

Coca Pulse Test

Test the actual foods YOU eat with no cost as often as you'd like!



Instructions

- Take baseline pulse for 1 minute
- Put food to test on tongue for 30 sec, do not swallow but may chew
- Keep food in mouth and retest pulse for a whole minute
- An increase of 6 or more is reactive, the more it goes up, the more reactive
- To test another food, wait 2 min and make sure baseline is back to previous, then repeat process



This is a great way to see if you are having reactions to foods that you suspect are bothering you for free! Retest as often as you'd like.

