

**YOU ARE WHAT
YOU EAT...
YOUR HEART
SHOWS IT FIRST**

IS YOUR HEART WELL-FED?



DID YOU KNOW?

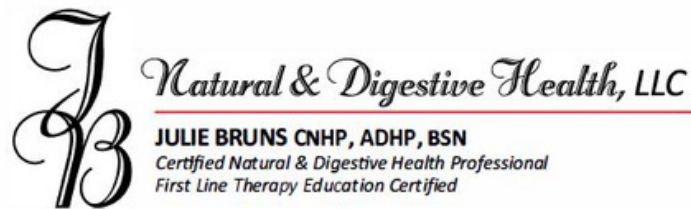
The nutritional efficiency of your heart impacts every organ in your body.

How efficient is your heart?
What nutrients are you lacking?

We can answer these questions, track, and validate improvements in your nutritional status with one quick, simple test.

"The heart is the most reflective muscle of balanced nutrition or malnutrition."

Dr. Royal Lee



**Schedule your personalized
Heart Sound Recorder
session today!**

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**REVITALIZE
YOUR LIFE**



**Listen to your
heart in order to better
support your entire body**

WHAT IS THE HEART SOUND RECORDER?

The Heart Sound Recorder (HSR) is a computer-based, low-risk, general wellness monitor which uses a specialized sensor to observe heart sounds.

During this simple process, the sensor is placed over each of the four-valve areas of the heart in order to graph sound and movement.

WHY SHOULD I GET CHECKED?

The Heart Sound Recorder is an important tool used to evaluate your overall health and allows you to follow the progress you are making while under proper wellness care.

Making positive changes to your stress level, diet, lifestyle, and nutrition will provide you with greater endurance, ability to rest, and overall wellbeing.



Changing Lives with the Heart Sound Recorder

The Heart Sound Recorder **SAVED** my life! I was on my way to becoming an American statistic with cardiovascular disease being the number one killer in the country. I was overweight, out of shape, sick and tired. I was embarrassed at the result of my scan, but that **WAS** the motivation I needed to transform my life.

I drastically changed my diet, got on new supplements, and incorporated daily exercise. In a short four months, my HSR is near normal, I'm continuing to lose weight, and most of my other symptoms have disappeared.

Amazingly, this simple tool helped to create a huge transformation in my life."

-Theresa P.



RATE

Your nervous system controls the **RATE** at which your heartbeats. One side of your nervous system (sympathetic) manages your "fight or flight" response which can accelerate your heart rate. The other side (parasympathetic) manages your "rest and digest" response which can slow your heart rate. You need a healthy balance between the two.

RHYTHM

The **RHYTHM** of your heart should reveal 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.

TONE

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.