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## **ALLERGY TESTING- PULSE ASSESSMENT**

### **HOW TO TEST FOR SENSITIVITIES:**

It is recommended to take your pulse prior to rising out of bed in the morning. However this is only accurate if the alarm clock or an adrenal imbalance/adrenalin rush did not occur. If so; lay and rest until completely relaxed before taking your base line pulse. When you are ready to test for a suspected allergen; take pulse before eating or drinking anything. Forty five minutes latter, take pulse again (Note; this is 45 min. after taking 1<sup>st</sup> pulse. If it takes more than 45 to eat your meal; take your pulse 15 min. after you finish). Do the same for all meals or suspected allergens and use the form below to record you results.

If the pulse raises seven or more beats per minute after ingesting a food, that substance is not agreeable with you. It can also be something in or on the food such as pesticides, food coloring, flavors, etc. for an example; in peanut butter, hydrogenated oils are a common sensitivity.

### **PULSE ASSESSMENT**

The pulse needs to be taken for a full minute either on the thumb side of wrist (about 1-2 inches from the palm of the hand) or along either side of the windpipe along the carotid artery. This is normally the easiest to find especially in heavier individuals. The pulse should always be taken with the fingers; never with the thumb. Note any other factors such as exposure to cigarette smoke, if you were startled, stressed, or anything else that may increase pulse. This way the suspected allergen can be re-tested at a latter time for more accurate results.

