



SweetBeat App Now Bluetooth-Compatible Combo Weight-Loss and Stress-Reduction App Easier to Use

December 3, 2012—Washington, D.C.—SweetBeat™, the iPhone app that offers tools to reduce stress and lose weight, can now be used with compatible Bluetooth-enabled heart monitors, eliminating the need for dongles and making the app easier and more convenient to use. The new Bluetooth-enabled version of SweetBeat is now in the [Apple iTunes Store](#) for \$4.99. Users who have already purchased SweetBeat can upgrade for free. The new version of SweetBeat is compatible with the iPhone 4S and 5, iPod Touch 5, and iPad 3, 4 and Mini. Future versions will be compatible with Android phones.

The new version of SweetBeat is being demoed in Booth #501, the Qualcomm Life Pavilion at the mHealth Summit, December 3-5, 2012 in Washington, D.C.

Compatible monitors include 60Beat, Wahoo, and newer Polar H7 Bluetooth-enabled heart rate monitors. Users can continue to use their dongles with the new version. Using the weight-loss feature can be done with a heart monitor or the iPhone's camera sensor.

SweetBeat offers clinical-grade heart rate variability biofeedback for stress monitoring and management, and also features a weight-loss tool. Hidden food sensitivities create inflammation deep in the body that inhibits weight loss. Based on a methodology developed by immunologist Dr. Arthur F. Coca, SweetBeat can detect food sensitivities non-intrusively. 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.

Chronic stress can also inhibit weight loss by creating inflammation—as well as a host of other health problems, including heart disease and stroke. “Stress management is an important component of a weight-loss program,” said Ronda Collier, CEO of SweetWater

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

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."

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>.

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Note to Editors: For more detail on using SweetBeat's weight-loss feature, please download our whitepaper: "[Five Easy Steps to Weight Loss](#)," or view a short [video](#). For more detail about how SweetBeat monitors stress and helps users with stress reduction, please read our whitepaper, "[Stress and Heart Rate Variability](#)," or watch a brief [video](#).