

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

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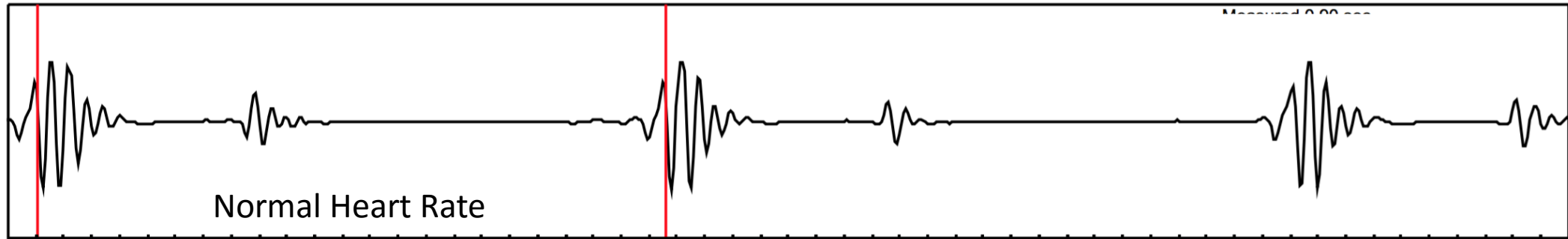
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10 Primary Observational Findings for the Heart Sound Recorder based on Rate, Rhythm and Tone

- 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

Ideal Graph

Heart Rate: 67 BPM



- 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

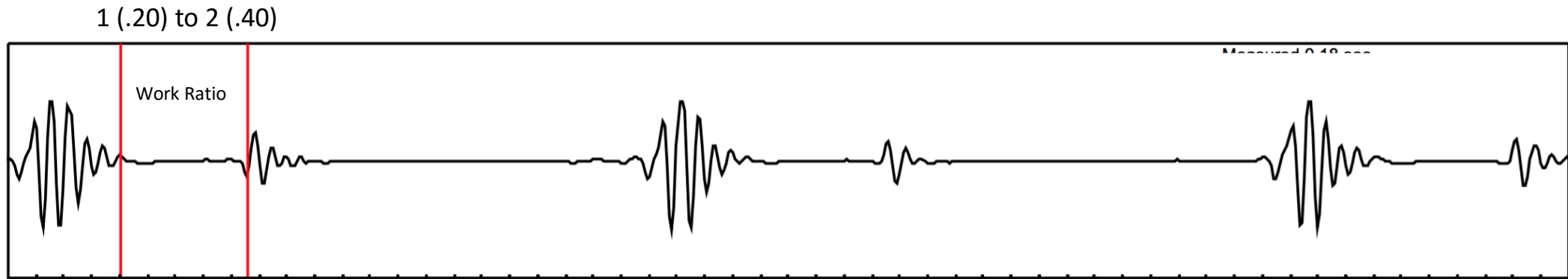
Cataplex B (3bid) - balances nerve conduction / tonifies

Cataplex F Tablets (3bid) - assists with tissue calcium starvation

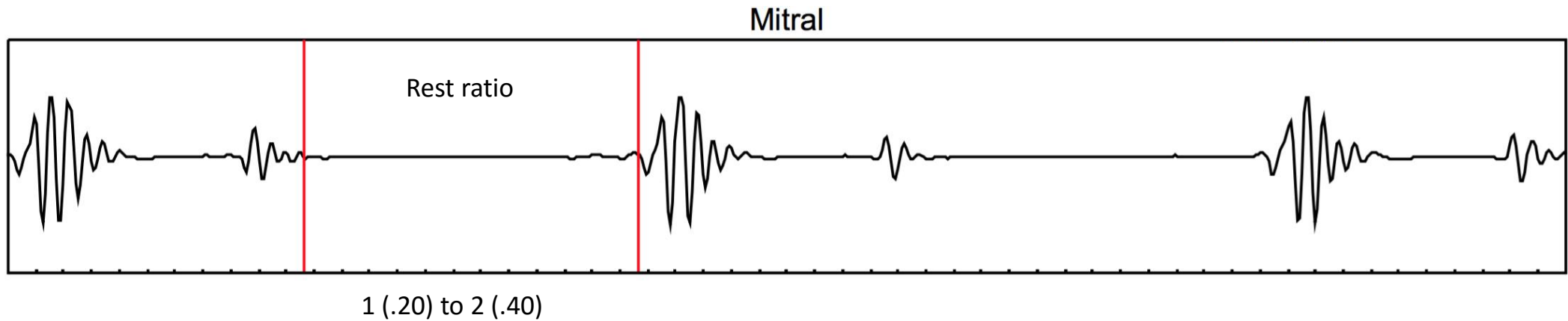
Trace Minerals B12 (2bid) - tonifies tendons

