

Heart Sound Recorder (HSR) Tracking Sheet

Client: _____ Date: _____

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

	2 nd sound too high - Tricuspid	Tone		<input type="checkbox"/> Cardiotrophin PMG – 3bid ES <input type="checkbox"/> Cataplex B – 3bid <input type="checkbox"/> Cataplex E ₂ – 3bid <input type="checkbox"/> Cataplex E – 3bid <input type="checkbox"/> Cataplex C – 3bid <input type="checkbox"/> Additional Products:
5	S-1 separated Mitral or Tricuspid	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 disturbance seen before or after closing Mitral/ Tricuspid	Tone		After closing: <input type="checkbox"/> Cataplex B – 3bid <input type="checkbox"/> Cyruta-Plus – 3bid <input type="checkbox"/> Magnesium Lactate – 2bid <input type="checkbox"/> Additional Products: Before closing: <input type="checkbox"/> Cataplex G – 3bid <input type="checkbox"/> Soybean Lecithin – 3bid <input type="checkbox"/> Cyruta-Plus – 3bid
7	Any Valve: 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	Any Valve: 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	Aortic Valve: Higher S ₂ = 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	Pulmonic Valve: Higher S ₂ = Adrenal and/or Respiratory Stress	Tone		Adrenal: <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 Respiratory: <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:
	Aortic & Pulmonic Higher S ₂ in Aortic AND Pulmonic	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 _____