



Heal SVT Naturally: The Basics

A Whole New Approach to Managing SVT

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*Are you ready for a **WHOLE NEW WAY** to Navigate your Supraventricular Tachycardia?*

Open Your Mind, Become Self-Empowered and Discover New ways to Manage Your SVT.

Introduction

Whether you were recently diagnosed with SVT, or have suffered with it for years, you likely feel concerned about your ability to manage your condition and find lasting healing and relief.

If you are interested in a whole **new approach** to SVT that could not only free you from chronic episodes but also the restrictions and anxiety that come along with SVT, then you are in the right place! *Welcome, I am glad that you were guided here!*



This e-guide will introduce you to my **integrative approach to healing SVT naturally and elevating your entire health. It includes the **missing treatment options** in the current way of viewing and treating SVT by **addressing your diet, mindset, lifestyle and the underlying causes of the condition.****

My journey with SVT has led me through **traditional cardiology** and **alternative approaches**. After years of learning to trust my instincts to try natural ways to feel better, I have found lasting relief from SVT and my related symptoms such as anxiety, panic attacks, digestive issues and migraines.

I have transformed my life, health, SVT, and even *my career* as a result of the way I have chosen to deal with my SVT.

Now I share my insights with thousands of other people around the world who feel restricted by the limited options of medication and ablation and who gravitate toward a more whole-body integrative approach to their SVT and entire health. This e-guide is an expression of my experience and knowledge to date and my effort to help you *quickly and easily learn what took me years of suffering and searching to learn and apply. I not only help you from my training as an Integrative Nutrition Health Coach, but also as a passionate Life Coach who specializes in helping people heal and transform.*

SVT can be an extremely scary diagnosis. You deserve to know all the ways of understanding and managing your diagnosis so that you can make educated decisions about your treatment options and future. To create a full spectrum healing plan, you need new ways to navigate your SVT and that includes incorporating all the integrative methods available. **This is how to find lasting relief.**

Your current doctors may not have explained or suggested any of these methods yet since they are likely trained in conventional western medicine. While I remain grateful to traditional cardiology for their diagnosis and technology, my concepts take what we know about SVT and add **a deeper understanding of the root causes (that are not conventionally considered) that exacerbate SVT.** We now know that it's hard to separate the physical and emotional body, so using whole-body integrative approach that incorporates the mind-body-spirit connection along with the physical, emotional, spiritual and energetic layers to illness is the way to set you up for ultimate recovery from SVT along with the many other health issues that may coincide (like anxiety, digestive disorders, and POTS). This approach values the role of **PREVENTION as the path to lifelong SVT freedom.**

With me, you will become an active participant in your own health, learning how to nourish and nurture yourself on every level, thereby **expanding the likelihood of success that is available to you.**

My intention is to EMPOWER you.

I know first-hand how *dis-empowering* SVT can feel and I want to give you the **knowledge and the tools** you need to *take back control of your health, your heart and your destiny!*

Today, as a mother of two young boys, an SVT thriver, and a multi-passionate entrepreneur, I am able to confidently share my approach because I know that it works! I have been able to get my life not just back, but I feel better than ever before. Through altering food, and the way you nourish yourself, along with lifestyle, stress management, self-care routines, and by tending to the hidden emotional wounds that may be propelling your propensity for SVT, you will have many new tools to help you transform your state of health. There is a way out of the suffering that you may be experiencing. My goal is to greatly expand your toolbox of options.

Heal SVT Naturally: The BASICS, is the first guide in my *Heal SVT Naturally self-empowerment e-guide series* that I wrote as a way to make **transformational healing practices** practical and widely available to our community. There are 6 guides in total. In this one, I outline a basic overview of the entire Heal SVT Naturally approach. Subsequent guides go much deeper into specific topics, such as **The SVT Prevention Diet**, which address one of my core four healing layers, (the nutritional layer) and is highly recommended after this one.



Here is what you will learn in this e-guide:

1. The Integrative Approach to Healing SVT Naturally. The missing and supplemental treatment options in traditional cardiology & how to apply lifestyle medicine to your healing plan.
2. How to create a NEW SVT MINDSET: It's time to empower yourself and learn how to mentally manage your SVT! Learn powerful ways to reframe SVT; not as something that is happening to you, but for you.
3. Your SVT has a message for you! Learn how to find the deeper meaning behind why you have SVT.
4. The differences between **traditional cardiology** and why an **integrative approach is a way to find more lasting full spectrum healing**.
5. Learn about **ROOT CAUSE Medicine**. Assess the **underlying causes** of your condition. Why you have SVT and what to do about it.
6. **Episode Empowerment**: A mini guide within the guide to help you learn how to stay calm during episodes, how to engage the parasympathetic nervous system, and steps for the modified Valsalva maneuver and other conversion methods.
7. **SVT Triggers**: Learn how to identify and mitigate your **SVT Triggers**.
8. The **CORE FOUR Healing Layers**: The ROOT causes of SVT and how to take action in each of the highlighted healing areas.
 - a. the **PHYSICAL** (the introduction to the SVT-Gut connection, and how changing diet and nutrition can provide lasting relief)
 - b. **EMOTIONAL**
 - c. **SPIRITUAL**
 - d. and **ENERGETIC** causes of SVT
 - e. direction you can take within each healing layer to find relief.
9. **Everything is Interconnected: Integration and Prevention**: How to process and apply all of the new views and actions steps into your life. **Long-Term Prevention** as a way of life for SVT management.
10. **Self-care is the new Health care**.
11. **The Work of Being Well**: your next steps in the journey and other resources to support you.

The Basics 1. Mindset Shift: From SVT Victim to Empowered Healer.

How to Mentally Manage Your SVT

SVT is not like other health challenges. The nature of an SVT's sudden and seemingly unpredictable on-set, as well as the current limited treatment options can make patients feel fearful, stuck and out of control. Before we can learn to effectively treat SVT using an integrative approach, we have to adopt new ways of perceiving it. If you feel overcome by SVT and related anxiety, hate your SVT and feel like it's the worst thing to happen to you, it's time to shift your thoughts, and implement a new SVT mindset. True healing begins with changing your perception, patterns and feelings about SVT.

Right now, the SVT Fear Factor feels real and all-consuming.

While I wish to begin by acknowledging how scary SVT can be, I aim to help you learn to turn that fear into motivation and to take action where you can. **That is exactly what my coaching style is about; helping people take inspired action steps in the areas that they have control over to transform their lives.** Consider fear of SVT your fuel to do whatever it takes to makeover the habits that are driving your SVT including your thoughts.



If you share any of these unsettling experiences, you are ready for an integrative approach:

- ♥ **Fear of an acute SVT episode.** Your heartbeat is racing out of control, as though someone is stepping on your heart, like a gas pedal, revving it up relentlessly. It's beating faster than you ever knew possible, sometimes up to 280+ beats per minute. The panic you feel is overwhelming. This terror leads to long term SVT related anxiety along with the imminent panic and need to stop an episode as soon as possible. You may even fear for your life.
- ♥ **Frustration with standard treatment options that only address the symptoms.** SVT Episodes are symptoms. They are not random, and they are not the sole problem. At 26 years old, I intuitively did not feel comfortable with the limited options of medication and ablation. I was advised about the risk of becoming dependent on a pacemaker as a possible result of agreeing to a catheter ablation and I knew about the risks and side effects of lifelong medication. I also knew that those options would not address the root causes of my condition. Since SVT is a symptom of deeper root issues, those options may help, but my root issues would eventually just find new ways to reveal themselves. I longed for more choices and began a quest to find them. I needed a wider treatment spectrum.
- ♥ **Dependence on adenosine and Emergency Rooms is restrictive!** If you find yourself planning your activities around the proximity of a local hospital, then you know how limiting your SVT condition has become. No one wants to be tied to medical interventions at an Emergency Room as a way of life.
- ♥ **SVT is uncommon.** The fact that few people have even heard of Supraventricular Tachycardia makes you feel even more isolated in dealing with your condition. Family and friends typically don't understand what it is and what you are going through. If you haven't yet been officially diagnosed with SVT, some people may even question the validity of your complaints, call you a hypochondriac, or confuse your condition with general anxiety or panic attacks.

Without proper perspective, support or any idea how to improve your situation, these fear factors can easily lead to **debilitating worry that no one but a fellow SVT sufferer can comprehend.** Many SVT clients mention that they are afraid to be alone, travel and are constantly worried about the next episode occurring.

In my own case, my fear of SVT became paralyzing. It left me afraid to leave the house, be alone with my children, drive long distances alone, socialize and live the life I had hoped for. I felt alone and truly struggled to find answers and direction to help me navigate a way out. At times, I felt hopeless...This is no way for any of us to live. It was unacceptable to me. I knew that there had to be a better way to address and treat SVT and to regain my health. And it started with taking a long honest look at my life, my self-care and my health habits, and reframing my SVT.

An SVT diagnosis is an invitation to engage in a healing journey. It can be a **transformational opportunity** and I invite you to view it as such.

My determination for relief fueled my willingness to be honest with myself and to formulate a new path of treatment.

My process has become this BASIC guide. Throughout it, I explain a bit of my own personal SVT experience and story, so that you can see how my integrative approach was formed, and also how it may relate to your own circumstances.

Any kind of change, healing and transformation begins with changing your thoughts, feelings and perception. The following are some ways to help you see your SVT in a new light so that you can lift any negative restrictions you currently feel. **Shifting it from something negative and out of your control, to something that is here guiding you to a better life, is the first step in my healing plan.** I offer you several NEW VIEWS to help you with this, to inspire you, and **redefine** how you relate to your SVT. If you are feeling like SVT has taken your power, independence or peace away, it is essential for you to take back control where you can. It starts by seeing your SVT from a new lens.



Your mindset is one of the most important healing tools that you have to help you change your relationship with your SVT. *Shifting your THOUGHTS is the first step...*

“We cannot solve problems by using the same level of thinking we used when we created them.” -- Albert Einstein

If you are suffering with mental anguish over SVT, are living with growing fear of unpredictable SVT episodes, feel unheard by your doctors, or are beginning to question your capacity to change and heal, then learning how to **mentally manage your SVT** is an important first step in your healing SVT naturally journey. To come up with a new approach to an old problem, we often need to look at things differently. To solve your SVT “problem” you will need to open your mind and reconsider, reassess and reframe your entire understanding of SVT, why you have it and *your strategy of dealing with it*.

If you are wondering Why me? Or feel like a victim, the very first thing that will help you, is to realize that **SVT is not something that is happening to you, it is something that is happening FOR you**. If the way you have been thinking and behaving in your life has led to SVT, depletion, medication, surgery, anxiety and fear then you need **NEW thinking and behaviors to create paths for self-improvement, healing, balance, nourishment, self-care, freedom and happiness**. As long as you view your SVT as out of control and something you loathe, you will feel **dis-empowered and limited in the options to successfully treat it**.

One of the reasons SVT is here is to help you figure out what is no longer working for you in your life. It usually is pointing to things like your diet, nutritional absorption, living in a chronically depleted state, stress, your lifestyle, your self-care routines, and even your emotions or hidden heart wounds that require your attention and healing. It may even be pointing to a needed career change, or that it’s time to end an old relationship. SVT is one of the ways that your body/heart is sending you messages about something or several things in your life that need attention.

SVT is not something here to ruin your life, but something to help alert you to the fact that in fact, it is time to RECLAIM your life!

SVT is a Catalyst

A catalyst is a change agent; it precipitates transformation in your life.

SVT is your catalyst. It is an opportunity to evaluate and address that which is out of balance in your life. It is driving you to rethink and reprioritize the details of your diet, lifestyle and daily habits in order to reset your entire health and even your direction in life.

If your SVT is a catalyst for change, then what do you need to change?

My coaching, e-guides, website, articles, blog posts, and courses are all made to help lead you to those answers and provide the support to do so. Since they likely encompass not only your mindset, but also **your diet and gut integrity**, **your stress management and self-care**, **your sleep schedule and self-nourishment**, possibly your career and relationships, your fulfillment in life, and much, much more, it takes patience and commitment to do this work. Just as your SVT didn't manifest overnight, neither does ridding yourself of it. You just need to be open to begin the process of surveying key areas of your life. I lay out the most common throughout this guide.

SVT is your catalyst to re-examine nearly every aspect of your life. To help you explore all the areas that need attention first, I divide them into four KEY categories called the **CORE FOUR healing layers** which are the physical + nutritional, emotional, spiritual and energetic layers of healing SVT naturally.

In my own life, SVT was the catalyst that led me to change my diet, which led to not only eliminating my SVT, but also healing my POTS, constipation, headaches, and anxiety. It was also the catalyst that helped me dig deeply into my emotional, environmental and financial turmoil I faced. So, while your SVT diagnosis may not be the news you were hoping for, or initially feel like a shock or setback, try to **focus on the positive changes** that it will bring to light and the long-term benefits that your willingness to change will create. Don't be afraid! **The transformation that SVT is requiring is for your sole benefit!**

SVT only becomes a permanent nuisance if you resist the changes that it is calling for.

SVT is a Wake-up Call

A wake-up call is something specific that causes you to become fully alert to an unsatisfactory situation and requires action to remedy it. If you have SVT, consider it your official wake-up call! In my own life, my body was sending me **minor warning signals for years** prior to my SVT. For example, I suffered with debilitating migraines, anxiety, panic attacks, and other health issues, yet I learned to live with them. Oprah Winfrey calls the subtle messages we receive in life, “**whispers**”. She says that when we **ignore the whispers**, they have no choice but to **get louder and louder**. First a whisper, then a problem then a crisis (SVT).

Since most health conditions are not a stand-alone condition, you likely have had other, more-subtle mini things happening to you before you had SVT. Since all of our systems are interconnected which is part of the integrative philosophy, it’s important that you expand your thinking and begin to realize that your other physical ailments may be pointing to the same unrecognized and untreated root cause as your SVT.

A perfect example of this is how in my own life, I had childhood stomach aches, then occasional rashes and hives in my teens, headaches, panic attacks, anxiety, constipation in my 20’s, hemorrhoids, a fissure and then SVT in my 20’s and 30’s. **ALL OF THOSE things were related to something deeper and relieved when I realized that I had a gluten sensitivity.** My gluten sensitivity was a ROOT cause of my SVT. Minor rashes, or constipation never FORCED me into a HEALING journey to figure it out. It was the nuisance of SVT that finally got my attention.