Hawthorn Tablets (1bid) - enhances circulation

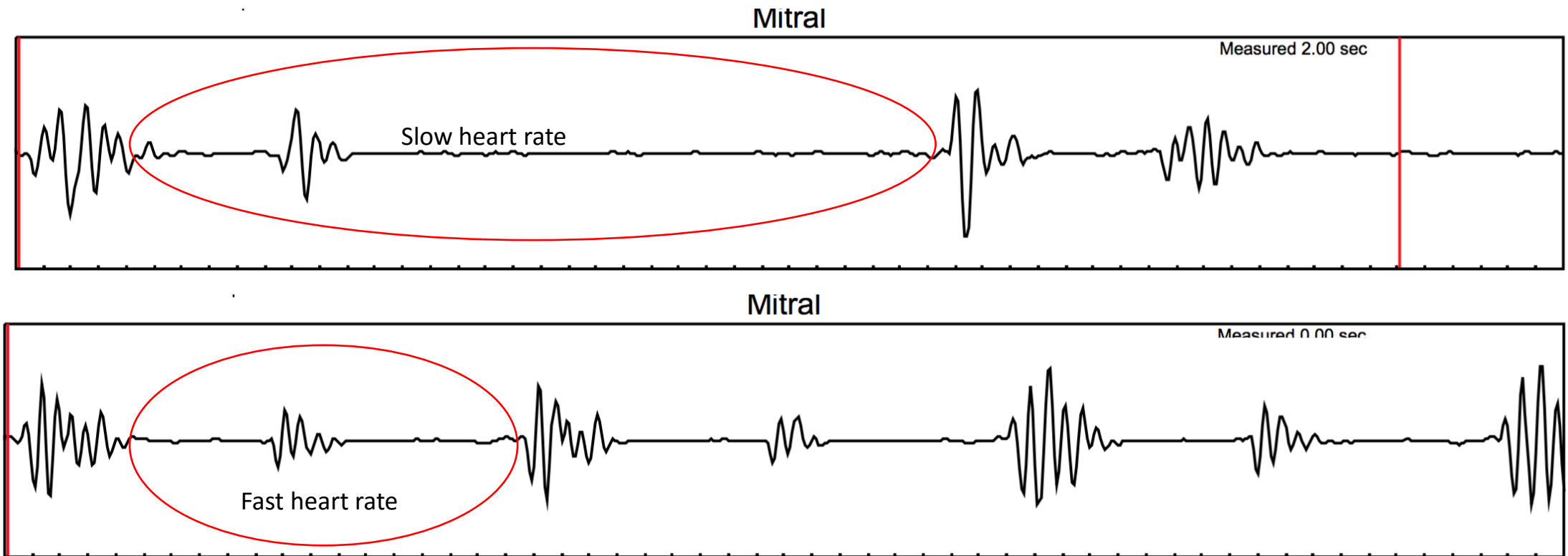
Ideal Graph



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. **Rate**



2) Autonomic Nervous System Balance Continued:



All products are listed in order of importance.

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

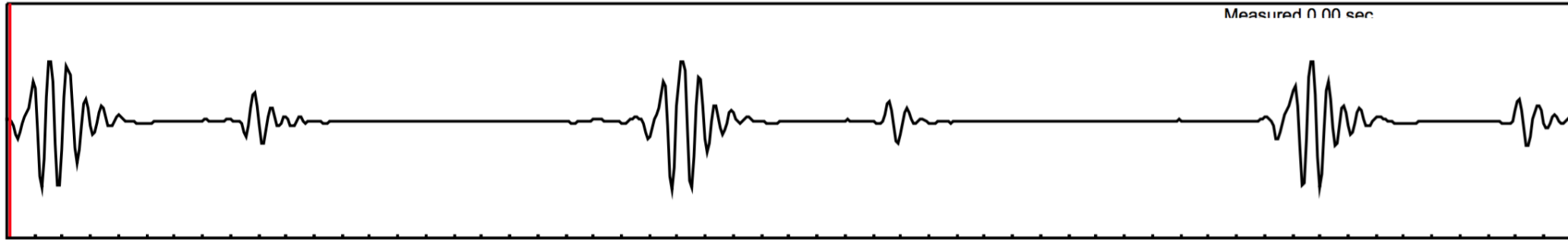
Hypothalmex or Hypothalamus PMG (2bid) - nervous system / endocrine system support

Slow Heart Rate -

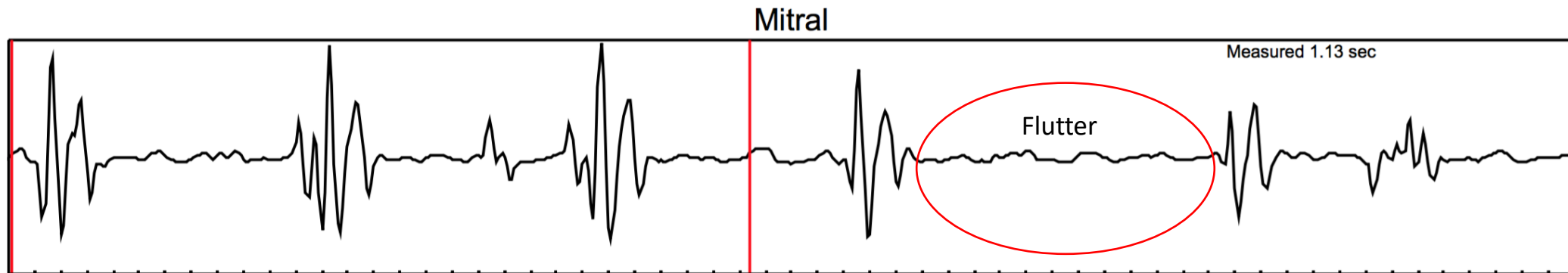
Phosfood Liquid (1 dropper upon arising AM, 1 dropper Noon) - body's accelerator

Paraplex (3bid empty stomach) - endocrine communication

Ideal Graph



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.

