10 Primary Observational Findings for the Heart Sound Recorder based on Rate, Rhythm and Tone

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10 Primary Observational Findings for the Heart Sound Recorder based on Rate, Rhythm and Tone

1) General Wellness Support
2) Autonomic Nervous System Balance
3) First Sound in Mitral (S1) and Tricuspid (S1)
4) Second Sound in Mitral (S2) and Tricuspid (S2)
5) Separation in First Sound in Mitral (S1) and Tricuspid (S1)
6) Mitral (S1) and Tricuspid (S1) Incompetence
7) Asynchronistic Rhythm, Any Valve
8) Absence of Second Sound (S2), Any Valve
9) High Second Sound (S2) in Aortic Valve
10) High Second Sound (S2) in Pulmonic Valve
1) **General Wellness Support**: The rate of the heartbeat. Normal is approximately 72 beats per minute, a optimal resting heart rate is 60-80 BPM. **Rate.** On the mitral valve only calipers are set on two S1’s. Read beats per minute under heart logo on the upper right hand quadrant.

*All products are listed in order of importance.*

Cardio-Plus (3bid) - general heart health  
Cataplex B (3bid) - balances nerve conduction / tonifies  
Cataplex F Tablets (3bid) - assists with tissue calcium starvation  
Trace Minerals B12 (2bid) - tonifies tendons  
Hawthorn Tablets (1bid) - enhances circulation
2) **Autonomic Nervous System Balance**: The work to the rest ratio should be 1:2. Use the upper calipers to measure the length of the pause between S1 and S2, work ratio of any valve. Then measure the rest period between the end of S2 and the beginning of the next S1, rest ratio.
2) Autonomic Nervous System Balance Continued:

Fast Heart Rate -
Organically Bound Minerals (3bid) - the body’s brake
Cataplex G (3bid) - relaxes nerves / vascular dilation
Cataplex E2 (3bid) - oxygen conservation / muscle
Paraplex or Symplex F (female) / Symplex M (male) (3bid) - endocrine communication
Cataplex C (3bid) – collagen support and increase O2

Slow Heart Rate -
Phosfood Liquid (1 dropper upon arising AM, 1 dropper Noon) - body’s accelerator
Paraplex (3bid empty stomach) - endocrine communication

All products are listed in order of importance.

Hypothalmex or Hypothalamus PMG (2bid) - nervous system / endocrine system support
2) **Continued - Note:** The indicator for the diastolic rest period should be completely straight. If there are signs of flutter this may suggest a weakness in nerve conduction. **Rhythm**

All products are listed in order of importance:

- **Cataplex B (3bid)** - balances nerve conduction / tonifies
- **Organically Bound Minerals (3bid)** - the body’s brake
- **Orchex (3bid)** - balances nerve synapses
- **Nevaton Forte (1-2bid)** – Supports healthy nervous system response
3) First Sound in Mitral (S1) and Tricuspid (S1): The height and the duration of S1 in the Mitral and Tricuspid valves. **Tone**

- **Ideal Graph**

  Measured 0.12 sec
  Normal duration of first sound, S1
  Duration .12 -.14

  Measured 0.32 sec
  Duration .32

All products are listed in order of importance.

Cardiotrophin PMG (3bid empty stomach) - supports muscles
Cataplex E (3bid) - supports proper nerve and muscle function
Cataplex B (3bid) - balances nerve conduction / tonifies
Cataplex C (3bid) – supports collagen and oxygen carrying capacity
4) Second Sound in Mitral (S2) and Tricuspid (S2): When S2 is equal or higher to the Mitral or Tricuspid valve it is further evidence of a weak S1. **Tone**

All products are listed in order of importance.

Cardiotrophin PMG (3bid empty stomach) - supports muscles
Cataplex B (3bid) - balances nerve conduction / tonifies

Cataplex E (3bid) - supports proper nerve and muscle function
Cataplex C (3bid) – supports collagen and oxygen carrying capacity
5) Separation in First Sound in Mitral (S1) and Tricuspid (S1): Any observation of a separation or split within S1 of the Mitral or Tricuspid valve. **Rhythm**

All products are listed in order of importance.

