

## Heart Rate Detective Method

Food allergies and/or eating foods that cause inflammation and bad reactions in your body will destroy your moods. It is vital that you discover which foods might be destroying your moods and eliminating them. The funny thing is, these foods are often foods that we are *addicted* to. If you find yourself with a lot of resistance to cut out one specific food, it might be worth it to go deeper and ask yourself why you want to eat that food so bad and do a test to see if you are allergic to it.

Food allergies are more common than other traditional types of allergies. One way to find out if you are allergic to food is to do this simple and easy test at home using your heart rate.

You will want to keep a food & mood journal to write down your testing process. Carry around a piece of paper or use the notes in your phone to record what foods you eat and your heart rate afterwards.

On one side, write down what you eat and at what time and on the other side write how you feel. Be specific. You want to note your mood, energy, sleep, digestion, food cravings, headaches, bloating, tiredness, irritability, etc.

When I did this test, I cut out dairy and gluten. After a few weeks, I noticed I was feeling clearer and had better focus. I ate a bunch of wheat at dinner a few weeks later and noticed I almost instantly got brain fog and bloating. I haven't eaten wheat ever since and feel great.

One person I was working with fought me on cutting out bread for two weeks. She insisted that life wouldn't have any pleasure if she cut out bread. That was a greater sign that bread was causing odd reactions in her body for her to resist so strongly.

Finally I said, "Would you rather cut out bread for 2 weeks and simply see if you've been allergic to it this whole time and possibly **cure your depression** or keep doing what you're doing and possibly stay depressed?"

She agreed for only a two week trial. After two weeks, her situation improved greatly.

*Here's what you do:* Take any food you believe you may be allergic to and stay off of them for 14 days. Only reintroduce one food group at a time. If you react badly to a specific type of food, your body will know. You **must** be careful here and ensure you are really cutting out the problem food. Wheat, dairy, soy, and corn can be found in lots of products.

After two weeks, see how you feel and if there are any improvements. Then, if you are testing milk for example, have a glass of milk at breakfast and lunch and take note of all your symptoms.

When you test a food, wait at least 2 days before trying another food. You can get allergic symptoms hours or days after eating a problem food.

**If you aren't sure or have a hard time noticing symptoms and really want to find out what you are allergic to, use the "Heart Rate Detective Method."**

#1: Do not eat any of the common foods associated with allergies for two weeks (dairy, soy, milk, and anything you have felt sensitive to). Make sure you really aren't eating it. If you think you stopped eating gluten but are eating food with added wheat in the ingredients list, you are still eating wheat.

#2: After two weeks, see if you feel any better. Then, on the first day, eat a meal of only that food. If you are testing more than one thing at a time, wait a few days before you introduce the next food to test. Take your pulse before eating the food, then take your pulse 5 minutes after you finish eating, then 25 minutes after that. Take down your pulse one hour after eating the food and check your pulse one last time. If your pulse changes 12 or more beats per minute faster or slower from eating that food, that suggests an allergic reaction.

Notice if you feel a craving for the food after you eat it. When you eat a nice healthy salad, you usually feel full and don't want to eat anymore. If you are addicted to gluten and eat a bunch of pasta, you'll typically feel even more hungry and want to ravish everything in sight.

Notice any bloating, skin changes, headaches, or disturbed sleep after you eat the problem food.

Notice any distractability, irritability, or feeling achy afterwards.

There used to be an app for free that recorded your heart rate and reminded you in intervals to rerecord it to decipher if you have a sensitivity called Food Sense by Dave Asprey but it has been discontinued. If you find an app like this, let me know so I can add it into the course.

### **Additional Info**

-If a food you eat regularly doesn't cause an acceleration of your pulse 30, 60, or 90 minutes after eating it that means the food can be tentatively considered safe. If it does cause a significant acceleration of your pulse (around 12 or more beats per minute faster) than it is likely you are allergic or sensitive to it.

-If you take your pulse around 14 times a day and if your normal daily maximum pulse rate, no more than 15 beats more than minimum rate) is within 1 or 2 beats for 3 straight days, this can mean you have eliminated all allergens and sensitivities on those days.