

# Simple Test Identifies Food And Nutrient Sensitivities

*"Here's a simple test that has helped hundreds of patients and given me great clinical confidence."*

A great artist and inventor, Leonardo DaVinci said "Simplicity is the ultimate sophistication." Here's a simple test that has helped hundreds of patients and given me great clinical confidence. Many of you may be familiar with this test but it's always worthwhile to be reminded of things we know but sometimes forget to use.

Have you ever given a patient a nutrient or dietary change and they call back and feel worse? The question is: Is it an allergic reaction to the supplement or food or is it part of a detox reaction? A test to use is 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. He recognized that as we ingest stressful agents our sympathetic nervous system will react and one of the ways we can

assess that reaction is by pulse measurements.

Dr. Coca found that by using this 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, 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 patient friendly.

The "modified" test makes things a lot easier. Here are the basic guidelines. Get a baseline pulse for full 60 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 patient's mouth, evaluate "the nervous system reaction" by re-measuring the pulse for a full 60 seconds. Be sure you do not take the pulse for 15 seconds and multiple by 4. If the ending score is 4 points higher than the initial reading, the food or nutrient is creating stress.

Here is an example of how you might use this in your office. 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 medi-

cation reaction from something his physician had recently given him. Needless to say he was greatly relieved when we found the cause.

Sometimes I teach the technique as an office call or sometimes I teach them over the phone depending on the circumstances. I think over the years I've done this test only a handful of times when it was the nutrient that caused the reaction, most often it was their diet or a detox reaction which we 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 to use with patients. It has specific instructions in both doctor and patient friendly language.

If you are curious about Dr. Coca's work, there is a link below to Amazon.com where you can buy Dr. Coca's book.

Remember, the modified Coca Pulse Test can be used with both nutrients and food. If you've never used it, try it. It's simple, but effective; and it's easy for patients do.

Thanks for reading this week's edition. I'll see you next Tuesday.