There are several versions of Dr. Coca’s original Pulse Test. I have included two simplified methods here, as well as the complete more involved but perhaps more accurate food sensitivity testing as described by Dr. Coca. Do what is doable for you.

Foods That Are Suspect Are:

* Foods you crave or have a strong desire for.
* Foods that often make you feel lousy or different in any way. Notice everything from headaches to dizziness to ringing in the ears to nasal congestion, itchy eyes, hoarseness, rashes, GI symptoms, urinary urgency, joint pain, etc.
* Foods that one of your blood relatives is sensitive to.
* Key trigger foods or foods you have a strong suspicion about.

**A Note of Caution:** This test might not give you accurate results if you’re taking a drug that controls your heart rate, like a calcium-channel blocker or a beta-blocker.

**Food Sensitivity Testing with the LNT (Neuro-Lingual Testing) Coca Pulse Test** (from http://empoweredsustenance.com/food-sensitivities-test/)

1. Do this test 1-2 hours after eating or drinking anything. Start when you are mentally, emotionally and physically relaxed. Always take your pulse for one full minute… don’t take it for 30 seconds and multiply it by two.
2. While sitting, take a deep breath and slowly exhale. Take your pulse by counting how many times your heart beats in one exact minute. It may be easiest to feel your pulse by placing two fingers on the upper right side of your neck. Record this pulse rate.
3. Next, put a piece of the food in question in your mouth. It is okay to chew, but don’t swallow. Taste the food for at least 30 seconds. Then, take your pulse again for a full minute with the food in your mouth. Spit out the food and rinse your mouth with filtered water. If the pulse rate rises 6 or more points with a food, it indicates a stress reaction and that food should be avoided. Remember, food sensitivities can heal through diet and lifestyle changes, so it will be possible to re-test and reintroduce these foods after a period of healing.
4. Let the pulse return to the baseline before testing with a different food.

NOTE: If testing eggs, test the egg yolk and the egg white separately. Egg yolks are often better tolerated than egg whites.

**The Pulse Test ( from http://bodywisdomnutrition.com/free-test-food-intolerances-can-home/)**

**Step 1.** Gather a pen, piece of paper, and a clock or watch with a second hand, or a stopwatch app on your mobile phone. Have your ‘test food’ within reach when you begin the test.

**Step 2.** Sit down, take a deep breath, and relax. Start when your heart rate is at a normal pace, not when you’ve been running around, or soon after exercising.

**Step 3.** Determine your starting pulse by counting your heart beat for a full minute. You can use your wrist or your neck, as long as you take it on the same place each time. Write down your ‘before’ pulse.

**Step 4.** Take a bite of food and chew it, making sure it hits all your taste buds, but don’t swallow it. You can also do this with a drink or a supplement, if it’s safe to chew on it. Make sure you taste it for at least 30 seconds, because the taste is what informs your central nervous system, which makes the snap judgment on whether this food is ‘safe’ for you or not. If this food is seen as stressful for your body, your pulse will elevate briefly.

For the most telling results, test one food at a time. You can test a food with multiple ingredients, but to narrow down which is the real culprit you’ll need to test them individually. So for instance if you test a GAPS Pancake, are you reacting to the type of nut, squash, ghee, honey, salt, or a spice?

**Step 5.** Take your pulse for 1 full minute again, while holding the food in your mouth, and write down your ‘after’ pulse.

An increase of 4 or more beats is considered the result of a stressful reaction. For those with Type O Blood, an increase of 3 or more is considered a stressful reaction – some of us are just more sensitive than others. The bigger the pulse change, the more stressful your body considers this food. I’ve seen reactions with an increase of 10 or 20 beats per minute.

If you have a stressful reaction to a food, leave it out for about 6 weeks. Allow more healing to happen on the GAPS Diet, and then you can try the Pulse Test again to see if your reaction has changed.

**Step 6.** Spit out the food you’re testing if you plan to test another food right away.

You can do the Pulse Test with as many things as you’d like, as long as you wait for your pulse to return to your ‘before’ rate prior to testing the next food.

If you reacted to a certain food, it helps to rinse your mouth out with filtered water, and then spit the water out. Then wait about two minutes and retest your pulse to see if it has returned to its starting rate. If it hasn’t, wait another couple of minutes and try again. It doesn’t usually take super-long.

**Note: You must take a full one-minute pulse each time.** Taking a 15 second pulse and multiplying it by 4 won’t work because the variation in your pulse can happen at any time during that minute. I’ve had experiences where my pulse feels nice and steady and about half way through the minute my pulse rate jumps very suddenly.

**Dr. Coca’s Extended Version** (adapted from https://www.yeastinfection.org/using-the-coca-pulse-test-to-identify-food-intolerance/)

1. First, take your pulse fourteen (14) times per day for three con­secutive days as follows: once before rising in the morning (on waking and before getting out of bed), once before each meal, 3 times after each meal (at 30 minute intervals) and again just before going to bed.

2. Take the pulse for one minute (an entire 60 seconds), don’t make the mistake I used to make and count the pulse for 15 sec­onds only, and then multiply by four.

3. All pulse rates should be checked with the person in a seated and relaxed position, except for the first pulse rate of the day that is checked lying down, before you get up and out of bed.

4. Make a spreadsheet and record all the results, along with what you have consumed with each meal.

5. No snacking between meals, but if you do then you will need to account for the food you consumed and what the pulse rate was before and after.

6. Make a note of the lowest and highest pulse readings over the three-day period. The difference can be between 10 to 16 beats per minute, and a significantly higher or lower pulse rate will indicate that you have consumed something to which you are allergic or sensitive to.

7. Any food that increases or decreases the pulse rate by 12 beats per minute indicates a suspected food and should be eliminated.

8. To figure out which offender is causing the problem, eliminate the suspect food for three days and test around that particular meal again.

9. Take into account that smoking and various pharmaceutical drugs like Beta blockers (blood pressure drugs) may cause false readings, so do take this into account.

10. Any pulse readings should always be performed, and will give the best results while resting quietly.