

Heart Sound Recorder Report of Findings

We discussed your Heart Sound Recorder (HSR) results with the graph of each valve and with the below, you now have further information regarding the supplements and corrective therapy. In summary, you would benefit from the below listed supplements (you have options on sizes and larger bottles may provide savings. Ask for the price list to see your options on sized of supplements).

The below are recommended based on the HSR findings:

1. -
2. -
3. -
4. -
5. -
6. -

POC: Priority of concern
 S1: Sound 1 (the first sound that begins the work phase)
 S2: Sound 2 (second sound that completes the work phase before the diastolic rest period).
 S2 should be only 1/3 of the size of S1.
 BID: TAKE TWICE A DAY
 TDS: TAKE THREE TIME PER DAY

THE 10 PRIMARY FINDING OF THE HEART SOUND RECORDER

POC	Pertains to you when checked	FINDINGS	CORRECTIVE NUTRITION	POC PERTAINS TO:
1		METABOLISM	SYMPLEX M/F 3 BID ORGANICALLY BOUND MINERALS 3 BID PARAPLEX 3 BID PHOSFOOD LIQUID ➔ ADDITIONAL:	AUTONOMIC NERVOUS SYSTEM BALANCE & RATE
2		FLUTTER IN DIASTOLIC REST PERIOD	CATAPLEX B 3 BID ORCHEX 3 BID NEVATON 2 BID ➔ ADDITIONAL:	RHYTHM
3		1ST SOUND TOO LONG OR WEAK IN MIRITAL	CARDIOTROPHIN 3 BID CATAPLEX B 3 BID CATAPLEX E 3 BID CATPLEX C 3 BID ➔ ADDITIONAL:	TONE
		1ST SOUND TOO LONG OR WEAK IN TRICUSPID	CARDIOTROPHIN 3 BID CATAPLEX B 3 BID CATAPLEX E 3 BID CATPLEX C 3 BID ➔ ADDITIONAL:	TONE
4		2ND SOUND TOO LONG OR WEAK IN MITRAL	CARDIOTROPHIN 3 BID CATAPLEX B 3 BID CATAPLEX E2 3 BID CATAPLEX E 3 BID CATPLEX C 3 BID ➔ ADDITIONAL:	TONE
		2ND SOUND TOO LONG OR WEAK IN TRICUSPID	CARDIOTROPHIN 3 BID CATAPLEX B 3 BID CATAPLEX E2 3 BID CATAPLEX E 3 BID CATPLEX C 3 BID ➔ ADDITIONAL:	TONE

5		S1 SEPARATION	CATAPLEX B 3 BID VASCULIN (LOW BP ONLY) 3BID HAWTHORN 3 BID ➔ ADDITIONAL:	RHYTHM & TONE
6		S1 DISTURBANCE BEFORE OR AFTER SOUNDS (VALVE CLOSURE)	AFTER CLOSING: CATAPLEX B 3 BID MAG LACTATE 2 BID CYRUTA PLUS 5 BID BEFORE CLOSING: CATAPLEX G 3 BID SOY BEAN LECITHIN 3 TDS CYRUTA PLUS 5 BID ➔ ADDITIONAL:	TONE
7		ASYNCHRONICITY, EXTRA BEATS OR INCONSISTENT PATTERNS	CATAPLEX B 3 BID CATPLEX C 3 BID CARDIOTROPHIN 3 BID (ON AN EMPTY STOMACH) HAWTHORN 2 BID	RHYTHM
8		ABSENCE OF S2	CATAPLEX F TABS 3 BID CALCIUM LACTATE ½ T. OR TAB 10BID ANTRONEX 3 BID	TONE
9		AORTIC HIGH S2	SOYBEAN LECITHIN 3 TDS PROTEFOOD 2 BID BETAFOOD 3 WITH MEALS CHOLACOL 2 BID SHORT-TERM ARGINEX 3 BID ZYPAN 2 PER MEAL ➔ ADDITIONAL:	TONE
10		PULMONIC HIGH S2	ADRENAL: DRENAMIN 3 BID CATAPLEX C 3 BID ADRENAL CMLPX 2 BID PROTEOFOOD 2 BID ➔ ADDITIONAL: RESPIRATORY: PNEUMOTROPHIN 3 BID CALCIUM LACTATE 1 T BID SPLEEN 3 BID	RULE OUT LU, ADRENAL/KI
		AORTIC & PULMONIC HIGH S2	DRENAMIN 3 BID PHOSFOOD 1 DROPPER UPON RISING & 1 @ NOON CARDIO PLUS 3 BID ORCHEX OR MIN-CHEX 3 BID ➔ ADDITIONAL:	TONE

