



## The Heart Sound Recorder (HSR) Determining Nutrition for a Healthy 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. To function optimally, it is vital that the heart have the proper nutritional balance present in the body to maintain its correct rate, rhythm and tone.

Dr. Royal Lee of Standard Process<sup>®</sup>, along with a number of revered practitioners of his time, believed that disease was nothing more than malnutrition. These early practitioners determined that the heart almost instantly reflected changes in body chemistry. Dr. Lee then set out to build a sound recording device that would be beneficial for observing the effects of nutrition on the heart.

From that, the **Endocardiograph** was created. It is an instrument designed to observe the heart sounds and motion through which practitioners gain insight into specific nutritional deficiencies. Although the original Endocardiograph was created in 1934, restored Endocardiographs are still very much in use today. Now we also have the new digital version known as the **Heart Sound Recorder** or “**HSR**”

The **HSR** and the **Endocardiograph** are non-invasive where a specialized microphone is placed over each of the four valves of the heart. The Endocardiograph then graphs the sound and movement of the heart so that the rate, rhythm, and tone of the heart may be evaluated.

Your heart absorbs nutrients very quickly for the reason that your body is primarily concerned with keeping it beating. Dr. Lee determined which *whole food nutrients* would restore the correct rate, rhythm and tone of the heart. Then, when proper nutrition is supplied to the body, the improvement in the heart is reflected in subsequent graphs, often within minutes. The Endocardiograph can be an important tool in evaluating your overall health and then in following the progress you are making when under proper nutritional care.

The correction in the nutritional status of the heart then also reflects throughout the body in greater endurance, ability to rest, and overall wellbeing.

### PREPARING for a HSR or Endocardiograph Evaluation:

- Do not eat 2 hours prior to the test as sounds of digestion can mask a solid reading of the heart
- Do not drink caffeine prior to the test....unless you want to see the effects of the caffeine on your heart's rate, rhythm and tone
- Give yourself a relaxed time frame around your scheduled appointment. Arrive 10 minutes early to be able to relax and come to center. Also leave yourself some flexible time after the appointment. Being anxious of a tight schedule and where you need to be next can hamper the test.
- Be dressed so that you can comfortably get down to one thinner layer of clothing. (The microphone does fine listening through one layer) **Please do not talk while the test is being performed**

Please be advised that any suggested nutritional advice or dietary advice is not intended as any primary treatment or therapy for any disease or particular bodily symptom. Nutritional counseling, vitamin recommendations, nutritional advice, and the adjunctive schedule of nutrition is provided solely to upgrade the quality of foods in the patient's diet in order to supply good nutrition supporting the physiological and bio-mechanical processes of the human body.

I, \_\_\_\_\_ have read and understand the above.

Signature : \_\_\_\_\_ Date: \_\_\_\_\_

