

Food Sensitivity Pulse Test

Food allergies or reactions may occur when a person consumes foods to which the person has intolerance.

Procedure for test:

1. Take pulse reading after resting for five minutes in order to determine the base of beats per minute normally between 52 and 70 beats per minute).
2. Consume food to be tested and wait for twenty minutes, then retake the pulse. Take the pulse again one-half hour later and also one hour later from the time the food is consumed.

Interpretation of test:

If there is an increase of 12 beats or more per minute over base reading, the person is considered to have an allergic reaction to the food consumed or tested. A pulse rate above 84 (in the high 80s or 90s or beyond) at this point is usually indicative of allergic reaction. Occasionally the opposite is true, with the pulse markedly decreasing, giving a brachycardia instead of a tachycardia. This is also indicative of possible allergic reactions. Any uncomfortable symptoms can be partially relieved by taking two tablets of Alka-Seltzer Gold (sodium and potassium bicarbonate).

Base Line Pulse Reading: _____ Date: _____ Time: _____

	Pulse – 20 minutes later	Pulse – 50 minutes later	Pulse – 110 minutes later
Food:			

The pulse test picks up only a few of the maladaptive reactions. However, there is another technique for self-detection of allergic reactions. This method involves using a long-wave ultraviolet light (black light) shone on a test tube of urine. In doing this, fill the test tube three-quarters full and shine the light downward at a 45 degree angle, making sure the test tube has no gummed stickers on it as they will make an abnormal shine. The normal color for urine is a straw or clear color. Often the urine will turn blue (any shade from light to dark) after an allergic reaction. Occasionally the urine will turn pink or even deep red. These pink-red colors indicate porphyria, which seldom occurs, but it is also connected with allergic reactions. Test the urine before the food is eaten; if it is normal then proceed with the food; three hours later test the urine again. If there are any samples that of necessity are urinated before that time, test these also. However, the three-hour level is when reactions are most likely to show up.

*The pulse test was derived by : Coca, Arthur. The Pulse Test. New York, NY: Barricade Books, 1956.

*Urine color test: Philpott, William; Kalita, Dwight. Brain Allergies. New Canaan, CT, 1980.