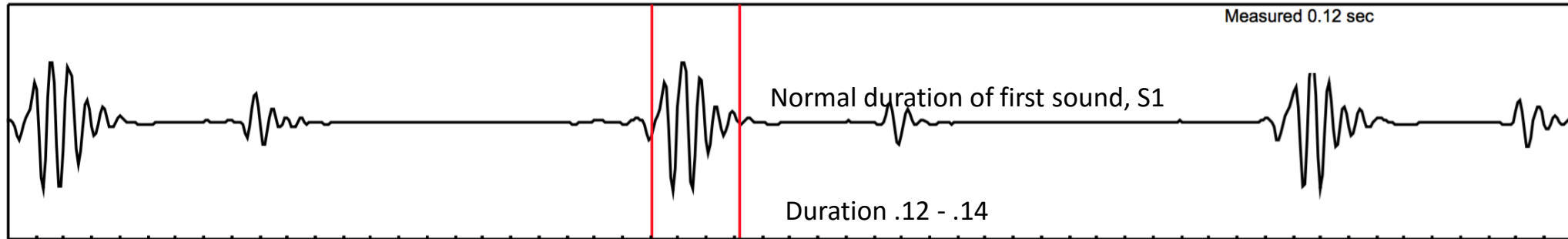
Cataplex B (3bid) - balances nerve conduction / tonifies

Organically Bound Minerals (3bid)- the body's brake

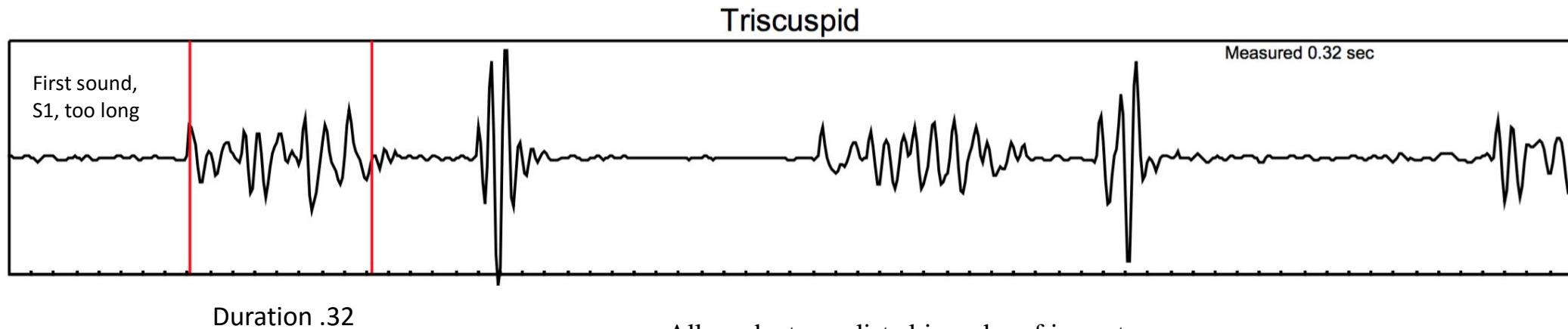
Orchex (3bid)- balances nerve synapses

Nevaton Forte (1-2bid) – Supports healthy nervous system response

Ideal Graph



3) First Sound in Mitral (S1) and Tricuspid (S1): The height and the duration of S1 in the Mitral and Tricuspid valves. **Tone**

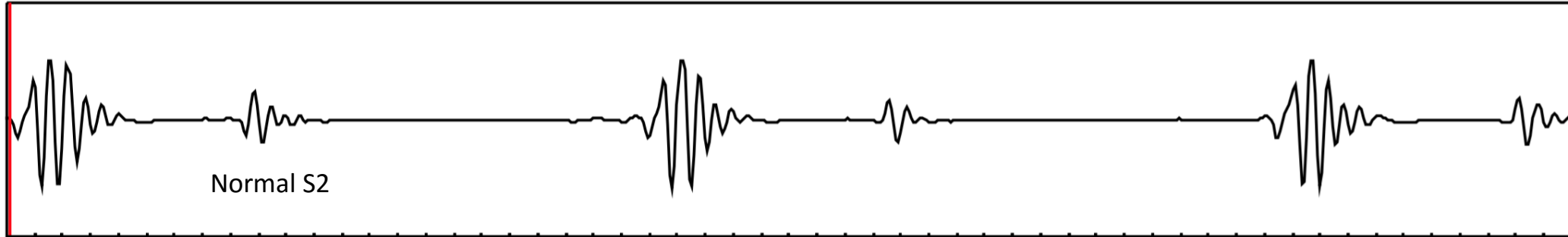


All products are listed in order of importance.

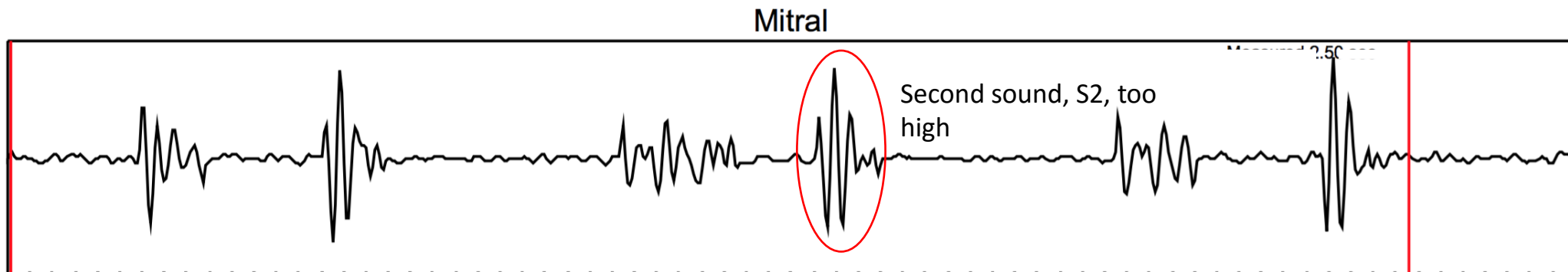
Cardiotrophin PMG (3bid empty stomach) - supports muscles
Cataplex B (3bid) - balances nerve conduction / tonifies

