Food Pulse Stress Testing

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Based on the work of:
Dr. Arthur F. Coca M.D.
Mid 20th Century

Your resting pulse, the first pulse in the morning while you are still in bed, should be below 70. If it is not it means your endurance is not very good or you are likely suffering from the effects of some food you ate the day before.

Foods when eaten will:

1. Cause no change in your heart rate.
2. Cause your heart rate to increase above your resting pulse.

    The amount of increase can be slight say only 6 beats per minute

    Or the amount of increase can be more than 12 beats per minute

When the increase is only slight it indicates that you are not likely sensitive to the food or substance taken in.

When the increase is over 12 beats per minute, from your resting pulse, it indicates sensitivity to the substance or food.

After a few weeks of testing I have to say that any food that creates a pulse over 80 beats per minute means your body is being stressed by that food. Now that is for real food in its natural state.

There are many foods on the market that are really just combinations of some natural food base with chemicals added for flavor enhancements and preservation. These are not real food for man. The chemicals in these foods deaden your body's ability to respond to them in many different ways. The stress reactions they cause may be delayed for several hours. A pulse increase happens but thirst, headaches, joint pains, high blood glucose and other symptoms often accompany it.

It is my recommendation to limit these "Non-food" foods and test foods that come as nature provided them in their simple form.

An email I sent to Dr. Symes--

Hey Doc,

We've been talking about food sensitivities causing changes in the HCL levels of the stomach/body. That begged the question of how do we determine our food sensitivities? I'm not big on muscle testing - Kenesiology. Most pts don't trust it either.

I found this one-day. It is pulse testing for food sensitivities. A Dr. Coca developed this over 50 years ago. WOW! What I have learned about foods and our response to them is amazing. I've attached a copy of his book. It is free online.

With today's technology I use a pulse/ox meter on my finger for counting pulses.

I must say that this test works great with "Real food" as nature provides it. AHH! The fake foods, in boxes, with all of the chemicals added test very differently. We know that the additives delay the body response. When we eat too much "Non-food" food our brain never gets the message that we have eaten, thus the delayed response.

Essentially the leptin/ghrelin & insulin hormones fail to function when we get these chemical foods.

All of this causes a serious delay in our body's response to "foods" we have eaten. Right along with the delayed response is the symptom response. Fore instance: White bread does not increase my pulse until several hours after ingesting it. According to Dr. Coca the testing at 1/2 hr & 1 hr later I am not sensitive to white breads.

When my body reaction kicks in I developed a massive migraine, rapid pulse into the 90's or higher, dry mouth, tremendous thirst. (Sound like diabetes?) I am diabetic!

Oh! We've all seen the list of foods we are told are good for us or bad for us. Even that our blood type makes a difference. These may be true generally speaking but not for everyone.

This pulse testing is helping me identify the particular foods that I am really sensitive to. At least so far it is working.

It does require testing one food at a time. Real foods do respond as Dr. Coca demonstrates but the "Chemical foods" takes much longer to trigger a response, patience is needed.

Thanks for your response,

Doc

The increase triggered by the food is directly related to the stress the food may cause on your body. The more stress created from that food, the higher the heart rate increases and the longer it will last. For instance: I am sensitive to tomatoes. When I eat one or have anything with tomatoes or tomato sauce in it, my pulse will increase upwards to 120 beats per minute for several hours. That is a serious increase in my heart rate. Until I learned this test I never knew the amount of stress tomatoes caused in my body. I love tomato sandwiches and chili and all of the foods that have tomatoes in them. I didn't love the headaches, bursitis and other inflammatory issues that came along with them. (It wasn't until I had a tomato sandwich a few weeks later that I realized what had been causing those symptoms. I suffered for two days before things cleared up again!)

Some of us react to foods very quickly.

1. How soon after eating the food, the heart rate increases, is important as it may indicate how mild or strong the sensitivity is.
2. The quicker the reaction may indicate how sensitive you are to the food.
3. The higher the increase of heart rate the harder your body is working to remove the stress effects of the food.
4. The longer the increased pulse rate lasts indicates how serious the stress has affected your body.

This pulse test is testing the functional reaction of the autonomic nervous system to different foods. This taste test sends a signal to your brain, which will send a signal through your sympathetic nervous system to the rest of your body. Your body responds by an increase in heart rate, if the food creates stress, or by no increase in heart rate, if the food does not create stress. Test only one food at a time.

I am testing the use of a pulse meter attached to my finger to take my pulse. I am finding it to be more accurate. It also reads the oxygen level of your blood.

Those who have been in the hospital may remember having one of these clipped over a finger.

