

# Heart Sound Recorder (HSR) Tracking Sheet

Client: \_\_\_\_\_ Date: \_\_\_\_\_

OBS	Findings	R-R-T	Client Observations	Supplements <ul style="list-style-type: none"> <li>• Check recommended supplements &amp; remind client to hydrate</li> <li>• Evaluate Systems Survey Form for underlying causes</li> <li>• ES = Empty Stomach</li> </ul>
1	<b>General Wellness</b>	R-R-T		<input type="checkbox"/> Cardio-Plus - 3bid <span style="float: right;"><input type="checkbox"/> Trace MineralsB12 – 2bid</span> <input type="checkbox"/> Cataplex B - 3bid <span style="float: right;"><input type="checkbox"/> Hawthorn tablets – 1bid</span> <input type="checkbox"/> Cataplex F tablets - 3bid <span style="float: right;"><input type="checkbox"/> Additional Products:</span>
2	<b>Work: Rest Ratio All Valves</b>	Rate		<b>Autonomic Nervous System Balance</b> <b>Fast Heart Rate:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Organically Bound Minerals - 3bid</li> <li><input type="checkbox"/> Cataplex G - 3bid</li> <li><input type="checkbox"/> Cataplex E2 - 3bid</li> <li><input type="checkbox"/> Paraplex or Symplex F/ M - 3bid ES</li> <li><input type="checkbox"/> Cataplex C - 3bid</li> </ul> <b>Slow Heart Rate:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Phosfood Liquid – 1 dropper morning, 1 dropper at noon</li> <li><input type="checkbox"/> Paraplex – 3bid ES</li> <li><input type="checkbox"/> Hypothalmex or Hypothalamus PMG – 2bid</li> <li><input type="checkbox"/> Cataplex B – 3bid</li> </ul> <input type="checkbox"/> Additional Products:
	<b>Flutter in Diastolic Rest Period</b>	Rhythm		<input type="checkbox"/> Cataplex B – 3bid <input type="checkbox"/> Organically Bound Minerals – 3bid <input type="checkbox"/> Orchex – 3bid <input type="checkbox"/> Nevaton Forte – 1-2bid <input type="checkbox"/> Additional Products:
3	1 <sup>st</sup> sound too long in <b>Mitral</b>	Tone		<input type="checkbox"/> Cardiotrophin PMG – 3bid ES <input type="checkbox"/> Cataplex B – 3bid <input type="checkbox"/> Cataplex E – 3bid <input type="checkbox"/> Cataplex C – 3bid <input type="checkbox"/> Additional Products:
	1 <sup>st</sup> sound too long in <b>Tricuspid</b>	Tone		<input type="checkbox"/> Cardiotrophin PMG – 3bid ES <input type="checkbox"/> Cataplex B – 3bid <input type="checkbox"/> Cataplex E – 3bid <input type="checkbox"/> Cataplex C – 3bid <input type="checkbox"/> Additional Products:
4	2 <sup>nd</sup> sound too high - <b>Mitral</b>	Tone		<input type="checkbox"/> Cardiotrophin PMG – 3bid ES <input type="checkbox"/> Cataplex B – 3bid <input type="checkbox"/> Cataplex E <sub>2</sub> – 3bid <input type="checkbox"/> Cataplex E – 3bid <input type="checkbox"/> Cataplex C – 3bid <input type="checkbox"/> Additional Products:

	2 <sup>nd</sup> sound too high - <b>Tricuspid</b>	Tone		<input type="checkbox"/> Cardiotrophin PMG – 3bid ES <input type="checkbox"/> Cataplex B – 3bid <input type="checkbox"/> Cataplex E <sub>2</sub> – 3bid <input type="checkbox"/> Cataplex E – 3bid <input type="checkbox"/> Cataplex C – 3bid <input type="checkbox"/> Additional Products:
5	S-1 separated <b>Mitral or Tricuspid</b>	Rhythm		<input type="checkbox"/> Cataplex B – 3bid <input type="checkbox"/> Vasculin – 3bid <input type="checkbox"/> Hawthorn tablets – 1-2bid <input type="checkbox"/> Additional Products:
6	S-1 Incompetence <b>Mitral/Tricuspid</b> poor valve integrity seen before OR after closing	Tone		<b>After closing:</b> <input type="checkbox"/> Cataplex B – 3bid <input type="checkbox"/> Cyruta-Plus – 3bid <input type="checkbox"/> Magnesium Lactate – 2bid <input type="checkbox"/> Additional Products: <b>Before closing:</b> <input type="checkbox"/> Cataplex G – 3bid <input type="checkbox"/> Soybean Lecithin – 3bid <input type="checkbox"/> Cyruta-Plus – 3bid
7	<b>Any Valve:</b> Asynchronicity, extra beats or inconsistent patterns	Rhythm		<input type="checkbox"/> Cataplex B – 3bid <input type="checkbox"/> Cataplex C – 3bid <input type="checkbox"/> Cardiotrophin PMG – 3bid empty stomach <input type="checkbox"/> Hawthorn tablets – 2bid <input type="checkbox"/> Additional Products:
8	<b>Any Valve:</b> Absence of second sound	Tone		<input type="checkbox"/> Cataplex F Tablets – 3bid <input type="checkbox"/> Calcium Lactate – Powder (½ TBls bid) or Tablets (10bid) <input type="checkbox"/> Antronex – 3bid <input type="checkbox"/> Additional Products:
9	<b>Aortic Valve:</b> Higher S <sub>2</sub> = circulatory factors: Calcium or Fat or Protein	Tone		<input type="checkbox"/> Soy Bean Lecithin – 3bid <input type="checkbox"/> Protefood – 2bid <input type="checkbox"/> Betafood – 3 with meals <input type="checkbox"/> Cholacol – 1-2bid (not long term) <input type="checkbox"/> Arginex – 3bid <input type="checkbox"/> Zypan – 2 per meal <input type="checkbox"/> Additional Products:
10	<b>Pulmonic Valve:</b> Higher S <sub>2</sub> = <b>Adrenal</b> and/or <b>Respiratory Stress</b>	Tone		<b>Adrenal:</b> <input type="checkbox"/> Drenamin – 3bid <input type="checkbox"/> Cataplex C – 3bid <input type="checkbox"/> Adrenal Complex – 2bid <input type="checkbox"/> Protefood – 2bid <input type="checkbox"/> Adrenal Desiccated – 3bid <b>Respiratory:</b> <input type="checkbox"/> Pneumotrophin PMG – 3bid ES <input type="checkbox"/> Calcium Lactate Powder - 1 TBls bid <input type="checkbox"/> Spleen PMG – 3bid ES <input type="checkbox"/> Additional Products:
	<b>Aortic &amp; Pulmonic</b> Higher S <sub>2</sub> in <b>Aortic AND Pulmonic</b>	Tone		Is Blood Pressure elevated? Evaluate: Adrenal/Kidney, Circulatory factors, stress & anxiety <input type="checkbox"/> Drenamin – 3bid <input type="checkbox"/> Phosfood – 1 dropper upon arising, 1 dropper at noon <input type="checkbox"/> Cardio-Plus – 3bid <input type="checkbox"/> Orchex or Min-Chex - 3bid <input type="checkbox"/> Cyruta – 4-6bid <input type="checkbox"/> Renafood – 3bid <input type="checkbox"/> Additional Products:

**Scheduled Phone and/or Follow up Appointment \_\_\_\_\_**