

HQP Primary Steps to Success

1. Check for Arrhythmia.
 - a. Look at the rejected number of R to R. Anything over 20 is too many and the test will not be accurate.
 - b. Look at the pie chart. If showing a very large green portion (Parasympathetic), suspect possible arrhythmias. You can then look at the Scattergram below to confirm this.
 - c. Look at the Scattergram. If lacking a tight packed longitudinal scattergram with scatter broken apart in different areas you should suspect heart rhythm issues.
 - d. View ECG graph and look for abnormalities. We have a section on the video education covering this.
2. Look at the pie for the most dominant pattern such as **LF, HF, VLF**.
 - a. If the **pie is balanced** and there is **normal Total Power** you need to look at the other parameters. Take a look at the **Stress Index, Cortisol, DHEA and Inflammation screen**. Depending if they are high or low, can give you information on the level of stress from 1-5 by going to the Solutions screen. Once you note what level of stress, the next page has a list of Adaptagenic Herbs and other suggestions. Track the level of stress over time.
 - b. **If high HF (Parasympathetic Nervous system)** check 1st for arrhythmias.
 - c. If everything looks good meaning a normal or high Total Power with high % of HF. This can be good. This is usual for an athlete or young person.
 - d. **If low Total Power with the high HF** the patient has adrenal exhaustion. Go to the solutions page. Check for the adaptogens that would be appropriate for Kapha. You can get more specific by going to the Ayurvedic Doshas at a Glance page and look at Kapha solutions. Look at Kapha dietary recommendations. You can also bring up the Sympathetic Nervous System (LF) Balancing chart in the Solutions menu.
 - e. **If LF sympathetic Nervous System is high (LF) Yellow part of the pie is dominant.** Check for **Total Power, Stress Index, Cortisol and DHEA, Inflammatory Index. Check the Stress Pattern 1-5 on the Solutions page.** Check the Adaptagenic Herbs but remember not to use Ashwagandha because it is a hot herb and the LF yellow pie person is

Pitta and their system runs hot. This person may need Vagal nerve stimulation to calm down the flight or fight sympathetic nervous system. Check the Vagal nerve screen. In the Solutions screen you can look at the **sympathetic dominant** column of the Herbs to Balance ANS chart. From that chart you can see what herbs will sedate the sympathetic nervous system and increase the parasympathetic the chart. You can also look at the Ayurvedic Doshas at a glance and balance the Pitta. You may want to use the Pitta diet. Check the Vagal nerve screen to see if Vagal nerve stimulation is appropriate.

- f. Look at the Mineral section. Magnesium will lower Sympathetic dominance and Potassium will raise Parasympathetic activity.
- g. **If high VLF check Total Power, Stress Index, Cortisol and DHEA, Inflammatory Index. Go to the Solutions page and look at the level of stress 1-5. In the Solutions pages go to Adaptagenic Herbs to help with stress levels 1-5. You can also go to the Ayurvedic Doshas at a Glance and balance the Vata. It is a good idea to use the Vata diet with these people.**

3. Brain and Neurotransmitters Solutions.

- a. Check the neurotransmitters for Low and High
- b. Check Total Power for the brain.

C. In the Solutions section see the questionnaires on the neurotransmitters to confirm what you see on the HQP. If you have a Brain Gauge check Brain Function.

D. In the Solutions menu go to the brain patterns. Match your patient's pattern, if possible, with what you see.

E. Go to the Solutions screen and look at the Bioenergetic Balancing HQP parameters and you will see the relationship of Neurotransmitters with the meridians and Energetic Plexus and what color and gem light therapy would be balancing. The next page in the Solutions has the energetic Balsams to rub on the lowest Energetic Plexus found on the HQP. Combining this with the gem light therapy from the Solara Gem is a powerful combination.

F. When it comes to the brain there are many choices to improve function. Go to the brain section and click on Brain Gauge Parameters and the Speed/Reaction time has a list of solutions. As far as technology that can help-- Weber Laser Helmet, Solara Gem, Electrical Vagal Nerve stimulation are great technologies for the brain. If possible, run the Functional Genomics Genetic testing for deeper insight into mutations that can be involved in the Functional Genomic software. There is a section on the Neurotransmitters.