Other ways that I ignored the whispers in my life were that I was constantly **pushing myself** in my business and never let up no matter how tired I was or how much I craved a break. I chronically overworked, bit off way more than I could handle, stayed up late, put un-necessary mental pressure on myself, and burned out my adrenal glands (*which are vital to your well-being and are responsible for regulating cortisol, a stress hormone that can impact SVT*). From the integrative perspective, SVT is triggered by depletion, pushing ourselves, lack of sleep, and stress, so it’s essential that we learn to take a few steps back *and address the WHISPERS long before we go into an SVT. (Think of your subtle heart messages or your intuition as those whispers!)*

SVT IS A LOUD AND CLEAR WAKE-up call that we cannot ignore! And it is probably so for a reason. We must have needed something impossible to overlook to finally get our attention! It’s our bodies form of communication and it’s your choice NOW whether or not you are finally ready to **listen and decipher its messages!**

LISTENING, in fact, is another important component of my integrative healing approach. I want you to learn to really listen to and connect with your intuition. It holds so much wisdom that is unique and perfect JUST FOR YOU!



Creating what I call a **Spiritual Listening Practice** is a wonderful way to start listening to your body, your heart messages, and your intuition and is a great routine to layer into your daily life. I really enjoy discussing how to use journaling and other creative tools to help you with this so if you want more information on using **journaling as a spiritual listening practice**...visit my other website here: www.LauraMadrigano.com to browse my offerings there.

Can you see how SVT might be your wake-up call to make some overdue lifestyle routine changes?

While SVT is here to wake you up to conditions that are no longer tolerable in some aspect of your life, remember proceed with tender loving care....if you are beginning to realize that maybe you have missed some of the earlier signs of imbalance or even have been intentionally ignoring an issue that you know needs your attention, it's never too late to begin to take better care of yourself. You are here now and obviously ready and that's what matters most. Today is the first day of the rest of your life! This process is the beginning of a healing journey and your **awareness** and commitment to your health is the first step that leads to healthy change.

I invite you to use a journal or notebook to take notes in while you read this guide, and to answer some of the questions I pose throughout it. If you have not yet designated an SVT notebook, please do so now. Use your notebook to list everything related to your SVT, including your episode tracking and food tracking and backtracking (which I explain later). Having all of your SVT information in one place will make it easy to find and analyze as needed. Be sure to date your entries. You can also make notes about converting and refer back to it as needed in moments during an episode or for your post episodes reflections.



Ask yourself:

Where in your life might you be pushing yourself too hard, ignoring other minor health alerts, depleting or draining yourself or ignoring your needs? In what ways has your body been trying to get your attention? What other health issues have preceded or coincide with your SVT? What prior health issues have you faced and maybe even ignored? Who or what is leaving you feeling depleted right now?

Have you been burning out your adrenals? Pushing yourself? Working harder or later, and not paying attention when you feel the need to stop or rest? What are you ignoring that has been trying to get your attention? What other symptoms have been presenting that are part of a bigger health picture? In hindsight can you think of any other wake-up calls that you experienced prior to your first SVT episode or subsequent ones?

SVT as an important Barometer for DEPLETION

SVT is often a result of depletion. That depletion begins somewhere within **the Core Four Healing Layers** and can be nutritional, emotional, and energetic forms of weakening. You can be nutritionally depleted due to compromised gut integrity stemming from undiagnosed food sensitivities, you can be emotionally depleted due to stress, hidden or unresolved emotional wounds, relationships or even finances. You can be energetically depleted from being around toxic people and not know how to protect yourself and need better boundaries, you may be chronically tired or have poor sleep. You can be physically not listening to your needs, or even have a block or refusal to change something because you think you can't such as continuing to work the night shift when your body's is clearly sending you signals that it's not the right schedule for you anymore.

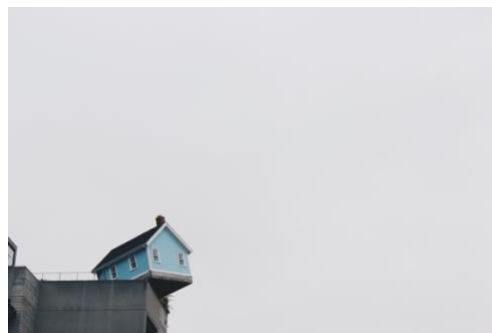
Acute SVT Episodes usually signal that you are in a **heightened state of depletion**. In this way **SVT is like a barometer**, warning you that something you are sensitive to, or are doing to yourself without realizing that your tolerance for that behavior is lessening. One way that SVT occurs is when you have a (temporary) change in your body's physiology and your body simply has become depleted, over-extended or cannot tolerate some type of abuse any longer.

If you view SVT as your barometer, you can begin to use it as a tool to help you know when you have gone beyond your limits or have pushed yourself to the edge in some area of your life.

Consider viewing SVT not as something to hate but **rather to respect as a safeguard watching over you, sharing important information that only you can decipher**. When you are triggered into an episode, it's time to **pay attention** to all the aspects that drove you there. SVT is alerting you (in an effort to protect you), from the habits and activities that you are engaging in that pose a threat to your overall health and are depleting you in some or many ways.

It took a lot of SVT tracking and studying my own SVT patterns and triggers to realize that they occurred specifically when I was tired, dehydrated, angry, overate, consumed gluten and was not listening to my heart or what I really needed. **From an integrative perspective, this process is called collecting data and identifying your mediators**. In essence, you are trying to figure out the things that are not good for you that is triggering your SVT. SVT is really trying to help you by telling you, (in the form of an episode), that you are vulnerable. You must be willing to listen, analyze and implement the information **or you are missing a transformative healing opportunity!** This data is exactly what will help you PREVENT episodes in the future.

What if you actually learned how to use SVT in your favor, as an internal compass letting you know that your body, mind or spirit cannot endure stress, the wrong diet, or some kind of overload any longer? *The Heal SVT Naturally Integrative Approach* is about searching for the internal aspects of your life that are off balance and help you to learn to retreat from the edge, before an SVT is imminent.



Use SVT as a force for healthy positive change!

Your SVT has a message for you!

I believed there was at least one reason, if not more, as to why my episodes occurred on some days versus others. I didn't buy into the **"SVT's are random"** theory that my cardiologist proposed. As my realization grew that I was more likely to have SVT when I was **tired, constipated or stressed, I knew I needed to piece together my SVT mystery and track my findings so that I could analyze them.** A good detective asks compelling questions and is diligent with their research. It requires digging deep into the source or situation, and that is what I am asking you to do. Investigate your SVT. No one else is going to do it for you! You are in charge here. Become curious about it. Search for and document the connections you notice and then **trust your findings.** No one knows your body better than YOU, remember use your intuition here.

Example: Maybe you get SVT every time you have to travel for work or get a chest infection or go on anti-biotics. No matter what you come up with, write it down; eventually you will see patterns.

As you begin to track, document, and hence respond with treatment accordingly, your body, just like mine, won't need to go into an SVT to get your attention. You will be able to identify and mediate the things that are setting you up for SVT. Trust your body! It knows exactly what it is doing. It is NOT your enemy, and neither is your SVT.

Your thoughts create your reality

If you can be open-minded and willing to change your perspective, you will be **perfectly positioned to make the necessary shifts in your behavior and lifestyle that will lead to your success.** For you to be able to *Heal your SVT Naturally*, it first requires **new evaluation.** I hope that some of these **new views** help you to reframe the way you feel about your SVT, so that you can manage your fear better and feel more empowered and ready to change.

The Basics: 2. The Integrative Approach to SVT

An SVT diagnosis does not have to be a life sentence with only two options of medication or ablation.

Most of us were raised in a traditional health care system with **symptom-based treatment**. But treating symptoms is an old paradigm.

Symptom suppressors are not long-term solutions. My goal is to **enlarge the traditional medical view of SVT** and bring a **fuller understanding into light by utilizing a whole body, mind-body-spirit approach to SVT**. This is known as an integrative approach, also titled root cause medicine or even lifestyle medicine. While no doubt these options are can be applied as supplemental, (and should be considered no matter if you are on medication or not), many times these treatment options actually remedy the underlying causes and alleviate your symptoms entirely. Your commitment to diet and lifestyle will likely determine the outcome that these supplemental treatment options have on your health picture and SVT.

The Heal SVT Naturally Approach applies integrative logic to your circumstances. It addresses acute episodes with trigger management, prevention, better nutrition, less depletion, and more attention to self-care while simultaneously searching for the deeper causes of the illnesses or disease and addressing those, such as improving gut health and vitamin and mineral absorption. It then layers in therapies like vagal toning, stress management, and listening to your heart for a more complete approach.

When you first explored initial appointments about your SVT, I'm sure your cardiologist and electrophysiologist likely did all the traditional testing such as stress tests, wearing holter monitors, EKG's and basic bloodwork. They give you their best explanation and advice based on the western medical perspective on SVT: they explain the heart structure, what AV node re-entry SVT is (or whatever type you have), the accessory pathway, the electrical misfires, and the seemingly randomness of SVT. Then they explain your options of medication and ablation.



An integrative or functional **medicine** approach will help you widen that explanation. It begins by assessing your whole health picture. It does so by considering your health history, your personal story, your other symptoms and health complaints, your lifestyle, stressors, and your diet and nutrition and your gut integrity. It applies those individualistic factors to create a larger medical picture of what is actually happening from a multidimensional perspective. It considers all of your symptoms, not just your SVT, as potentially related to one another in some way. It is individualistic. It studies how **your unique set of circumstances, triggering events, stress, diet, digestion, gut health, sleep and lifestyle choices, and even emotions, grief, and more contribute to your health and SVT.** By considering those factors, it naturally opens up the doors to many additional supplemental treatment options, which in many cases, alleviates not only symptoms but the need for medications and surgery.

Your entire health is **interconnected**. You cannot separate mental and emotional health from physical health anymore or ignore the role of DIET in all health conditions. No one with any health issue can skip the examination of these contributing factors and expect positive results to come solely from pharmaceuticals.

Integrative and Functional medicine concepts **look for the underlying causes of illness**. This approach enables you to gain deep insight and direction for your own individual long-lasting healing. Seeking out and addressing root causes facilitates the body's innate healing response and widens your potential for healing. It compliments other methods to restore balance and optimize health.

While we wait for traditional approaches to SVT to research and include these **new avenues**, you can take the lead today by using the information in this guide to help guide you. It's your life and your health and there is much that you can be doing to help yourself. When I work with clients 1:1, I integrate many of these healing sciences to help create a comprehensive and long-term plan for people with SVT with an *emphasis* on prevention. I also spend a great deal of time of the emotional, energetic and spiritual side to dis-ease which many times play a large role. My methods include:

ROOT CAUSE MEDICINE & Lifestyle Medicine

Self-care

Diet + Nutrition

Gut Health

Vagal Toning

Stress Management

Mindfulness + Journaling

Energetic Movement + Protection

Why am I so passionate about healing SVT naturally and using root cause medicine?

You may be wondering how I became so passionate about this way of treating SVT. My own personal journey from sickness to improved health is the answer.

I struggled for years just as you may be now. I sought out traditional help just as you probably have. I was just so sick that I couldn't take it anymore. I woke up scared and not feeling well every single day of my life. I felt "off" all the time. After I gave birth to my first child, it was all even worse. (which makes so much sense once again by applying the integrative philosophy since nurturing, growing and giving birth to another human can be depleting, especially if you have a compromised gut integrity and are already experiencing malabsorption of essential vitamins and minerals). I couldn't even breastfeed without misfires, I was exhausted, constipated, had poor sleep, and was vulnerable. At my worst, I had daily electrical misfires, relentless SVT "attempts" and actual episodes monthly. When I did have a bowel movement, it never felt like I was eliminating enough, and varied from hard to pass to loose and even diarrhea. I seemed to always have an SVT when I didn't have a bowel movement. I had bouts of gas pains, cramping in my feet, stomach bloating after meals, foggy thinking, low blood sugar, nighttime waking with extreme heat and racing heart, and even POTS (Postural Orthostatic Tachycardia Syndrome). I couldn't leave my house or lift my child without the feeling of an imminent SVT. I felt scared and sick 90% of the time.

I longed for direction or any type of roadmap to help me (which is exactly why I devoted my time to write this guide for you). I never found it from any of the leading doctors I visited including over five top cardiologists in the New York area, two electrophysiologists, two endocrinologists, an ob-gyn, two internists, and a family practitioner. I simply was not finding clear answers or practical steps through my traditional efforts. I had to take complete responsibility for my health and habits and become my own walking experiment. I took the initiative out of desperation, which is how **I think many people are led to consider alternative and holistic options**. They are simply not getting better by following the traditional protocol or finding the acknowledgement they need.

It's our primal instinct to survive and even to thrive. I was driven to search outside of the box to help myself do both. **I had nothing to lose, and everything to gain**. Now in hindsight, I see that exploring uncharted options is the most productive and logical path to real and lasting healing, and ultimately the way that I found root cause medicine.

My approach of **managing diet and lifestyle and gut health doesn't seem alternative anymore**, but simple, obvious and productive. It is the route that brought me back to not just health, but also empowerment, healing childhood wounds, career success and a life that feels abundant and fulfilling. I was willing to do the work, at first because I had to, but then because I wanted to. When I opened up to more alternative options such as naturopathic doctors, acupuncture, massage, energy healing

and nutritional coaching I had permission to connect the dots in my health puzzle in a new way. When I didn't have to follow traditional rules, I could really listen to my body, and my heart, and allow myself to practice what I believed deep down; that health issues can be a manifestation of emotional dis-ease, stress, imbalanced nutrition, stress, and unhappiness.

Integrative treatments are supplemental and can be used in addition to any current choices you have already made regarding your SVT

Today, I see my role as helping to bring these treatment options to the forefront of our community. We cannot begin the transformation process when we are stuck in victim mode, relying on outside sources to fix us. Until you realize that your SVT is happening FOR you and NOT TO YOU, you will not be ready to make the changes your SVT is asking for. You can't heal yourself if you are not ready to take responsibility for yourself and the behaviors, food or thoughts, emotions and patterns and habits that led you here.

You are not a VICTIM of your SVT! Take back CONTROL of your life...

As with many integrative models, the *Heal SVT Naturally Approach* is meant to *empower you*. One of the ways it does so is by encouraging individuals **to look at how they contribute to their own ill health**. While this burden of responsibility can be difficult for a person to accept, it can also be very freeing. If you were to admit that you might be contributing to your circumstances, you can claim your power in making different choices to obtain different results. I know that this can be hard to do when we are suffering. It starts with pure honesty and looking in the mirror about where we are being a victim or feel disempowered in our lives and what led us there. While genetics and the accessory pathway that is present in your heart are both out of your control, your role is to work on what is within your control. Your choices, mistakes, dietary choices, relationship, work, etc are personal choices and those choices create outcomes. Those are the things that can be modified with commitment and practical steps and the modifications that can change your life.

“For healing to occur, you must come to see that you are not so much a victim who is responsible for your illnesses as you are an empowered person who is responsible to them because you are able to make informed decisions about your health care from this point forward.”