More Detailed Information

Out of the ten *main* findings based on the HSR graph, the following description (in order of priority) are all the main possibilities (10 findings) that are observed listening to the heart sounds and recording it visually:

A. As for the work to rest ratio, this is reflective of the nervous system and your body's ability to heal well. This pertains to your metabolic state and has nothing to do with being nervous, as the pulse is susceptible to. In another words, your pulse can be affected by emotions, stress etc. In contrast, the work to rest ratio is a set state of your metabolic rate. A ratio that is faster than ideal can indicate a wired but tired individual. Nutritional and sometimes glandular support is helpful to slow this down. Results are seen very quickly in this case.

- Organically bound minerals: a whole food mineral complex with high amounts of potassium that the adrenals require.
- Read about PMG Therapy in the *Initial Consultation Handbook*

B. The heart is what brings life to the tissues, glands and organ systems throughout the body as the transporter of blood. When the blood is not transported efficiently through the chambers of the heart (indicated by long, drawn out 1st sounds, or disturbance following the 1st sound and splitting), the life-sustaining nutrients are not being delivered to the tissues adequately. Our first priority, after correcting the metabolism (ascertained by the ratio discussed above), is to improve muscles tone and thus integrity of the valves and thereby improving circulation. Having long sounds or disturbance before or after is indicative of a B4 deficiency - a very difficult nutrient to get enough of through the diet without consuming glandulars. B4 is not an isolated vitamin that has been synthesized so you will never see it in the labels of supplements (see below).

- Super EFF is the predigested fatty acid that helps transport calcium to tissues instead of remaining in the blood and:
- Soybean Lecithin is recommended for everyone over 40 to take for cognitive function but should be applied for cases of a poor aortic heart sound reading. It keeps fats and calcium in solution (balance of one another) thereby regulating cholesterol.
- Digestive enzymes, liver/GB support may be needed or quality proteins. Rule out the cause of the less than ideal aortic finding to find the cause (what is thickening the blood – fats, calcium or protein).

C. Missing second sounds is a deficiency of calcium. It may not be so much that you are not obtaining enough, rather there could be a fatty acid imbalance. Vitamin D supplementation (in high amounts) could also be the cause of keeping the calcium in the blood rather than the calcium being transported to nourish tissues. This is the job of Vitamin F (fatty acids):

- Cataplex F is often used for muscle cramps, indicated for absorption of Vitamin D and needed for Calcium utilization.
- Calcium Lactate is the only recommended source for these purposes (Standard Process maintains the magnesium intact).

D. High second sounds in all valves indicates a hormone imbalance and relates to capillary circulation (a need for vitamin C) Furthermore, hormone imbalances are a known cause of Vitamin E deficiency. Vitamin E complex is found in wheat germ oil. I would stop any source of vitamin C in the form of ascorbic acid and use the therapeutic form found in Cyruta Plus. This repairs the lining of the capillaries.

- Cataplex E2 works in lieu of oxygen therapy and is ultimately more effective because it is what sustains oxygen in the tissues.

E. The tone of the muscles, not only the heart muscle, but throughout can be improved by the B4 in Cataplex B. Vitamin B4 is referred to as “the anti-paralysis” nutrient. Poor tone is known by the elongated first sounds, splitting and weakness of sound as well as disturbance before and after.

