

NUTRITIONAL EFFICIENCY OF THE HEART

Your heart is the most important muscle in the body.

Every day it beats 100,000 times, sending 2,000 gallons of blood through 60,000 miles of blood vessels.

It is the first muscle that responds to nutrition.

To function optimally, it is vital that the heart have the proper nutrients to maintain its correct rate, rhythm, and tone. The **HEART SOUND RECORDER (HSR)** is a general wellness cardiac stress monitor with a specialized microphone that is placed over each of the four valve areas of the heart to graph specific sounds and movement (as described below).

RATE The "Autonomic Nervous System" controls the rate at which the heart beats.

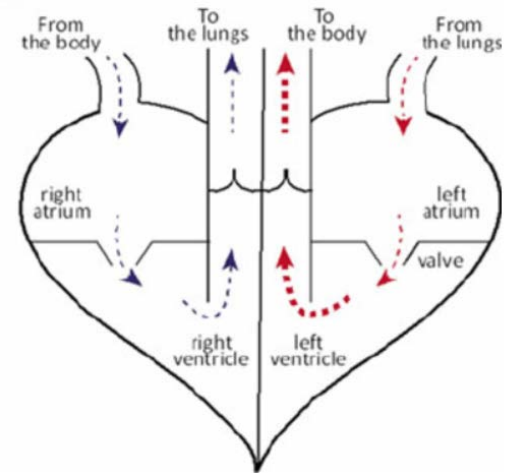
There are two sides to the nervous system. The first side is the Sympathetic nervous system, which is like the accelerator of the car (your "fight or flight" response). The second side is the Parasympathetic system. This is like the brakes of the car (your "rest and digest" response). Some bodily functions are directed by the autonomic nervous system such as digestion, heart rate, and blood pressure. These are influenced by diet, vitamins, minerals, and other factors.

RHYTHM This is the "lub dub" sounds of the heart, which should have a specific work to rest ratio.

The heart should be resting twice as long as it's working. The HSR allows us to look at these sounds and the balance between the work and rest ratio. The rhythm can be supported with nutrition that will help balance a heart that is working too long or not resting long enough. Although everyone's work to rest ratio varies, there are certain guidelines that they should fall within.

TONE This includes the opening and closing of the heart chambers.

On the HSR graph, the tone of the heart can be observed by the height and the width of the two sounds made by the heart's 'lub dub' sound. The first sound, 'lub,' should be two to three times the size of the second sound, 'dub.' To get a better understanding of why the sizes should be significantly different, 'lub' pushes the blood throughout your body, whereas, 'dub' allows the heart to refill and prepare for the next cardiac cycle.



The Heart Sound Recorder is a general wellness cardiac stress monitor. Any suggested nutritional advice or dietary advice is not intended as any primary treatment or therapy for any disease or symptom. Nutritional counseling, supplement recommendations, and exercise considerations are provided to upgrade the quality of life and support the physiological processes of the human body.