

Heart Sound Recorder Testimonies

Lexi Sandifer, NTP

Five years ago, I was diagnosed with Lyme's Disease. While it finally gave me a "name" to what I had been dealing with for over 30 years, the worst of the symptoms hit about two and a half years ago.

It is very common for Lyme to attack the heart (Lyme Carditis) and cartilage because they are food sources for Lyme. I had chronic chest pain and could hear my heartbeat in my ear when I laid down. While my cardiologist said my heart was fine, I knew that it wasn't.

I had a Heart Sound Recorder scan done in February. My results showed that I was correct in my thoughts about my heart. The Heart Sound Recorder measures the mechanics of the heart where as an EKG measures the electrical impulses of the heart.

The scan showed that my heart wasn't resting enough; the nerves were not conducting properly; I was not metabolizing fats correctly; my adrenal function was still too low, and three of my valves were lacking in integrity.

I started the appropriate nutritional supplements needed to strengthen and feed the areas that needed more nutrition. The end result was a drastic increase in energy, the ability to take deep breaths, I finally got off of the herbal support for my lungs that I had been on for two years, I can think much more clearly, the chest pain is gone, I no longer hear my heartbeat in my ear, the dizziness is gone, my blood pressure went from too low to normal ranges and the chronic chills are gone.

I have a family history of heart attack and stroke. I was heading in that direction. Now I am confident that my heart is strong and is healed from Lyme.

Dr. Steve Sandifer

My wife and I were to the point of sending me to a urologist. While I exercise regularly, keep my weight down, eat healthfully I was having problems with erectile function. I had my testosterone levels checked and my PSA levels – everything was in good range so my issues were not prostate or testosterone related.

Lexi ran a Heart Sound Recorder scan on my heart. The scan results showed that I was working

out too hard and not allowing for enough recovery time; I was not holding enough oxygen in my heart; I had low absorption of calcium which the heart needs for proper function; and I had a loss of valve integrity.

By changing my nutritional supplements to target the weekend areas in my heart, I can now say that I don't need to go see that urologist!

Ron Highfill

February of 2017 I had symptoms of shortness of breath, no energy, I looked pale, I could not walk 10 steps without having to stop. I have already suffered two strokes, I have several calcified blood clots and I use a C-PAP. I am on a blood thinner and other medications to assist me. I am a professional Santa during the holiday season and I need to be there for all the kids next winter.

I proceeded to go to the doctor to see what was wrong. The doctor ordered bloodwork and referred me to a cardiologist. The blood work came back showing that I was extremely iron deficient. I researched all the areas that would cause me to be anemic but nothing added up. Lexi suspected it was a hidden side effect of the blood thinner.

I went to see Lexi to find out what I needed to help build my iron stores back up because I knew it wasn't about just taking an iron supplement. I knew there was more to this picture. Lexi's testing found the right protocol for bringing my iron levels up.

In the meantime, I went to see the cardiologist and had a heart echocardiogram done, and I had to have a colonoscopy done. The cardiologist thought that I might have congestive heart failure and enlarged heart.

Lexi had not attended the training on the Heart Sound Recorder yet but she called one day and said that she had invited the representative from Standard Process, Bethany, to do a graph on me.

I went in for the heart scan. Bethany found several things that were going on with my heart. She gave me a protocol for the supplements that I needed to help strengthen my heart.

When I went back to the cardiologist for my follow-up appointment, he had no real answers as to why I he couldn't find any congestive heart failure or an enlarged heart, but the iron had started working and I was doing much better. I had color back in my face, I wasn't taking naps several times per day, I could walk distances without being winded, and I could breathe easier.

I told the cardiologist what I was doing as far as supplements for the heart and for the iron. He was surprised that whole food supplements could do these things to the heart, but he said "go for it!"

I was on all the whole food supplements for about six weeks. The iron levels had come up dramatically.

As of last Friday, June 15th, I had another Heart Sound Recorder scan. The comparative results from my first scan to my second scan were amazing. In the first scan, she had to have me hold my breath because my heart was too weak to hold oxygen for the recorder to read my heart. I didn't have to hold my breath on the second scan. My valve integrity is restoring, my oxygen levels have dramatically risen, and I feel amazing.

I am thanking God that I didn't have to take any pharmaceutical drugs to get some stamina back. I walk longer, I have better stamina, I'm not short of breath, I am not napping all day, and I am doing so much better!

I continue to take the whole food supplements to help my heart get stronger. My third scan is in a couple of weeks. I know that it takes time to heal the body and I am willing to do what is needed to have a strong heart. I'm excited to send the results to my medical doctor and to my cardiologist just show them how much improvement can be done by taking whole food nutritional supplements.

Thank you, Lexi, for all your schooling and thank you Bethany for taking the time to travel to do the scans. Now Lexi has the training and will take over doing my scans. I know my third scan is going to be even better!