

PROCEDURE FOR DETERMINING FOOD SENSITIVITIES WITH THE PULSE TEST

1. Take your pulse, using exactly 60 seconds.
2. Using the “Daily Record of Food Intake”, record what you have eaten and your pulse before and after eating, snacking or taking anything by mouth.
3. An increase of 12 or more beats per minute indicates a reaction.
4. From the Daily Record, select foods to test by:
 - Eating them in isolation.
 - Testing your pulse before and after
5. Discontinue testing for that day when you have a reaction. Make sure your pulse has returned to your normal baseline before trying another test. This may require additional therapeutic support such as Antronex at up to 20 per day for 3 days. If Antronex is used, discontinue use before the day of the next test.

The Pulse Test was developed by Aurthur Coca M.D., and discussed in depth in his brilliant and original book *The Pulse Test*, which he highly recommended. This test helps determine reactions to foods which may manifest as any number of symptoms and/or conditions.



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This information is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician. Readers are advised to consult their own doctors or other qualified health professional regarding the treatment of their medical problems. Those taking prescription medications should consult with their physicians and not take themselves off of medicines to start supplementation without the proper supervision of a physician familiar with nutritional supplementation.

107 N. Acacia Avenue Solana Beach, CA 92075 858.259.6000