Cataplex E (3bid) - supports proper nerve and muscle function
Cataplex C (3bid) - supports collagen and oxygen carrying capacity

Ideal Graph



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**

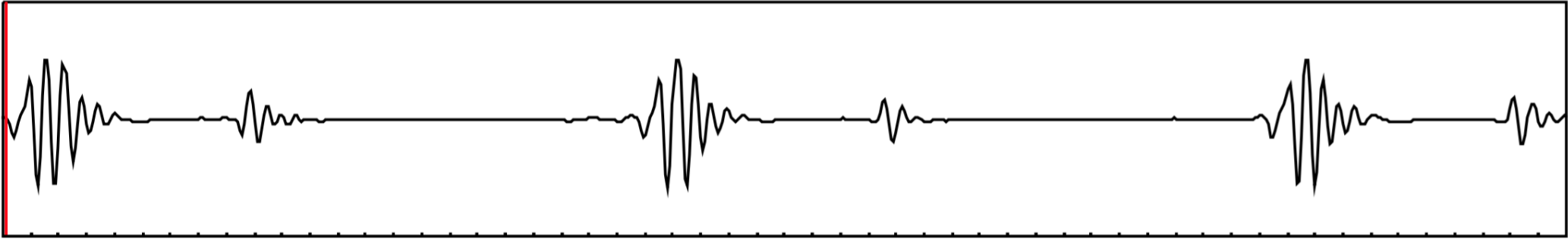


All products are listed in order of importance.

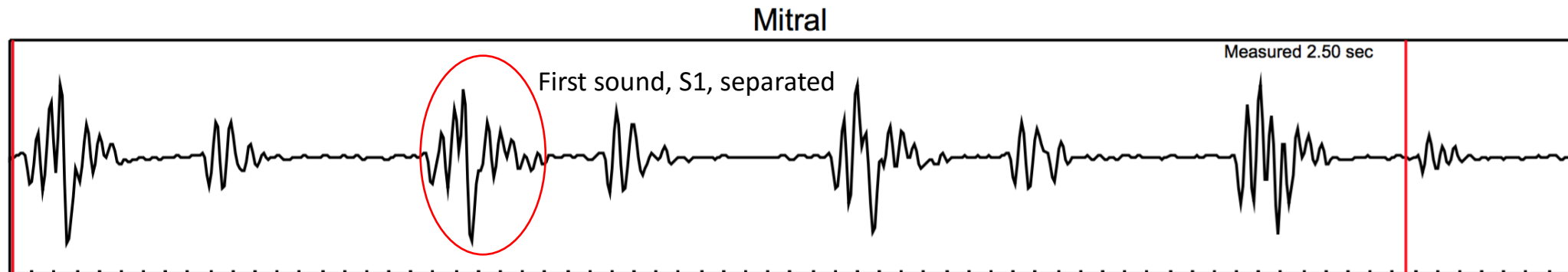
Cardiotrophin PMG (3bid empty stomach) - supports muscles
Cataplex B (3bid)- balances nerve conduction / tonifies

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Ideal Graph



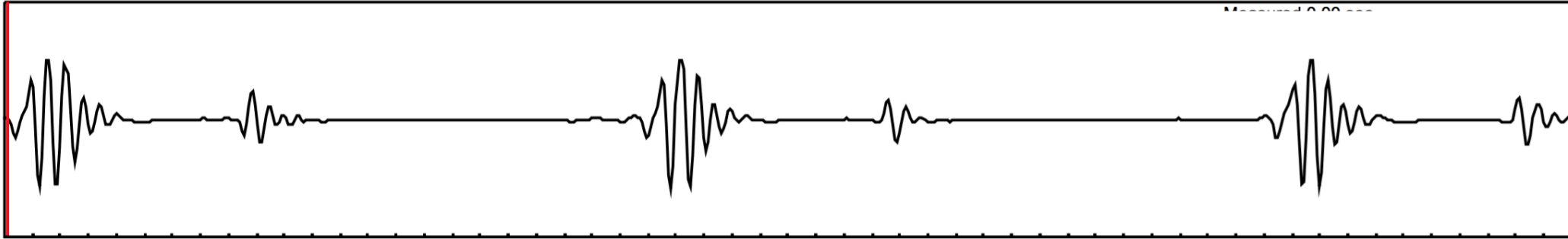
5) Separation in First Sound in Mitral (S1) and Tricuspid (S1): Any observation of a separation or split within S1 of the Mitral or Tricuspid valve. **Rhythm**



