

## **The Coca Pulse Test:**

### **Empower Your Patients To Be Able To Check Themselves for Food Sensitivities**

Many patients seeking help for different health issues will typically have as part of their presentation issues with outright food allergies or food sensitivities.

The typical methodology for clinically assessing these potential issues is to get some lab work done which will highlight specific dietary items that the patient might be reactive to.

In the current issue of our newsletter, we present you with an alternative methodology for testing food sensitivities and allergies.

This does take some time to complete, however the patient can potentially do this without cost (other than the clinic visitation fees associated with the time that it takes for you or one of your staff to teach them the methodology).

The other aspect to consider with respect to this testing modality is the fact that you are empowering your patient to take some control of managing their own health, which is a goal that we all work towards through our patient education.

We are able to share this information with you due to the fact that it is part of the curriculum of a course leading to certification as a Nutritional Therapy Practitioner (NTP) which is offered by the Nutritional Therapy Association (NTA) in conjunction with Biotics Canada, and as a result of many of the staff at Biotics Canada being currently enrolled in (Vancouver) – or will be starting this program in 2016 (Toronto).

We are collectively of the opinion that this is the best nutritional therapy training program available in North America, and one aspect that really differentiates this program from others is the functional testing which is taught as part of the course curriculum.

We will provide some further detail on the NTP functional testing as well as an overview of the philosophy of this program at the end of this article.

## The Coca Pulse Test for Food Sensitivities, Allergies, and Intolerances

This test was originally developed by a Dr. Coca, MD in the 1950's.

Dr. Coca was a highly respected Allergist and Immunologist and in 1956, he published a book that described a simple way to test for hidden causes for many health conditions.

Dr. Coca's book is now public domain and [available free on the internet](#)

Here is a description of the Coca Pulse Test, as well as a simplified version taught by the NTA:

This content from the website "[Empowered Sustenance](#)" by Lauren Geertsen, NTP

It is based on the phenomena of how stress affects your pulse rate: **if you are sensitive or allergic to a food, ingesting that food will immediately cause stress, which is manifested as an increased pulse rate.**

Dr. Coca's book is now public domain and [available free on the internet](#). He directs you to record your diet for 5-7 days and record your pulse 14 times per day (before rising, before retiring, before each meal and at 30 minute intervals after each meal).

If you eat a food you are allergic/sensitive to, you will calculate a quickened pulse after the meal at which you ate it. Then, you can analyze your food journal with the recorded pulses and determine the foods to which you react.

Although the Coca Pulse test is free (no pricey food intolerance lab tests), I find it a bit time consuming and it can be hard to remember when to take your pulse. **I prefer The LNT Coca Pulse Test.**

### The LNT Coca Pulse Test for Food Sensitivities

This is a modified version of the Pulse Test that I find quicker, easier and altogether more preferable. I learned this tool as part of the curriculum at [Nutritional Therapy Association](#).

This version of the pulse test allows you specifically test one food at a time and immediately learn if the food is beneficial or stressful to your body.

**It is like the instant-gratification method of Dr. Coca's original test.**

### **Food Sensitivity Testing with the LNT Coca Pulse Test**

- 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.
- 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.
- 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.
- Let the pulse return to the baseline before testing with a different food.

### **"LNT" stands for Lingual Neural Testing**

Whole food supplements are ingested by the client for the organ points that show the most tenderness in the Functional Evaluation. The hypothalamus in the brain discerns what the body is ingesting and communicates through the central nervous system to the rest of the body to prepare to metabolize this substance. If the supplement is going to support that specific organ in the healing process, the pain indication on that organ will decrease in the functional evaluation of that organ. Thus, the body provides the necessary feedback in order to pinpoint exactly what nutrients that it is lacking in the healing process.

## The NTP Course

The NTP course offered by the NTA ([Nutritional Therapy Association](#)) is based upon the wise traditional diet and lifestyle philosophy of the [Weston A. Price](#) and [Price Pottenger](#) Foundations (based on the work of Weston A. Price, DDS and Francis Pottenger, MD)

From the Weston A. Price Foundation website, here is a brief description of the research of Drs. Price and Pottenger:

“Dr. Price’s studies of isolated non-industrialized peoples established the parameters of human health and determined the optimum characteristics of human diets. Dr. Price’s research demonstrated that humans achieve perfect physical form and perfect health generation after generation only when they consume nutrient-dense whole foods and the vital fat-soluble activators found exclusively in animal fats.

Francis M. Pottenger, Jr. was a physician who successfully applied the principles of Weston Price in his treatment of respiratory diseases such as TB, asthma, allergies and emphysema

At his sanatorium in Monrovia, California he served liberal amounts of liver, butter, cream and eggs to convalescing patients. He also gave supplements of adrenal cortex to treat exhaustion.

Like Price, Pottenger was also a researcher. He decided to perform adrenalectomy on cats and then fed them the adrenal cortex extract he prepared for his patients in order to test its effectiveness. Unfortunately most of the cats died during the operation. He conceived of an experiment in which one group of cats received only raw milk and raw meat, while other groups received part of the diet as pasteurized milk or cooked meat

Pottenger found that only those cats whose diet was totally raw survived the adrenalectomy and as his research progressed, he noticed that only the all-raw group continued in good health generation after generation—they had excellent bone structure, freedom from parasites and vermin, easy pregnancies and gentle dispositions.

All of the groups whose diet was partially cooked developed “facial deformities” of the exact same kind that Price observed in human groups on the “displacing foods of modern commerce”—narrowed faces, crowded jaws, frail bones and weakened ligaments. They were plagued with parasites, developed all manner of diseases and had difficult pregnancies. Female cats became aggressive while the males became docile. After just three generations, young animals died before reaching adulthood and reproduction ceased.”

