



# The Pulse BioFeedBack Food Sensitivity Test



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I LOVE this test because it is FREE and can be done in the comfort of your home. The key is that you have got to be a health detective and really do your best to master taking your own pulse.

In order to do the biofeedback pulse test, begin by sitting down and relaxing for a few minutes and then take 3 long deep breaths and afterwards begin testing your resting pulse and get a number. Let's say it is 60 beats per minute (bpm).

Next take 3 long deep breaths again and take the food in question and place it on your tongue and let it sit there for 20 seconds or so and do relaxed breathing and then test your resting pulse again while in the same position. There should be no other variables that would affect your heart rate.

**Step 1:** Sit down and relax for 5 mins

**Step 2:** Take 3 long deep breaths

**Step 3:** Test 60 second pulse rate and record

**Step 4:** Take 3 long-deep breaths again

**Step 5:** Put food item in question on your tongue and wait for 20 seconds

**Step 6:** Record pulse with food item still on your tongue

**Step 7:** Check the difference between normal heart rate and food item challenged heart rate. Your results will be as followed.

## **Negative Response:**

The food elicits no response or just a 1 bpm difference in your heart rate. If you eat a certain food and it does not elicit a change in heart rate, you are probably not sensitive to it. However, if you notice that you feel awful every time you eat it...then try avoiding the food and see what you notice instead.

If you feel better and have less unwanted symptoms without it, you may have had an underlying hidden intolerance. This is always a good general rule with all foods.

## **Gray Area Response:**

The food elicits an increase in your heart rate of 2-3 bpm. Always retest if this happens.

## **Positive Response:**

The food elicits a heart rate increase of 4+ bpm. Stop and retest. If this happens again the food in question is causing a stress response and you should avoid this food for at least four to six weeks before trying again.

## **Frequently Asked Questions:**

### **1. Why do you take long deep breaths before each pulse recording?**

A: You want to be in a relaxed state and take out as many variables as possible. It is easy to have a stressful thought or to talk or do something that would naturally bring up your heart rate. Taking 3 long-deep breaths helps restart your physiology in a relaxed, parasympathetic dominant state.

If you didn't feel right about the test and felt as though you weren't fully set for the challenge then, by all means, retest. The key is that you have as much standardization and accuracy as possible when doing the testing.

### **2. Why do you put the food on your tongue? Why not just eat it?**

A: Many practitioners do have the individual eat the food. If so, be sure to wait one full minute before retesting pulse. The act of chewing and swallowing can bring up the heart rate and cause a false positive.

Additionally, chewing and digesting a food you are sensitive too can cause an increase in inflammation ranging from very mild to very severe. Putting the food on your tongue for a minute and 20 seconds, won't have quite this effect. I would prefer my clients to avoid this potential inflammatory storm if possible.

## **Steps to Take:**

Once you have identified any major food sensitivities you will want to be sure to avoid these foods. If you continue to consume them they will lead to further destruction of the gut membrane, adrenal burnout and chronic symptoms and accelerated disease development.

You may be able to reintroduce some of these foods once your gut is healed and your immune system has calmed down. Begin by following the autoimmune elimination diet plan and avoid any additional foods on that plan that you may have a sensitivity too.

Begin applying additional advanced strategies such as intermittent fasting, fermented foods and probiotics to restore tone and balance to the digestive system. You will also want to tone the immune system with anti-inflammatory nutrients and supplements.