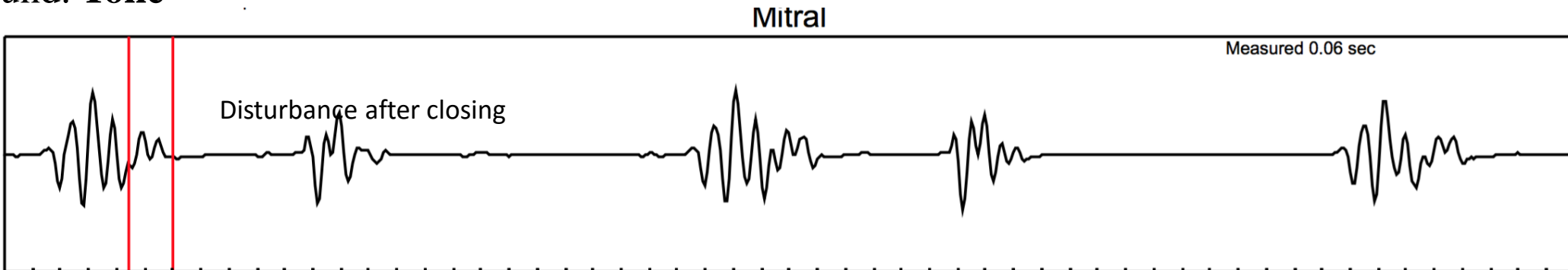
All products are listed in order of importance.

Cataplex B (3bid)- balances nerve conduction / tonifies
Vasculin (3 bid) supports cardiovascular system long term
Hawthorn (1-2bid) - enhances circulation

Ideal Graph



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**



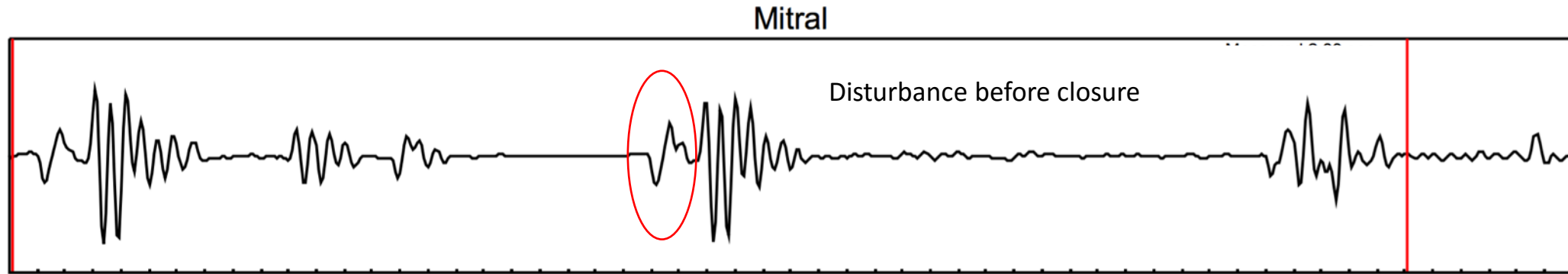
All products are listed in order of importance.

Cataplex B (3bid) - balances nerve conduction / tonifies

Cyruta-Plus (3bid) - supports vascular tone

Magnesium Lactate (2bid) – supports valve integrity

6) Continued:



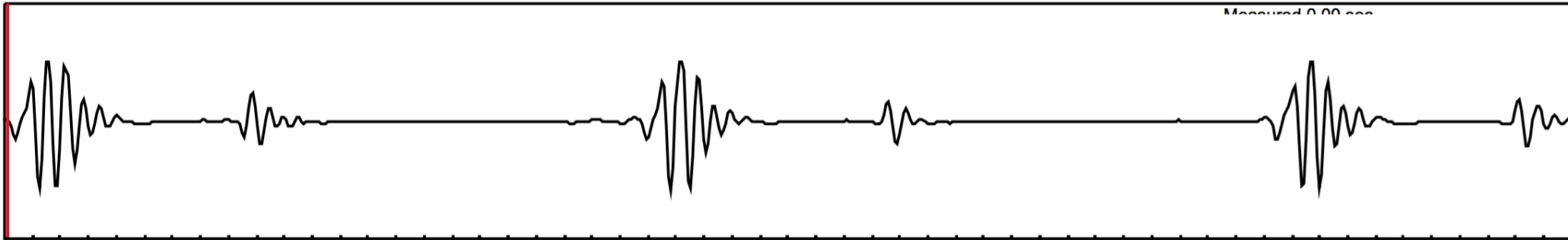
All products are listed in order of importance.

Cataplex G (3bid) – relaxes nerves / vascular dilation

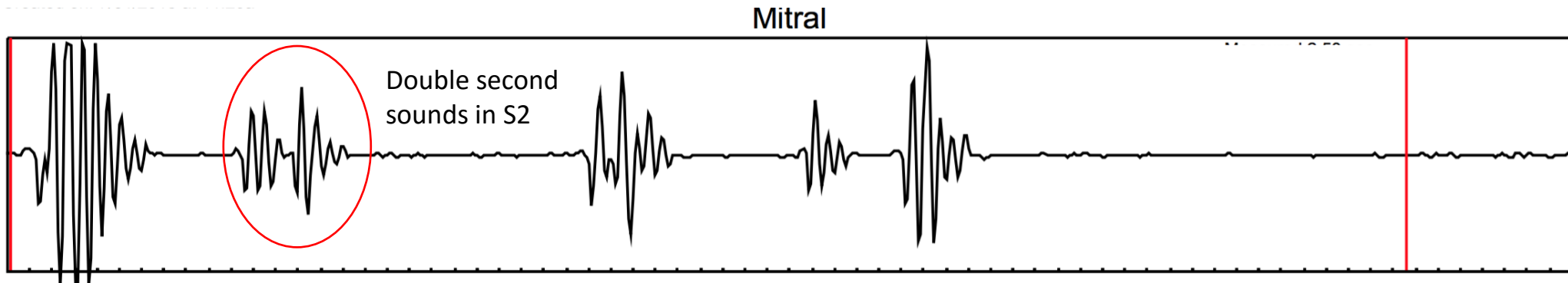
Soy Bean Lecithin – supports ability to process fats