-- Dr. Christiane Northrup

Ask yourself in your Journal:

- *Why is this (SVT, ill-health etc.) happening for me (not to me)?*
- *In what ways might you be contributing to your SVT?*
- *What habits do you have that you know you need to shift?*
- *What favorite foods have you been unwilling to give up even though they contain SVT trigger ingredients such as gluten or white sugar? (Is this the first time that you have read or heard me say that going gluten free is the number #1 way to drastically reduce SVT? Have you actually really tried it yet?)*
- *What lifestyle modifications are you willing or unwilling to apply?*
- *How has feeling like a victim shaped my life?*
- *How does having SVT let me off the hook or get me what I need?*
- *What excuses do I make and use my SVT to get me out of?*
- *What am I ready to take responsibility for?*
- *Why do you think that you have SVT?*

Integrative Healing is a Journey not a Destination

One of the things that I have learned from my own SVT healing journey is that healing SVT is about looking at various aspects of your whole life and slowly examining that which is bringing about the dis-ease you face. Healing SVT naturally requires a multilayered approach and is not something that you do once and then is done. Healing is a continuous process, one that is part of your life's work. While a pill may seem to work fast, there is no doubt that changing diet, making space for self-care, stress management, better sleep, creating new boundaries, following your heart, processing hidden heart wounds, and listening to your heart, takes time, but the results are far more rewarding and impactful. I call this doing the "work", the WORK OF BEING WELL.

Willingness to be open-minded, patient and honest with yourself and committed to change are essential ingredients in the progression of your journey. While this new way of **navigating health** isn't always the fast, easy path, it certainly is the most effective and long lasting. Prepare to do some work on yourself but know

that you will be richly rewarded with the **gift of renewed health**. It took years of **compounding contributors to create imbalances in the body** and so it takes time to change thoughts, undo habits, elevate diet and rebuild health.



Ask yourself: What does a healing journey mean to me? Am I being patient enough with myself? Do I realize that any healing work I do today is creating positive impact in every area of my life in the days and years to come?

The Basics 3: Episode Empowerment

SVT Episodes are likely your main concern right now. Not only do you need to learn ways to stop or avoid an episode, but you also need support in reducing fear around the anticipation of episodes. This section introduces conversion methods, the value of engaging the parasympathetic nervous system, and most importantly in helping you to realize that if you are suffering with acute SVT then there is much work to be done at the root level that will ultimately help to subside imminent episodes.

Helping you feel more comfortable breaking an SVT is a temporary remedy to help you build confidence and be able to focus on the more pressing issue at hand which is **identifying your SVT triggers and addressing the core four healing layers**. For now, I hope this section helps you to feel more empowered around your acute SVT episodes.

Is fear of an SVT episode controlling your thoughts and your life?

Perhaps you are feeling like SVT episodes are the main issue that you are facing. Maybe you are like I was in feeling vulnerable to SVT, yet unprepared and unskilled to break an SVT at any given moment, and simply petrified that one will occur. No one, but a fellow SVT sufferer can understand what it is like to live with the **chronic fear of a looming SVT episode**. This fear can lead to severe debilitating anxiety and make you feel totally powerless. I'm not sure what is worse, the FEAR of a pending episode, or the actual episode itself.



Either way, we need tangible acute treatment options in addition to the emergency room option, **to feel prepared with a renewed sense of empowerment around breaking our own SVT**.

Rushing off to the nearest emergency room for adenosine is both inconvenient and dis-empowering. While the ultimate relief you long for comes in the form of SVT PREVENTION through addressing your root causes, and triggers, there is a lot that you can learn how to do in the meantime to help yourself should one happen.

Learn how to stop an SVT episode

The first thing you need to know is that when you get an SVT episode, there are many maneuvers that you can try to do on your own (or on the way to the hospital) to attempt to break your SVT. **The sooner you learn how to convert out of an SVT**, the better. If you never try to convert your SVT, or do not have success breaking them, you will quickly become reliant on an emergency room and this will leave you dependent and afraid. Again, it is my ultimate goal to help you prevent episodes, but until then, you want to feel in control and know what to do should one occur. Since different cardiologists teach different methods, I will explain some of the top ones that work for many based on the data from my Heal SVT Naturally Facebook group, and experience with myself and private clients. In many cases it is a combination of several methods that work best.

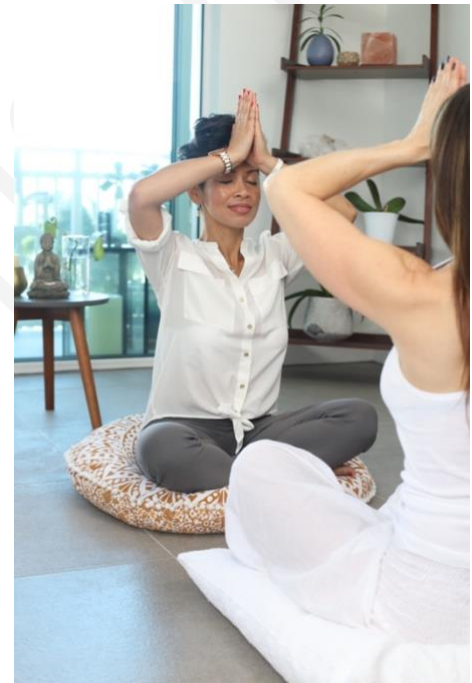
No matter what methods you try, be sure to learn how to engage the Parasympathetic System! Staying calm is critical to stopping and preventing an episode and reducing the amount of adrenaline rushing through your body. Using conscious ways to stay calm during episodes will help take you **out of the sympathetic nervous system response** and into the **parasympathetic response**. There are several methods that can help you stay calm and engage the parasympathetic nervous system during episodes and in daily life. Try these methods at the onset of an SVT or in-between attempting conversion methods. You want to take a few actions steps to counter your increased heart rate and adrenaline while you are applying your conversion methods.

1. Try any **forward-bending yoga posture such as *child's pose*** to stimulate the parasympathetic nervous system. **The parasympathetic nervous system is what restores the body to a state of calm** also known as rest-digest-recover. It produces a state of equilibrium. Any forward bending yoga posture will help with this. This pose is useful to try in between vagal maneuvers (which I describe how to perform below) or while you are waiting for a family member to get you ice or a straw or needless syringe to blow into. If you are alone, you can begin blowing immediately and alternate with child's pose and raising your legs (explained later).



“Stimulating the parasympathetic nervous system (vagal nerves to the heart) increases the resting potential and decreases the rate of diastolic depolarization; under these circumstances the heart rate slows.”-adrenalfatiguesolution.com

2. **Use Acupressure:** Press your thumb into the center of the palm of your opposite hand using firm pressure to **bring your energy down and help to reduce immediate anxiety**. Hold it there for a count of 15 seconds, release and repeat. This is a Chinese medicine technique used frequently in acupuncture to help calm your overall energy and bring energy back down and away from your heart. This is something to continue to do in-between conversion methods and as you alternate blowing. You can also do this in general anytime you feel anxious or want to feel grounded or feel like an SVT is imminent.
3. **Breathe!** Even though during an SVT you may feel like your breath is disconnected from your heartbeat, **your breath is always your most valuable tool**. Inhale and exhale slowly to get oxygen into your brain and body. Breathe in for 3, hold for 3 and then exhale for 6 seconds. Keep coming back to this rhythm. Practicing some kind of breath work every day will help you to use it effectively when you need it most! Slow deep belly breathing also helps to **engage the parasympathetic nervous system** which is crucial when you want to stay calm and break your SVT. * Many of us are in constant fight or flight mode. Learning how to move into a more parasympathetic way of life using both diet and self-care is part of my strategy of long-term SVT prevention.
4. **Use Affirmations:** Repeat positive affirmations to yourself as you convert such as, ***I am okay; I can do this; I can break my SVT; I am safe. My favorite all time affirmation is “My heart beats to the rhythm of Love”- by Louise Hay.***



Affirmations give you something to focus your thoughts on during an episode instead of allowing racing fearful thoughts to take over. Stay focused and positive. Make a list of positive affirmations in general and keep them on an index card. You can review them as needed and keep them accessible for when you need to read them off (like during episodes.) I share many powerful affirmations for you to use throughout this guide.

These suggestions to stay calm during episodes are just a few ways to elicit the benefits of engaging the parasympathetic nervous system when you need it most! It's important to learn about the autonomic nervous system because it is fueled by the nutrients we consume and it controls and influences the way that our internal organs function (Hence why our diet, digestion and absorption is so important for SVT prevention). Please be sure to read all about this in my second e-guide: The SVT Prevention Diet available [HERE](#)

The parasympathetic nervous system (PNS) and sympathetic nervous system (SNS) work together to help you cope with and respond to daily life. Dr. Libby Weaver, an expert in how the diet effects the nervous system, names the sympathetic nervous system as **“the red zone” also known as (the fight or flight response)** and **the parasympathetic nervous system as “the green zone.” (rest and digest).** Stressors prompt the body to release large amounts of stress hormones like cortisol when you are in the red zone. Over time **chronically elevated stress levels lead to your internal organs becoming depleted.** **Depletion is one of the things to be aware of and address to help you Heal SVT Naturally, as is engaging the rest and digest response.** Engaging the parasympathetic nervous system is an important part of stress management, restoration, reducing anxiety, and countering the amount of cortisol rushing through your bloodstream, especially during an SVT.

Remember, the PNS activates the more tranquil functions of the body that help to maintain a healthy, long-term balance. Many types of self-care help to engage the **parasympathetic nervous system and that is one of the reasons why you will hear me refer to self-care as an essential part of long-term SVT prevention.** Some of the best methods to help you with this include a daily yoga practice, meditation, conscious breath-work, alternate nostril breathing, mindfulness, journaling, reducing sugar and a good sleep routine.

Getting quality sleep, reducing sugar consumption and conscious stress management are all important habits to cultivate.

SVT CONVERSION METHODS

An SVT needs to be converted. You can either convert on your own or rely on the ER room to administer adenosine or the like. The first-response treatment for SVT is vagal maneuvers, such as Valsalva or you can use carotid sinus massage (if your doctor advised you to do so).

What is a vagal maneuver? “A vagal maneuver is a term used to describe any physical intervention that results in stimulation of the 10th cranial nerve (vagus nerve), which in turn can lead to slowing of the heart rate in the setting of SVT.”

(www.ncbi.nlm.nih.gov/pubmedhealth)

What is Carotid Sinus Massage? A carotid massage, often called a carotid sinus massage or CSM, is a medical maneuver used to slow down a dangerously rapid heartbeat.

As a ground rule, remember to actively attempt to break or convert out of an acute episode the minute you feel one coming on. You want to begin to try to convert as soon as possible. *Do not wait* until your heart revs up to 250+ beats per minute to begin this process. (Of course, you want to try to convert then too; the point is to convert the second it starts, don't wait to first start trying five minutes into an episode).

The second you feel an episode occurring, start blowing and trying to convert.

At the immediate onset of an electrical miss-fire, begin to bear down or lay down and raise your legs and to BLOW into your CUPPED hands as hard as you can, for as long as you can, in one long exhalation. You can use your cupped hands or put your thumb in your mouth and blow into your thumb. Continue to use your cupped hands or thumb as you retrieve your other SVT tools such as a **straw or needle-less syringe.**

If the initial blow doesn't stop it from coming on, continue to try. Also try the following vagal maneuvers to convert out of your SVT immediately. Remember, you never know which one will work so the key is to begin immediately and be in active conversion mode until it breaks.

If you already have a method that works for you, continue using it. Here are method options and list of tools you need to attempt to break the SVT and avoid adenosine:

TOOLS

- **The Straw Method:** blow into a straw HARD for 15+ seconds until you are completely out of breath. Place your hand on the open end of the straw creating resistance with your hand as you blow. Straws are easy to keep around your house, desk drawer, car, pocketbook, airplane, briefcase etc.
- Remember you can also **place your thumb into your mouth** and try the same method. Use your thumb in place of a straw.
- Keep a **needleless syringe** within easy access. Blowing into a needleless syringe creates a high amount of resistance which gives you a good chance of converting. Needleless syringes can be ordered off amazon or my website [HERE](#)
- **Balloons**-You can also use balloons to blow into, another simple accessory to keep handy around the house and at the office. They even fit into your wallet.
- Ask someone close by to bring you a bag of ice and place the ice on your face and or chest as you try the vagal maneuvers. I like to use ice in addition to any and all maneuvers that I am engaging in.

Positions

- The modified Valsalva maneuver is my personal favorite. See following page for complete description.
- Apply ICE to your face and neck in combination with the modified Valsalva
- Bend backward off the side of a chair, hyper-extending your chest, opening up your heart area.
- Bend forward, crunching down and lift your torso up quickly (useful in the car).
- In between vagal maneuvers, try **yoga postures** such as a shoulder stand or child's pose. Remember any forward bending pose will engage the PNS.
- Use the traditional *bear down* method. You crouch down as though you are going to have a bowel movement and push hard. You can even use the restroom and actually try to have a bowel movement if that is available to you.
- Massage your eye balls with the lids closed. Press gently and release. While you are there, massage your eyebrows, and face. This is both relaxing and useful.
- Have someone perform a carotid massage on your side neck to stimulate the Vagus nerve. You can do this on your own with someone else present to assist you. *(Disclaimer: An incorrectly performed CSM can cause serious health repercussions! Be careful here and do not perform this if your medical doctor told you not to. I am not a medical doctor!)*

- Breathe, use your affirmations, and keep trying all the methods **until you convert**.

Repeat whatever method(s) you select, try as many times as necessary—Remember, you never know which method will convert you out of an SVT. They can end just as quickly as they begin. **You can also switch methods, no need to stick to just one.** *And, don't just try one or two times to convert and give up. **Continually try to convert until you are successful.** Even if you have decided to transition to a hospital and you are sitting in a car, continue your efforts, to convert.*

In sum, start breaking an SVT at the onset, and don't give up until successful!

Laura Madrigano

The Modified Valsalva Maneuver

Try the Modified Valsalva maneuver! Be sure to try this highly effective method. Especially if you do normally convert using vagal maneuvers. While there are many conversion methods that can be effective for you, **learn about and practice the newest and highly-rated Modified Valsalva Maneuver using the video link in the side bar.**

“Typical maneuvers effectively achieve cardioversion in approximately 28% of patients. However, **the efficacy drastically increases by almost double when using the modified Valsalva** technique described in the REVERT trial*.”

Familiarize yourself with this method using the **video link** or diagram below since many hospitals and cardiologists are not yet teaching and practicing it. Ask your doctor or emergency about it and request that it be performed if you do wind up in an emergency room. You may safely try this at home as it can be very effective and save you a trip to the ER.

