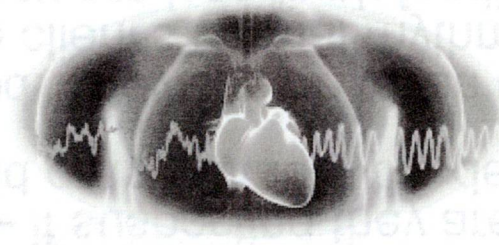


PREPARING for a Heart Sound Recorder evaluation:

- **Hydrate** – drink 6-8 oz of filtered or spring water prior to the test
- **Clothing** - have the client dress so that they can comfortably get down to one thinner layer of clothing. The microphone does fine listening through one layer. Sports bras for women are the best. The microphone can be placed underneath the bra to hold the microphone in place. Removing neck jewelry and clipping up women's long hair is helpful
- To have **finished eating at least 1 1/2 hours prior to the test and have it be a light meal, no alcohol, no caffeine**
- **No caffeine prior to the test...**unless you want to see the effects of the caffeine on the heart's rate, rhythm and tone
- Have a **relaxed time frame around the scheduled appointment.** Ask the client to arrive 10 minutes early to be able to relax and come to center. Also ask them to leave some flexible time after the appointment. Being anxious of a tight schedule and where one needs to be next can influence the test
- **Medications** – if you wish to see if they are affecting the client's progress, run the graph before taking any medications that day
- **Electrical devices, computer watches** – if suspecting they are interfering with someone's nervous system, take a second graph without the devices on their body
- **For Rechecks** – SP supplements are food. They can be taken at normal intervals throughout the day. Run the graphs in the client's normal rhythm of eating and taking supplements. See the person as they are less "junk food" and poison

Heart Sound Recorder Graph



Understanding the Heart Sound Recorder

The Heart Sound Recorder is a computer-based low risk general wellness monitor which uses the principles of auscultation to observe heart sounds. During this non-invasive procedure a specialized microphone is placed over each of the four valve areas of the heart while graphing the sound and movement. The heart's reaction to certain stressors, (i.e. chemical, nutritional, and emotional), can be observed using this type of device. Certain types of heart stress can be monitored by observing the RATE, RHYTHM, and TONE of the heart cycle on the graph.

- ♥ Your nervous system controls the RATE at which your heart beats. One side of your nervous system (sympathetic) manages your "fight or flight" response and can accelerate your heart rate. The other side (parasympathetic) manages your "rest and digest" response and can slow your heart rate. You need a healthy balance between the two.
- ♥ The RHYTHM of your heart should show a specific work to rest ratio on the graph. Your heart should be resting twice as long as it is working. Observations are made to see if your heart is working too hard, or not working hard enough.
- ♥ The TONE of your heart is referring to the strength of the ventricles as they push blood through your body. The height and the width of the 'lub dub' sound your heart makes on the graph, shows how efficiently your heart is pushing blood through your body and refilling to prepare for the next cardiac cycle.

The Heart Sound Recorder can be an important tool in evaluating your overall health and then in following the progress you are making when under proper wellness care. Making changes to your stress level, diet, lifestyle, and nutritional status will provide you with greater endurance, ability to rest, and overall wellbeing.

Preparing for the Heart Sound Recorder Graph

- ✓ Be well hydrated
- ✓ Be dressed so that you can comfortably get down to one thinner layer of clothing. A sports bra works well for women.
- ✓ Do not eat or drink caffeine 2 hours prior to the test as sounds of digestion can mask a solid reading of the heart.
- ✓ Give yourself a relaxed time frame around your scheduled appointment.

As with any wellness device, recommendations for lifestyle changes implied by using this technology should be undertaken only with the guidance of a licensed physician, therapist, or holistic healthcare practitioner. The findings from this device can be used to support, but should not be used in place of medical therapies and recommendations of your medical professional.



Heart Sound Recorder