

## What Can Smart Pulse Tell You?

### 1. Heart Rate

Heart Rate is the number of times your heart beats every minute on average. Adults are typically between 60~90 heart beats per minute. Those who do a lot of daily exercise will often be under 60 beats per minute in contrast with those who have a lot of stress will often be over 90 beats per minute.

**Possible interventions:** Exercise, magnesium, and potassium.

### 2. Ectopic Heart Beat

If you move during the Smart Pulse measurement or have cold hands or have an arrhythmia, it will display a heart rate irregularity. If the ectopic (abnormal) beat is over 5 times for the 3 minute test, the person may have an arrhythmia or moved too much.

Therefore, it is recommended to measure again. Although if the test seems to have been administered correctly, and there is sufficient warmth in the fingers, it is most likely an arrhythmia.

**Possible interventions:** Taurine, arginine, citrulline, beets, fish oil, magnesium, potassium

### 3. Stress Analysis as measured by HRV ( Heart Rate Variability )

This shows the change of the heart beat in real time. The bigger the change in variability of the heart rate, the healthier one is. The better the stress resistance is, the better the autonomic nervous system is also.

#### 1) Autonomic Nerve Balance

PNS Dominant: If the parasympathetic nerve is excessively dominant, it can indicate that the person has depression or lost their motivation.

**Possible interventions:** Licorice, maca, ashwagandha, adrenal and/or thyroid glandulars, DHEA

Balance: This means that the sympathetic nerve and the parasympathetic nerve are properly balanced.

SNS Dominant: If the sympathetic nerve is excessively high, it indicates that the person has anxiety, irritation, excessive nervousness, potential sleep disorder, agitation and they will be SNS dominant.

**Possible interventions:** Deep breathing exercises, valerian, holy basil, lemon balm, passion flower, CBD oil, melatonin

#### 2) Physical Stress

Physical Stress means the status of how much one gets stressed physically and potentially may have physical health challenges.

**Possible interventions:** Find and address root cause health issues

#### 3) Mental Stress

Mental Stress means the status of how much one gets stressed mentally and emotionally.

**Possible interventions:** Bah Flower remedies or emotional release work

#### 4) Stress Resistance

This an indicator of how healthy one is to be able to deal with stress.

**Possible interventions:** Find and address root cause health issues. Support adrenals.

#### 4. Stress Score

Stress Score is calculated by the analysis of the total HRV measurement and a score of 100 is the worst while the lower score is the better. Ideally a score of 50 or below is best.

The green color zone indicates little stress. The yellow color zone has some stress and the red color zone indicates a severely stressed condition.

**Possible interventions:** See all suggestions above.

#### 5. Arterial Health Info based on Plethysmography or pulse wave analysis

- 1) **Arterial Elasticity:** This is the arterial elasticity measurement of the vibrating waves of the wall of the blood vessel as the blood flows from the left ventricle to the fingertip. The closer to the score of 100 the better.
- 2) **Peripheral Elasticity:** This is an indicator of blood flow and elasticity of peripheral blood vessels. A score of 50 or higher is best.
- 3) **Type of Arterial Health:** There are 7 possible types. Each type is a measurement of a different pulsewave pattern. A "1" is the best case scenario and a "7" would be worst case scenario. The goal is to make health changes to improve the arterial health type over time.
- 4) **Arterial Score:** The arterial score is a figure that compiles the arterial elasticity, peripheral elasticity and the type. An 85 or over is desirable.

**Possible interventions:** Arginine, citrulline, beets, arugula, fish oil, B complex, CoQ10, Oral Chelators, magnesium, potassium, hawthorne berry, Mediterranean or DASH diet