To perform the modified Valsalva: Lie on a bed or floor with your back elevated as shown in the picture at a 30-degree angle. Blow into a 10cc needleless syringe for 15 seconds. Then quickly lie flat and raise your legs 45-degrees for 15 seconds (as per picture). Lastly, sit upright for 30 seconds. *Raising the legs generates increased pressure within the chest cavity and then when you lower the legs it triggers a slowing of the heart rate that may aid in stopping the abnormal rhythm. Repeat 3 times.

Finally, always notify someone that you are in SVT so that they can check in with you or support you as you attempt your conversion methods. This should be someone that helps you to stay calm and that you trust. The safer and more relaxed you feel, the easier it is to convert.

Recovery Time: If and when you do convert, use that time to completely rest. Give yourself ample time to recover. Drink plenty of water, take your potassium or magnesium or any other vitamins from your usual protocol. Use the time after an episode to **process your experience, and note what worked for you in your SVT Journal.** Observe any important facts such as **how you felt prior to the episode, what you did and ate 24-48 hours prior,** and other vital information. These notes become

Learn how to perform Modified Valsalva Maneuver by watching the

[VIDEO HERE.](#)

*Watch the above video to see it performed courtesy of the revert study.

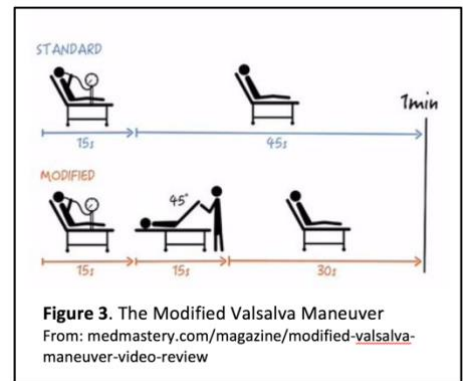


Figure 3. The Modified Valsalva Maneuver
From: medmastery.com/magazine/modified-valsalva-maneuver-video-review

Photo Courtesy of:
<http://www.emdocs.net/treatment-refractory-svt-pearls-pitfalls/>

extremely valuable as you use hindsight to scrutinize it and piece together your SVT puzzle. Anything and everything is useful to note when you have just experienced an episode and are using hindsight tracking. **Allow your episode to motivate you.** Instead of feeling discouraged after an episode, use it to fuel your renewed commitment to your health and well-being. **There is nothing like an acute SVT to re-inspire your health vows.** Make time for yourself and your needs. Take things off your plate to make room for your self-care practices. You do not need to make excuses to anyone regarding your need to make your health and self-care an absolute priority in your life.

Episode Empowerment Reflection:

Stop Hating Your SVT! Nobody wants to experience an SVT episode, but if you do have one, try not to get caught in “hating” them. Be gentle with yourself and use episodes to learn from. They are an important part of determining your triggers and how they are serving as a barometer. (Think of your SVT as a barometer measuring the underlying imbalance within your body and life. This shift in mindset is how to feel empowered instead of victimized. It is possible to turn negative energy into a powerful force to heal.)

Feel Prepared with the Modified Valsalva Maneuver and engaging the parasympathetic nervous system.

Commit to this SVT detective work + TRACK. Commit to studying your SVT patterns and noting what you were doing, thinking and eating just prior.

Harness anxiety into action. Action alleviates anxiety. You can redirect your thoughts and energy into proactive forms of self-care and prevention. The small steps that you take to reverse depletion, improve your diet, and manage stress will add up and slowly make a difference. You will keep learning suggestions on how to do so throughout this guide. But don't delay, sign up for that yoga class, recommit to meditating, and toss out the junk food~ Use your upset as motivation to change what you can, this is where to learn to distinguish what is within your control and what is not.

Reflect! Take the time after an episode seriously. Use it to recuperate and reflect. Write in your journal and see if you can draw any important messages from your experience. Why do you think it happened? Did you feel it coming on prior? What did you notice just prior? What can you learn from this for next time?

Affirmations are a powerful tool in your self-care tool box. Affirmations help to calm the mind, focus on the positive and to clarify and strengthen your goals and health vision. Affirmations are statements that you say to yourself (or write out) in present tense as though they already exist. They reflect how you want to feel or what you want to create. Use them during episodes, afterwards, daily, in your journal, and all throughout your healing process.

Affirmations for Episode Empowerment:

It feels great to take control of my health

I am learning new ways to support myself

I am calm

I know how to convert my SVT

I enjoy learning ways to engage my parasympathetic nervous system

It feels good to relax

I am in touch with my body and am learning the signs of an imminent SVT

I know what my body needs

I pay attention to my body's signals

I like the idea of taking responsibility for my health

I am on the path to a better life

My SVT is helping me to take better care of myself

I don't have to go into an SVT to listen to my heart

I love listening to my heart

My heart beats to the rhythm of LOVE

I am safe

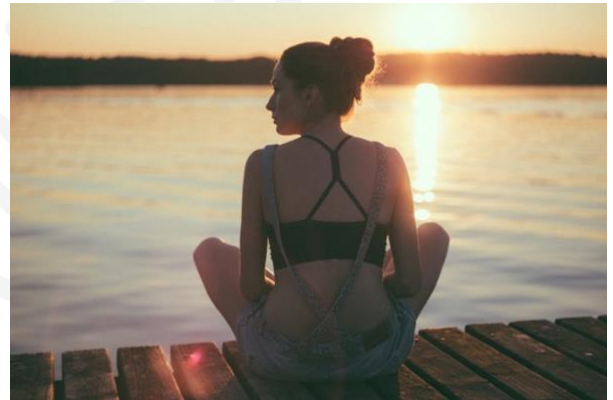
The Basics 4: Identify your SVT Triggers

Discover what “tips the scales for you” and brings on acute SVT episodes; The Key to Management and Awareness

The point of power in reducing episodes resides in learning about what is happening just prior to episodes. This is what needs immediate attention. I want to help you raise your awareness, tune into and listen to your body before an episode even occurs. This is the point that is calling for **pro-active action** steps that can directly impact acute episodes in the short run. This is important, as it brings episode and related anxiety relief, so that you can move on and engage in the real healing work, which is about uncovering and addressing your root causes.

Ever wonder why some days you have SVT and some days you don't?

If you have an accessory pathway, then why aren't you constantly in an SVT episode? Has traditional cardiology told you that your SVT episodes are **random occurrences** that are out of your control? Why do you have electrical misfires on some days and not others? What contributes to these misfires? Something must **put you at risk on certain days as opposed to others**. What is triggering your SVT?



SVT Triggers

SVT triggers are factors that put you at risk for an SVT episode on a day-to-day basis. While they are not the underlying root causes, they are the things that tax your system, tip the scales for you, draw on your reserve, deplete you, and set you up for an acute SVT at any time.

Triggers are the point at which your body is **no longer able to tolerate some kind of abuse**—such as overworking, pushing yourself, not sleeping well, feeling emotionally taxed, or consuming unhealthy food that compounds an undiagnosed allergy. It could even be subtler than that such as talking for too long on the phone and feeling drained from it, or seeing your child almost get hurt and getting a nervous adrenaline rush. Triggers are worsened by underlying unaddressed issues that over time create a condition of depletion (nutritional, emotional, energetic or otherwise). Triggers are an important point to study on the healing spectrum because **attention and modifications here result in fewer episodes**.

Identifying triggers and thus modifying them is one of your major **POINTS OF POWER.**

Acute triggers may be unique to you but can also be common to many of us. Here are some common SVT daily triggers; what might yours be?

- A poor night's sleep, jetlag, lack of sleep, intense fatigue, exhaustion
- Eating too much in one sitting, carb heavy meals, overeating,
- Eating white sugar
- Eating foods you are unknowingly allergic to such as gluten or dairy
- Dehydration
- Intense bouts of stress or anger or emotional turmoil
- Constipation, not having a daily consistent bowl movement
- Acute digestive distress such as gas, bloating, pressure on your diaphragm, pain or a gas bout.
- Excess heat or humidity, humid weather, being too hot, heat intolerance
- Being sick, having the flu or other bug
- Feeling drained, nervous, stressed or around toxic energy, doing something you don't want to do

These are just a few of some common SVT triggers. They are things that you do that set you up for an episode. Be sure to start a list of some of the things that you believe are your own SVT triggers.

The good news is that triggers are usually controllable and preventable through self-awareness, tracking, self-care, dietary and lifestyle changes. Once identified, triggers can be modified, managed, and avoided.

Alleviating daily triggers and avoiding episodes builds endurance, confidence and commitment to continue healing which motivates you to do the deeper work of uncovering and addressing your root causes. Remember, the things that **push you into an episode** will eventually diminish or stop as you deal with and **heal the root causes**.

Please note, that *only* addressing the triggers is not a long-term solution; but it is an important and necessary stage in working your way towards prevention. Many people think that if they avoid their triggers that they are in the clear but think of it as a volcano simmering and you are just tippy toeing around to make sure it doesn't erupt. We want to calm the volcano and make sure that you go deep, to the core, to cool it off. While eventually, you will not be at such high risk, or constantly triggered, you will always have to have SVT prevention at the forefront of your lifestyle.

The Action Steps I list in this section will help you to **identify your unique triggers**, an extremely critical tool to help you mitigate them and prevent episodes.

ACTION STEPS: SVT Trigger Management

I believe that there are always signs when an episode is on the horizon. If you can identify the situations, or the feelings or sensations that set you up to trigger an SVT, then you can start to take control of your condition. It will take a conscious effort and some note-taking, but the methods listed below will help you stay one step ahead of yourself!

1. **Trigger AWARENESS: Make a list of the things you know set you up for an episode and consciously give yourself extra TLC during those times.** For example. Since constipation was always a common SVT trigger for me, if I do not have a daily morning bowel movement, I am very conscious not to eat heavy until I have one. I will be extra careful with food choices, choose smoothies, or a green juice, or fruit to help me go to the bathroom. I will consume extra water, go for a walk and take extra probiotics. Another example is when you know you didn't sleep well. If you know that lack of sleep contributes to your episodes, you may HAVE TO cancel an appointment or change your plans instead of PUSHING through your day. Be sure to rest that day, take it easy, and don't over extend yourself. This is the time to skip the workout, reschedule something, and tap a nap. When one of your triggers presents, its calling you into proactive action. Tend to yourself, be extra gentle with yourself and give yourself what you need at any cost.

2. **Do a Body Scan regularly.** It is a beneficial habit to frequently scan your body head to toe for signs of distress, unease, discomfort. As you mentally move through each part, ask yourself **How am I (really) feeling?** Be honest and open to what answers come into focus. You might be surprised what you experience because it can be easy to suppress your aches and pains, cravings, thirst as well as your emotional and physical state. Ask yourself, what do I need? By doing this you will raise your awareness about how you are feeling so that if you do have an episode, you can **connect the dots back to how you were feeling prior** such as; *I noticed I was feeling thirsty and didn't get up to get water. Or I noticed I was feeling sad, but was about to go into a meeting and couldn't deal with it then.* Pay attention to the information that you receive and write it in your journal.



3. **Keep a Food Tracker.** Food tracking is a way for you to **draw connections between your diet and SVT.** The food-SVT-gut connection is a complex topic and I will only touch on it here, but this is a step not to be missed. Keep a daily list or journal of your food and activities for a month or until an SVT occurs. Then, look for patterns of what triggers the next episode.

Specific things to watch out for are, wheat/gluten, sugar, dairy, caffeine, dehydration, and digestive consequences of stomach pain, bloating, acid reflux, constipation or diarrhea. Then **remove** the suspected food or behavior (over-eating, under-eating) from your routine and keep track if SVT's are less frequent without it. When I work with a SVT client privately I send them a very detailed food and lifestyle tracker that they fill out for 7 days prior to our initial session. I scrutinize the trackers and perform an analysis of their whole health history intake. I usually find more than several obvious SVT triggers and make recommendations based on my findings. **Clearing up and cleaning up the diet is a very effective form of acute SVT prevention because I am modifying obvious TRIGGERS.** Start tracking and be open to anything you find that you think is a food related SVT trigger.

The topic of how to use DIET for SVT prevention is covered in depth in my second e-guide, [The SVT Prevention Diet E-guide](#).

4. **Use Back-tracking.** Similar to food-tracking, back-tracking is useful if you have not been tracking your diet and activities prior to an SVT episode. **Immediately after you have an episode, write down what you were doing, eating and feeling 24-48 hours prior to the SVT. This is a powerful window of opportunity to capture valuable clues into what tipped the scales for you.** What did you eat exactly? Were you tired? Didn't drink enough water? Stayed up late? Drank alcohol? Ate Pizza? Were you hot, thirsty? Needed to rest but didn't? Were you angry, depleted or stressed? Back tracking is an important tool in a specific time frame to capture valuable information that you will study and apply to identify what tipped the scales for you on that day that led to an episode.

Once you begin to identify some of your risk factors and triggers, you can go into prevention mode as needed. As I mentioned, if you know that you missed a good night's sleep, then the next day you want to be extra gentle with yourself. Cancel a meeting if applicable, make your self-care a priority, don't push yourself and make time to rest. You want to drink extra water, be sure not to eat any sugar, take your vitamins, slow down, and rest throughout the day.

As you will learn, anticipating and averting SVTs by managing your triggers is a prevention strategy, but still not the finish line. **For long-term control and prevention of SVT**, I will guide you to discover what predisposes you to SVT episodes on a deeper level next in the **Core Four** Healing layers.

SVT Triggers Reflection:

Identifying your triggers is a warm-up to the deeper work you will be required to do in your heal SVT naturally journey.

*It entails a little bit of detective work and a lot of honesty, but it can be done. Use the common list that I provided to see if you share any but **become committed to identifying your own triggers** using some of the action steps I listed. Remember to trust yourself no matter how unique or “weird” your triggers may seem. You will learn more about Emotional Root Causes in the next section, but for now, know that, it is possible for emotions and anger to be a trigger. Therefore, consider the intangible qualities of emotions as powerful as any of the physical factors.*

Regard your SVT triggers as a barometer of your body’s limits.

Can you view your SVT as a helpful alarm system notifying you of lifestyle habits and activities that are not working for you anymore? What foods or situations can you no longer tolerate? What ways are you pushing yourself that your body will just not stand for anymore?

*Listen to your body and tune into the patterns that lead up to SVT episodes **Like it or not, something you are doing or eating or engaging in, is setting you up for an SVT.***

Your body is actually passing on valuable information for your benefit! Don’t dismiss it but agree to do everything within your power to accommodate your body’s requests.

Surrender & let your SVT guide you to a healthier lifestyle!

