

# Heart Healthy Scan

Every day, your heart beats 100,000 times, sending 2,000 gallons of blood surging throughout your body.



**Heart Sound Recorder** is a computer-based low risk general wellness monitor which uses the principles of auscultation to observe heart sounds.

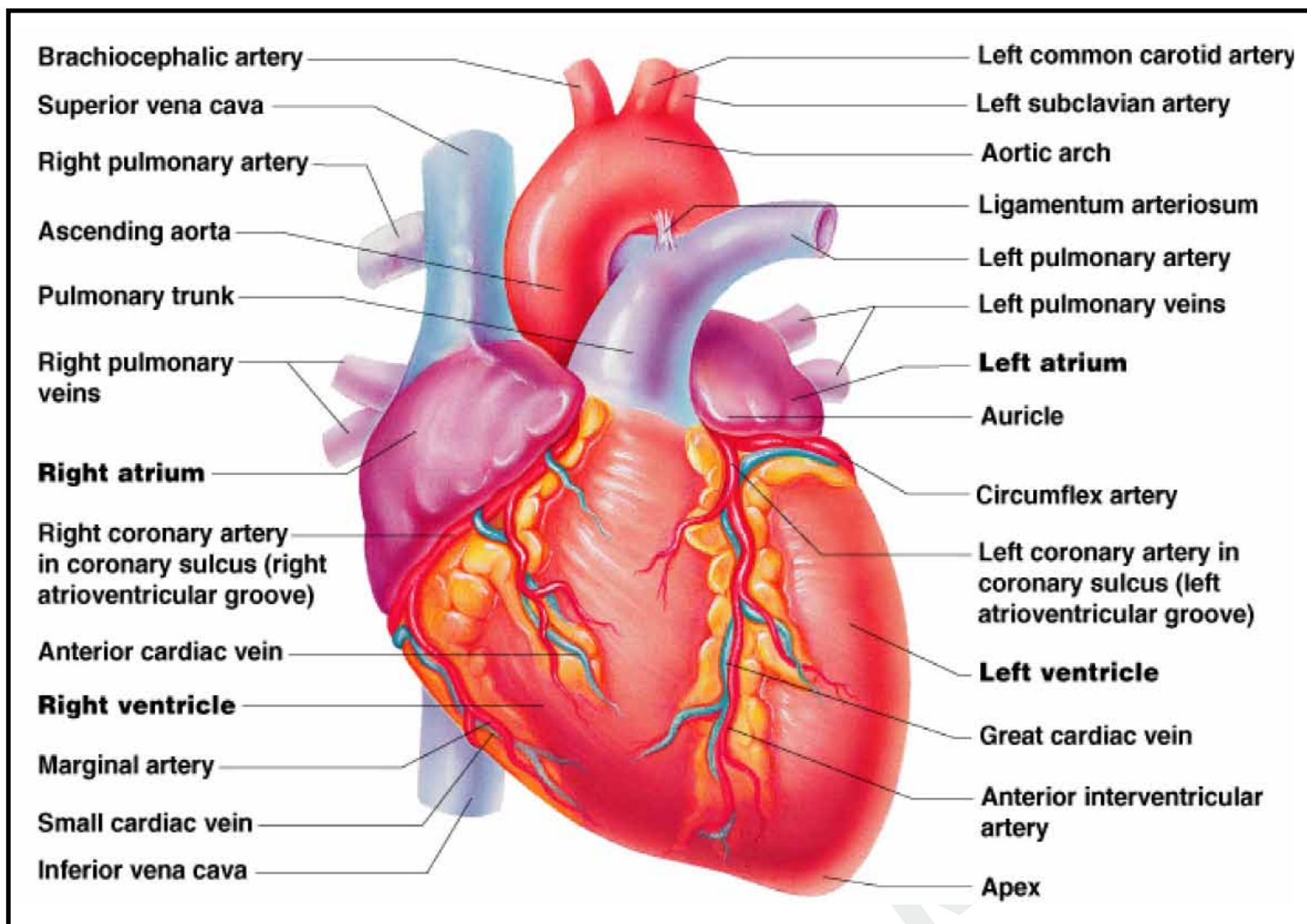
The heart's reaction to certain stressors, (i.e. chemical, nutritional and emotional), can be observed using this type of device.



Certain types of heart stress can be monitored by seeing the **RATE, RHYTHM and TONE** of the heart cycle on the graph.

## What the Heart Sound Recorder does:

- Measures the capacity of the 4 chambers of the heart and how they are working
- Measures heart performance in REAL time
- Observes patterns in your heart that show compensation
- Same Day Results
- Retest Same Day
- Walk away with Nutritive Supplements targeted to improve your heart function.



- Your nervous system controls the **RATE** at which your heart beats. One side of the 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.