



# Wellness Minute

Health Information You Can Use On Your Path To Wellness

## An Easy Test For Food Sensitivities

*The Modified Coca Pulse Test*



## Modified Coca Pulse Test

**“It’s a fun test that can give you a lot of information. If you’ve never used it, try it. It’s simple, but effective.”**

Have you ever taken a vitamin or supplement or made a dietary change and felt worse? I used to always wonder what would cause a reaction, especially when I felt that the food or nutrient was healthy and should make me feel better. The reality is, in today’s toxic environment, anything can cause a problem because we are all “exposed to” and “carry” our own toxin load. Sometimes, when we eat good food or take supplements, the body is trying to unload or get rid of stored toxins, so we might experience weird reactions due to the inflammation of the toxins leaving the body.

So, the question I always ask myself is: Is this a sensitivity or an allergic reaction to the supplement or food, or is it part

of a detox reaction? A simple test can be done to determine what’s causing the reaction. It’s a test that you can easily learn that has helped hundreds of my patients and given me great clinical confidence. It’s called the modified Coca Pulse Test.

The original test was developed by Dr. Arthur Coca who was a board certified allergist for over 40 years. He realized that food sensitivities were real, but adequate tests were not available to evaluate them. Through trial and error, he found the body could detect whether the food was healthy or unhealthy. Dr. Coca recognized that as we ingest stressful agents, our sympathetic nervous system will react. One of the ways we can assess that reaction is by pulse

measurements. Dr. Coca found that by using this pulse test, he could help people with the following conditions: migraine headaches, dizziness, constipation, epilepsy, obesity, irritability, fatigue, sinusitis, hypertension, hives, and asthma.

The way Dr. Coca did the test was to test one food at a time and have the patient measure their pulse rates 30, 60, and then 90 minutes after an individual food was eaten. It involved a total of 13 tests per day, which is not very realistic in today’s times. However, the test was later modified by a group of naturopaths in the northwest and is much more user friendly.

Here are the basic guidelines. Get a baseline pulse for full 60

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seconds. Taste 1 food or nutrient on the tongue for 30 seconds, which is enough time for the body to react. Don't swallow. Now, with the food or nutrient still in the your mouth, evaluate "the nervous system reaction" by re-measuring the pulse for a full 60 seconds. Since we are looking for a very small difference, do not take the pulse for 15 seconds and multiply by 4. If the ending score is 4 or more points higher than the initial reading, the food or nutrient is creating stress.

Let's say your starting pulse is 65. Now, put a piece of bread in your mouth and chew it for 30 seconds. Don't swallow. This 30 second period allows your body to react or respond to what it thinks is about to be swallowed. After the 30 second reaction period, take the pulse for the second time with the bread still in your mouth. Let's say the second pulse is 70. Subtract the starting pulse 65 from the ending pulse 70 and you get 5. Since the ending pulse is 5 points higher than the starting pulse, your body is beginning an alarm process to deal with that food. Of course, you would not swallow a food or nutrient that is causing an elevation.

By the way, this test reveals that the substance you are testing is not good for you today. It may be fine next week or next month. And as you might expect, with the Coca Pulse Tests, the

higher the number, the greater the reaction, the more caution should be exercised with that food.

Here is an example of how effective this test can be. A few days ago, a patient called me and was having a rapid heart rate and was concerned that it might be caused by his nutrients. He was actually kind of scared. I taught him the Coca Pulse Test over the phone, and we tested all his nutrients and medications. We found out the culprit was a medication reaction from something his physician had recently given him. Needless to say, he was greatly relieved when we found the cause.

Over the last 30 years, I've done this test only a handful of times when it was a nutrient that caused the reaction, most often it was a dietary or a detox reaction. And the detox reaction was easily fixed by slowing down the protocol.

You can find more information about the modified Coca Pulse Test below. Included is a form you'll find helpful for you to keep track of the foods and a pulse record. If you have more questions, contact your wellness clinician for help and concerns you have. Remember, the modified Coca Pulse Test can be used with both nutrients and food. It's a fun test that can give you a lot of information. If you've never used it, try it. It's simple, but effective.

# The Pulse Test

## (Neuro-Lingual Test)

**Purpose:**

A simple 2 1/2 minute self-test to determine if a particular food or supplement causes a stressful reaction. *Note: This test may not be valid if you are taking a drug that controls your heart rate, such as a calcium-channel blocker or a beta-blocker.*

**Procedure:**

1. Sit down, take a deep breath, and relax. Establish your baseline pulse by counting your heart beat for a full minute and record your pulse in the “Before” space in the Pulse Test Record below.
2. Put a sample of a food or supplement to evaluate in your mouth (on your tongue). You may chew but refrain from swallowing. However, you do need to taste it for approximately one-half minute. *Note: The sensory information taste signals from your mouth will inform your central nervous system (brain) as to the nature of the test substance. If the test substance (food or supplement) is stressful to the body, you will have a brief reaction that causes your heart to beat faster. 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.*
3. Retake your pulse (the food or the supplement remains in your mouth). Write down your “After” pulse on the Pulse Test Record below. *Note: An increase of 4 or more is considered the result of a stressful reaction. For O Blood Type people an increase of 3 or more is considered a positive reaction. The greater the degree of stressfulness or reactivity, the higher the heart rate will be.*
4. Discard the tested ingredient (do not swallow) and repeat the procedure to test other foods or supplements. Repeat the procedure as frequently as you like, as long as you always return to your normal pulse before testing the next food. *Note: If a reaction occurred, rinse your mouth out with some purified water and spit the water out. Wait two minutes, then you can retest your pulse to see if it has returned to its baseline. If it hasn't, wait a couple of minutes more and retest, continue to retest until you have returned to your normal pulse. Once your pulse has returned to its normal rate, you can test the next food.*
5. Make an appointment to go over the results of this test as soon as possible or bring this record with you to your next appointment.

Food	Pulse <i>Before/After</i>	Difference	Food	Pulse <i>Before/After</i>	Difference
	____/____			____/____	
	____/____			____/____	
	____/____			____/____	
	____/____			____/____	
	____/____			____/____	
	____/____			____/____	