

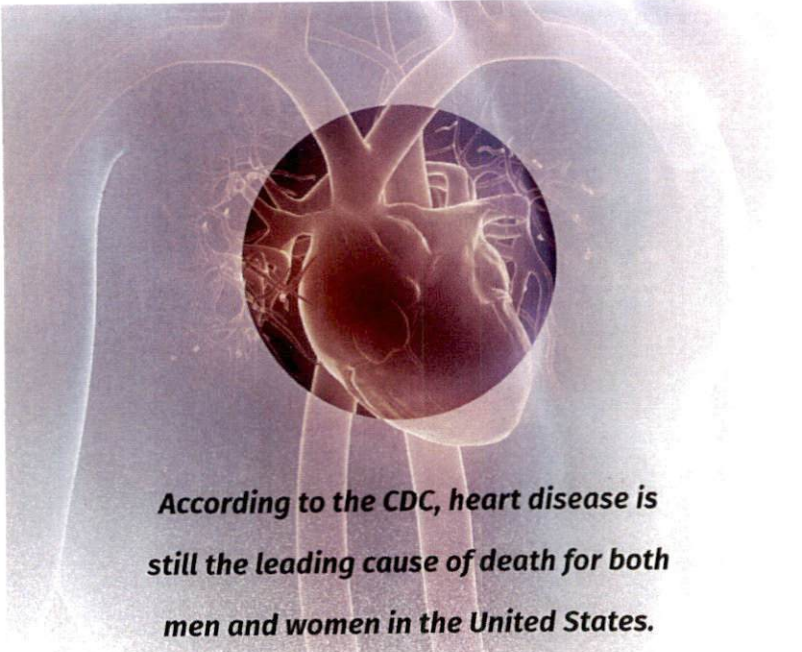


*Introducing*

# **The Heart Sound Recorder**

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

**Learn about this computer-based, low-risk wellness monitor, and the nutrients that support your heart.**



**According to the CDC, heart disease is still the leading cause of death for both men and women in the United States.**

**About 610,000 people die of heart disease in the United States every year – that's **one in every four deaths.****

**Every year about 735,000 Americans have a heart attack. Of these, 525,000 are a first heart attack and 210,000 happen in people who have already had a heart attack.**

*(<https://www.cdc.gov/heartdisease/facts.htm>)*



**Heart Disease:  
Linked to one in four deaths**



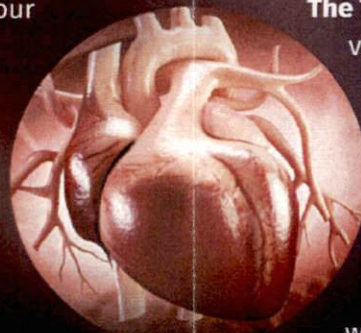
*A normal HSR graph*

# Rate, Rhythm, Tone

## Three Key Indicators of Heart Health and Function

**Your nervous system controls the RATE** at which your heart beats. The rate of your heart is how fast or slow your heart beats. The optimal resting heart rate is 60-80 beats per minute. One side of your 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** pertains to how regular your heart beats. There are two heartbeat sounds, "lub"(S1) and "dub"(S2), which should beat in a steady, consistent rhythm. 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** refers to the strength of the ventricle contractions. The height and the width of the "lub dub" sound on the graph shows how efficiently your ventricles are ejecting during systole.

As with any wellness device, recommendations for lifestyle changes implied by using this technology should be undertaken only with the guidance of a licensed physician, therapist, or holistic healthcare practitioner. The findings from this device can be used to support, but should not be used in place of, sound medical therapies and recommendations.

# Full-Body Support

Available only from  
Whole Food Nutrients.

## **Adrenal Desiccated**

**supports endocrine health.**

- Provides powerful short-term adrenal support for immediate energy needs
- Supports immune system function during times of increased demand

## **Calcium Lactate supports absorption of calcium and magnesium.**

- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation

## **Cardio-Plus helps support the cardiovascular system.**

- Supports the healthy functioning of the heart and other muscles
- Supports healthy coronary blood flow
- Supports increased oxygen demand

## **Cardiotrophin PMG supports heart muscle function.**

- Provides a unique profile of minerals, nucleotides, and peptides
- Supports the heart tone
- Supports normal heart cell growth and differentiation

## **Cataplex B supports physical and nervous system health.**

- Contains B-complex vitamins to support a healthy heart and healthy homocysteine levels
- Supportive to the metabolic, cardiovascular, and central/peripheral nervous systems
- Supports energy production in all cells

## **Cataplex C supports the immune system, skin/connective tissue, and bone health.**

- Supports and promotes normal immune system response function
- Promotes vascular integrity through support of the body's natural collagen-synthesis processes
- Supports healthy bone tissue
- Supports the adrenal glands

## **Cataplex® F supports the body's inflammatory response function.**

- Supports periodic challenges like consumption of high-fat foods or strenuous activity.
- Encourages the ionization of calcium which supports the movement of calcium from the bloodstream to the muscles
- Promotes healthy skin and hair
- Contains iodine for thyroid support

## **Drenamin promotes healthy adrenal gland function**

- Supports adrenal function and helps maintain emotional balance
- Encourages a healthy response to everyday environmental stresses and supports immune system function
- Maintains energy production

## **Organically Bound Minerals contains iodine from alfalfa and kelp.**

- Encourages healthy enzyme functioning
- Provides alkaline ash minerals including potassium
- Helps maintain proper cellular energy production
- Supports parasympathetic nervous system health
- Promotes healthy connective tissue

## **Phosfood Liquid encourages a healthy blood calcium-phosphorus ratio.**

- Supports the sympathetic nervous system
- Promotes healthy cellular metabolism
- Supports bone health

## **Protefood supports protein metabolism and immune system function.**

- Supports skeletal and muscular health.
- Contains tyrosine which is the precursor for the production of adrenal hormones
- Promotes healthy protein metabolism
- Contains the essential amino acid lysine, needed for proper collagen formation

## **Symplex F supports the healthy function of the ovaries and the adrenal, pituitary, and thyroid glands.**

- Provides uniquely-derived nucleoprotein-mineral extracts, supporting cellular health

## **Symplex M supports the healthy function of the testes and the adrenal, pituitary, and thyroid gland.**

- Provides uniquely derived nucleoprotein-mineral extracts, supporting cellular health

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## The Heart Sound Recorder

The **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.

Chiropractic First, LLC  
Dr. Jennifer Jozwiak  
10301 Glacier Hwy Suite 120  
Juneau, AK 99801  
(907) 463-3051

Visit [www.heartsoundrecorder.org](http://www.heartsoundrecorder.org) for more information.



*"...We can say that we find no condition, either directly or indirectly, so responsive to nutritional therapy as that which is reflected in heart conditions."*

*- Dr. Royal Lee*