



Pulse Challenge Test

You will need to set aside a little over an hour to do this test during which time you must remain relaxed and physically inactive.

Cut out the chosen allergen food for 1 month. This food must be cut out completely for this test to work.

1. Before you eat your suspected allergen, sit down for some five to ten minutes, then take your pulse for 60 seconds. (Your pulse can be found inside the bony protuberance on the thumbs side of your wrist.) This is your resting pulse.
2. Eat a little more of your allergen (the substance for which you think you may have an intolerance), than you would ordinarily choose to do. You may eat it as part of a meal, but do not include in that meal any other suspected substances.
3. You are going to take your test pulse three more times at the intervals explained in 4. Make sure that each time you do so you are sitting. Do not exert yourself in any way for 60 seconds duration of the taking or in the intervals between testing.
4. The first time you take your test pulse should be 10 minutes after you have eaten. The second should be 30 minutes after you have eaten and the third 60 minutes after eating. E.g. if you finish eating at 8 o'clock, you would take the first test pulse at 10 past 8, the next at 8.30 and the final one at 9 o'clock.
5. Keep a record of ALL symptoms over the next 48 hours

If your pulse increased by ten points during the testing period, or if you have any noticeable symptoms within 48 hours, you know that you have an intolerance to that food. If your pulse increases to about six points, only eat that food occasionally.

If your pulse does not increase by ten points and you have no change in symptoms, reintroduce that food (in moderation) into your diet.

NB: *If you've ever had severe allergic reactions, and /or an attack of asthma, this test should not be carried out without the supervision of a doctor.*

Pulse at rest :

Eat more than your usual amount of this food

Pulse after 10 minutes :

Pulse after 30 minutes :

Pulse after 60 minutes :

Common allergy foods

- Dairy
- Wheat
- Gluten
- Alcohol (especially beer and wine)
- Chocolate
- Coffee
- Peanuts
- Eggs
- Meat
- Citrus fruit

If you have a suspicion of an intolerance to the foods above, it may be worth carrying out the same test individually on these foods.