Affirmations for SVT triggers:

SVT has my attention and I am listening

I enjoy using diet and self-care to reduce my SVT

I know when an SVT is on the horizon and feel in control of my triggers

I am learning to respect my limits

I drink plenty of water and I rest when I need to

I love to sleep and feel rejuvenated each day when I wake up

I make sleep and rest an absolute priority in my life

I am willing to let go of behaviors that don't work for me anymore

It is an act of self-love to take care of myself

I value the feedback that I glean from listening to my body

I appreciate my SVT and value it's messages about what I need to change, avoid or improve

I am willing to release negative emotions

I am in tune with my needs

The Basics 5: The CORE FOUR Healing Layers; The Physical + Nutritional, Emotional, Spiritual and Energetic layers to Healing SVT Naturally

Examine and Identify Your Root Causes

Root Cause medicine, an integrative term, is a philosophy that believes in searching for deeper underlying causes of whatever condition your body is presenting and addressing the root of the issue. Figuring out your root causes that are contributing to your SVT is one of the most important and fundamental differences in using an integrative vs traditional approach to SVT.

Root causes are the underlying issues of a condition, that if addressed and resolved will restore optimal health including digestive balance, proper absorption of nutrients, and free up your body to perform its own healing.

Common root causes that impact your propensity for SVT relate to Diet, Vagal Toning, hormone balance, emotional wounds, and more. Just like SVT triggers, there are some **common root causes** that many SVT sufferers share such as some kind of depletion, nutritional deficiencies, leaky gut syndrome, undiagnosed food allergies, and compromised gut integrity, as well as more vague issues such as not listening to your heart, being unhappy for long periods of time, not living life in a way that brings joy to your heart and more. **There is usually a combination of several root causes** that create the “perfect storm” of SVT.

Root cause medicine, a term that is becoming more popular derives from a principal of functional medicine known as “the rule of the tack”. If you are sitting on a tack, you don’t take aspirin for the pain, you find the tack and remove it.

You need to ask why an illness is occurring and address the underlying causes. Doesn’t it make sense to seek out the root cause of a problem and remove it rather than put a Band-Aid on a symptom? In my opinion, ablating the accessory pathway, or taking beta blockers, is like taking aspirin for a tack. While those measures sometimes help with acute symptoms, they come with side effects, temporary relief, less than promised results and most importantly, they do not address the underlying root causes of SVT. Unaddressed root causes, sets you up for potential further harm as those root issues may reveal themselves in another form, maybe even worse than SVT, later in time.

The Core Four Healing Layers is a term that I created that encompasses the four major areas to examine to find your root causes of your SVT.

They are the human qualities that can weaken your health or restore it depending on lifestyle choices, diet, emotional well-being, environment, and other influencers. They represent the vast and complex internal tapestry that requires our attention.



The Core Four are central to the discussion of the status of our body's foundation of health. **This is where the source of our illness and disharmony resides and where we find opportunity to restore balance and rebuild health.** These are the key areas that impact your health and plant the seeds for your susceptibility to SVT. To help facilitate and organize the process of investigating root causes, I have categorized them into four main areas and define them as: **the physical (and nutritional), emotional, spiritual and energetic layers.**

The *Heal SVT Naturally* Integrative Approach looks deep and wide to understand how aspects from the Core Four Healing Layers interact and contribute to a person's propensity for SVT episodes.



The CORE FOUR Healing Layers: The Physical Layer

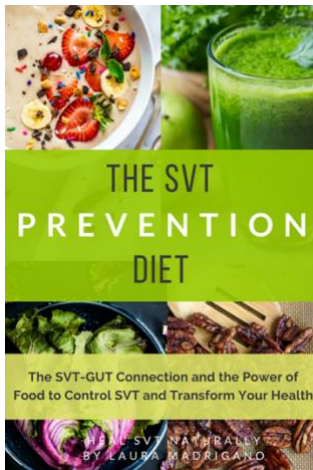
The first layer to dissect for root causes is the Physical Layer. This layer includes all of the diet, nutrition and gut integrity work and also anything else that can be considered physical such as hormones, depletion, bloodwork, other health issues, co-symptoms etc.

I like to start by examining **DIET, undiagnosed food sensitivities**, nutrition, hydration, digestion, **absorption**, elimination, detoxification, body burden (accumulation of toxins within you), hormones, sleep, rest and relaxation, exercise and movement, the central nervous system, and of course **gut integrity, the microbiome and calming the Vagus nerve.**

Diet: The Starting Point

When helping people uncover a root cause, I always begin with **DIET and Nutrition**. It is both the easiest and hardest place to start since there is so much that can be manipulated here for positive results.

Your gut health and the integrity of your digestive system is inextricably connected to your overall health. Every physiological function is rooted in the gut. It is responsible for 90% of your entire immunity. Therefore, it is the first place to address when



searching for root causes to SVT as well as almost every other health issue you might be facing. This topic is so large, that I devoted an entire separate e-guide to it called, [*The SVT Prevention Diet E-guide*](#). This 200 page digital download provides specific details on the SVT-GUT connection, along with what to eat, what to avoid and how to use diet and gut health as the foundation of your SVT prevention lifestyle. It is a must read for anyone who is committed to healing SVT naturally.

For now, since this is a BASICS e-guide, I will explain that your **food, the quality of your diet, your ability to digest and absorb essential vitamins and minerals, the integrity of your gut lining, and your consumption of foods that you are sensitive to is impacting every cell and every function of your entire body.** Everything begins with your food choices. The SVT-GUT connection is real and the more you manipulate your diet, along with quality and quantity of food, the more in control you will feel of your SVT.

In my own life and struggle with SVT, elevating my diet played a very large role in successfully reducing my SVT episodes. Being an SVT detective, food tracking and working with a qualified health coach is what helped me to identify that my SVT episodes were frequently related to carbohydrate consumption, specifically wheat/gluten, white sugar and nutritional depletion (essential vitamins, minerals and macro minerals).

The root of the trouble...

*For years I had constipation, hemorrhoids and then a painful year-long fissure. While I tried to eat more fiber and drink enough water, I continued to suffer. It wasn't until my **SVT got worse**, and my overall health declined further, that I finally searched deeper into my symptoms to try to figure out what the common denominator was. With the guidance of a knowledgeable health coach, she directed me to uncover a lifelong food sensitivity to gluten. SVT was the impetus for me to take my health more seriously, and for me to also step-up my responsibility to analyze diet as a potential cause. Once I **removed gluten from my diet**, other symptoms that I didn't even know were related, like anxiety, rashes, mood swings and weight gain were also alleviated. I never got another hemorrhoid or fissure ever again after years of on-and-off suffering. My constipation and loose stools were also resolved and my POTS, imbalanced blood sugar, sugar cravings and SVT were drastically reduced. With other tweaks in my life, including drastically increasing my nutrient intake, and doing the emotional healing that was calling, I was on the path to renewed health and SVT prevention that I could depend on.*

My compromised digestive health was an underlying root cause of my SVT.

ELIMINATE GLUTEN!

Gluten is a protein found in wheat, rye, barley and many processed foods and many people are unknowingly allergic to it. Gluten contains a lot of pesticides and more and more people are learning that it is a root cause of digestive disturbances such as leaky gut syndrome which effects your body's ability to absorb vital nutrients and minerals. First suspecting and then officially diagnosing a severe gluten intolerance in my own SVT story forced me to eliminate it completely from my diet and gave my gut a chance to heal as well as reduce the array of symptoms that it was creating such as SVT, panic attacks and headaches. **This was one off the most important initial steps in healing my SVT naturally and one of my top recommendations to others with SVT.**

Removing gluten from your diet is the one, most significant thing that you can try immediately if you are serious about healing your SVT. Food tracking, studying bowel movements, and eventually **performing a stool sample** via a reputable lab to diagnose any food allergies and inflammation are good steps and indicators if gluten is a consideration for you as well.

Since many people with food sensitivities and intolerances do not have immediate reactions, but more long-term ones, (like low-grade inflammation, invisible leaky –gut syndrome etc.), food sensitivity testing can be very valuable here. I always recommend to my clients that they seek reliable lab testing to identify what exactly is making them sick. In the United States that lab I used is called www.enterolab.com and is located in TX. You do it through the mail and do not need a prescription from a doctor.

Eliminating Gluten was initially the single most beneficial dietary change that I made that directly correlated with a drastic decrease in SVT episodes.

As you begin to review your diet, I recommend 4 essential changes right away:

- Increase your water intake
- Layer in a high-quality probiotic
- Eliminate gluten from your diet
- Reduce and remove WHITE sugar

Sugar is next on the list of major things to evaluate and remove from your diet. Again, I go into this in great detail in the SVT Prevention Diet E-guide, but for now, just begin to understand that sugar robs the body of essential minerals and vitamins just to digest it. **People with SVT cannot afford to deplete their magnesium levels.**

One teaspoon of sugar represses the immune system for up to 4-5 hours. Sugar leads to mineral depletion and proper mineral balance is essential for healthy heart rhythm function. **White sugar depletes your magnesium and magnesium deficiency is a major factor in irregular heartbeats.** Sugar also leads to anxiety, mood issues, panic attacks, constipation and more, all of which are common co-symptoms for people with SVT. **All White sugar has to go!** If you rely on or consume white sugar daily, this is a direct example of what I am referring to when I say that the you have to be honest with yourself about your habits and WILLING to do the work of changing. You must reevaluate your relationship with sugar if you are serious about healing SVT naturally. I spend nearly 30 pages in The SVT Prevention Diet supporting you in this transition, as in my own life, I was hooked on sugar and gluten. I know that changing your diet is hard, and I also know that it is an essential aspect of SVT elimination and management.

**You are not only what you eat,
but what your digestion can do
with what you eat.**



Try this:

- **A low inflammation diet:** Reduce wheat, gluten, refined grains, dairy, meat, sugar, coffee, soda, energy drinks, alcohol, processed foods, white flour, trans fats and boxed or “Dead” foods. Increase foods that reduce inflammation like **organic vegetables**, green drinks, naturally gluten free whole grains, legumes, wild fish, healthy fats like nuts, flax, hemp seeds and chia seeds. You can also add in super foods like turmeric, replace all sugar with occasional cacao (if you can tolerate it), and learn to make sweet smoothies instead of processed sweet treats. **Eat a nutrient-dense, naturally gluten-free, plant-focused diet. Opt for organic as much as possible.**
- **Eliminate all white sugar**, and any processed food stripped of fiber. Natural sugars are okay such as low glycemic fruit (such as berries, apples, pears, cherries) and local honey.
- Identify and eliminate allergic or sensitive foods from your diet. Gluten and white sugar are the first to go.
- Improve digestion, absorption, and detoxification through gut repair, including probiotics and super foods.
- Slow down eating your meals, de-stress and thoroughly chew your food.
- **A low inflammation lifestyle:** Other ways to reduce Inflammation in the body is through, sleep, stress reduction, emotional release work (releasing anger) and **engaging the parasympathetic nervous system every day**. Walking, yoga, meditation, slowing down, resting, and working on hobbies you enjoy all help with this.
- Address emotional eating and other-self-sabotaging behaviors. It’s time to deal with why these are present in your life, what you are avoiding, suppressing or need relief from. It’s hard to really elevate your diet if you are using food for relief or stress reduction.
- Implement body-work, yoga, meditation, and any alternative healing forms you enjoy such as massage, walking in nature, reiki energy healing, acupuncture etc.
- If you need support, nutrition coaching, health coaching, life coaching, recipes, cooking demo’s, journaling exercises, classes and guidance to help support you in the process of upgrading your diet & self-care, and want 1:1 support, please contact me directly. (See my appointments page on my website, linked at the end of the guide)

Committing to a healthy way of eating, not a temporary, restricted diet is quite simply where you exercise the most power in influencing your health

Unaddressed root causes, such as my own undiagnosed gluten sensitivity which was wreaking havoc in many areas of my body and mind would have continued to do so until I learned about it and resolved it. This is a prime example of a ROOT CAUSE. It would have continued to cause a variety of symptoms such as those I mentioned like hemorrhoids, gastrointestinal issues, anxiety, constipation and SVT, and eventually it would have continued to lead to even more symptoms.



Until I identified **the TACK AND REMOVED IT**, I was in harm's way. Gluten sensitivity and its inflammatory effect throughout my body put me at risk for SVT and other symptoms and was a root cause of my ill-health. Since we are still in the relatively early stages of understanding all the different ways that gluten sensitivity can impact the body, the long-term results of this type of undiagnosed and unaddressed issue can and would be debilitating.

Your nutritional healing and gut health remain two of the largest SVT Root causes within the physical layer. There are many other factors in addition to diet, such as Hormones that are playing a role in your SVT. Since hormones are impacted by DIET, I once again advise you to begin with DIET, but continue to look into all of the other physical issues I mentioned such as undiagnosed food sensitivities, overall digestive health, sleep quality, exercise, the nervous system, calming the vagus nerve, and mineral balance. Since this is a basic introductory guide, you can begin to examine all of those other topics on your own or in my other guides. All of my future work and e-guides continue to explore these vast topics and share them with you, but its ultimately up to you to use this information as a launching pad into your own journey of investigation and discovery.

Below are just a few of **many** possible action steps that you can take within the Physical Layer to get started.

1. **Repairing the Foundation through Nutrition + Gut Repair**

Many people have damaged guts from years of poor eating and exposure to unknown food sensitivities, and artificial ingredients, pesticides and more. Pay attention to any digestive side effects caused by your food, such as gas, pain, bloating, constipation, diarrhea, acid reflux as the most obvious. This will give you some feedback that your gut health needs repair. Other reactions that indicate a leaky gut condition include skin



rashes, migraines, fatigue, depression, auto-immune conditions to name a few of several hundred symptoms.

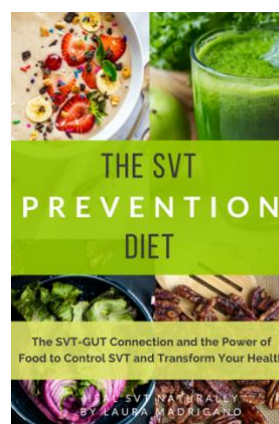
Healing your digestive tract is no small feat as there is a lot to figure out and do. For our purposes, you can begin with small steps such as **eliminating the common allergens such as gluten/wheat**, soy or dairy, one at a time, to see if you feel better. This step takes a minimum of a 3-month commitment and is a strict 100% commitment. There is no such thing as 80% gluten-free. I always recommend a gluten free diet to anyone serious about ridding themselves of SVT. Gluten, and other top allergens are highly inflammatory, and my dietary recommendation is for a low inflammation diet. Please refer to The SVT Prevention Diet for all the details. This is the second “must read” guide and it is linked below.