Cyruta-Plus (3bid) – supports vascular tone

Ideal Graph



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**

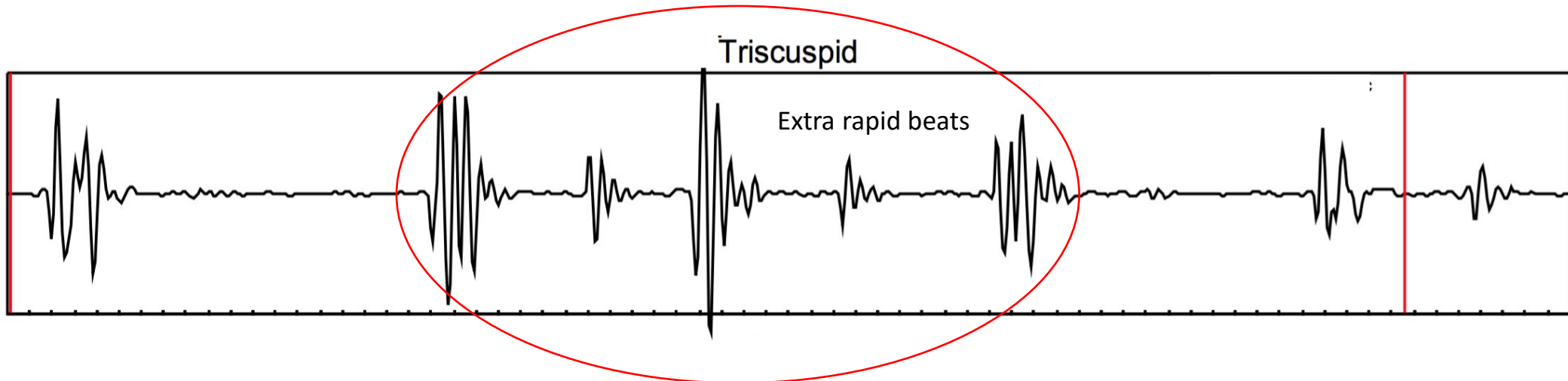
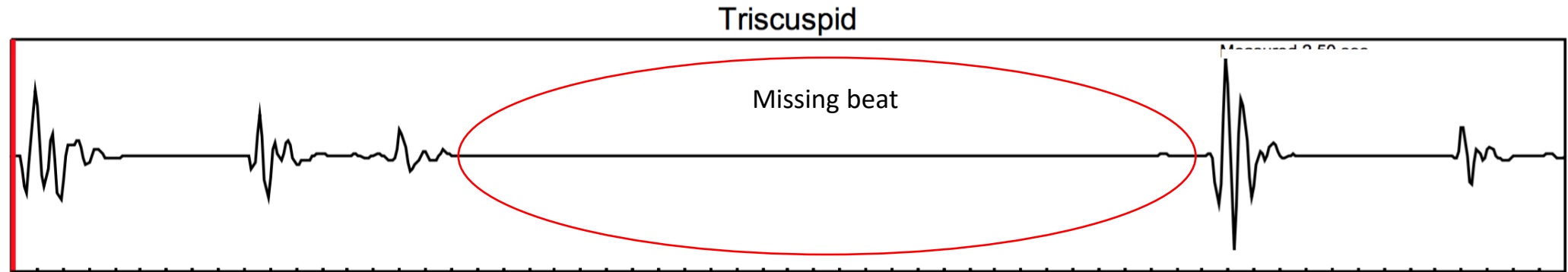


All products are listed in order of importance.

Cataplex B (3bid)– balances nerve conduction / tonifies

Cataplex C- supports collagen and oxygen carrying capacity

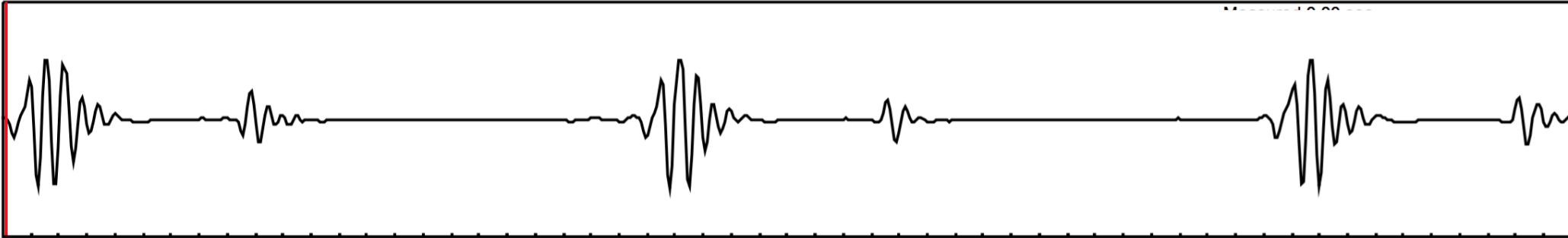
7) Continued:



