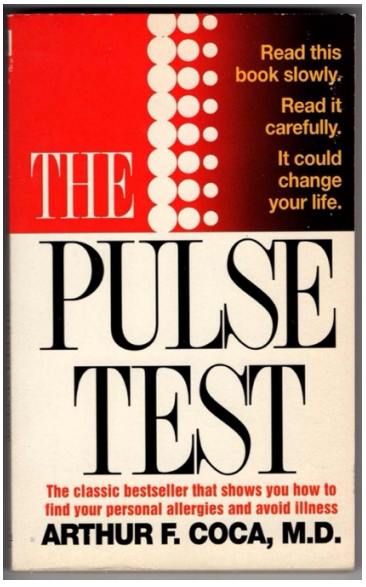
SweetWater Health

Dr. Coca's Pulse Test Explained

Backgournd

As described in our Food Test White Paper, Dr. Arthur Coca, a renowned immunologist from the 1940's and 50's, discovered what was called "non-reaginic food allergy" for food-related symptoms not linked to skin-test sensitization. What this means in layman terms is that he found some of his patients had sensitivities that did not show up on skin tests and yet caused their heart rates to increase. He linked these sensitivities to serious conditions such as hypertension, diabetes and seizures.

The result of his research lead to what he called The Pulse Test and the writing of a book with the same name. The book shows his research notes and gives a lot of other good information.



That said, the book requires some amount of study to extract the Pulse Test algorithm so it is much easier to use FoodEffect Pulse and FoodEffect Watch to test for Food Sensitivities. Below is a description of the algorithm and what is implemented in our FoodEffect apps.

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1. Take and record your pulse first thing in the morning, preferably before you get out of bed. This is your baseline pulse and will be used during food testing.
2. At mealtime or test time, take your pulse before you eat. This is important because if your pulse is already elevated from, say just walking up stairs or returning from rigorous exercise, you will want to wait for you heart rate to normalize before proceeding.
    a. If your pulse is in the normal range, proceed with testing – follow steps in app.
    b. If your pulse is elevated, wait until it normalizes and redo the pre-meal pulse.
3. Next log the foods that you are eating. You can test one food or an entire meal.
    a. If you test a meal and it comes back with a sensitivity, you can then test each item individually late.
4. The app will collect your heart rate at 30, 60, and 90 minutes after finishing your meal.
    a. You should not engage in rigorous movement during this 90 minutes. If you heart rate increases it should be due to the food, not due to movement.
5. If your heart rate increases more than 16 beat/minute above your morning baseline during this time, you may have a food sensitivity.

Here is an even more simplified flow:

- Record morning pulse
- Record pulse before meal
- Log Food consumed
- Let app know you are done eating
- Record pulse at 30, 60, and 90 minutes after meal
- If Pulse increases more than 16 beats/minute above morning pulse you may have Food Sensitivity.

It's that simple! While FoodEffect Watch is the simplest way to test, FoodEffect Pulse let's you log your food and also tracks meals and foods that may be causing a heart rate increase and records it under something called insights.

Please review the FoodEffect Pulse and FoodEffect Watch user manual for details and screenshots of the food testing flow!