By having a constant monitor of your pulse you can see quickly if your body reacts to the food being tested. When your pulse reaches its maximum speed you document that along with the amount of time it took to get there.

You also monitor how long it takes for the pulse rate to drop back to normal.

Using the pulse monitor is an improvement over taking your pulse by hand.

Some people do not feel their pulse very good. They may miss a few heartbeats and get an inaccurate count.

Some foods may cause an immediate reaction. You can miss this change in pulse rate if you are waiting a half hour before checking your pulse, as Dr. Coca's technique suggests.

Chemical inhalants, soaps, and other non-food items you may test may cause a quick reaction in the nervous system so it is important to monitor your pulse, with a meter, so as not to miss the reaction when testing these items.

In the words of Dr. Carroll, "Health must at all times come from and be maintained by digested foods." This food pulse testing is showing the level of stress, in your body, caused after the digestion of the foods you have eaten.

A note about diabetes:

We get sugar into the bloodstream by two different methods.

1. If your blood glucose level is elevated in the morning it is from the stress response in your adrenal glands. Stress causes a cortisol hormone release early in the morning. Cortisol triggers the body to pull glucose from the tissues of the body to increase your blood levels of this energy food. During

emergencies and or stressful situations the adrenal glands release extra cortisol.

2. The other method of getting glucose into the bloodstream is when you actually eat carbohydrates.

When a person eats foods, to which he is intolerant, these foods are not properly digested and assimilated. If these foods are high in carbohydrates, fermentation occurs; if they are high in proteins, putrefaction occurs; if they are high in fats, rancidification occurs.

All lead to an inflammatory stressful condition of the intestinal tract and eventually of all the body systems!

Ever wonder why your belly is so big?

One reason could be that it is swollen up by all the inflammation caused by foods you do not tolerate.

Think about it for a second. If you have eaten a food and then experienced bad gas problems it is because you did not break down the food properly in your stomach and are not taking the nutrients into the body from the small intestine. It is likely that your are sensitive to the food and that very sensitivity can interfere with the digestive process. Undigested foods rot, ferment, and go rancid in the gut causing the digestive problems you experience.

So the next time you are having a gas attack remember that it is caused by eating something your body simply does not tolerate.

Not to fear. This Food Stress Pulse Test will help you identify which food(s) is the culprit.

One other possible reason for the big belly is stress. Remember I mentioned how stress causes the adrenal glands to release cortisol and that triggers the body to pull glucose from your tissues? Well all of the extra glucose in the bloodstream is going to be stored as fat around the middle if it not used in an emergency.

OH! Just so you know! Digestive problems are not the only symptoms you may experience from eating foods you do not tolerate.

I'm sensitive to tomatoes. Even a small amount of ketchup on French fries is enough to make my heart race and sometimes give me a headache. I walk every day. I have a little bursitis in my left thigh. When I get tomatoes my bursitis flares up for a day or so. When

I stay away from tomatoes I have no flare-ups. (That may not be true for you, as you may not have the same reactions that I have.)
White beans, red beans and others cause me to have digestive problems and my pulse goes up to 120 or more. It even feels like my heart is going to pound right out of my chest it is so hard. Then Fatigue sets in and it is very difficult to concentrate on anything. Sometimes I reach a point that the only thing I can do is sleep until my body is over the reaction.

Next we look at how long it takes for the increased heart rate to return to your normal rate when you first woke up in the morning. For some this can take only a few minutes and others may take as long as several hours or even over night. Some foods may linger in the body causing a reaction that may last for a few days before its effects are cleared. Fasting overnight is all it usually takes to clear a food sensitivity reaction but not always. It is best not to test another food until the effects of the last food tested are cleared from the body.
Some teach that drinking a quart of distilled water helps remove the toxins triggered from intolerant foods. If this is true your pulse should drop to below 70 soon after the water is ingested.

Reminder:

Be sure to be seated and rested for a minimum of 5 minutes before taking your pulse each time. This assures that the testing conditions are the same for each pulse reading.

OK so here are some rules to consider when doing this test.

We need to know what your AM resting pulse is.

Take your pulse before getting out of bed, while you are still lying down take your pulse and record it. The pulse meter should get your pulse very quickly and easily. It should be

lower than 70 if you are not still reacting to foods from the previous day. (Overnight fasting is usually enough time to clear the effects of foods eaten the day before.)
If your resting pulse is not below 70 then continue to fast on this day until your pulse, while sitting for 5 minutes, drops below 70. Drinking the distilled water should bring the pulse back to your normal resting pulse.
Many plan their first days of testing for their days off. It would be good to not eat anything after 8pm the night before. This gives you about 12 hours of fasting to clear the body of all food reactions.
Remember the first pulse of the day should reflect your resting conditions before the stress of foods in your body.
Take your resting pulse 3 times a day. Each time you will sit for 5 minutes and take your pulse. The pulse should not vary more that a couple of beats each time when you are rested and not reacting to food or other sensitivities.

