

THE COCA PULSE TEST

Developed by Dr Arthur F Coca, a renowned immunologist, over 40 years ago, this test costs nothing to perform and is more accurate than laboratory testing for allergies, intolerances and sensitivities. This test is based on the fact that stress causes the heart rate to go up. Foods to which you are intolerant will reveal themselves by speeding up your pulse.

As your health improves, some foods may be reintroduced in moderation, using the pulse test to monitor their acceptability. Understanding and using the test as a tool can help you throughout your life to be free from the ill effects of eating foods that are not right for you.

How To Do The Pulse Test

For three days you will be taking your pulse 14 times a day: once before you get out of bed, before each meal, three times after each meal and finally just before bed.

It is extremely important that you take a full one minute pulse. Do not take a 15 second pulse and multiply by four, as it is not accurate enough for this test. Accuracy is extremely important.

Do not smoke during the three day test as this can interfere with the results.

After you have completed the three-day record, you will need to review the results with your healthcare practitioner. It is also helpful to keep a food diary over this period.

DIET/PULSE RECORD

NameDate.....

Waking Pulse _____ / _____ Take pulse for one full minute first laying down and then standing up.

The pulse counts below are to be taken while sitting and for one full minute.

BREAKFAST	Menu	Feelings/Cravings/Activities
Before _____		
After 30 min _____		
60 min _____		
90 min _____		
LUNCH		
Before _____		
After 30 min _____		
60 min _____		
90 min _____		
EVENING MEAL		
Before _____		

After 30 min _____		
60 min _____		
90 min _____		

Third Column: headache, cravings (salt, sweets, chocolate, etc.) Mood, BM activity, congestion, energy, urinary frequency.

Always take a full one minute pulse for accuracy.

Email this chart to your practitioner, who will then advise which foods to pulse test. You can use the chart below to do this.



PULSE TESTING INDIVIDUAL FOODS

NameDate

This is a simple 2 ½ minute test to determine if a particular food or supplement causes a stressful reaction.

Instructions:-

1. Sit down, take a deep breath and relax
2. Establish your baseline pulse rate by counting your heart rate for a full minute and record your pulse in the 'before' space in the chart below
3. Put a sample of food or supplement to evaluate in your mouth (on the tongue). You may chew but do not swallow. You need it taste it for ½ minute.
4. Retake your pulse (whilst the food or supplement remains in your mouth). Write down your 'after' pulse in the chart below.
5. Discard the tested ingredient (**do not swallow**), and rinse your mouth with purified water. Repeat the procedure to test other foods or supplements.
6. NB. You can test as many foods as you like as long as you allow yourself to return to your normal pulse before testing the next one.
7. Keep this record to take to your next appointment or send it to your practitioner as instructed.

Pulse Test Record

FOOD	PULSE Before/After	DIFFERENCE	FOOD	PULSE Before/After	DIFFERENCE
	/			/	
	/			/	
	/			/	
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INTERPRETATION OF 3-DAY PULSE TESTING RESULTS

RESULT	INTERPRETATION
Pulse greater standing than sitting	Positive sign of food or environmental sensitivities
Daily max pulse rate varies > 2 beats (e.g., Mon 72/Tues78/Weds 76)	Strong sign of sensitivities
Min pulse rate that does not occur before rising, but later in the day	Sign of sensitivity to dust, dust mites or something in the sleeping environment
6 – 8 point or more increase after a meal	Sure sign that you were sensitive to something during that meal
6 – 8 point increase 30 minutes after a meal	Sensitivity to something that is quickly absorbed – refined carbohydrates, sugar.
6 - 8 point increase 60 minutes after a meal	Sensitivity to complex carbohydrates – whole grains.
6 – 8 point increase 90 minutes after a meal	Sensitivity to proteins in that meal.
Pulse rate consistent for 3 days in a row	All foods to which you are sensitive have been avoided.
Ingestion of a frequently eaten food does not cause increase in pulse rate	Not allergic to anything in that meal.