## **NTP (Nutritional Therapy Practitioner) Functional Testing**

This functional testing incorporates learning to test certain reflex points which include some which were originally identified by Osteopathic Physicians and Chiropractors.

Some of the Physicians who originally identified these reflex points and the specific reflex points they identified are listed below: (information from [The Green Umbrella website](#))

- Frank Chapman, DO, discovered a series of neuron-lymphatic reflex points he used for diagnosis and treatment of disease.
- George Goodheart, DC, discovered the connection between the Chapman reflex points and Lingual-Neural testing
- Robert Ridler, DC, developed a series of functional reflex points (HCL, Enzyme, and Histamine)
- William Bennet, DC, developed Neuro-vascular reflex points (small intestine and pituitary point)
- Major DeJarnette, DO, DC, developed the liver sign, gallbladder thumb web, thenar pad signs, and pancreas spine.

Once deficiencies are identified, Lingual Neural Testing can be utilized to assess specific supplements to identify if they are appropriate for the particular client being tested to address their deficiencies.

The Coca Pulse Test represents a simple to teach and learn modality that you can utilize to engage your patients in partnership with you to participate in identifying and resolving key health issues that they may be experiencing.

For more information on the NTP (Nutritional Therapy Practitioner) program, you can review the [Nutritional Therapy Association website](#) as well as the [Biotics Canada website](#).

Biotics Research Canada offers a broad selection of products for the gut and digestion, including the following:

[Gastrazyme](#) (features methionine, the active ingredient in cabbage juice)

### **Indications:**

Methionine (derived from cabbage) an amino acid, has historically been referred to as 'vitamin U' in the European research literature, is known for its gut healing properties. Gamma Oryzanol contains ferulic acid from rice bran oil which has shown marked antioxidant properties and was found to be an organic radical scavenger preventing lipoperoxidation.

Chlorophyllins demonstrate the ability to bind divalent metal ions. Studies indicate that DNA damage by aflatoxin can decrease as much as 55% through chlorophyllin supplementation as well as protecting the DNA. Use for ulcers, hiatal hernia, heartburn, acid reflux, gastric inflammation, general gastric distress, healing gut wall lining, MORNING SICKNESS (can add B-6 Phosphate) and for promotion of GI tract healing.

Additional Information (source Wikipedia): Because chlorophyll does not dissolve in water, food sources of chlorophyll do not bind to mutagenic substances to a significant extent.

Chlorophyllin, being water-soluble, can significantly bind to environmental mutagens such as the polycyclic aromatic hydrocarbons benzo[a]pyrene[3] and dibenzo[a,i]pyrene.[1]

Chlorophyllin binds to mutagens twenty times better than resveratrol and thousands of times better than xanthines.[4]

**Ingredients:** Each tablet supplies:

Vitamin A (as natural mixed carotenoids and palmitate) -2.5/1ratio) 3,500 IU

Gamma Oryzanol (from rice bran) 100 mg

Chlorophyllins (from Mulberry leaves) 20 mg

Vitamin U complex (as dl-Methionine, methylsulfonium chloride) 10 mg

### **[Bromelain Plus CLA](#)**

#### **Indications:**

For inflammation, infant digestive support, and for vegetarians as an alternative to Intenzyme Forte™ for inflammation and Hydro-Zyme™ for hypochlorhydria

### **[IPS Canada \(Intestinal Permeability Support\)](#)**

**Description:** Leaky Gut Support

#### **Indications:**

For Irritable Bowel Syndrome, leaky gut, colitis, Crohn's disease, allergies, intestinal mucosa repair, and gut detoxification. Lays down a new mucosa layer on the inside of the gut wall, inhibits food leakage thus reduces allergic reactions

#### **Ingredients:**

Proprietary, broad-spectrum formula (650 mg) including Jerusalem artichoke, glutamine, porcine intestine concentrate, Tillandsia (Spanish Moss), glucosamine sulfate, gamma oryzanol, glutathione and catalase

### [Hydro-Zyme \(HCl & Enzymes\)](#)

**Indications:** For chronic indigestion, gastro-intestinal issues, hypochlorhydria (bloating, gas, halitosis, body odor, anemia, etc.), bowel dysfunction (diarrhea or constipation), general digestive support

**Ingredients:** Each tablet supplies:

Vitamin B6 (as pyridoxine HCl) 2 mg  
Betaine HCl 150 mg  
Glutamic Acid (as L-Glutamic acid HCl) 50 mg  
Ammonium Chloride 35 mg  
Pancreatin 4X (from porcine) 10 mg  
Pancreatin 4X is coated for protection from the acidic stomach environment.  
Pepsin (1:10,000) 10 mg

### [Betaine Plus HP](#)

**Ingredients:** Per capsule:

High potency hydrochloric acid 700 mg  
pepsin 10 mg

### [BioDoph-7 Plus](#)

**Ingredients:** Proprietary Blend 400 mg

Each capsule contains 20 Billion viable organisms at time of manufacture.

Inulin (from chicory root), Arabinogalactans (from larch), Marshmallow Root (extract), Bifidobacterium bifidum, Bifidobacterium lactis, Bifidobacterium breve, Lactobacillus paracasei, Lactobacillus plantarum, Lactobacillus salivarius, Streptococcus thermophiles

### [BioDophilus Caps](#)

### [BioDophilus-FOS](#)

### [L-Glutamine Caps](#)

### [L-Glutamine Powder](#)

Regards,

Rob Lamberton

## *Robert Lamberton Consulting*

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