If after 3 or more days your resting pulse is not in the 60's or low 70's beats per minute, you are probably reacting to "House-dust". You are sensitive to something in your home. To be sure try leaving the home for a few hours and take your pulse before re-entering the home. Of course be rested/sitting for 5 minutes before taking your pulse. The rate should be low if you house dust is the problem.
Some use a Hepa-filter to clear the air in their home and remove the airborne allergens. Most air borne allergens will clear from the body in a few hours where many of the food allergens take much longer to be cleared.
If your pulse does not return to a normal resting number after a nights rest then consider that you have sensitivity to something in your bed. Maybe the detergent or fabric softener or the mattress itself may cause a reaction. A mattress cover would help. A change in laundry soaps will help as well. There are non-allergenic detergents available.

There are different types of food group sensitivities.
This is based on the book: "The Ultimate Healing System" by Dr. Donald LePore N.D., N.M.D.
Brewers Yeast series sensitivities include these foods:

Barley
Cherry
Millet
Potatoes
Raisins
Rye
Prunes
Walnuts

There is a deficiency of the amino acid Lysine related to this group of sensitivities.
B-vitamin deficiency of Thiamine (B-1) & Pyridoxine (B-6) also helps relieve these.
The mineral Zinc is also needed to remove these allergens.
Pau D Arco contains the needed nutrients to clear these allergens.
Red clover also will clear these allergens.

Another group of food allergens is the
Rice Series that includes:

Cinnamon
Blueberry
Curry
Grapes
Strawberries
Watermelon
Wine
Pumpkin

B-6 is needed to clear these allergens
Manganese helps also
Arginine amino acid helps relieve this allergy
Proline is also good to relieve this allergy
Yucca herbal has the nutrients to remove this allergen
Beet powder also removes this allergen

Another series is the Wheat series even though it is a non-food group:

Feathers

Wool

Dust

Detergents

Can & dog dander

The essential fatty acid linoleac acid helps remove these allergens

Magnesium also helps.

Histidine amino acid helps.

Black walnut, kelp, & spirulina foods have the nutrients to remove these allergens.

Corn series is a lonely one by itself.

A deficiency of essential fatty acids causes this allergen.

Magnesium, potassium help remove this allergy

Histidine amino acid helps

Black walnut, bee pollen, & Kelp have the nutrients to remove these allergens.

Fat series of allergens:

Meat fats

Vegetable oils/fats

Milk fats

Cosmetics

Biotin & carnitine help remove these allergens

Sulfur mineral helps (Onions, garlic)

Methionine, cysteine, taurine, glutathione, carnitine, and threonine amino acids help to remove these allergies.

Sarsaparilla, Eyebright, Fenugreek, Dandelion, Burdock, and Fennel seeds all have the nutrients to remove these allergens.

Oatmeal series:

Oatmeal

Sesame

Folic acid, cyanocobalamin (B-12), Vit-C

Iron mineral

Citriline amino acid

Yellow Dock

Milk series:

Milk

Cheese

Take:

Vitamin D3

Potassium mineral

Aspartic acid, asparagines amino acids

Bee pollen, alfalfa, Hawthorne berry

Citrus series:

All citrus fruits

Take:

Pantothenic acid B-5

Calcium mineral

Serine amino acid

Royal Jelly, Comfrey herbals

Pepper series:

Peppers

Peaches

Plums

Nectarines

Take:
Niacinimide
Phosphorus mineral
Glutamine amino acid
Royal Jelly

I have found that increasing your levels of hydrochloric acid in your stomach will remove many digestive disorders. (The gas problems)
If you take the betaine HCL tablets during a meal it increases your stomach acid levels needed to digest the food you eat.
Getting Zinc Sulfate liquid supplement will increase your stomachs ability to make more HCL and thus increase your acid levels as well.
Remember most stomach-upset problems are from a lack of stomach acid not too much acid.
The acid that bothers your digestive tract is from the rotting foods you do not digest.
Taking anti-acids actually creates more problems than they solve as they prevent you from digesting food.
Now not having a stomach upset problem does not mean that you are not having a stress reaction to some foods. The pulse testing is a response your *body* shows to the foods you eat.
This testing information is on going. I will add information to these writings as I grow to understand more of what is revealed during my testing.

Thanks for you efforts to learn as well.
Dr. Jerry