F. Disturbance in the closing of the valves can be addressed with Catplex B.

- Vitamin C is a transporter of oxygen and Vitamin E helps to sustain it in the tissues. I would stop any source of vitamin C in the form of ascorbic acid and use the therapeutic form found in Cyruta or Cyruta Plus that repair the lining of the capillaries rather than destroy them with ascorbic acid.
- Cardiostrophin PMG or Cardio Plus will provide the DNA information for repair of the heart muscle.

G. Adrenal support is indicated by the high second sound in the pulmonic valve. Without having a known kidney dysfunction, or a current lung problem, it is likely that your adrenals are fatigued.

- Symplex M supports the male reproductive system but does not supply enough adrenal support:
- Drenamin is the DNA portion of the adrenal gland.
- Additional support is needed during times of acute illness to support the immune system and or respiratory system or in cases of a lung condition.

We can re-evaluate progress after some time on the recommended supplementation with a re-test.

Below are more descriptive explanations of the most commonly recommended supplements.

Standard Process are only sold through healthcare professionals. Please do not purchase online, as that is not a legal avenue. Below are the supplement descriptions provided from NutriTec software.



Descriptions of recommended supplements

Patient Name: Wellness recommendations, Maintenance

CATALYN

This product is a multiple vitamin and trace mineral product, the original product formulated by the world renowned Dr. Royal Lee in 1929. It contains every vitamins and trace mineral known and unknown. It is truly a masterpiece of nutritional support. Although it may seem like there isn't very much of a single vitamin in Catalyn, don't be fooled. It is the whole complex of vitamins that have their benefit. Overloading the body with vitamins and minerals actually has been shown in scientific studies to be harmful! Catalyn is balanced and complete. Catalyn also contains living enzymes because it is "cold processed" to preserve the enzyme activity in the whole foods from which it is derived. Catalyn can be used from birth on. Catalyn is the foundation from which all other supplements target their activity.

ZYPAN

In contrast to the popular use of antacids that suppress digestion, Zypan promotes the digestive process. Zypan contains pepsin, pancreatin, and betaine and ammonium hydrochloride. A perfect combination for improving protein digestion. The betaine and ammonium chloride acidify the stomach and begin the breakdown of protein while pepsin and pancreatin contain enzymes that digest the protein. The biggest clue of a need for Zypan is indigestion and intestinal gas. Many older individuals and those with type A blood tend to have low stomach acid production.

CALCIUM LACTATE (TABLETS)

This product is an excellent source of ionizable calcium and magnesium. Both are critical in muscle contraction, nerve impulse, and blood coagulation. It does help provide calcium for bone, but in this form the calcium is targeted toward cellular function. Although more calcium supplements are sold than any other mineral, most are poorly absorbed from the GI tract into the blood and do not efficiently assist in metabolism or bone formation. Calcium lactate is unique in being bioavailable in the ionic form, which is the only form readily available for metabolic function. Ionized calcium is an alkaline buffer and is used for rapid heart rate, cramps of the skeletal muscle, gastrointestinal tract and uterus, nosebleeds, excessive menses, bleeding gums, excessive salivation and mucus secretion, fevers, tremors and hyperirritability. This is not a dairy product as it contains no whey or lactose and is safe for people allergic to milk products.

MAGNESIUM LACTATE

This product provides trace minerals essential for the regulation of calcium and other catalytic enzyme functions.

CATAPLEX D

This product is derived from fish oils increases the transport of calcium from the GI tract into the blood. Although many think of vitamin D as only important for strong bones, calcium metabolism effects a variety of bodily functions. Cataplex D is also used for irritability, insomnia, cramps, muscle spasm, lowered resistance to infections, low blood pressure, bleeding and delayed healing. Because it is not synthetic, fear of toxicity is avoided.

ZINC-LIVER CHELATE

This product is a wide ranging trace mineral essential in supporting endocrine, immune system, enzyme, and skin functions.

If you have not taken the Zinc Tally Test, please do so. It is an easy test and provided at no cost. Drop in or schedule a time to find out how deficient you are in zinc. It is a mineral catalyst responsible for healthy reproduction, energy production, efficient digestion and the synthesis of hormones and collagen also crucial for bone formation. It is needed for healthy skin and healing of wounds. Zinc is needed for the for the maintenance of vitamin E in the blood. It may have anti-inflammatory effects, helps to excrete toxins, regulates diabetes and is vital for immunity.

