

COCA Pulse Test

Purpose: A simple 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. Please do not smoke the day you are using this test.

Background: Developed by Dr Arthur F Coca, a renowned immunologist, over 40 years ago, this test is easy to implement at home to identify whether your body “likes” or is sensitive/intolerant to a certain food.

This tests 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. Your body can sense this upon tasting the food.

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 your throughout your life to be free from the ill effects of eating foods that are not right for you.

Procedure:

1. Sit down, take a deep breath (not a large breath, avoid engage your upper chest when breathing, use only your diaphragm/belly to draw air in), and relax.
2. Establish your baseline pulse by counting your heart beat for one full minute and record your pulse in the “Before” space in the Pulse Test Record below.
3. Put a sample of a food or supplement to evaluate in your mouth (on your tongue). You may chew but *refrain from swallowing*. You do need to taste it for approximately 30 seconds.
4. Retake your pulse with the food or supplement still in your mouth. Write down your “After” pulse on the Pulse Test Record.

Note: An increase of 6 or more is considered the result of a stressful reaction. The greater the degree of stressfulness or reactivity, the higher the heart rate will be.

5. Discard the tested ingredient (do not swallow) and repeat the procedure to test other foods or supplements.
6. 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 more minutes 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.

Bring this record with you to your next appointment.