

# **The Indispensable Guide to Navigating SVT:**

What you need to know to start your journey of healing

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Heal SVT Naturally, Clark, New Jersey

# Are you open to a WHOLE new view of your Supraventricular Tachycardia?

My journey with SVT has led me through *traditional cardiology* and *alternative approaches*. After years of researching SVT, navigating my own healing journey, trusting my instincts to use natural means to help myself, finding lasting relief from SVT and related anxiety, and transforming my career to help hundreds of other people with SVT, it was time to create a concise guide to help people learn what took me years to figure out.

SVT is an extremely scary diagnosis. You deserve to know all the facts so that you can make tough decisions about your health and future. I hope to help you navigate those choices by introducing you to a whole new view of your SVT, one that your doctors may not have necessarily explained to you or agree with, since they likely have a traditional western approach.



**This guide will introduce you to my view, the *Heal SVT Naturally* view, an integrative approach to healing SVT and elevating your whole health.**

If you just had your first SVT episode, or have had SVT for a while and are frustrated looking for alternative solutions to deal with your condition, I am sure that you have many question, just as I did.

Here is what you will learn in this guide:

1. The differences between traditional cardiology and integrative healing.
2. The introduction to the *Heal SVT Naturally* Approach.
3. The SVT Healing Spectrum.
4. Where you can look for opportunities to prevent acute episodes.
5. How to understand and begin to identify SVT triggers.
6. The concept of root contributors to SVT and their impact on the entire body.
7. The importance of a long-term SVT prevention plan.
8. To view SVT as an opportunity to assess the quality of your overall health and happiness.

## The SVT FEAR Factor

SVT is not like any other health challenge. There are several qualities of Supraventricular Tachycardia that quickly distinguish it from other conditions. The nature of an SVT's sudden and unpredictable onset, as well as its limited treatment options can make patients feel fearful and out of control. I'm sure you know what it's like to share these unsettling experiences:

- **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 and imminent need to stop an episode is alarming.
- **The standard treatment options only address the symptoms.** At 26 years old I did not feel comfortable with the limited options of medication and ablation. I was afraid of medication side effects and the risk of winding up with a pacemaker as a result of agreeing to a catheter ablation. I intuitively knew that those options wouldn't address the root causes of my condition.
- **The uncertainty of the next episode.** From a traditional medical point of view SVT's are random. This makes people feel powerless. The looming fear of an unwanted SVT episode occurring creates intense anticipatory anxiety. Traditional Cardiology doesn't fully even recognize the degree in which people with SVT suffer from this anticipatory anxiety and dramatic fear of episodes.
- **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 as a way of life.
- **SVT is uncommon.** The fact that few people have heard of Supraventricular Tachycardia makes you feel even more isolated and alone in dealing with your condition.

Without proper perspective, support or any idea how to change or improve your situation, these fear factors can easily lead to debilitating depression and worry that no one but a fellow SVT sufferer can comprehend.

### **In my own case, my fear of SVT became paralyzing.**

It left me afraid to leave the house, be alone with my children, fly, drive, pursue personal interests, socialize and live the life I had hoped for. I felt alone, isolated, 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 underlying reasons why I had SVT and I was determined to figure them out.**

If you are suffering as I described above or if you feel hopeless, unheard by your doctors, or confused as to what your next best steps are, this guide will help you gain clarity about what to consider when making important decisions about your SVT as well as inspire you take back control of your entire health.

## A Whole New View

In order to understand how to view your SVT as a catalyst to address your whole health, I want to first help you open your mind to seeing your SVT from a *new perspective*.

While SVT is in fact a terrifying and unwelcomed condition, it is also a **wake-up call**. Your SVT is here to wake you up to the discovery that things that you are doing in your life are out of balance either physically, emotionally, spiritually or energetically (I later describe these as **the Core Four layers**).

***All health issues reflect back to us a message that somewhere, something is out of balance.***

This is the first important mindset shift toward taking an integrative approach to healing. Being open to viewing a health challenge as a **blessing in disguise** is how real transformational healing begins.



**SVT can be a doorway to needed diet and lifestyle changes that can dramatically improve the quality of your life.**

**Are you open to a new view?**

## Traditional Cardiology

Most of us were raised in a traditional health care system with symptom based treatment. Your traditional cardiologist and electrophysiologist have good intentions. They give you their best advice which is the traditional, western medical perspective. That's what they know and likely explained to you: the heart structure, the accessory pathway, the electrical misfires, and the options to treat your



symptoms which are beta blockers and ablation.

But I believe that there is more to SVT than what your doctors explained to you. An SVT diagnosis does not have to be a life sentence with only two options of medication or ablation.

*There is a third option: **The Heal SVT Naturally Approach.***

## What is Heal SVT Naturally?

*Healing SVT Naturally* is an integrative approach to viewing your SVT and your whole health picture.

The *Heal SVT Naturally* Approach enlarges the medical view and brings a fuller understanding into light by exercising integrative and functional approaches. It looks for the root causes of SVT as opposed to just ridding you of acute SVT episodes using symptom suppressors as solutions.

Integrative healing takes into account your entire health history, and views SVT as a symptom, not the illness itself. It considers all of your symptoms and co-symptoms, even the ones that you may not think are related. It looks at your personal story, triggering events, your emotions, and your behavioral and lifestyle habits. An integrative approach views your whole health picture as interconnected and studies how your unique set of circumstances contribute to your symptoms.