CATAPLEX B

This product is made up of a very special fraction of B complex that improves the transmission of nerve impulses, blood sugar metabolism, and puts strength in the vessels and snaps them into action. Numbness, palpitations, low blood pressure, frequent yawning, muscle aches (fibromyalgia) and swelling due to lactic acid build-up are among the many symptoms suggesting Cataplex B need. It contains a special factor not found in synthetic or high dose vitamin B.

CATAPLEX G

This product contains the specific B complex factors that metabolize fat such as choline and inositol. Optimal liver function depends on components found in this product. Cataplex G also relaxes the nerves. As a result, the blood vessels dilate and the blood pressure drops, angina is relieved, anxiety is reduced, and stomach and gastrointestinal spasms subside. Symptoms that suggest a need for Cataplex G include night sweats, burning of the soles of your feet, red palms, blurred vision, loss of appetite, nervous indigestion, and apprehension.

B-6 NIACINAMIDE

This product supports protein and fat metabolism and is an adrenal hormone precursor. This tablet is in a 5 to 1 ratio of B6 to niacinamide. Protein metabolism depends on vitamin B6, and for some eating a high protein diet, extra B6 is required. B6 also works in conjunction with magnesium, an essential mineral involved in over 300 different enzymes. Niacinamide relaxes nerves and helps nervous people collect themselves when they are about to fall apart. Given the fact that B6 deficiency is common, and B6 helps hormone balance, B6-Niacinamide can be a huge winner for pre-menstrual tension and adrenal fatigue.

DRENAMIN

This combination product is designed to support the adrenal gland along with two key vitamins, vitamin complex C and vitamin complex G. The Drenatrophin PMG rebuilds the glands, G helps improve circulation, and the C contains tyrosinase, which is an adrenal activator. Symptoms of adrenal insufficiency may include nervousness, fatigue (especially in the morning or after a cold or infection), allergies, asthma tendencies, low blood pressure, salt craving, light-headedness with standing, and lowered resistance to colds and infections.

CATAPLEX F (TABLETS)

This product is a source of essential polyunsaturated fatty acids and supports the transport of calcium from blood to tissues. As such, Cataplex F may help with nighttime muscle cramps. Cataplex F works both inversely and cooperatively with Vitamin D. Cataplex F is often used for skin conditions such as the tendency to sunburn easily, dry skin, acne, and is especially helpful in reducing outbreaks of cold sores, fever blisters and canker sores. Thinning, coarse, or loss of hair, brittle finger nails, prostate swelling/hypertrophy with night-time urination, low thyroid or slow metabolism, and nervous imbalances are also considerations for using Cataplex F.

TRACE MINERALS B12

Because only minerals in an organic state are utilized by the body, this product supplies the essential trace minerals of manganese, zinc, iodine, copper, and cobalt for supporting the endocrine system, ligaments, key enzyme systems, and iodine metabolism. Chelated minerals may be absorbed but may not be used by the body. Trace mineral deficiency is common and is difficult to identify clinically - Allorganic Trace Minerals is often chosen to complete a basic nutritional program.

WHEAT GERM OIL

Cold Processed wheat germ oil is more than just an excellent oil. It contains the whole spectrum of vitamin E from the wheat berry. Traditionally, vitamin E has been processed so that mostly just the alpha-tocopherol component remains. But vitamin E is a complex of at least 7 other vital components, some of which are much more powerful than the alpha-tocopherol. Whole complex E as is found in wheat germ oil perles is more than an anti-oxidant, it also serves as a source of sex hormone precursors, essential fatty acids required to speed up metabolism, and helps the body use oxygen. Low metabolism, sighing, yawning, inability to hold your breath, cramps, poor tissue integrity (black and blue marks, easy bruising, etc.), are all signs of impaired oxygen use - people who may need vitamin E. The sex hormone precursor role of wheat germ oil is why this product is often chosen for infertility, recurrent miscarriages, menopausal symptoms, and for women with infrequent menses.

