

# COCA PULSE TEST

In 1956, Arthur F. Coca, M. D., published a book that described a simple way to test for hidden causes for many health conditions. The method was the result of a serendipitous improvement from a problem his wife had experienced. He then experimented with the method on his patients and found many other conditions that improved. His conclusion was that these conditions were actually symptoms of hidden food allergies or food sensitivities (true allergies are always protein based compounds whereas sensitivities can involve non protein compounds). It is now better to describe them as true food allergies and hidden food sensitivities.

His method was simple, check your pulse rate at precise times several times before and after digesting a single food item and look for an increase in pulse rate. This could be a long process to test all possible offending foods.

However, there is a quicker and simpler way.

Get a small piece of the food that you want to check and sit at a table. Rest for a few minutes to allow your pulse rate to drop. Then check your pulse at your wrist for a full minute (time it with the second hand of a clock or watch or use the minutes on a digital clock) and count how many beats you feel. Once you have your resting pulse rate, put the piece of food on your tongue (only one type of food at a time) and keep it there for at least 30 seconds before you check your pulse rate again for a full minute with the food staying on your tongue the entire time.

## **Food Sensitivity Testing with the LNT Coca Pulse Test**

- Do this test first thing in the morning before eating or drinking anything. Start when you are mentally, emotionally and physically relaxed. Always take your pulse for one full minute... don't take it for 30 seconds and multiply it by two.
- While sitting, take a deep breath and slowly exhale. Take your pulse by counting how many times your heart beats in one exact minute.

- It may be easiest to feel your pulse by placing two fingers on the upper right side of your neck. Record this pulse rate.
- Next, put a piece of the food in question in your mouth. It is okay to chew, but don't swallow. Taste the food for at least 30 seconds. Then, take your pulse again for a full minute with the food in your mouth.
- Spit out the food and rinse your mouth with filtered water. **If the pulse rate rises 6 or more points with a food, it indicates a stress reaction** and that food should be avoided. Remember, food sensitivities can heal through diet and lifestyle changes, so it will be possible to re-test and reintroduce these foods after a period of healing.
- Let the pulse return to the baseline before testing with a different food.

NOTE: If testing eggs, test the egg yolk and the egg white separately. Egg yolks are often better tolerated than egg whites.

Testing individual foods and liquids can take time: you can also use the Coca Pulse Test after a whole meal to determine if something you are eating / drinking is causing a reaction: after eating a meal take your pulse in the same manner 30, 60 and 90 minutes after the meal.

If your pulse increases 6 beats per minute or more, something in that particular meal is causing a reaction and then you can test the items you ate / drank to see which item(s) caused the reaction (do this in the same manner as you would test for individual items: i.e. in the morning before eating or drinking anything).

Food sensitivities don't need to be permanent.

Food sensitivities and even some food allergies can heal with time and a nourishing diet. Food sensitivities occur because the lining of our intestine is permeated with small holes, allowing undigested proteins or partially-digested food particles to escape into the bloodstream. This triggers antibodies to attack the foreign particles in the blood. This is called leaky gut.

Sometimes when addressing a food sensitivity, all it requires is temporarily eliminating the food in question for a few months. Re-test the foods at intervals of 3 months to see if you can re-introduce them.

Be sure to retest it on a regular basis once you think you have discovered the minimum amount you can eat.

**The most common foods to trigger a reaction are wheat, milk, rye, barley, oats, egg, corn, potatoes, paprika, soy, MSG (Accent), tomatoes, eggplant, bell peppers, hot peppers, baker's yeast, brewer's yeast, orange, beef, pea, bean, fish, sugar, plum, fowl, melon, carrot, sweet potato, grape, peanut, pineapple, beet, spinach, strawberry, cinnamon, garlic, black pepper, vanilla and artificial sweeteners.**

Also test any food that you crave.

The same procedure can be used for anything you smell or anything you put on your skin.