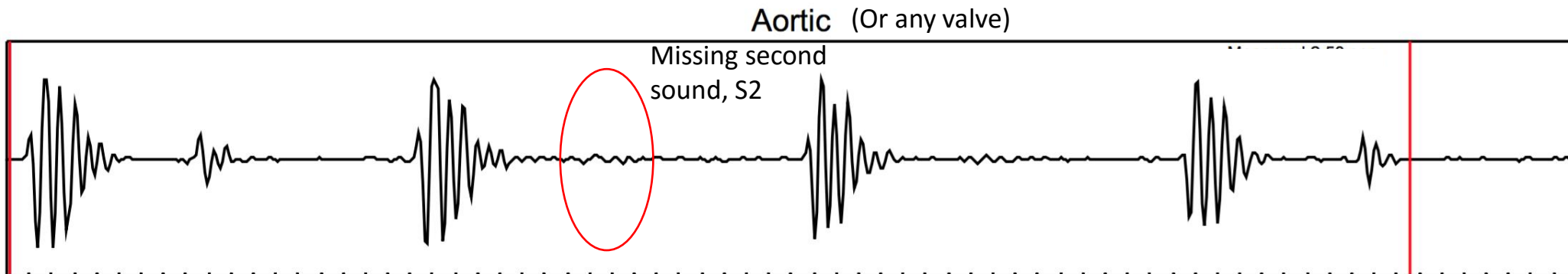
All products are listed in order of importance.

- Cataplex B (3bid) - balances nerve conduction / tonifies
- Cardiotrophin PMG (3bid empty stomach) - supports muscles
- Hawthorn (1-2bid) - enhances circulation

Ideal Graph



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**



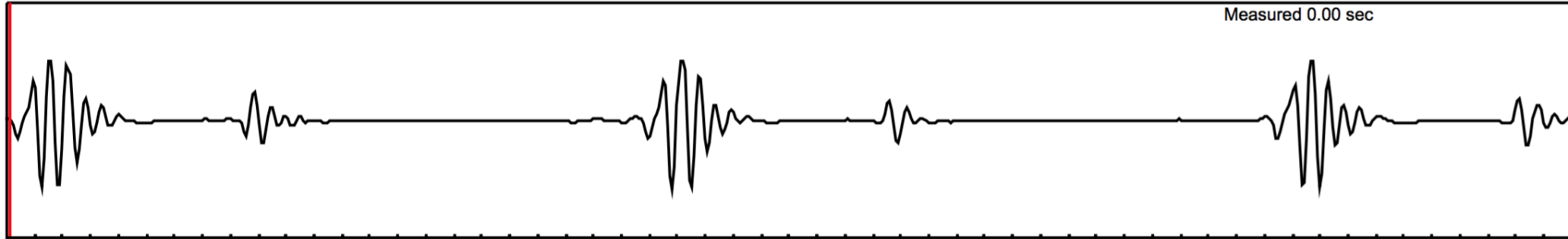
All products are listed in order of importance.

Cataplex F Tablets (3bid) - supports tissue calcium utilization

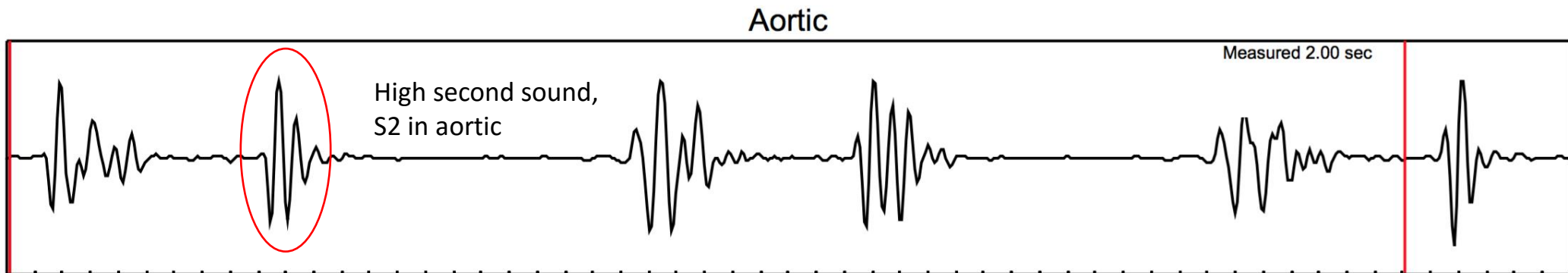
Calcium Lactate Powder / Tablets (1/2 Tbs bid or 10 T bid) - supports muscle and nerve conduction

Antonex (3bid) - supports liver circulation

Ideal Graph



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**

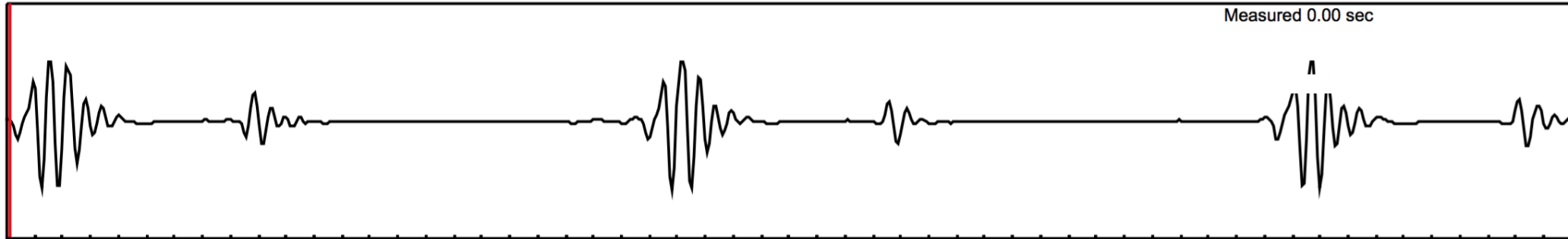


All products are listed in order of importance.