- **Cataplex B (3bid)** - balances nerve conduction / tonifies
- **Vasculin (3 bid)** supports cardiovascular system long term
- **Hawthorn (1-2bid)** - enhances circulation
6) **Mitral (S1) and Tricuspid (S1) Incompetence:** Any observation of mitral or tricuspid valve incompetence may suggest a loss of valve integrity. There should be a clean opening and closing sound. **Tone**

All products are listed in order of importance.

Cataplex B (3bid) - balances nerve conduction / tonifies
Cyruta-Plus (3bid) - supports vascular tone
Magnesium Lactate (2bid) – supports valve integrity
6) Continued:

All products are listed in order of importance.

Cataplex G (3bid) – relaxes nerves / vascular dilation
Soy Bean Lecithin – supports ability to process fats
Cyruta-Plus (3bid) – supports vascular tone
7) **Asynchronistic Rhythm, Any Valve:** Any observation of extra beats or contractions as well as any asynchronistic rhythm or inconsistencies in the pattern in any of the four valves.  

**Rhythm**

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All products are listed in order of importance.

Cataplex B (3bid) – balances nerve conduction / tonifies  
Cataplex C – supports collagen and oxygen carrying capacity
7) Continued:

All products are listed in order of importance.

Cataplex B (3bid) - balances nerve conduction / tonifies
Cardiotrophin PMG (3bid empty stomach) - supports muscles
Hawthorn (1-2bid) - enhances circulation
8) Absence of Second Sound (S2), Any Valve: The presence and quality of S2 in any of the valves is highly significant. There should be 1/3 the height of S1 in all four valves. Tone

Cataplex F Tablets (3bid) - supports tissue calcium utilization
Calcium Lactate Powder / Tablets (1/2 Tbs bid or 10 T bid) - supports muscle and nerve conduction
Antonex (3bid) - supports liver circulation
9) **High Second Sound (S2) in Aortic Valve:** In the Aortic Valve, if S2 is equal to or higher than S1 it may suggest **circulatory** factors. **Tone**

All products are listed in order of importance.

- Soy Bean Lecithin (3bid) – supports ability to process fats
- Protefood (2bid) – provides the eight essential amino acids
- Betafood (3 with meals) – balances bile viscosity
- Arginex (3bid) – promotes healthy breakdown of protein byproducts
- Zypan (2 per meal) – protein digestion

1) Calcium
2) Fat
3) Incomplete protein
10) **High Second Sound (S2) in Pulmonic Valve**: In the Pulmonic valve, if S2 is equal to or higher than S1 it may suggest *respiratory* or *adrenal* stress.

All products are listed in order of importance.

- **Drenamin (3bid)** - adrenal support
- **Adrenal Desiccated (3bid) / Adrenal Tonic (MH)** – adrenal support
- **Protefood (2bid)** - provides the eight essential amino acids
- **Cataplex C (3bid)** - supports collagen and oxygen carrying capacity
- **Adrenal Complex (1/2 tablet every 3 hrs, 2 T total)** – adrenal / kidney support
- **Pneumotrophin PMG (3 bid empty stomach)** - respiratory support
- **Calcium Lactate Powder / tablets (1/2 Tbs bid or 10 T bid)** – supports muscle and nerve conduction
- **Spleen PMG (3bid empty stomach)** - supports lungs
10) Continued - Note: if S2 is equal to or higher than S1 in both the Aortic and Pulmonic valves check to see if the Blood Pressure is elevated. **Tone**

Aortic

High second sound, S2 in aortic and pulmonic

Pulmonic

All products are listed in order of importance.

- Drenamin (3bid) - adrenal support (healthy dietary guidelines)
- Phosfood Liquid (1 dropper upon arising 1 dropper Noon- body’s accelerator
- Cardio-Plus (3bid) - supports general heart health
- Orchex or Min-Chex (3bid) - balances nerve synapses
- Cyruta (3bid) - supports cholesterol transport / integrity of capillary walls
- Renafood (3bid) - promotes healthy breakdown of protein byproducts / general kidney support
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