

Name _____ Date _____ File # _____

IgE Reagin Test - "Atopy Pulse" for Allergy Diagnosis (3 day test)

PULSE RATE (60 seconds)

DAY 1	DAY 2	DAY 3
Before Rising _____	Before Rising _____	FOOD 1 _____
Before Breakfast _____	Before Breakfast _____	Before Eating _____
30 min. after _____	30 min. after _____	30 min. after _____
60 min. after _____	60 min. after _____	60 min. after _____
Before snack _____	Before snack _____	FOOD 2 _____
30 min. after _____	30 min. after _____	30 min. after _____
60 min. after _____	60 min. after _____	60 min. after _____
Before lunch _____	Before lunch _____	FOOD 3 _____
30 min. after _____	30 min. after _____	30 min. after _____
60 min. after _____	60 min. after _____	60 min. after _____
Before snack _____	Before snack _____	FOOD 4 _____
30 min. after _____	30 min. after _____	30 min. after _____
60 min. after _____	60 min. after _____	60 min. after _____
Before dinner _____	Before dinner _____	FOOD 5 _____
30 min. after _____	30 min. after _____	30 min. after _____
60 min. after _____	60 min. after _____	60 min. after _____
Before eve. snack _____	Before eve. snack _____	FOOD 6 _____
30 min. after _____	30 min. after _____	30 min. after _____
60 min. after _____	60 min. after _____	60 min. after _____

DIRECTIONS: Choose a three-day period where the third day is spent in relative leisure and not a workday. Record a full sixty second pulse as directed for the first two days, eating normally and not smoking. If you drink coffee, drink it separate from foods and check your pulse before preparing it—and 30 min. afterwards. On the third day, break down the meal(s) that have caused a significant raise in the pulse rate and eat each food item at two hour intervals found in the meal(s). If the pulse is high before rising you are sensitive to environmental dust in and around your bed; If before breakfast check toothpaste, etc.: If high after going to work you may be sensitive to your work environment.

MOST COMMON ALLERGIES — in order of frequency

- | | | |
|-------------------|-------------------------|------------------------------|
| 1. Tobacco | 12. Plum | 23. Melon |
| 2. Coffee | 13. Tomato | 24. Carrot |
| 3. Egg | 14. Onion | 25. Yam |
| 4. Wheat | 15. Asparagus | 26. Grape |
| 5. Potato | 16. Banana and products | 27. Peanut |
| 6. Cow Milk | 17. Pork | 28. Pineapple |
| 7. Oranges | 18. Cabbage | 29. Eggplant |
| 8. Beef | 19. Lamb | 30. Spinach, Beet, Beet Soup |
| 9. Soy, Bean, Pea | 20. Chocolate | 31. Corn |
| 10. Fish | 21. Apple | 32. Yeast |
| 11. Cane Sugar | 22. Fowl | 33. Strawberry |

Most of these foods will not test through traditional allergy testing, and in 75% of atonic allergies there is an overproduction of immunoglobulin E that is hereditary, with a parental history of asthma, hay fever, eczema and skin eruptions; this may sometimes also show up as colitis, gastric ulcers, hypertension or blood sugar problems in some individuals.