#4), and I should take two a day. Normal vitamin C is good for human consumption, but I personally do not need it (#5). Toxic Silica Gel mixed with Body Wise Female Advantage is good for human consumption, and I should take one such pill a day (#6). A little bit of Body Wise Female Advantage mixed with a lot of rat poison is good for human consumption, and I should take one such Female Advantage/Rat Poison pill every day (#7). Cranberry supplements from Walmart are good for human consumption, but I don't need them (#8). Poisonous Epsom Salt is good for human consumption, and I should take one pill of it every day (#9). Body Wise Female Advantage is good for me, but I don't need it (#10)—only when it is mixed with rat poison (#7) and Silica Gel (#6) is it good for me. However, Body Wise Female Advantage mixed with cake topping is good for me, and I should take it every day (#11). Finally, I should take two servings of Body Wise breakfast shake a day (#12), and drink orange juice and tap water. This is to continue for 14 weeks. Although I am a male, I am to consume Body Wise Female Advantage, but only if it is mixed with cake topping, a majority of silica gel, or a majority of rat poison. On its own, it is not something I need. If I am not dead or having my stomach pumped in a hospital from eating rat poison, silica gel, and Epsom salt every day, then I am to come back in 14 weeks to pay another \$55 and be re-tested to see if my bodily needs have changed. Perhaps at that time the highly toxic or deadly mineral spirits in the essential oil bottles—which were tested as good for human consumption and complemented upon for their beneficial properties—will be required, although at this time I do not personally need any. Rat poison is enough for me at this time.

All methods of testing demonstrate that Chiropractor Jay Fox's methods are harmful and should be avoided. 1.) His practice fails the Biblical test, for the Word of God commands that occultism should be avoided, and his muscle testing, homeopathy, and chiropractic practice are rooted in the occult and the New Age. 2.) His practice fails the (Biblically based) scientific method test, for his muscle testing, homeopathy, and chiropractic practice all have no physical mechanism that connects their methodology with their alleged results. Their methods cannot possibly work on the basis they affirm. Furthermore, science indicates that some of his procedures are actually harmful, and can contribute to death by cancer, strokes, or other physical dangers, as well as causing harm by preventing one from seeking rational methods of treatment. 3.) His practice fails the practical test employed immediately above, since it produced results affirming that toxic mineral spirits, toxic silica gel, toxic rat poison, and other poisons were good for human consumption, and that certain of these substances should be consumed by me daily.

Since Chiropractor Fox's practice fails sound criteria for the legitimacy of its practice, why has he been recommended by one person to another, commended by word of mouth, and had his practice make thousands of dollars from \$55 sessions, plus sales of expensive supplement products from his office, with people whom we know? I fear that my household has contributed to this situation by not employing Biblical, rational methods, as commanded in many verses cited above, of evaluating allegations of health benefits from particular methods. Rather than requiring that a method actually works on the basis of its stated principles, and requiring evidence from properly conducted studies, we have accepted personal testimonies of feeling better after engaging in sessions as proof that Chiropractor Fox's methods work, although many alternative explanations for improvement in feeling exist, from the God-given ability of the body to heal, to answered prayer for physical health, to the placebo effect, to the comforting feelings one gets from being in a pleasant looking office with someone who offers one much sympathy and says what one wishes to hear. Since there are many reasons, other than cause-effect, that one can feel differently subsequent to the employment of a particular treatment, personal testimony is not accepted as evidence for effectiveness in medical journals—but my household has employed it as a method of determining scientific fact. While, as saints, we have a justifiable tendency to accept the testimony of others, especially other

believers, and those whom we love, trust, and are close to, and this is, in many areas of life, a good thing, it does not make testimonial a valid method of determining medical facts. Also, simply accepting personal testimony about a particular unconventional method has saved us time in our busy schedules, for we have simply assumed that the testimonies are proof, and we have then spent time on other things that seemed more pressing or things that we were actually more interested in. Unfortunately, since God's command for us is to "Prove/test all things" (1 Thessalonians 5:21), by not spending the time to evaluate methods of improving our health Biblically and logically, Jane and I have allowed ourselves to get involved in things that are impossible on their stated mechanisms, opened ourselves up to occult influences, and participated in things that are actually harmful to our health (like full spinal X-rays), not to mention wasted a lot of money.¹⁹ Our ability to be healthy and serve the Lord with our lives is very important, and Jane and I have not done well by taking the easy road that does not employ 1 Thessalonians 5:21, and thus allowed ourselves to come to invalid conclusions. In the case of Chiropractor Fox, Jane and I have spent large sums of money going to him, and Jane has received "treatments" that are actually dangerous, because we have accepted testimonials about how great someone is who cannot tell the difference between rat poison and healthful diet products. I fear that I have been a bad steward by wasting sizable sums of money, contributed to the spread of false information about the cause and nature of disease and therefore had diseases prolonged, unintentionally born false witness about invalid treatments, and even exposed my family to threats from the devil and his angels—and thus grieved the Holy Spirit—through the acceptance and promotion of occult-based practices. I would not want my brethren in Christ to do the same—thus, this analysis. Accepting methods that do not work by not thinking Biblically, can, for example, lead someone with cancer to reject God's gift of surgery (Matthew 5:30; Mark 9:43, 45) to remove tumors to adopt an occult or unproven technique that simply does not cure the disease, and either by delaying adopting treatment that actually works while the

¹⁹ cf. the insightful articles on how false medical practices are spread at:
<http://www.quackwatch.org/01QuackeryRelatedTopics/scivsalt.html>
<http://www.quackwatch.org/01QuackeryRelatedTopics/quacksell.html>
<http://www.quackwatch.org/01QuackeryRelatedTopics/altbelief.html>
<http://www.quackwatch.org/04ConsumerEducation/placebo.html>
<http://www.quackwatch.org/01QuackeryRelatedTopics/extraproof.html>

cancer spreads, or by not adopting it at all, die for no good reason. As for me, in light of how my household has been deceived by Chiropractor Fox, it seems like it would be wise to make sure that, from now on, I am evaluating information in the medical realm in valid ways. May we all consider such topics as prescribed in Scripture: “Prove all things; hold fast that which is good” (1 Thessalonians 5:21), and “keep sound wisdom and discretion” (Proverbs 3:21), and consider what is “true . . . honest . . . [and] just” (Philippians 4:8), and “reason” (Isaiah 1:18; 1 Samuel 12:7; cf. Acts 17:2; 24:25; etc.), “see, and know, and consider, and understand” (Isaiah 41:20), and “produce [a] cause . . . [and] bring forth . . . strong *reasons*” (Isaiah 41:21), and “gird up the loins of [our] mind . . . as obedient children” (2 Peter 1:13-14) and have a “sound mind” (2 Timothy 1:7), and “be not children in understanding . . . but in understanding be men” (1 Corinthians 14:20), and “prove what is that good, and acceptable, and perfect, will of God” by “the renewing of [our] mind” (Romans 12:1-2) and based on reasoning from the scientific method (Genesis 1:28) be “persuaded” (Acts 18:4).