



HEART SOUND RECORDER (HSR) SCRIPT & PREPARATION

Certain types of heart stress can be monitored by visualizing the rate, rhythm, and tone of the heart cycle. As a result, the heart’s reaction to certain stressors (i.e. chemical, nutritional, and, emotional) can be observed using this type of device. The response to external stimuli, such as ingesting vitamins, sugar, caffeine, or alcohol, can be monitored by observing changes in frequency, ratio, amplitude, and other characteristics of the heart’s waveform. Comparison graphs can help determine the effectiveness of actions taken to improve quality of life.

- ❖ 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** is a general wellness cardiac stress monitor with a specialized microphone strategically positioned to hear the sounds of the four heart valves.

Preparation: In preparation for your Heart Sound Recording (HSR) session please wear a single, thin-layer of clothing such as a T-shirt or undershirt for your appointment. Please do not wear an underwire bra as this will interfere with the recording.

To be completed by recommending healthcare provider:

Health Professional Name (Please print): _____

Health Professional Signature: _____

Date: _____

Check what you would like completed

- Heart Sound Recorder with interpretation and recommendations to client / patient
- Heart Sound Recorder ONLY – Client / patient will take HSR results back to recommending provider

When would you like to repeat the HSR: _____

To be completed at HSR appointment:

Date HSR completed: _____

Provider or Technician Initials: _____

Reference: Selene River Press 2019; These statements have not been evaluated by the Food and Drug Administration. This device and products are not intended to diagnose, treat, cure, or prevent any disease.