2. **Assess your relationship with food.** Everyone has a relationship with food but some of you have eating habits driven by **emotion** that cause you to eat too much or when you are feeling stressed, angry, bored or depressed to name a few reasons. Now is the time to examine emotional eating, over-eating, stress eating, a reliance on processed foods or junk foods or an addiction to sugar. Get the support you need.
3. **Examine your sugar intake.** How much sugar do you eat daily? There are four grams of sugar is one teaspoon, so begin to apply this awareness to reading labels, and tracking how much white sugar you are actually consuming daily.

The most important work that you can undertake will be to determine the foods that are making you sick, the lifestyle and emotional habits that influence your food choices, and how to transition to a healthy diet.

4. Read **The SVT Prevention Diet e-guide**. As I mentioned, diet, lifestyle habits, digestion and undiagnosed food sensitivities are a core issue for many SVT sufferers. This is an in-depth topic and as such is the second e-guide in the *Heal SVT Naturally* e-guide series.

The SVT Prevention e-guide Overview: To heal your gut, absorb vital nutrients and commit to ongoing **prevention**, you need to take new direction in your relationship with food. You need to eliminate the foods that are making you sick and find new ways to maintain a busy lifestyle without compromising on the quality and taste of your food.



**LEARN MORE about
The SVT Prevention
Diet e-guide [HERE](#)**

The SVT Prevention Diet, *The Power of Food and Self-Care to Control Your SVT and Transform Your Health* e-guide gives you a roadmap to understand the connection between SVT and diet and lifestyle, and the action steps to manage your SVT and feel better overall.

The SVT Prevention Diet is not a temporary diet but a way of life. It is an absolute must read for anyone who is serious about healing SVT using FOOD as a primary tool to do so. It supplies practical information on how to restore digestive balance, use food as medicine and how to use self-care as a foundation of SVT prevention.



The CORE FOUR: The Emotional Layer

Our emotional well-being is intricately connected to our physical health.

After you address your diet and some of the other things in the Physical layer, emotional well-being is next on the list.

Louise Hay, who was a renowned spiritual and self-help teacher, explained that all “dis-ease” stems from **emotional “dis-ease” within the body**. This was something I really latched onto when I was trying to figure out why I had SVT and what I could do about it from an alternative standpoint. If all dis-ease stemmed from emotional dis-ease then SVT would not be excluded. **What was my heart trying to tell me?**

Unexpressed or repressed emotions can **cause disharmony in the body and can lead to illness**. Some healers describe it as E-motions, or energy in motion and when we unintentionally stop that energy movement it suppresses the pathways to health. Releasing emotion, feeling emotion, addressing stuck emotions, and expressing emotion creates space for healing; it cannot be ignored in any discussion of health.

This means that conscious or hidden resentments, unexpressed anger, sadness, heartbreak, grief, unhealed emotional wounds from the past, emotional wounds, childhood traumas, any stressful events leading up to SVT, ongoing worry, emotional daily stress, self-neglect, relationship turmoil, toxic relationships, feeling taken advantage of, and tolerating difficult circumstances or relationships **need your full attention now**.



“Time doesn’t heal all wounds, it conceals them and eventually, when least convenient, they surface and ask for attention.” - Dr. Paul Epstein

One of my favorite speakers at the Institute for Integrative Nutrition, Dr. Paul Epstein says that **“Disease tells a story not just of our cells but of ourselves and our life histories.”** Every life contains pain, suffering, illness and stress. Disease or illness tells our story and your story is an important aspect of the integrative healing journey.

Honoring your story (your life story, family story, past experiences, health story) helps you engage with your illness from a new perspective. Attention, validation, self-expression and self-forgiveness are what hidden or suppressed emotional wounds need. They need this attention from you and only you to properly be released.

If you have emotional wounds from the past that need your attention, (as most of us do) you can **show up for yourself today** in ways that you were maybe not able to in the past. Your SVT may be the impetus to finally take this on. This does not mean that we have to relive every painful or traumatizing moment, but rather that we ourselves, as adults, who we are right now, extend loving compassion to our inner child. Some of the answers to healing your heart are inside of you and **waiting for you** to shine a light on your inner voice. The willingness to honestly look within yourself and find your truth is an essential ingredient in an integrative whole-body healing approach and will help to move the whole process along quickly. You can do this thru many healing therapies such as writing, journaling, talk therapy, or any healing tactic that resonates with you.

Our thoughts and feelings can show up in physical form when we suppress them.

Our body won’t need to alert us with physical symptoms when we tend to our emotions.

When I work privately with a client, as soon as we get diet on track, it’s almost certain that the large emotional layer comes up next. More often than not, old issues from childhood arise such as abuse, neglect, death, divorce, self-forgiveness, relationships with parents or siblings, hurts and old heartbreaks emerge. *These are very important and powerful aspects of heart healing and they need to be processed and considered.*

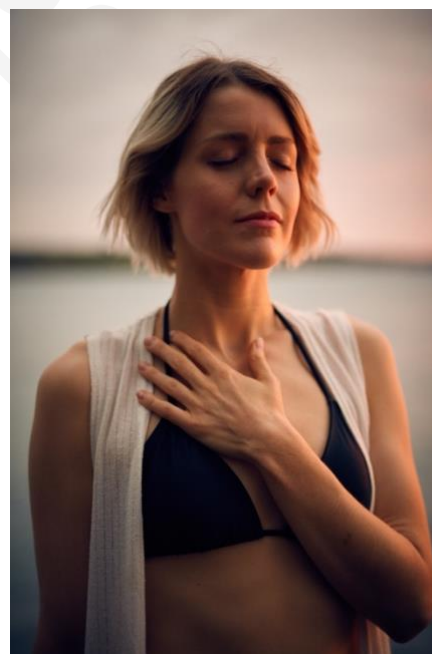
As a qualified Board-Certified Life Coach, when these issues come up, I guide the conversation to see what those unhealed emotional wounds need right now and how they might be impacting our heart health. As I explain in the energetic layer of this guide, SVT is a heart chakra issue, therefore heart centered emotional issues are where we need to focus our attention. More often than not, SVT is

calling us to release something, shift something, heal something or pursue something that we are avoiding. SVT is asking us to listen to our heart. And our heart has those exact answers and direction that we yearn for and need to guide us through the changes that are calling.

My personal coaching specialty is helping people transform emotional wounds from the past into healing and empowerment. My process includes using self-care, journaling, guided journaling questions, rescuing your inner-child meditations, self-compassion skills, and dis-entanglement exercises to help people allow those old wounds to finally find the voice, compassion and relief that they need. Doing so, allows those wounds to guide us. Many times, it is those precise emotions that hold the TRUTH. **Finding our heart truth**, is such a big part of the SVT healing process. When we detach and ignore our heart truth, illness and imbalance can arise which is one of the things that I believe SVT is here to help restore.

There are many *healing arts* to support you in the area of emotional healing such as the ones I mentioned like journaling, reiki, yoga, talk therapy, transformational coaching, tapping, acupuncture, anger management, meditation, sound therapy, massage, aromatherapy, self-help workshops, working with a life coach, release writing, healing rituals and more. Explore all types of therapies and healing sciences that sound interesting or feel comfortable; you may be pleasantly surprised what benefits and relief can come from the experience. I love to help with this kind of healing work and you can find many mini guided journaling exercises on my main website www.LauraMadrigano.com to help you with this process.

Furthermore, your pain can become your purpose, if you are able to find a way to create something positive from your suffering, **which alone provides profound healing opportunity**. For me, I transformed my career based on this type of healing work. Healing work allows you to resolve long standing issues and clear the pathway to feeling vibrant to do the things in life that you love to do. Often you hear about people that experience suffering and then turn it into helping others. My own story of how my SVT led me to find a path to holistic healing and helping others, and many other stories about people moving from suffering to thriving are your point of inspiration here to find your own. These are beautiful healing ways to make the most out of your suffering and painful experiences and the world is cheering for you to do so, (as am I). As you heal yourself, your healing will inspire and transform others. You can become a leader and use your own unique personal experiences to help others take the same steps that helped you. It is only through what can sometimes feel like a long and painful healing journey that we can find strength we didn't realize and concentrate on using our suffering for service.



Today, I am grateful that I can support and enlighten others as a result of my SVT and doing the deep work of healing the emotional aspects that contributed to my ill-health. **When your SVT is managed, you are able to spend your precious time and energy meeting your full potential.** This is the real value of doing what I call “the Work of Being Well” and the work of *Healing your SVT Naturally*.

My ultimate intention is to help you transform your pain and suffering around SVT into an integrated journey of awakening, self-healing and aligning with your potential.

Here are some guided journaling questions to help you with this core healing layer...

- What hidden heart wounds do you think may be calling for deeper healing?
- Is your inner child in need of help or rescuing? Where have you left her/him behind?
- Do you have old heartbreaks or grief that need your attention right now?
- Have you already done some of this healing work, but new layers are presenting? Why might they be coming up again for you now?
- Do you have satisfying, healthy relationships? What relationship have you outgrown? What relationships feel toxic or are you just enduring? Are you in abusive relationships? Are you being abusive to someone you love?
- What are you tolerating in relationships that no longer feels right? Are you able to let go of relationships that no longer are in alignment with your hearts desires?
- Do you use mindful practices in your life such as daily journaling, yoga or meditating? Do you exercise and move your body to help with emotional release? Are you committed to a daily self-care routine?
- How do your emotions move up and out of your body? How do you connect with your emotions and let them flow?
- When was the last time you felt truly joyful? Do you engage in work or service that brings you satisfaction and joy?
- Do you suppress your feelings with food, sugar reliance or addictions? Do you need support in healing a dysfunctional relationship with food?
- What holds you back from moving towards happiness or fulfillment in your life?
- Do you listen to your heart?

Your heart is talking to you all the time, it's up to you to listen with love and grace xo



The CORE FOUR: The Energetic Layer

You are energy. Energy is flowing through you right now. You are surrounded by energy. You are breathing in and breathing out energy. The thoughts you are thinking, your feelings, your blood and cells are energy. Every part of you that is growing is energy. What you eat is energy, what you say is energy. What you pay attention to is energy. What you watch is energy. The feelings in your heart are energy. The thoughts you think are energy.

Energy flows where attention goes. You are lining up your energy with the thoughts you think and the things you pay attention to. ***What are you giving your energy and attention to?***

Your energy is flowing and is directed by your thoughts and feelings. Although you may not have thought to link the invisible nature of energy to be an important factor in the complex equation of SVT management, it is worthy of including it here. If energy is so present and powerful in our body, then we need to tune into it, acknowledge it, learn to protect it and guide it. People with SVT are energy sensitive and I want to help you learn how to become more aware of your energy and respect it, guide it and clear it when necessary. I find many people with SVT are much more susceptible to SVT when they are energetically drained, depleted, in stressful situations, around many people, are empaths, and are not good at creating strong energetic boundaries.

According to Dr. Christiane Northrup,
“The heart has an electromagnetic field that is 60 times larger than the electromagnetic field of the brain”



The energy you absorb is impacting your own precious energy! It is impacting the way you feel, your mood and emotions, your sleep, concentration, spirituality, and even your digestion, health and heart. Healing this layer includes becoming much more careful with your energy, deciding consciously who you choose to surround yourself with, and give your energy to, and how you protect your energy and give yourself what you need. This includes a massive evaluation of family boundaries, work boundaries and digging deep to see who and what you are sensitive to.

Electro-Magnetic Fields

Another and often-overlooked factor in health, that is related to *tangible* energy is the impact of the chronic excessive exposure to EMFs. “EMFs are electromagnetic fields—invisible lines of force that emanate from any electrical or wireless device. Low frequency **EMFs** are emitted by our electricity and appliances such as microwaves. High Frequency **EMFs** (also known as Radio Frequency or “RF”) are generated by all our wireless devices.” -- *Dr. Joseph Mercola*

Your heart and brain are especially sensitive to EMF's. People with **SVT are very sensitive to energy** in general so learning about EMF sensitivity and how to protect yourself and heart energy center from EMF exposure is particularly useful in SVT prevention. Since the heart has one of the largest electromagnetic fields in your body so it's necessary to learn more about EMF and how prevalent they are in your environment. I supply a few tips on how to avoid EMF's in the action steps at the end of this section.

Internal Energy Centers

There are seven main energy centers within the body called the *Chakras*. **The Heart Chakra is the fourth chakra and located in your heart center.** It governs emotions, intimacy, nurturance, partnership, giving vs getting help, trust issues in relationships, and care of others. The areas of the body it affects are the heart, lungs, blood pressure, cholesterol, and breasts. Health issues correspond to the chakra that the energy center represents so obviously SVT represents a Heart Chakra issue.

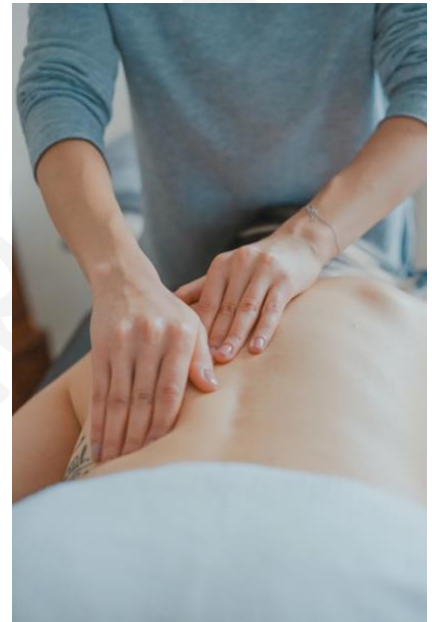
Your heart center is your capacity to give and receive love, to heal, to forgive, to feel, to take risks, and to live as fully as possible. Your heart chakra center is a place of decision making, of fulfilling your purposes here on earth, and of sharing your gifts and talents with the world.

It makes sense to look at the heart, not just structurally and nutritionally, but also through the lens of the heart chakra energy center to see how correlating issues are impacting your health and SVT there and how resisting change or transformation may be leading to stagnation in that energy center resulting in physical manifestation of the heart chakra imbalance.

Interestingly, all of the **Chakras are fueled by our emotions.** This is a further example of how all the Core Four Layers, (especially the emotional and energetic) are **interconnected** and have a cascading impact on each other and our mental, spiritual, emotional, energetic and physical health. This is an integrative perspective as well.

