

ALLERGEN PULSE TEST

The Arthur Coca Pulse Test

This test can help to identify whether you may be sensitive to any foods that you are eating. It does require a little practise, but this technique can be mastered by anyone.

The Pulse Test was formulated by Dr Arthur Coca after his wife pointed out to him that she didn't eat beef was because it made her heart race. Knowing that this was a stress adrenal reaction with release of adrenaline, he realised that she must be allergic or sensitive to beef, and devised the following test, which he used extremely successfully in his practise, to test for food or other sensitivities and allergies.

Learning to take your pulse and interpret your results will help you identify and eliminate food and environmental allergies that adversely affect the function of your adrenal glands and thyroid gland.

The Test

- (a) If your daily maximal pulse is constant (within 1 or 2 beats) for 3 days in a row, you have avoided all "food sensitivities" for those days
- (b) If your pulse taken standing is greater than your pulse taken sitting, this is a positive indication of food or environmental sensitivity.
- (c) If your daily maximal pulse varies more than 2 beats from day to day, you are "sensitive" unless you have an infection
- (d) If your pulse increases more than 6 beats above your average normal maximum after eating a particular food or meal, you are sensitive to that food or something in that meal.
- (e) If your minimum pulse rate does not regularly occur before rising, after your night's rest, this usually indicates that you are sensitive to dust, dust mites, or something else in your sleeping environment such as perfume, your mattress, your pillow etc.

Using the Pulse Test for testing for allergies

- Step 1 Establish your baseline pulse by counting the radial pulse at the wrist for a full minute
- Step 2 Put a small portion of the suspected allergen in the mouth, preferably under the tongue. Taste the substance for two (2) minutes. Do not swallow any portion of it. The taste will send a signal to the brain, which will send a signal through the sympathetic nervous system to the rest of the body.
- Step 3 Re-take the pulse with the allergen still in the mouth. An increase or decrease in the pulse rate of more than 10% is considered an allergic reaction. The greater the degree of allergy, the greater the difference in the pulse rate.

This test is useful to test for allergies. If you are allergic or sensitive to very many foods, and if you consume a few allergens at the same time, it will be hard to detect the exact allergen causing the reaction just by this test.

An alternative way of testing the pulse is to purchase a finger Pulse Oximeter from Amazon which start at around £15.

Blood Pressure Test

This test is similar to the pulse test. The systolic (the top figure on a blood pressure reading) blood pressure reading is checked for changes in reading before and after contact with the allergen. Blood pressure monitors can be purchased on Amazon from around £15.

- Step 1 Establish your base line by checking your systolic blood pressure
- Step 2 Put a small amount of your suspected allergen in the mouth, preferably under the tongue. Taste the substance for two (2) minutes. Do not swallow any portion of it. The taste will send the signal to the brain, which will send a signal through the sympathetic nervous system to the rest of the body.
- Step 3 Re-take the systolic blood pressure with the allergen still in the mouth. An increase in systolic blood pressure rate of 10% or more is considered an allergic reaction. The greater the degree of allergy, the higher the blood pressure change will be.

Recommended Reading: -

The pulse test: Easy allergy detection by Arthur Fernandez Coca

The Complete Guide to Food Allergy and Intolerance by Brostoff & Gamlin

Diet Wise by Dr Keith Scott Mumby

Not all in the Mind by Dr Richard Mackarness

The Stress of Life by Hans Seyle

Why Zebras Don't Get Ulcers by Robert Sapolsky

Useful websites include: www.allergyuk.org, www.foodallergy.org, www.food.gov.uk/science/allergy-intolerance