

## **Symptoms which Dr. Coca related as allergic (sensitivities):**

Recurrent headache	Abnormal tiredness
Nervousness	Indigestion (vomiting, gas, nausea)
Migraine	Neuralgia
Dizziness	Sinusitis
Constipation	Hypertension
Canker sores	Hives
Heartburn	Heart attacks (angina)
Epilepsy	Asthma
Overweight	Hemorrhoids
Underweight	Psychic depression
Irritability	Diabetes
Gastric ulcer	Chest pain
Abdominal pain	Gastro-intestinal bleeding
Gastric pain	Conjunctivitis
Nervous and emotional instability (neurasthenia)	Nosebleed
	Colitis

*Excerpted from "The Pulse Test" by Arthur F. Coca, MD*

*This information is provided by the Nutritional Therapy Association (NTA) as part of the Foundations of Functional Nutrition Seminar Series*

# Food Intolerances

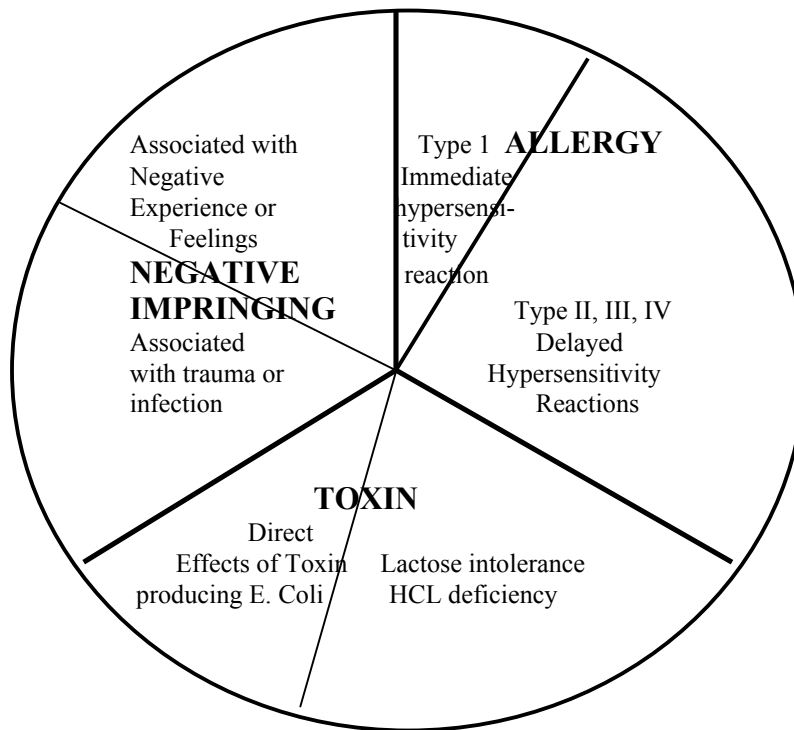
## Neurolimbic

1. Emotional
2. Non-Emotional

## Immunologic

1. Inherited
2. Acquired

- Low effectiveness
- High antigen load



## Biochemical

1. Inherent to the food/agent
2. Metabolic consequences of the food

# **The Coca Pulse Test**

## **Purpose/Rationale:**

Arthur F. Coca, MD., a renowned physician, developed the Coca Pulse Test for allergy elimination over 40 years ago. This is a simple, yet extremely effective way to identify foods to which a patient may be allergic, intolerant or sensitive. Quite simply, stress will cause the pulse to increase. Foods to which you are intolerant are stressful and will reveal themselves by speeding up your pulse. Laboratory tests, which are less accurate than this method could easily cost over a thousand dollars. Through this test, Dr. Coca was able to eliminate a myriad of symptoms and conditions simply by identifying and eliminating, from the diet, foods to which the patient was intolerant.

As health recovery proceeds, some foods to which a patient has sensitivity may be reintroduced in moderation using the pulse to monitor their acceptability. Understanding and using the test as a tool can help you throughout your life to be free from the ill effects of eating foods that are not right for you. Dr. Coca wrote a book for patients about the pulse test. If you would like to read it, please contact your doctor or the *Nutritional Therapy Association* (800-918-9798).

**Although the Coca Pulse Test is simple, it requires the complete cooperation of the patient!**

## **Pulse Test – Part I**

### **Procedure**

For three days you will be taking your pulse 14 times per day. Once before you get out of bed, before each meal, three times after each meal and finally just before bed. For best accuracy avoid snacks between meals, but if you eat a snack write it down!

It is extremely important that you take a full one-minute pulse. Do not take a 15 second pulse and multiply it by four, as it is not accurate enough for this test. Accuracy is important!

Do not smoke during the three-day test. Smoking will change the test results.

After you have completed the three-day record you will need to review the results with your health care practitioner. They will help decide which foods will need to be individually tested in part two of the test.

**GOOD LUCK!**

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## DIET/PULSE RECORD

Name: \_\_\_\_\_ Date: \_\_\_\_\_

I. WAKING \_\_\_\_\_ / \_\_\_\_\_ (Take your pulse for 1 full minute; first laying down and then again sitting up)

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All pulse counts below are to be taken while sitting and for 1 full minute

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II. BREAKFAST Menu \*Feeling/Activities

Before: \_\_\_\_\_

After: 30 min. \_\_\_\_\_

60 min. \_\_\_\_\_

90 min. \_\_\_\_\_

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III. LUNCH Menu \*Feeling/Activities

Before: \_\_\_\_\_

After: 30 min. \_\_\_\_\_

60 min. \_\_\_\_\_

90 min. \_\_\_\_\_

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IV. DINNER Menu \*Feeling/Activities

Before: \_\_\_\_\_

After: 30 min. \_\_\_\_\_

60 min. \_\_\_\_\_

90 min. \_\_\_\_\_

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V. BEDTIME \_\_\_\_\_ (Take pulse sitting up)

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\*Note: List the following in the Feeling/Activity area:

Cravings (examples: salt, sweets, chocolate, etc.)

