PULSE CHALLENGE FOOD SENSITIVITY TESTING

Background

There are many different methods for assessing food allergies and sensitivities. Each has its own advantages and disadvantages. The pulse challenge food sensitivity testing method was developed by Dr. Arthur Coca over 40 years ago. Arthur Coca, MD was one of the pre-eminent allergists in the U.S. He was honorary president of the American Association of Immunologists. Founder and first editor of the *Journal of Immunology*, one of the foremost medical publications in this field, and taught at Cornell, University of Pennsylvania, and Post-graduate studies at Columbia University.

His method of allergy/intolerance assessment called The Coca Pulse Testing method is simple and extremely effective at identifying foods that a patient may be intolerant, allergic or sensitive to.

Discussion

- This is a simple yet extremely effective way to identify foods to which a patient may be allergic, intolerant or sensitive. The test is based on the fact that stress from an allergic food will cause the pulse to increase.

- Foods to which you are intolerant are stressful and will reveal themselves by speeding up your pulse. Laboratory tests which are often less accurate than this method could easily cost over a thousand dollars.
• Using this method Dr. Coca was able to eliminate a host of symptoms and conditions simply by identifying and eliminating food from the diet to which a patient was intolerant.

• The advantage of this method is that the patient can do much of the assessment at home.

• As health recovery proceeds, some foods to which your patient has a sensitivity may be reintroduced in moderation using the pulse to monitor their acceptability.

• Understanding and using the test as a tool can help you to help your patients to be free from the ill effects of eating foods that are not right for them.

How does the Pulse Challenge work?

• The sensory information from the taste buds in the mouth informs the CNS as to the nature of the test substance.

• If the test substance is stressful to the body, there will be a brief reaction that causes the heart to beat faster.

When would you ask your patient to run this test?

1. To help your patients find out the foods they are intolerant to.
2. To help find the environmental toxins your patients are sensitive to.

Supplies you will need to give patients

1. A copy of the handouts “Diet/Pulse Record”, “Pulse Testing Individual Foods”, and “Pulse Test Record” (see handouts section in back of book).

Directions

The Pulse Challenge Food Sensitivity Testing incorporates two methods of assessing food sensitivities.
1. The initial pulse testing procedure uses a handout called **Diet/Pulse Record** (see handouts section in back of book). This initial pulse testing procedure is designed to identify meals that may or may not include foods that your patients may be allergic, intolerant or sensitive to. This technique can be used along side a diet diary.

2. The second pulse testing procedure is designed to identify individual foods that your patients are sensitive to. This procedure uses a handout called **Pulse Testing Individual Foods** (see handouts section in back of book). Using this handout your patients can perform a simple 2 minute self-test to determine if a particular food causes a stressful reaction. The patient can either choose their own foods to test, or you can write in the foods that you suspect they are sensitive to, and write those on the form. The Pulse testing method is also sensitive to supplements, and can be used to determine whether or not a particular supplement is causing stress to the system. Many doctors use this technique to make sure that their prescriptions are not causing stress to their patients.

**Diet/Pulse Record**

1. Your patient will take their pulse 14 times across three days.
   - Once before getting out of bed
   - Before each meal
   - Three times after each meal, and finally
   - Before bed
2. They should record what foods were in the meals and also feelings, activities and cravings across the day.
3. For best results they should avoid snacks between meals. If they eat a snack they should write it down.
4. For accuracy they should take a full one-minute pulse.
5. They should avoid smoking for the three-day test, which will change test results.
6. Once they have completed the tracking form they should bring the results in for assessment.
7. By the end of three days you should have enough data to begin the next stage—using pulse testing to find individual foods.

**Pulse testing Individual Foods**

1. The patient should get into a relaxed place, sit down and take a deep breath.
2. They should establish their baseline pulse by counting for one full minute.
3. They should then place a sample of food in their mouth (on their tongue). They should refrain from swallowing. They will need to taste it for approximately one-half minute.
4. It is important to test only one food at a time. Testing individual ingredients will yield specific information, compared with testing foods containing multiple ingredients. Testing a banana, for example, yields more specific and therefore more valuable information than testing banana bread.
5. The patient should retake their pulse while the food remains in their mouth and write down their “after” pulse on the pulse test record form.
6. They should discard the tested ingredient, rather than swallowing it.
7. If a reaction occurred, they should rinse their mouth out with some purified water and spit the water out.
8. Wait two minutes, then they should retest the pulse to see if it has returned to its baseline. If it hasn’t, they should wait a couple of minutes more and retest.
9. They should continue to retest until the pulse has returned to normal.
10. Once the pulse has returned to its normal rate they can test the next food.

11. They can repeat the procedure as frequently as they like, as long they let the pulse return to its baseline before testing the next food.

**Diet/Pulse Record 3-day test interpretation**

<table>
<thead>
<tr>
<th>Result</th>
<th>Interpretation</th>
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<tbody>
<tr>
<td>Pulse greater standing than sitting</td>
<td>This is a positive sign of food or environmental sensitivities.</td>
</tr>
<tr>
<td>Daily maximal pulse rate varies more than two beats i.e. Monday 72, Tuesday 78, Wednesday 76</td>
<td>This is a strong sign of sensitivities</td>
</tr>
<tr>
<td>A minimum pulse-rate that does not regularly occur “before rising” but at some other time of day.</td>
<td>This is a sign of sensitivity to dust, dust mites or something in the sleeping environment.</td>
</tr>
<tr>
<td>A 6 – 8 point or more increase after a meal</td>
<td>This is a sure sign that you were sensitive to something during that meal.</td>
</tr>
<tr>
<td>A 6 – 8 point or more increase 30 minutes after a meal</td>
<td>This is an indication that there is a sensitivity to something that is quickly absorbed i.e. refined carbohydrates.</td>
</tr>
<tr>
<td>A 6 – 8 point or more increase 60 minutes after a meal</td>
<td>This is an indication that there is a sensitivity to complex carbohydrates in that meal.</td>
</tr>
<tr>
<td>A 6 – 8 point or more increase 90 minutes after a meal</td>
<td>This is an indication that there is a sensitivity to proteins in that meal.</td>
</tr>
<tr>
<td>Pulse rate is constant for three days in a row</td>
<td>You can be pretty sure that all “food sensitivities” have been avoided on those days.</td>
</tr>
<tr>
<td>Ingestion of a frequently eaten food causes no acceleration of the pulse</td>
<td>One can be fairly certain that your patient was not allergic or sensitive to any food in that meal.</td>
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