QuickStart Guide for Food Sensitivity Detection

General Overview

The Food Sensitivity Test will detect foods that, while you are not overtly allergic to, may be causing low level inflammation. It does this by checking for an elevated heart rate after you have eaten a meal. The test is based on The Coca Pulse Test that says if, after eating, your pulse increases more than 16 beats above your morning pulse, then you **may** have eaten something your body is having difficulty breaking down or digesting.

The test will have you take the following *resting* heart rate measurements: when you wake up in the morning, before you eat a meal, and in three 30-minute intervals after you have eaten. Try to have your pulse taken when you are in a calm environment and sitting down. Please note that cigarette smoking raises your heart rate – so please don't smoke while doing food sensitivity test as it can invalidate the readings. Also, please be aware that an elevated pulse from exercise can also invalidate the readings so be sure your heart rate has recovered from a workout before doing a food sensitivity test.

You may take your pulse manually or use a heart rate monitor. Note that wearing a chest strap heart rate monitor makes the test easy as your pulse is taken at the correct intervals without any action on your part. In addition, you can monitor your stress during the 1 ½ hour food test if you wear a chest strap.

**If you choose to wear a chest strap:**

- Be sure your heart rate monitor is properly attached, and if necessary, use water or water-based lubrication on the electrodes on the chest strap to improve conductivity. If you have a stretchy chest strap (eg. Polar), the electrodes are the smooth spots on either side of the transmitter. If you have a plastic chest strap (eg. 60Beat), the electrodes are outlined on either side of the transmitter

Start Session

- Press "Food" on the task bar to get to the Food Sensitivity screen.
- Take your pulse first thing in the morning while still lying in bed.
- Select "Measure Morning Pulse"
- Choose which method of pulse recording you would like to use: Heart Rate Monitor or Manual Entry.
- Press "Measure Pulse"
- You may choose to measure your pulse over a 1 minute interval (default) or a 15-second interval by pressing the "blue wheel" on the Food Sensitivity Page

Eat Your Normal Foods

- Press the "Add Meal" at the bottom of the Food Sensitivity screen.
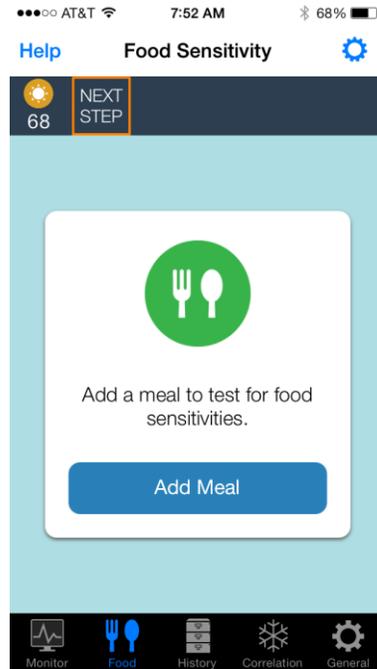
- Type in the foods you will be eating.
  - Type the first food you will be eating.
  - Press "return".
  - Type in the next food.
  - Press "return".
  - When you have all the different foods, press "Done".
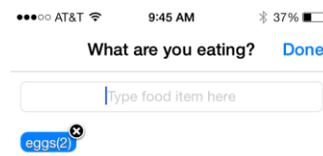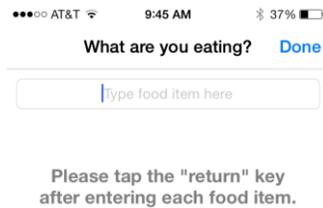
- SweetBeatLife will take your pulse before you eat.
  - On the "Current Meal" screen press "Measure My Pulse".

- After your pulse is taken, eat as usual!
  - If your pulse is elevated prior to eating, a warning will be issued.
    - An elevated pulse before eating may invalidate the session.
    - If you exercise, please be sure your heart rate recovers before doing a food sensitivity session.
    - You may have been exposed to something else you are sensitive to such as dust or dander.

- When you have finished eating, press "I'm Done Eating".

- The Food Test will take your pulse 3 more times at 30-minute intervals and display your heart rate at each interval.
  - It will remind you with a pop-up when these 30-minute intervals occur or do it automatically if using a chest strap.
  - You may use your phone as usual during the testing

- The Food Test will show a warning alert (if a sensitivity was detected) or a green check mark (no sensitivity) at the end of 90 minutes.
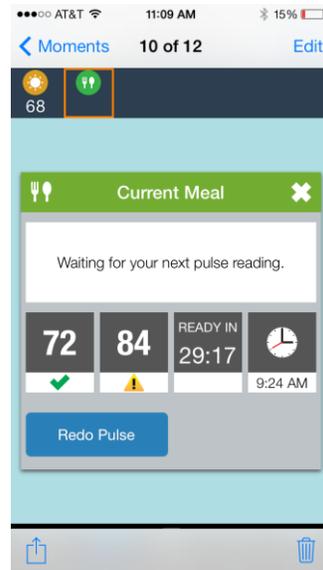
Take your nighttime pulse

- In order to complete the test, take your pulse once in the evening, preferably at bedtime.
- You will be reminded to do this with a pop-up reminder in the evening.

If a sensitivity to a meal is detected, try eliminating some of the foods you have eaten and do another test. By the process of elimination, you can determine what foods affect you negatively. **DO NOT** try this test on items you are knowingly allergic or sensitive to; if you are ever seriously concerned about your health, contact your doctor immediately.