



“Up to 60% of the population can be affected by hidden food sensitivities ...that can cause symptoms like weight gain.”—Dr. Mark Hyman, speaking to Dr. Mehmet Oz in ["Are Food Allergies Making You Fat? Part 1"](#)

October 4, 2012—Los Gatos, CA—A new weight-loss feature has been included in the new, upgraded version of SweetBeat, originally released last February as a stress detection and management app. The dual-purpose app can help people manage food sensitivities, willpower, stamina, resilience, stress and heart rate variability with in-app graphs. The new and improved SweetBeat, from SweetWater Health LLC, is available now from the [Apple iTunes Store](#) for \$4.99. People who have already purchased SweetBeat can upgrade to the new version for free. The new version of SweetBeat is compatible with the iPhone 4, 4S, and 5. Future versions will be compatible with Android phones.

“Stress management is an important component of a weight-loss program,” said Ronda Collier, the CEO of SweetWater Health and SweetBeat’s developer. “Stress releases hormones such as cortisol that can signal the body to retain fat or even cause fat cells to grow. Combining stress management and weight loss in a single app makes perfect sense.”

SweetBeat offers clinical-grade heart rate variability biofeedback for stress monitoring and management, and now offers a food sensitivity test using a methodology developed by immunologist Dr. Arthur F. Coca. According to Dr. Coca, foods to which the body is sensitive will elevate the heart rate by sixteen beats per minute or more.¹ SweetBeat allows users to measure their hearts’ reactions to different foods and eliminate inflammation by dropping incompatible foods from their diets.

How the Food Sensitivity Test Works

Food sensitivities are a reaction from the immune system or a result of the body’s lack of proper enzymes to digest foods. When the body reacts to a food, it sends out inflammatory messenger proteins, cortisol and adrenaline, to tag the food particles for removal. This sets up a cascade of events, creating low-level inflammation that can affect the body in a number of ways. For example, low-level inflammation may affect the gastrointestinal tract, resulting in impaired digestion, it may cause sore joints or headaches, and it can prevent weight loss. A person with low-level inflammation may never notice the symptoms, or may not connect them with the foods he or she has eaten. By eliminating inflammation caused by food sensitivities, users should find losing weight

¹ Dr. Coca's Pulse Test document is available free at <http://www.soilandhealth.org/02/0201hyglibcat/020108.coca.pdf>

less difficult. To use the food sensitivity test, a user must first take a morning reading of the pulse to establish a baseline for the day. Before eating a meal, the user records the foods comprising the next meal and performs a pulse test. After the user is finished eating, the app will prompt users to record their heart rates every 30 minutes until 90 minutes have passed. Once testing is complete, the meal will either pass or fail for food sensitivity, indicated by a red "X" or a green checkmark.

The new feature comes with a camera sensor for taking quick and easy heart rate measurements. While customers can also use one of the affordable heart rate monitors compatible with SweetBeat, the camera sensor is a convenient way for consumers to adopt the food sensitivity test into their everyday life. Using the camera sensor merely requires holding the tip of one's index finger over the iPhone camera lens and flash.

New SweetBeat Features

SweetBeat has been updated with several new measurements based on heart rate variability. Using a compatible heart rate monitor, the user can now measure willpower and resilience. At the end of an exercise session, the user can also measure stamina through heart rate recovery. This is helpful to those who want to see how quickly the heart recovers its normal resting rate. The faster the heart recovers, the greater the stamina.

Users can now view their sessions over time to see specific trends in heart rate variability, stress or heart rate. The monitor screen with heart rate variability and stress management, the breath pacer, and the sensitivity and personality settings are still available in the upgraded version.

The calendar is available to registered users through the secure and private [MySweetBeat](#) page on SweetWater Health's [website](#). For more detail on using SweetBeat's weight-loss feature, please download our whitepaper: ["Five Easy Steps to Weight Loss."](#)

About SweetWater Health, LLC:

SweetWater Health™ empowers people to proactively manage their health by providing clinical-grade heart rate variability monitoring software that detects HRV patterns related to a specific medical condition or state of wellness. This insight enables and encourages people to make changes to improve health and wellbeing. SweetWater Health also provides clinicians with a revolutionary mobile HRV diagnostic solution for use with patients and clients. Most recently, SweetWater Health has developed a mobile solution for people with weight problems associated with inflammation.

SweetWater Health, located in Los Gatos, CA, was founded by Ronda Collier, who researched HRV and stress for three years before beginning product development of SweetBeat. She and her partners, Donna Leever and Jo Beth Dow, are Silicon Valley veterans with deep experience in technology and the successful launch of high-tech startups. More information on SweetWater Health can be found at <http://www.sweetwaterhrv.com>.