

How to do the LNT Coca Pulse Test (*Determine Food Sensitivities*)



On the Wrist

Do this test 1-2 hours after eating or drinking anything.

1. Take your pulse for one full 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.)

2. 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.

3. 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.**

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

NOTE: If testing eggs, test the egg yolk and the egg white separately. Egg yolks are often better tolerated than egg whites.