

Dr. King's Comprehensive Pulse Test



Some allergens cause immediate and some cause delayed reactions (from a few hours to a few days later), which makes exact identification of allergies, sensitivities, intolerances, and toxicities tricky.

The Bio-Response Test (BRT), which is bioenergetic, is the most valuable tool Dr. King has found to discover this broad spectrum of responses, for both immediate and delayed reactions. However, BRT requires a "healing buddy" to muscle-test you. Sometimes, your buddy may not be nearby when you need to test something.

In that case, this Pulse Test¹ (which is biochemical) is another option in your self-health empowerment toolkit. It only tests what you can safely put into your mouth* and chew and/or mix with saliva (foods, supplements, condiments, and drinks). The Pulse Test only detects immediate (not delayed) reactions.

Dr. King began using a Pulse Test in his holistic health clinic in 1979, and through the years, has developed this comprehensive method (which is faster and easier than the original 1956 version).

In addition, Dr. King offers solutions to not only relieve the symptoms in the short term, but his homeopathic formulas also offer the possibility that your body will become less sensitive, over time, to the allergens and toxicities.

Inspired and ready to learn it?

** If you have known, severe food allergies (e.g., peanuts, seafood, etc.), do not ingest them for this test. This information is educational only, and Dr. King offers it to be used reasonably and responsibly. For severe food allergy testing, the Bio-Response Test (BRT) is safer.*

How to do Dr. King's Comprehensive Pulse Test



Get a clock or timer that measures seconds, a pen and paper.

Find your pulse. Turn your left wrist up. On your wrist, about one inch below the lower edge of your palm and toward the large bone that connects to your thumb joint, there's a groove. The groove is between the large bone and the two tendons (cords with veins over the top of them) that you can see when you move your wrist back and forth. With the first two fingers of the right hand, feel deeply into that groove between the larger bone and the tendons. (You don't want to test your veins; you want the artery that's beneath the surface, and you may need to press a little into your wrist to find your pulse.) Once you've found it, **use the same spot for testing each time** (rather than using any other pulse point on the body).

Always count your pulse for exactly 60 seconds (no shortcuts). Feel for your pulse and count for one full minute. (Do not count for 15 seconds and multiply by four. Pulse rates vary within a minute, and you need the total.)

Get your baseline "normal." Record your first pulse count of the day before getting up. Later, before eating, while sitting calm and relaxed, count and record your pulse again. (Always do your daytime tests in the same sitting, relaxed position.) Your "before" pulse counts should be about the same.

Baseline	<input type="text"/>
5 min.	<input type="text"/>
10 min.	<input type="text"/>
20-30 min.	<input type="text"/>

¹Please note: For smokers and/or those taking a drug to control the heart rate (such as a beta blocker or calcium-channel blocker), this test may not deliver accurate results.

Dr. King's Comprehensive Pulse Test

(continued)



1 Test a meal. Eat the meal, with your timer, paper and pen close by. While in the relaxed, sitting position, record your pulse rate at 5 minutes, 10 minutes, and 20-30 minutes after eating (if you don't have time for all three, do as much as you can).

2 Note any change, up or down, by 5 points. If your pulse changes², your body is reacting negatively to some food in your meal. Log each food (and ingredient) you ate.

Look for patterns. Later, compare your Pulse Test lists of reactive meals and find common denominators that are components of all the meals that keep coming up for you (such as dairy, wheat, and so on). You can retest those foods individually using the BRT method with your healing buddy or, by yourself, with the Pulse Test.

3 Test individual foods. After your pulse returns to baseline, test each food and ingredient in the meal. Take just one bite of each from your reactive meal, chew it and mix it with saliva, and hold it in your mouth for 30 seconds. After 30 seconds, record any change. If your pulse changes by 5 points, spit the food (or ingredient) out and record the problem substance.

4 Verify. With your healing buddy, use BRT to corroborate Pulse Test results.

5 Try Dr. King's contemporary homeopathic formulas for desensitization. Avoid the problem food, and use the appropriate formula three times per day for one month (one bottle).

6 Retest. Try the food bite in the mouth for 30 seconds and test again. If the pulse reaction remains, try another bottle for a second month. After 30 more days, test again. If there's no change after using the formula for 60 days, continue to avoid that food and try alternative methods of testing (such as BRT) to discover other potential formulas.

²Dr. King has found that the pulse may go up or down. Some foods that affect the brain negatively may cause the pulse to go down.

Dr. King's Homeopathic Formulas for Food & Chemical Sensitivities

- Dairy Intolerances
- Eggs & Meats Intolerances
- Food Chemical Intolerances
- Food Intolerances
- Grains & Gluten Intolerances
- Nuts & Seeds Intolerances
- Shellfish & Seafood Intolerances
- Total Mold Allergy Relief
- Asthma Symptom Relief

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