Here are some areas to investigate and act on within the Energetic Layer

- Your thoughts and emotions are contributing to your health and reality. Start paying more attention to the thoughts you think, the energy you create and what you unknowingly are attracting.
- Set energetic boundaries. Avoid absorbing other people's energy, especially if it is toxic. This means consciously saying no to invitations that you know will leave you feeling depleted, unsatisfied or drained. It also means practicing boundaries and learning the art of saying NO. Re-evaluate work relationships, personal relationship and how much time you spend dealing with toxic people and family members.
- Learn how to protect and clear your energy field. You can work with a practitioner for this, learn about grounding, take showers and baths at night, and do visual clearings to clear your energy field at night. Some people use clearing meditations, and essential oils to help ground and clear energy. Be more conscious of your own energy, when you feel tired, drained or susceptible to energetic episodes.
- Modify your reactions to other people's issues or actions. How you react matters and is within your control. For example, you don't have to yell back, engage, or even reply, you can just remove yourself from situations or toxic conversations. Practice this by disengaging from watching horrifying news stories at night, participating in road rage, and becoming more conscious of your reactions in general.
- Be aware of sensitivity to noise or temperature and weather; Are you more susceptible to SVT when barometric pressure is low or high?
- Limit your exposure to EMF's from sleeping with your phone or computer near or on your head or chest. No using computers on your heart area while laying down or anywhere near your chest area!
- Learn about the Law of Attraction and how to use feelings and energy to design the life you want. Use **manifesting tools** such as Vision Boards, Vision Journaling and Creative Visualization to get clear on what you want and use emotions, feelings, energy to help you draw more of what you want into your life. (Check out my Vision Journal Kits on my www.LauraMadrigano.com website)
- Learn about energy healing and consider going to a reiki practitioner or energy worker.





The CORE FOUR Healing Layers: The Spiritual Layer

Spirituality means so many different things to different people. For some it might mean religion, for others, it might mean your connection to the Universe, or your belief in a higher power.

As I mentioned, SVT acted as my own wake-up call and catalyst to examine not only my diet, digestive health, energy and self-care but to also to explore my ***life purpose, my values, my spiritual connection to a higher source, my intuition and being of service to God.***

This is what my SVT ultimately represented to me, a re-evaluation of my core values, my spiritual path and my life purpose. SVT can be a wonderful opportunity to re-evaluate the very core of how you spend your days, what you devote your life to, with whom you choose to spend your time, your connection to a higher purpose and how well you are using your intuition to guide your life.

Your heart represents life itself, and therefore, your life purpose and connection to your higher self is a part of the *Heal SVT Naturally* exploration.

If you are disconnected, racing through life, hate your job, don't feel committed to something bigger than yourself, a heart chakra issue like SVT can be guiding you to examine your core values and what you really want to align with in your lifetime.

When I reflect back upon my life, the times when I was the most disconnected from my intuition were some of the times of my greatest ill-health. Illness is a powerful way of our body-



mind and spirit redirecting us back to our highest truth, purpose and path in life. Healing work is what allows that pathway to become clearer and more achievable. Poor diet, unhealed toxic emotions, struggle in relationships, job, debt, etc. are all challenges that when worked through, can open the door to our greatest vision, ideas and purpose. This is after all why we are here. **To meet our potential, expand our compassion and love and enjoy life!**

SVT helped me to re-connect with and forgive God for childhood losses that I blamed him for. This was deep heart healing work that was essential for me to expand and grow. Most importantly, SVT helped me to forgive myself, the ultimate act of self-love and honoring the type of energy you want flowing through your heart. Since healing is a journey, not a destination, sometimes this type of

healing work needs to be done again, and again. Just when you think you are done, there is another layer to address, and more wounds that need your loving attention. I know this is an on-going commitment and process for my own continued SVT prevention lifestyle.

Your heart is speaking to you and it's your job to listen and let it direct you! Be open to its messages...

My past pains, childhood wounds, and path to healing has ultimately become part of my life purpose in that I enjoy helping others to do the same. On a spiritual level, I gain fulfillment and purpose by helping others to heal, redirect what they focus on, move from suffering to empowerment and ultimately deepen their ability to live out their potential. I like helping other people do the work of being well. I'm not afraid of it, because I know that pain is what breaks the heart wide open to some of the most beautiful possibility available to us. So, while your spiritual journey is obviously personal and complex, these are just a few examples of the reflection and introspection that the spiritual layer of healing SVT can lead to in your own life.

Here are some questions to consider within the Spiritual layer and the topics that I hope to continue to explore with you in all my future offerings.

- Are you living in alignment with your core values? When was the last time that you re-defined your core values? Is it time to reflect on this again for this current age and stage of your life?
- Is your life or relationships built on your value system? If not, is it time to clarify your values and align your life to them? Take some to journal about what you value...What are your sacred values?
- Are you guided by a purpose or a mission?
- Do you do work that you love, feel inspired by it and feel like you make a difference?
- Do you have a "give back" that you are passionate about or a way that you serve others?
- Are you living a life that is true to yourself, true to your needs and your heart's desires?
- Do you feel connected to your intuition and allow it to guide your decisions? Do you listen to your intuition and feel like you can clearly hear it?
- Do you have a connection with a religious source or community or God?
- Do you have a self-care daily practice that you honor and look forward to?
- Do you feel joy? Do you pursue what brings you joy?
- Do you hunger for more spirituality in your life? Do you have a daily spiritual practice?
- Do you meditate? Do you spend sacred time connecting with your heart?
- Can you hear your intuition? Do you listen to it and let it guide your choices?
- Do you feel like you know your life purpose?
- Do you feel like you are meeting your potential?

“Since I started journaling about my heart, it has led me to listen to my intuition again and was guided to reflect on the feelings I experience prior to my SVT episodes. I realized that my anxiety and high levels of emotion were reactions that I have the power to change. This has motivated me to practice mindfulness and breathing techniques which have reduced my episodes and helped me to connect more to my intuition. On the days when I skip my journaling practice, I feel disconnected and off course.”

- Brenda-UK

Summary and Action Steps for the Core Four Healing Layers

Obviously, you can see from reading about **The Core Four Healing Layers** that there is a lot of information to cover within each different layer. I attempted to give you a strong introduction into each of the **physical, emotional, spiritual and energetic healing layers** so that you can do your own self-reflection and introspection from here and pursue it more deeply at your own pace. All of my upcoming e-guides in *The Heal SVT Naturally e-guide empowerment series* will continue to cover each of these layers in greater depth as will my book, and on-line courses and offerings coming soon.

The Core Four Healing Layers provide many areas to examine for change.

Organize a Support Team. As you learn about your root causes within the core four healing layers, you might feel that some of this work will require additional guidance, the support of healing practitioners, health coach, or a life coach, **and you are right!** The purpose of describing what to examine within the *Core Four Healing Layers* is to direct you to the areas that are the heart of the trouble and motivate you into action. BUT, to change your diet, incorporate new ingredients, prepare and cook new foods, heal cravings, overcome emotional eating habits, identify emotions and patterns that need to shift etc. may require professional support.

Health practitioners like Health Coaches, Life Coaches, dieticians, and therapists are examples of people who can guide you in this process. Some of the practitioners who helped me were a Health Coach, Naturopath, Life Coach, Reiki Practitioner, Massage therapist and an Acupuncturist. You can also opt to work with me if you feel called to do so. In January of 2019, look for offerings and courses on these topics on my website, www.HealSVTnaturally.com



5. **Create a Vision Board.** It is so important to hold a **vision** for yourself and your health. Making a **vision board** is a fun and creative exercise and will supply you with a powerful manifestation tool. Remember what you focus your attention on grows. What does a fulfilling and healthy life *look* like for you? Make a vision board with pictures of healthy foods, relaxing activities, happy people, and various symbols of your ideal life. Your Vision Board will help to ignite the feelings in you that you want to FEEL. Feelings are energy that attracts more of what you radiate or transmit. In sum, a vision board can help you to visualize, feel and draw in exactly what you want to create in your life.

6. **Protect your precious energy field.** Each morning or especially before you go out in public or to work, put an imaginary protective bubble around your body. Visualize it and even wave your arm around you as if you are drawing it. Give it a color such as white or golden yellow or blue. Affirm that nothing can pass through your protective bubble without your permission. If and when something or someone feels like a threat (including a stressful conversation or an angry encounter), reimagine the bubble and feel protected.

7. **Work on ways to calm the vagus nerve-**The vagus nerve is involved with managing the sympathetic/parasympathetic balance in the autonomic nervous system. I discuss this much more in The SVT Prevention Diet e-guide, so be sure to read it for more information. The Vagus nerve communicates messages between the gut and brain. **It influences heart rate, respiration and digestion.** It decreases inflammation and has control over heart rate and blood pressure just to name a few of its many important functions. The vagus nerve, also known as the wandering nerve, has branches that wander all throughout the body from the brain into the heart, diaphragm, abdomen, intestinal tract and other organs. The nature of vagus nerve's pathway is the most obvious physical example of the mind-body connection in the SVT example.

Vagal tone defines the functional status of the vagus nerve. This fluctuates based on our lifestyle, food, moods, diet and more. Learning more about and creating optimal vagal tone is a powerful form of treatment that is only just beginning to be explored. It makes logical sense to tend to this vast and complicated nerve and learn the implications of it on our overall health. You can engage in calming the vagus nerve techniques to help you as we wait for traditional cardiology to catch up on the importance of incorporating **calming the vagus nerve as a form of SVT prevention** and management.

Calming this nerve is achieved through daily habits like yoga, meditation, breathing, intermittent fasting, laughter and massage to name a few.

8. **Consider adding in a magnesium supplement.** There is a lot of information about magnesium in the private Heal SVT naturally Facebook group which you are welcome to join. The link to do so is in the resources section at the end of this guide. Also, be sure to check out the blog page at www.HealSVTnaturally.com for all the magnesium articles that I publish there. There are many types of magnesium to consider and it's important for you to read up on this further to make the right decision for yourself if you want to supplement with it.

Heal SVT Naturally Reflection: The CORE FOUR Healing Layers

*Figuring out your root causes and taking steps to remedy them is the **real work** of Healing SVT Naturally and **the work of being well**.*

The work of being well involves looking at diet, energy, spirituality, life purpose, your value system, your priorities, your self-care practices, your exercise routines, your home environment, your job, your service and your relationships to others and even with God.

I know that examining all of these areas can feel overwhelming or even scary. Can you trust that your SVT is leading you somewhere...to a place of better quality of life than before?

*Your SVT is holding you accountable to heal and disengage from any activities or foods that are not good for you. It is forcing you to deal with old emotions that need to be honored and lifted from your energy field. It's helping you to heal and get all the things out of your way that prevent you from **meeting your potential** and possibly being of service to the world.*

“Our deepest fear is not that we are inadequate, but that we are powerful beyond measure.”

-Marianne Williamson

Useful Affirmations for the Core Four Healing Layers:

I am open to finding root causes of my SVT

I love exploring new foods that completely nourish me

It is a relief to learn which foods are making me sick

I am open to understanding my body on a deeper level

I am willing to get to the root of the matter

My self-care is my priority

I am willing to let go of past pain and anger

My body is able to heal itself if I give it the opportunity

My SVT is leading to a better quality of life

I am open to explore my values and spirituality

I know how to nourish my needs

I enjoy doing the work of being well

Taking care of myself is worth it

I am worth it

I love myself

I am ready to meet my potential

The Basics 6: Everything is Interconnected

We are learning that the body and everything that we have been doing, thinking, eating and feeling are all interconnected. This is the integrative perspective. What you do in one area effects all the other areas. Food, energy, emotions, heart joy all matter when it comes to healing SVT naturally.

Use the new views and what you've discovered about yourself to understand how the causes within the Core Four Healing Layers are *interconnected* and manifest weakness and illness in your body. Your healing journey is defined as applying this new knowledge to transform your health.

I have created an example of a day in the life of someone with SVT for you to see if you can now recognize how her behaviors, diet, emotions, self-care and energy play a role in her propensity to have an SVT episode. If you can see it in someone else, you may be able to see it in your own life as well.

On Wednesday evening Julia has a stressful phone call with her sister arguing about long-standing family finances. She goes to bed two hours past her bedtime with her cell phone near her pillow. She has a hard time falling and staying asleep. She wakes up exhausted and skips her usual breakfast of eggs or oatmeal since she is rushing. Instead she eats a bagel with coffee at work in front of her computer. During the day, she allows her co-workers to chat with her about their problems so that she has to stay in at lunch to catch up on work for a project that is due instead of taking a walk. On the way home from work she purchases a take-out pizza and soda which includes ingredients that she is unknowingly allergic to and also predispose her to further weight gain, pre-diabetes and an SVT. Once home she makes a quick batch of cookies that she promised her son to take to the school bake sale. By 9:00 Julia realizes she didn't get time to do her gardening which gives her joy and peace of mind. She feels an SVT episode starting as she bends over to clean up some toys.

Usually it is NOT one thing that you do that results in an SVT episode. It is a combination of root causes from the Core Four Healing Layers, topped off with one or two triggers that pushes your body into an SVT episode. Can you apply some of the basic principles so far to this example to identify the stages where Julia can look for healing opportunity? Can you see how examining them and addressing them one by one, will reverse the impact and create a cascading effect of healing and

reduce the likelihood of an SVT? What are three things Julia could have done differently to avoid setting herself up for an SVT that day?

Give yourself time to **analyze a day in your own life**. Can you identify your triggers, and root causes and see how your food, habits, emotional state, relationships, work commitments and self-care are interconnected? As you do, can you use some of the **healing action steps** to make different choices in your daily life and see how things could play out differently if all of your factors wouldn't collide and explode into an SVT?

Acknowledging these connections and applying them takes time but you can do this!

Through **avoiding** triggers, **committing to self-care**, **elevating our diet**, **addressing gut health**, **applying stress management**, **doing emotional release work**, **minimizing harmful energy** and **working through all of the points on the healing spectrum**, we can **circumvent SVT**.

My SVT Story: *I went on a strict gluten free diet and also eliminated dairy. Within weeks I noticed a reduction in my symptoms and saw improvements such as daily easy to pass bowel movements which I hadn't experienced in years if ever. There was not only the absence of SVT but also significantly less anxiety and a clearer mind.*

With the help of a health coach, I learned how to incorporate naturally gluten free grains into my diet, and up-leveled the quality of my food in every way. *I ate lots of greens, plenty of other vegetables and whole grains, and weaned myself off of white sugar. After about a year, I felt like a different person. My POTS was completely gone, and I was 100% SVT free for a full year.*

I began to feel empowered and in control of my health and life again. *I knew that the daily action steps that I was taking in every area of my life such as diet and self-care was restoring me on every level. I no longer felt on the edge of a cliff, and actually for the first time in years felt vital, energetic, and anxiety free. Physically feeling better (finally) helped me to tackle the other areas of my life that were out of balance such as my home environment, and changing career paths.*

I used the process of making conscious daily healthy choices as a form of continued prevention. *My new way of living was working for me, and I wasn't willing to give it up for anything!*

I knew I still had a long way to go but I was encouraged and proud of myself. *Removing the foods that were making me sick changed the direction of my life and the frequency of my SVT episodes. I felt excited to pursue other interests such as taking on line classes, furthering my education, and focusing on serving and helping others.*

SVT no longer controls my life; I control my condition and feel free to live my life on my own terms!

