



QuickStart Guide for SweetBeat Food Sensitivity Detection

General Overview

The SweetBeat Food Sensitivity Test will detect possible foods you may be sensitive to. 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 you are sensitive to.

The test will have you take a resting heart rate when you awaken in the morning, then check your heart rate before you eat and in three 30 minute intervals after you have eaten. Try to have your pulse taken when you are in a calm 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 food sensitivity test.

You may use the iPhone 4 or 4S camera as a heart rate monitor, take your pulse manually or wear a heart rate monitor. Note that wearing a 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.

Note that if you wear a chest strap, you may use your phone as usual while SweetBeat works in the background.

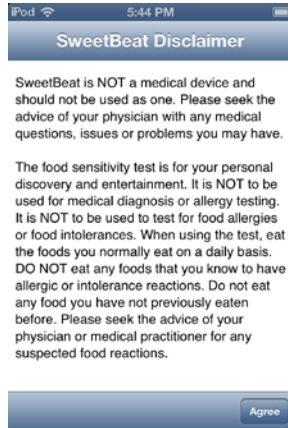
If you choose to wear a chest strap:

- Be sure your heart rate monitor is properly attached and, if necessary, use water or a water-based lubrication on the electrodes on the chest strap to improve conductivity. If you have a stretchy chest strap (eg. Wahoo), 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.
- Securely attach the receiver key to the iPhone, iPad, or iPod Touch. If you are using the 60Beat receiver key, be sure to turn it on.

Launch SweetBeat

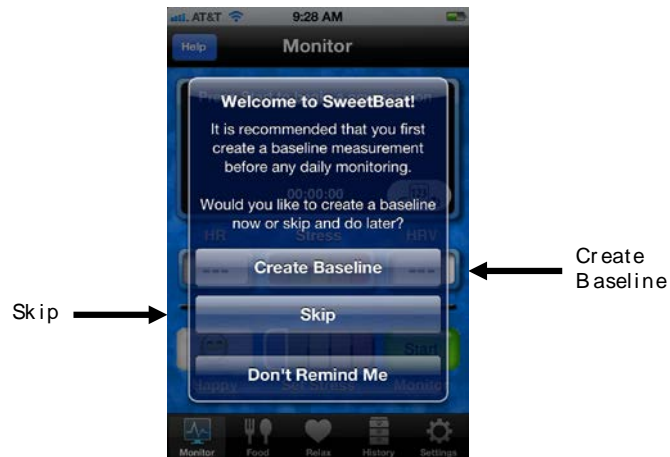
- Launch the SweetBeat™ application by pressing the icon on your iPhone or iPod.
- If this is the first time you have launched SweetBeat, you will be prompted to acknowledge that this is not a medical device and then prompted to record a baseline session.

Disclaimer



- Skip the baseline by simply selecting the “skip” option. This will take you to the Monitor screen.

Pop-Up



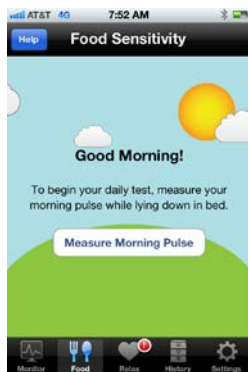
- If “Skip” is pressed, the Monitor page will appear.

Monitor Page



- Press “Food” on the task bar to get to the Food Sensitivity screen.

Start Food Sensitivity Session

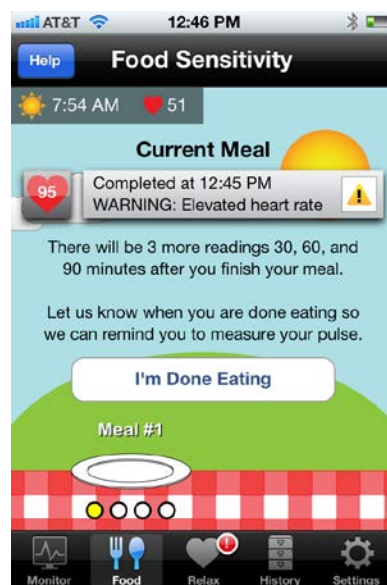


- Take your pulse first thing in the morning while still lying in bed.
- Select “Measure Morning Pulse”
- Choose which method of pulse recording you would like to use: Heart Rate Monitor, Manual Entry or, Camera Sensor
 - Camera sensor only supported for iPhone4, 4S or 5.
- Press “Measure Pulse”

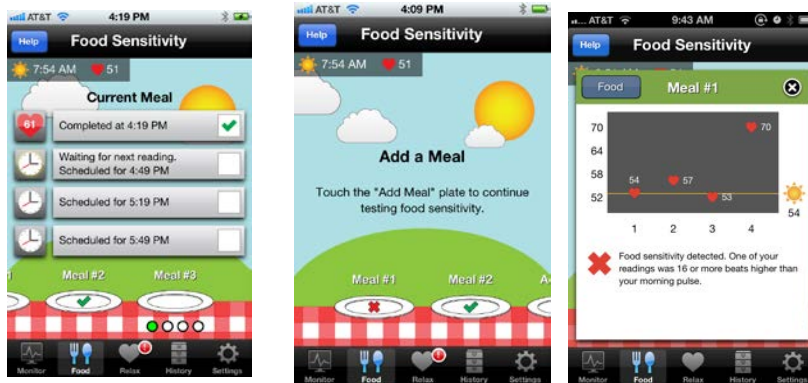
Test for Food Sensitivity



- Press the “Add Meal” Plate at the bottom of the Food 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”.
- SweetBeat will take your pulse before you eat.
 - On the “Ready for Your 1st Reading” 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”.
- SweetBeat will take your pulse 3 more times at 30-minute intervals and display your heart rate at each interval.
 - SweetBeat will remind you with a pop-up when these 30-minute intervals occur.
 - You may use your phone as usual during the food session
 - If you are wearing a chest strap the readings will happen automatically
- SweetBeat will deliver a score of X (if a sensitivity was detected) or a green check mark (no sensitivity) at the end of 90 minutes.



- When complete, touch the plate for a summary of that session
- You may test another meal by selecting a new “clean” plate.
 - If you run out of clean plates, swipe the table cloth to set the table with more clean plates.

Take your nighttime pulse

- SweetBeat will want to take your pulse once in the evening, preferably at bedtime.
- SweetBeat will remind you with a pop-up when it is evening.

If Sweetbeat detects a sensitivity to a meal, 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.