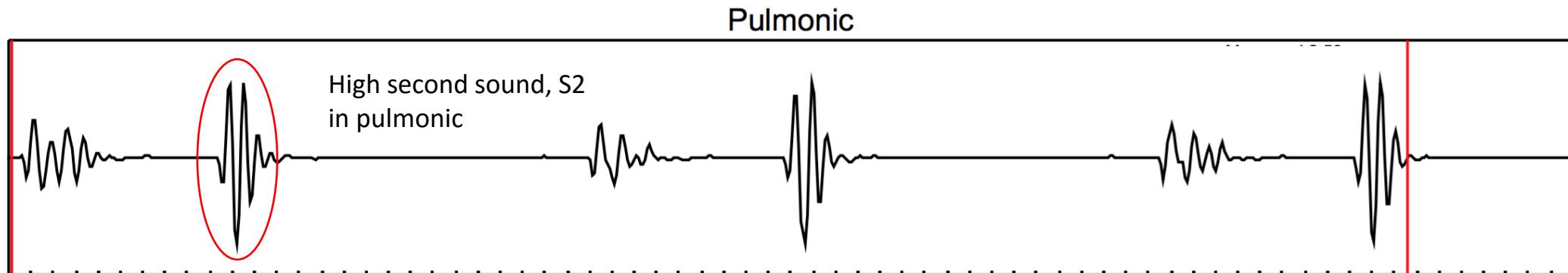
Soy Bean Lecithin (3bid) – supports ability to process fats
Protefood (2bid) – provides the eight essential amino acids
Betafood (3 with meals) – balances bile viscosity
Arginex (3bid) – promotes healthy breakdown of protein byproducts
Zypan (2 per meal) – protein digestion

1) Calcium
2) Fat
3) Incomplete protein

Ideal Graph



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

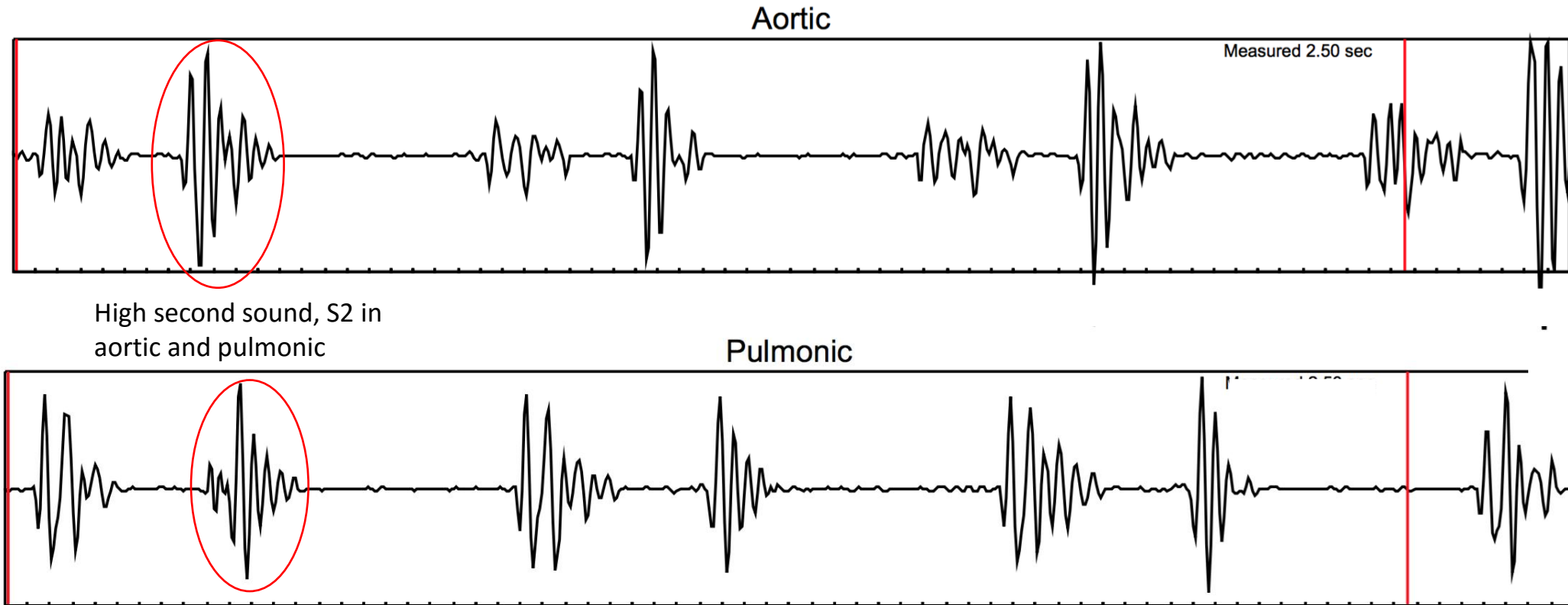
Adrenal Complex (1/2 tablet every 3 hrs, 2 T total) – adrenal / kidney support

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**



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

1) Adrenal factors

2) Circulatory factors

3) Stress and anxiety factors

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