SweetWater Health™

Beat Healthy™

FAQS for SweetBeat Food Sensitivity Test

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How does the SweetBeat App detect food sensitivities?

- SweetBeat automates what is known as the "Pulse Test" by Dr. Arthur Coca. http://www.soilandhealth.org/02/0201hyglibcat/020108.coca.pdf. The pulse test is based on the premise that the heart rate increases when one is exposed to allergens, whether it be food or environmental causes. **IMPORTANT NOTE: SWEETBEAT IS FOR INFORMATION ONLY AND IS NOT A MEDICAL DEVICE. IF YOU HAVEKNOWN ALLERGIES DO NOT EXPOSE YOURSELF TO THESE FOODS OR SUBSTANCES. SEEK ADVICE FROM A DOCTOR IF YOU SUSPECT AN ALLERGY.**

Can I measure stress while I do the pulse test?

- Yes. If you use a chest strap, you may also do stress and HRV measurements during the pulse test. We recommend this option as it makes the food test much easier. With the chest strap simply start your meal, then indicate that you have finished your meal, and SweetBeat will do the rest!

Can I talk on the phone and text while doing the pulse test and taking a pulse reading?

- Yes if you are using the Wahoo monitor. SweetBeat supports multi-tasking with the Wahoo monitor so you can be in the middle of a phone call and open SweetBeat to do a pulse reading. If you are using the 60 Beat monitor this will not work.

Why do I need a morning pulse reading?

- The morning pulse, taken while you are lying down in bed, provides a baseline for the day. A healthy person doing regular activities (not including exercise or other high exertion tasks) has a pretty steady heart rate throughout the day. When exposed to something questionable, the heart rate **may** increase outside of the normal daily range.

Why do I need a bedtime pulse reading?

- If you are sensitive to something in your bed, your bedtime pulse may be lower than your morning pulse and thus can help pinpoint any sensitivities.

Does the Pulse Test always work for food sensitivities?

- No. While many people will show an increased pulse when they eat something they are sensitive to, some people may experience other symptoms such as bloating, gas or fatigue, or no symptoms at all!

The camera sensor works for the food test, but not for the stress, why?

- The stress detection algorithm uses a clinical grade HRV calculation which relies on accurate heart beat information. The camera sensor uses the video camera to measure the changes in the size of your capillaries as the heart pumps the blood through your body. Because the phone video camera runs at a standard 30frames/second, it is unable to capture heart beats with the accuracy required for clinical grade HRV. This is a video standard and does not change phone-to-phone or camera-to-camera.

Why does the camera sensor work sometimes and other times not?

- Because the camera sensor is looking at your capillaries, which are very small, your finger must be **warm** and held **very still**. Also you must be sure that your **LEFT** finger **covers the flash completely and that your finger tip is set gently over the lens** and not pressing hard as this pushes on the capillaries and hinders the reading.