Mood

BM Activity

Headache

Congestion

Energy

Urinary frequency

## The Pulse Test – Part II (Neuro-Lingual Test)

### Procedure:

- Establish your baseline pulse by counting your pulse for a full minute before trying a particular food.
- Put a food in your mouth (on your tongue). Do not swallow it. However, you do need to taste it for approximately one minute. The taste will send a signal to your brain, which will send a signal through the sympathetic nervous system to the rest of your body. Test only one food at a time. Testing individual ingredients is more valuable information than foods containing multiple ingredients. Testing a banana, for example is more valuable information than testing banana bread.
- Retake your pulse (the food remains in your mouth). A change of 4 or more is considered a sensitive reaction. The greater the degree of allergenicity, the higher the pulse will be. Write down the pulse result on the testing list you were given.
- Discard the tested ingredient (do not swallow). Rinse your mouth out with some purified water (spit the water out). Wait two minutes, then you can retest your pulse to see if it has returned to its baseline. If it hasn't, wait a couple of minutes more and retest, continue to retest until you have returned to your normal pulse. Once returned to your normal pulse you can test the next food, repeating the procedure as frequently as you like, as long as you always return to your normal pulse before testing the next food.
- Make an appointment with your doctor to go over the results of this test as soon as possible.

Note: This test may not be valid if you are taking a drug that controls your heart rate, such as calcium-channel blocker or a beta-blocker.

.....Food.....	Pulse: Before/After	Difference	.....Food.....	Pulse: Before/After	Difference
	____/____			____/____	
	____/____			____/____	
	____/____			____/____	
	____/____			____/____	
	____/____			____/____	
	____/____			____/____	
	____/____			____/____	

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## **Interpretation of Pulse Test**

**Rule 1:** Because accuracy is important, you must always take your pulse for one full minute! Do not do 15 seconds and multiply by four.

**Rule 2:** If your pulse-count taken standing is greater than that taken sitting, this is a positive indication of food or environmental sensitivity (Sanchez-Cuenca).

**Rule 3:** If at least 14 pulse-counts are being made each day, and if your daily maximal pulse-rate is constant (within one or two beats) for three days in succession, this indicates that all “food sensitivities” have been avoided on those days.

**Rule 4:** If your daily maximal pulse-rate varies more than two beats; for example, Monday 72, Tuesday 78, Wednesday 76, Thursday 71, you are certainly “sensitive,” provided there is no infection.

**Rule 5:** If the ingestion of a frequently eaten food causes no acceleration of your pulse (at least 6 beats above your estimated normal maximum) that food can be tentatively considered “non-sensitive” for you.

**Rule 6:** Your pulse-reaction to an inhaled allergen (particularly “dust mites”) is more likely to be of short duration than that to a major food allergen.

**Rule 7:** Pulse-rates that are not more than 6 beats above the estimated normal daily maximum should not be blamed on a recently eaten food but on an inhalant or a recurrent reaction.

**Rule 8:** If your minimum pulse-rate does not regularly occur “before rising,” after the night’s rest, but at some other time in the day, this usually indicates sensitivity to dust, dust mites or something in the sleeping environment, i.e. perfume, mattress, pillow, etc.

Modified from “The Pulse Test” by Arthur F. Coca, M.D.

## Single Food Test

**Purpose:**

To determine which individual foods of the positive meals is causing stress.

**Procedure:**

After charting waking pulse –take pulse immediately prior to eating food, eat small portions of a different food every hour, taking pulse 1 hour later and continuing up to 12 hours.

.....	.....Food.....	Day1 Pulses	.....Food.....	Day 2 Pulses	.....Food.....	Day 3 Pulses
<b>0 Hour Pulse</b>						
<b>Hour 1</b>						
<b>Hour 2</b>						
<b>Hour 3</b>						
<b>Hour 4</b>						
<b>Hour 5</b>						
<b>Hour 6</b>						
<b>Hour 7</b>						
<b>Hour 8</b>						
<b>Hour 9</b>						
<b>Hour 10</b>						
<b>Hour 11</b>						
<b>Hour 12</b>						

**List suspected stress foods (taken from the 3 day test):**

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Sniff Tests

Use to test sensitivity to fumes (including tobacco smoke, cleaners, perfumes, etc.)

Establish the normal pulse range \_\_\_\_\_

Pulse before testing \_\_\_\_\_

Expose to possible offending fume:

	3 minutes...	6 minutes	9 minutes	12 minutes	15 minutes
Test #1 ...					
Test #2					
Test #3					
Test #4					
Test #5					

If within 15 minutes, the pulse does not rise above its normal maximum the individual is not sensitive.

\*Note: This does **not** mean the substance is not toxic in **other ways**.



## **HISTAMINE POINT (Histoplex Point)**

### **LOCATION:**

**The Histamine point is located at five o'clock on the Pectoralis muscle in the intercostal space between the fifth and sixth rib on the right side only.**

### **TO LOCATE:**

**Start at the tip of the zyphoid process and go up to the patient's right at a 45 degree angle until you the muscle.**

**~or~**

**Draw a line from the zyphoid to the nipple. The Histamine point is exactly half-way between the two points.**

### **ASSOCIATED SYMPTOMS:**

**All histamine reactions including atlas subluxation, mental fogginess, stiffness, congestion, etc.**

### **PROTOCOL:**

***Histoplex – 4***

***Bio-B100***

***MCS – 3***

These nutrients are provided to upgrade the quality of the diet in order to support normal physiology and biochemistry.

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