

# How To Use SweetBeatLife's Weight Loss Feature

Before using SweetBeatLife's Food Sensitivity Test for the first time, please read these directions carefully. The Food Sensitivity Test looks for an elevated pulse after you eat to identify foods to which you may be sensitive. Food sensitivities create inflammation in the body that make it difficult to lose weight. Eliminating offending foods may help you to shed excess pounds. For more information on how the Food Sensitivity Test works, please read "Five Easy Steps to Weight Loss."

## **1. Before you start using the Food Sensitivity Test feature of SweetBeatLife, please note the following important restrictions:**

- DO NOT test any food to which you know you are allergic. Continue to avoid these foods at all times.

- Do not smoke while you are using the test. Tobacco is an allergen to which virtually all people react, so it will mask the effect of food sensitivities. If you wish to lose weight, it would be best to avoid tobacco products entirely.
- Because the Food Sensitivity Test is based on measuring your heart rate, stimulants such as alcohol and caffeinated coffee may affect test results.
- Test results may also be affected by aerobic exercise during the testing period of 90 minutes following a meal, so it is best to avoid exertion during this time.

## **2. Discover Food Sensitivities and Eliminate Offending Foods**

- Set aside at least five days for testing and avoid tobacco and stimulants during that time.
- Take your pulse first thing in the morning while lying down:
  - Put on a compatible heart monitor or use manual pulse testing.

- Activate SweetBeatLife and click on Food tab.
  - Touch “Record Morning Pulse.” You will be asked whether you want to use a Heart Rate Monitor or Manual Entry.
  - To use the heart monitor, select “Heart Rate Monitor” and wait while SweetBeatLife measures your pulse.
  - Whether using a Heart Rate Monitor or Manual Entry, please wait the full minute until the test is complete or the results will not be accurate. Or, if you prefer a shorter duration, press the “Blue Wheel” and change to a Short Pulse Duration of 15 seconds.
- Before each meal, run the meal sensitivity detection session by pressing “Add Another Meal”.
- You will be prompted to list the foods you are about to eat. Touch “Done” when you have finished listing the foods.
  - A screen will appear prompting you to take your pulse. If you are not wearing a chest strap monitor, the app will ask you to use manual

entry, or buy a heart rate monitor (this will take you to SweetWater health's store to buy a compatible monitor).

- Once the initial pulse is taken, continue with your meal. At the end of the meal, touch "I'm Done Eating." If you are wearing a heart monitor, leave it on and SweetBeatLife will take your pulse automatically at half-hour intervals for 90 minutes. (Don't do anything strenuous during that 90-minute period or the test results will not be accurate.)
  - When you go to bed, take your pulse again, just as you did in the morning.
- When SweetBeatLife has completed the 90-minute testing following each meal, the meal will be assigned a yellow "Caution" if you reacted to any of the foods you ate with an elevated pulse. If you showed no sensitivities to any of the foods you ate, the meal will be assigned a green checkmark.
- If a meal is assigned a yellow Caution, review the foods you ate for that meal and start by

identifying the most likely candidates. Remember: you can be sensitive to any food. These are the most common sensitivities:

- Gluten (usually wheat, but it can also be found in barley, rye, and some oats, especially those from North America, which are often contaminated with wheat because they are processed on the same machinery)
  - Dairy products (milk, yogurt, cheese, cream, ice cream, etc.)
  - Eggs
  - Peanuts
  - Tree nuts
  - Wheat
  - Soy
  - Shellfish: clams, mussels, cockles, scallops, shrimp, crab, lobster
- Because most meals typically consist of several different foods, you will need to figure out which food is causing you to react. There are two different

methods outlined below. Choose the method that works best for you.

- **Easy:** This method may take longer, but it represents fewer changes to your routine and habits. It involves eliminating one food at a time from a meal to isolate the offending food.
  - Taking breakfast as an example, let's suppose that you ate scrambled eggs, whole wheat toast, bacon and orange juice and the meal received a yellow Caution:
    - Day 1: Scrambled eggs, whole wheat toast, bacon and orange juice = yellow Caution
    - Day 2: Whole wheat toast, bacon and orange juice = yellow Caution
    - Day 3: Bacon and orange juice = yellow Caution
    - Day 4: Bacon = ✓
- Now you know that you are sensitive to orange juice, and you can eliminate it from your diet. If, on the other hand, you started Day 2 by eliminating just orange juice and got a check mark, you've found the culprit early.

However, you should test the other components of that meal to be sure.

- **Moderate:** This method requires a little more disruption to your routine, but is still fairly easy.
  - Again taking breakfast as an example, let's suppose you ate smoked salmon and cream cheese on an onion bagel and the meal received a yellow Caution:
    - Day 1: Smoked salmon and cream cheese on an onion bagel = yellow Caution
    - Day 2: You suspect the bagel because there's been wheat sensitivity in your family, so you take the test again, eating only the bagel this time, and get a yellow Caution.
    - Day 3: You can't be sure that the bagel was the only culprit, so you eat smoked salmon (no cream cheese) and get a green check mark.
    - Day 4: To rule out all possibilities, you test yourself on the cream cheese alone and get a green check mark.
  - Now you know you can eat smoked salmon and cream cheese, but bagels are probably out. (To be certain, you should also test yourself on onion.)

- SweetBeatLife can indicate which foods may be causing low-level inflammation in your body. If you suspect an actual allergy or you want to be absolutely certain about your food sensitivities, please consult with a physician specializing in allergies.

### 3. Manual Pulse Testing

- When you touch the “Measure My Pulse” button on the screen, the app will give you your choice of how to measure. Select “Manual Entry.”
- The app will provide instructions for locating and measuring your pulse.
- You can measure your pulse on either side of your neck, located near your jaw between the windpipe and the large muscle on the side of your throat. Place your index and middle finger gently on the spot where you feel your pulse.
- Touch “Measure Pulse.” The app will count out a full minute unless you have selected the Short Pulse Duration option.

- When the time has passed, the app will ask you to record the number of beats you counted. Enter the number, then touch “Submit.”

#### 4. Stress and Weight Loss

- Stress can cause you to gain or retain weight. Stress releases hormones such as cortisol, that create inflammation in the body, and this causes the body to retain body fat. So reducing stress is an important factor in weight loss. For a full explanation, please see “Inflammation and Weight Loss.”
- Use SweetBeatLife’s stress detection and management capabilities to monitor and reduce stress. For more information, please see “How To Use SweetBeatLife.”