The Basics 7: Self-care is the New Health-care!

Self-care is the foundation for the quality of your life.

After diet, self-care is the single most important aspect to integrate into your life. To live a life of SVT prevention, self-care and must become a way of life. It is the ultimate form of SVT management.

PREVENTION encourages the development of healthy behaviors and skills for effective self-care that people can use throughout their lives.



We all want to feel healthy, vital, energetic and alive and meet our full potential. You can't do that when you don't feel well and are suffering with SVT. There is a better way and it begins with new ways of caring for yourself. Prevention is the act of protecting and avoiding something. That is exactly what we want to do with our SVT condition. We protect ourselves by addressing the SVT root causes and triggers and by integrating self-care steps into our daily life. A new diet, and self-care become non-negotiable aspects of our SVT prevention.

This is not a one-time effort. It is a daily, weekly, monthly practice and there is no finish line. Remember healing is a journey and NOT a destination! A new foundation of health takes time to build. Eventually you will enjoy taking care of yourself and it won't seem like a chore.

Every day, you are either "filling your bucket" or emptying it out. Every bite of food is either helping you or hurting you. Every day you either make nutritional and energetic deposits or withdrawals. You either restore your energy or drain it. Prevention is in your daily small choices that lead to a whole picture. As you plan your life you are either making room for self-care and the things you want, or you are taking on too much and compounding your stress. **These are daily choices and where you can regain personal power to influence your health outcome.**

Be Vigilant! Prevention is your investment to have a life of SVT freedom

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“ACTION ALLEVIATES ANXIETY” -- Marie Forleo

Action steps are things that you do to shift your mindset, change your thinking, break a pattern, feel better about yourself and lead you toward a specific goal. **Taking action where you can, is the premise of this entire e-guide, and purposeful action steps help you build a life of self-care. Further, action alleviates anxiety.**

Now that you have read this guide, I encourage you to make a list of all the areas of your life that you think may be contributing to your SVT. **This is an exercise is trusting your intuition and listening to your heart.** Make two columns on a sheet of paper. In the first column, list anything that you think might be related right now. Examples are stress from work, stress from home, diet, digestion etc. You can even close your eyes, put your hand on your heart and just ask yourself, what is contributing to my SVT? Jot down anything that comes to mind. Then, in the second column, write down **one actionable step for everything** that you listed. An actionable step is something that you can do, without the help of anyone else, that feels like positive forward movement in your life that will help you begin to prevent your SVT.

Integration

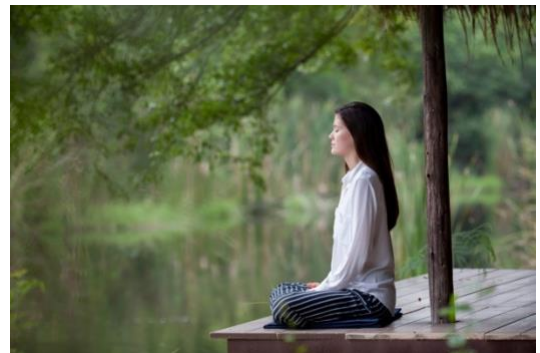
Integration is the process of creating balance to become whole.

The *Heal SVT Naturally* Approach is to **carefully and systematically address and diffuse** the things that set you up for an SVT and to then take that information and integrate it into a lifestyle of prevention. This stage of Integration is the time to process and apply all of the new views, and changes into your life.

Self-care is such an important topic, this too will eventually have its own guide. For now, here are some tips to help you with this key step:

1. Schedule specific self-care time just for you each day, such as exercise, walking, resting, meditation, yoga, stretching, cooking, favorite pastimes or simply time spent in solitude. **Self-care is an integral form of practicing prevention and a wonderful gift to give yourself on a daily basis.**

2. **Rethink your schedule.** You are the one that is in control of your calendar. Reflect on your time management. Take everything off your calendar and look at it like a clean slate. Then the very first thing to add back is family and then you and your self-care. Think about adding in daily time to cook, rest, read, exercise, write, or whatever it is that you need and crave. Then, after



you have blocked time out for yourself, add in your “must do’s” with work and other obligations. This way you make sure that your schedule has room for the things that your heart desires to do. There will surely be things that don’t fit into your calendar using this new approach and they may actually be the very things you need to let go of or say no to. There is only so much time in the day and YOU are your new priority.

3. Surround yourself with people and mentors who inspire you. It is essential to stay on track and motivated. Scrutinize with whom you share your time in person and on social media. Your time and energy are limited and precious! Re-assess the things that are worthy of your attention and energy. There will be people or things that are no longer aligned with your new vision that will have to get phased out. It is okay to let go and politely learn how to say No to the things that are not serving your new plan and way of life. Consider aligning with other SVT members to help you stay motivated and on track.
4. **Make room for meditation.** Healing and the maintenance of prevention require time. With new priorities of a balanced life consisting of a wholesome diet, cultivating nurturing relationships, exercising, relaxation, spiritual time and taking care of your well-being will result in a new schedule and flow to your life. Meditation is an effective way to engage your parasympathetic nervous system, to calm your mind, and experience clarity and direction for your new priorities. Meditation promotes relaxation, lowers blood pressure and improves immunity. Take time for this, even just a few minutes per day.

5. **Work with a Health Coach or Join a Coaching Membership**

A Health Coach could guide you and support you through the necessary changes along the Healing Spectrum. Your coach would hold you accountable to take action steps and move forward at the pace that feels comfortable. There may be specific skills that you need to learn or incorporate such as upgrading your diet or transitioning to gluten-free diet. It would be a wise investment to get this specialized help. I will be offering a group coaching membership in 2018 that may be just what you need—see the Resources page for more details if interested.

Prevention is a way of life.

You are worth it. While I haven't mentioned this yet, but alluded to it, all of this work is about taking the very best care of yourself, **which is ultimately about self-love.**

Self-love is the main ingredient in your recipe for prevention. When you love yourself, you enjoy taking time to exercise and de-stress or prepare food that is nutritious and delicious. When you love yourself, you have no room to tolerate people or behaviors that feel toxic to you.

When you do healing work, your self-love increases and inspires you to do more until it becomes your way of life.

It's up to you to take the very best care of yourself!



Affirmations for Self-love and Self-care

I am willing to make my self-care a priority.

Self-care is the best prevention

I set boundaries in my life to make space for taking care of my needs

I anticipate occasions when I need to prepare or provide my own food

I have fully educated myself and my family about my health priorities

I can manifest anything I want

I love taking care of myself

I am healthy

I WANT to take care of myself

I love myself

I enjoy carving out time every day for self-care

Self-care is a core value in my life

I listen to my heart

I practice loving kindness to myself

I am willing to love myself

I am willing to take good care of myself

I love myself

The Basics 8: The Work of Being Well

“I claim my power and move beyond all limitations” -- Louise Hay

Having SVT has been a life changing and transformational opportunity for me and can be for you too. Embracing a **new view** and taking appropriate action sets you up to have hope and be successful in this life-altering journey of healing.

Today, I feel in control of my life, my health and my destiny.

My health picture today is very different than what it used to be and is a direct result of having the courage to be my own health care advocate, address old emotional wounds, and make self-care, diet, nutrition and gut healing a priority. I have laid out some of the most basics steps for the changes that worked best for me and my clients in this guide.



I no longer live with debilitating fear of SVT rarely think about one occurring. My overall health has improved dramatically. My POTS is completely gone, and I no longer suffer from daily weekly, monthly or yearly SVT episodes. I sleep well, lost weight, developed an appetite for naturally sweet foods, avoid white sugar, crave nutrient dense food and exercise, I don't wake in the middle of the night with palpitations, and have significantly reduced my anxiety. Perhaps just as important, I have devoted my life to helping others heal and making space for my own healing work. I enjoy helping others find meaning and purpose out of their pain, and guiding people towards transformation and healing. This has helped me align with my own purpose, find fulfillment, and gain sustained SVT prevention and healing. I've devoted my career to this way of life which also helps me stay on track.

SVT has helped me have many good things in my life. Improved health, connection to my intuition, devotion to self-care, relief from old anger and emotional wounds from the past, and consistent commitment to the SVT prevention way of life. I remain mindful of my physical, emotional, spiritual and energetic boundaries, all of which helps me maintain my SVT freedom.

This is the real reward of doing the work of being well, and the blessings of my journey with SVT.

Gratefulness is the Doorway.

No matter what hardship that you face in life, whether it is an SVT diagnosis, or anything else, you have a choice on how to respond. That is perhaps one of the only things that is ultimately within our control.

Even when bad things happen, we can always find something to be grateful for which will make it easier for us to navigate the hard times -- Ariana Huffington

Deepak Chopra says, "Gratefulness is the doorway". We never know the good that can come from what seems like a bad circumstance. Perhaps **SVT can be your door to something amazing that you just can't see yet.**

In order to ease the pain and suffering we feel around SVT, you can decide to shift your mindset and date I say even be grateful for it. **I am grateful that SVT has been my teacher** and I am **grateful** for all the things that it has taught me. Now I share those lessons with you!

Can you be grateful for your SVT? My SVT helped me learn about the true meaning of self-care. It helped me to diagnose food sensitivities, get rid of pointless white sugar, eat more veggies, layer in super foods, embrace food prep and learn how to nourish myself in ways that satisfy me. It helped me to have the life, health, family, career and abundance that I have now.

Gratefulness is the doorway to all possibility. Spend time each day feeling grateful for all of your blessings and find ways to be grateful for what may even seem like a hardship. Practicing your feelings of gratefulness will help to transform SVT and manifest it into something that you *truly are grateful for.*

I am grateful for my SVT, it has helped me to find a better life than before.

SVT Success Story...

"I was just looking at the calendar the other day and realized I'm nearing the one-year mark since my big, first SVT attack. What a profound difference a year makes. I'm healthier in mind, body and spirit than I believe I've ever been. I owe so much to you for your help and guidance. My heart is full of gratitude and my eyes with joyous tears. I haven't had another attack and no longer fear them coming. I have made self-care the utmost priority in my life and it has changed me in so many ways. I just wanted to hit you up to follow up a year later. I truly understand now when you said that SVT has been a gift. Thank you dear Laura! You kick started a major shift in my earthly existence."

-Sarah

Final new mindset shift: SVT, Your Blessing in Disguise.

SVT was my blessing in disguise and it can be for your too.

It was because of my openness to see SVT from new views, my willingness to be an SVT detective, my commitment to changing my diet, and my unrelenting desire to make self-care the priority in my life, that SVT truly was a blessing in disguise that helped me change my life for the better. **This health challenge has helped me to heal the things that held me back, align my career with my service, and has enabled me to work toward my potential.**

This transformation is available for you as well!

I know that the roadmap I offer to you in this guide points you in all the right directions to begin to navigate your own SVT journey of healing. One that concludes with seeing it as your own blessing in disguise, helps to keep you on the right path, and helps you to transform in ways you never dreamed possible.



How Will You Choose to View and Navigate your SVT?

This guide has given you an overview of the differences between traditional cardiology and the integrative approach to managing SVT. I have laid out some of the basic *Heal SVT principals and opportunities* given you introductory action steps for each of the Core Four stages. I have supplied you with information on where to dig for your root causes, and how they contribute to the overall state of your health, I have demonstrated how all the layers are interconnected, and touched on the importance of long term prevention.

You have both new knowledge and some basic practical integrative direction to shift your view of SVT and to take steps to renew your health using these *Heal SVT Naturally* integrative methods.

Now, the long-term work of integrating these concepts, making behavioral changes, and taking daily inspired action steps begins.

This is the Work of being Well, and the work that I LOVE to help people engage in.

Life is precious. An accelerated heart rate reminds us of that very quickly. I hope that this e-guide inspires you to open **your awareness** and **your heart** to new possibilities and the joy, peace and healing that we all have access to and deserve.

Take some time to really think about the areas I invited you to explore in this guide. Put your best foot forward, examine your triggers and underlying causes and let **SVT be the catalyst** that brings you to the life you dream of. Remember the work of being well is the foundation that you are creating for yourself so that you can live the life of your dreams.

Be a Part of the New Paradigm!

Become part of this new paradigm and be an inspiration to others with SVT and to the medical community.

You are a fellow pioneer in the evolution of the treatment of this condition. By embracing and learning about the new and supplemental ways of viewing and treating SVT puts you on the cutting edge of a new paradigm of SVT treatment. I am educating you in a way so that you can take this education and use it to help yourself heal and be a part of this grand revolution.

This is a whole NEW PARADIGM in healing a medical condition ahead of the medical community.

You will be proof of this possibility, like I am, and an inspiration to others for generations to come! True empowerment lies in harnessing your healing energy and then *sharing it with others*. Just like I am using my SVT for good, you can too in your own way. The world needs the gifts that only you have to give! The work and blessing of *healing SVT naturally* can be a model to find empowerment in every area of your life and become a part of the solution that this world so desperately needs.

Thank you for reading this guide,

xo Laura Madrigano
Board Certified Life Coach,
Integrative Nutrition Health Coach
SVT Coach and Thriver



Resources

1. If you liked this guide, get the second one in the series, ***The SVT Prevention Diet***, [HERE](#).
2. Join the Heal SVT Naturally Private Facebook Group [HERE](#)
3. Visit the Heal SVT Naturally Resource Page [HERE](#)
4. Visit my other website, www.LauraMadrigano.com for information about self-care, journaling, creating a home based on line business, feeding your soul and growing your business and downloadable guided journaling exercises.
5. If you would like to learn everything you can about Healing SVT Naturally with me as your guide, I offer an online Heal SVT Naturally course beginning in 2019. It includes a private website, video classes, PDFs, group coaching, live weekly Q & A, private personalized coaching and so much more. Learn about my Heal SVT Naturally Online offerings, classes, and course [HERE](#).

About the Author, Laura Madrigano



Laura Madrigano is a Board-Certified Spiritual Life Coach, and an Integrative Nutrition Health Coach from the Institute of Integrative Nutrition. She is a mother to two boys, a writer, designer and the creator of *Heal SVT Naturally*.

Laura has never been on medication or had ablation. She has transformed her health, career and life using the methods that she now shares with thousands of other SVT sufferers around the globe.

Laura is dedicated to helping people take back control of their health and design a life that they love.

She offers private and group coaching to people with SVT, courses, e-guides, books and speaks publicly on the subject. To learn more about Laura or contact her for her services visit:

www.HealSVTNaturally.com

www.LauraMadrigano.com