The Pulse Test

Purpose: A simple 2 ½ minute self-test to determine if a particular food or supplement causes a stressful reaction.

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

Procedure:

1. Sit down, take a deep breath, and relax.
2. Establish your baseline pulse by counting your heart beat for a full minute and record your pulse in the "Before" space in the Pulse Test Record below.
3. Put a sample of a food or supplement to evaluate in your mouth (on your tongue). You may chew but refrain from swallowing. However, you do need to taste it for approximately one-half minute.

Note: The sensory information taste signals from your mouth will inform your central nervous system (brain) as to the nature of the test substance. If the test substance (food or supplement) is stressful to the body, you will have a brief reaction that causes your heart to beat faster. Test only one food at a time. Testing individual ingredients will yield specific information, compared with testing foods containing multiple ingredients. Testing a banana, for example, yields more specific and therefore more valuable information than testing banana bread.

4. Retake your pulse (the food or the supplement remains in your mouth). Write down your "After" pulse on the Pulse Test Record below.

Note: An increase/decrease of 6 or more is considered the result of a stressful reaction. For O Blood Type people an increase/decrease of 4 or more is considered a positive reaction. The greater the degree of stressfulness or reactivity, the higher the heart rate will be.

5. Discard the tested ingredient (do not swallow) and repeat the procedure to test other foods or supplements. Repeat the procedure as frequently as you like, as long as you always return to your normal pulse before testing the next food.

Note: If a reaction occurred, rinse your mouth out with some purified water and 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 your pulse has returned to its normal rate you can test the next food.

6. Make an appointment to go over the results of this test as soon as possible or bring this record with you to your next appointment.

Pulse Test Record

FOOD	BEFORE	AFTER	FOOD	BEFORE	AFTER

FOOD	BEFORE	AFTER	FOOD	BEFORE	AFTER