COLLINSONIA ROOT

This product is referred to in herb books as a "vascular astringent" of reputed value in hemorrhoids and varicose veins. It maintains proper tone in the vascular system - magnesium phosphate is the active factor that gives it this function.

CATAPLEX E

This product promotes cell and tissue repair, is anti-scarring, and increases tissue resistance to stress. It supports skin, muscles, ligaments, and tendons. Cataplex E is a natural source of easy-to-use manganese and selenium and aids in pituitary function. Improved cellular function and nerve relaxation are also seen.

CATAPLEX E-2

This is a special fraction of the vitamin E complex that supports efficient heart and muscle oxygen use. As a result, Cataplex E2 is used for chest pain (angina), muscle fatigue, tissue oxygen starvation, aerobic type exercise, and high altitude discomfort. Cataplex E2 also is a muscle relaxant.

CATAPLEX C

Vitamin C is a very misunderstood vitamin. Others have decided that you rate vitamin C products according to the amount of ascorbic acid it contains. Ascorbic acid is only part of the real vitamin C complex. To use only ascorbic acid is like looking at a wheel and saying that it is an automobile. The real vitamin C complex also contains the P factors such as bioflavonoids and rutin, which maintain vascular integrity. Vitamin K is another part of the C complex. It promotes coagulation. Another factor of the C complex is the J factor that increases the oxygen-carrying capacity of the blood. In addition, the C complex contains enzymes, the outstanding one being tyrosinase that contains organic copper and is an adrenal activator. Cataplex C does contain ascorbic acid, in addition to the other organic C complex factors. It is the presence of all these synergistic factors, which gives Cataplex C its functional potency in resisting stress, infections, adrenal exhaustion, inflammation, and blood vessel fragility.

LIVAPLEX

This product is a special formulation that combines A-F Betafood, Hepatrophin PMG, Betacol, Spanish Black Radish, Chezyn, and Antronex. Livaplex provides general liver support and may be used for liver detoxification and fat metabolism.

BETACOL

This product is primarily a liver detoxifier and is especially useful for the sluggish liver that tends to be found in those with arthritis. Symptoms of impaired liver function may include hemorrhoids, varicose veins, joint swelling and inflammation, burning of the foot, flushed skin, indigestion, water retention, malaise, headaches, and pasty skin color. In addition, Betacol contains an "anti-stiffness factor" that is can be especially helpful in reducing the stiffness and swelling in osteoarthritic joints.

BETAFOOD

This product gets bile moving. Bile is made in the liver and stored in the gallbladder. It has several functions in the body. One is to break down the fat in food for absorption into the body. It is an emulsifier that promotes the absorption of fat just like soap acts as a detergent for cutting grease. If fat is not absorbed then it will bind up minerals (soap is calcium and tallow) leading not only to an irritated GI tract (remember when you had to eat soap) and mineral deficiency. Bile is also a way the body eliminates toxins. If bile gets too thick, it does not flow smoothly and impairs fat absorption. A person with poor gallbladder function cannot digest fat and when he/she eats a meal that contains fat, he/she will burp immediately. Other symptoms of gallbladder are nausea, gas, and bloating. Bile is also involved in converting blood fat to sugar. Betafood may assist in hypoglycemia as well.

CATAPLEX F (PERLES)

This product supplies essential unsaturated fatty acids and supports the transport of calcium from blood to tissues. As such, Cataplex F may help with nighttime muscle cramps. Cataplex F works both inversely and cooperatively with Vitamin D. Cataplex F is often used for skin conditions such as the tendency to sunburn easily, dry skin, acne, and is especially helpful in reducing outbreaks of cold sores, fever blisters and canker sores. Thinning, coarse, or loss of hair, brittle finger nails, prostate swelling/hypertrophy with night-time urination, low thyroid or slow metabolism, and nervous imbalances are also considerations for using Cataplex F. There is a tablet form with iodine, but the perle form may be recommended because of iodine sensitivity.