

# PULSE TEST

## for

# FOOD ALLERGIES & INTOLERANCES

1. Record the name of food item or supplement to be tested below.
2. Sit quietly for 5 minutes. Then measure your resting pulse rate for 1 full minute and record it in the Pretest Pulse Rate column below.
3. Place the food item or supplement to be tested on your tongue, then close your mouth. You do not need to chew or swallow the sample – just get a good taste.  
Note: Encapsulated supplements need to be removed from the capsule first.
4. Wait at least 1 minute.
5. Check your pulse rate again for 1 full minute.
6. Record the result in the Post Test Pulse Rate column below.

**If your pulse rate increases or drops by 4 or more beats per minute then the item being tested is causing a reaction.**

7. Rinse your mouth thoroughly with pure, warm water and then wait until your pulse rate is back to the original pretest rate. Note: This can take hours to happen for severe reactions, but normally only takes about 10 minutes.
8. Repeat this test with the next food item or supplement.

Option: Do this test after eating a whole meal. An increase or drop indicates something in the meal is causing a reaction. Note all of the food items eaten then test them individually at next meal or at a later time.

Food Item or Supplement	Pretest Pulse Rate	Post Test Pulse Rate	Difference in Beats per Minute

**Note: This test may not be accurate if you have ANS switching or blocking occurring.**

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