An integrative approach uses all the healing sciences to design treatment options and values a long-term healing plan. It is individualistic, and uses methods to help facilitate the body's own innate healing response.

**It seeks to alleviate the weaknesses in your body by determining all of the underlying causes. If you address the underlying causes, you will find real relief and lasting healing.**

My methodology to *Healing SVT Naturally* and the choice to use an integrative approach did not happen overnight. I struggled just as you may be now, with searching for answers from doctors, doing all kinds of bloodwork, wearing holter monitors, and following the usual protocol. I relied on doctors to help “fix me” and make me feel better. But my allegiance to traditional procedures, wasn't working.

I discovered the integrative approach as a result of my disappointment, and the need to search for new methods of healing in order to survive. I think that this is how many people are led to alternative



solutions. When traditional treatment doesn't help us, we are driven to search outside of the box to find help.

As with many integrative approaches, ***Heal SVT Naturally* looks at how people contribute to their health through individual beliefs and lifestyle choices.** While this burden of responsibility can be difficult for a patient to accept, it can also be empowering. Taking responsibility where you can, helps people gain confidence and regulate what is within their control which leads to powerful changes.

*Healing SVT Naturally* is about inspiring people through support and knowledge to take responsibility for their actions and choices while empowering them to trust that the answers they seek and power to change resides within themselves.

My approach is the result of over 20 years' worth of personal experience and professional research. I have not only transformed my own SVT and whole health picture but was then inspired to actually change careers so that I could bring my alternative healing strategies to other people who were suffering with SVT and related issues.



## A New Road to Health

While mainstream health conditions are benefiting from progress in new research and exploring integrative treatments, SVT is left out with no one addressing how diet, nutrition, stress, gut healing, hormones and the nervous system are connected to the SVT condition. I have listened to and coached hundreds of SVT sufferers and time and time again, it is through addressing those integrative root contributors that is the remedy to healing SVT naturally, (just as it was for me). **This is what I focus on in my SVT research and integrative coaching work and is my signature way of helping people.**

*Healing SVT Naturally* requires a combination of this new view, a commitment to behavioral and lifestyle changes, devotion to self-care, and openness to breaking through your blocks that stop you. **If you are willing to do those things, you can transform your health and your life.** While this new way of navigating health isn't always the fast, easy path, it certainly is rewarding. 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.

Optimum Health requires planning and intention, which is ultimately the new way that integrative

coaches view health-care; as self-care and prevention.

## Self-care is the new Health-care

Today, as an SVT thriver, a Board Certified Life Coach, and now an Integrative Nutrition Health Coach, I am able to confidently tell you that there are **many things** that you can do to help yourself overcome your suffering around SVT and take back control of your health and destiny.

### Be a Student of your SVT!

There is a lot to learn from your SVT. It can bring you to the verge of a transformation if you are willing to see your diagnosis **not** from the lens of a victim. When life throws you a curveball, if you have a “victim” mentality, it can create a lot of suffering. If you are willing to **be a student of your SVT** rather than a victim of it begin by asking yourself, **“What am I learning from this”, “Why is this happening for (not to) me?”** Reframing questions helps lead to expansive thinking.



The purpose of this guide is to help inspire you to **ask the right questions**, to **be a student of your SVT**, and help **direct you to the precise areas** that need to be **examined** for contributing imbalances.

*A student engages in learning and is devoted to an interesting subject. Being an eager student of SVT is a productive way to harness anxiety, take action, and focus your intention.*

Another integral function of the *Heal SVT Naturally* process and being an SVT student is that as you move out of victim mentality toward empowerment, you **simultaneously open up to turn your pain and suffering into meaning and purpose**. This is the ultimate way to invite lasting healing and ignite your full potential.

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

### Healing is a Journey

**“Journey: traveling from one place to another, usually taking a rather long time...”**

**Healing is a process** that takes time and dedication. An integrative healing approach to heal your SVT



is not a quick fix. It's not a pill or any one thing that heals you. It took years of compounding contributors to create imbalances in the body and so it takes time to undo habits, change thoughts, and rebuild health.

## Healing is a journey, not a destination.

The willingness to honestly look within yourself and tell your truth is essential to move the whole process along quickly. Significant and lasting change happens as a result of doing what I call ***the work of being well***. Healing requires listening, being present and having

time and compassion for yourself in a way that no one but you can do for yourself. This doesn't happen overnight, but I can assure you that if you show up and try, you will see results. So prepare to do some work on yourself, but know that you will be richly rewarded.



## 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.

### The SVT Healing Spectrum

Now that you have positive ways to view the presence of SVT, I would like to introduce you to another original concept: ***the SVT Healing Spectrum***. Most of us think of our acute SVT episodes as the central concern, but acute episodes are just an extreme point on a wide spectrum to examine for healing opportunity.

There are several points on the SVT Healing Spectrum, all with their own unique challenges and action steps. They all have a cascading effect on each other and provide direction for long-term prevention and integration of new lifestyle practices.

The stages on the ***SVT Healing Spectrum*** are:

1. **Acute SVT Episode Empowerment:** This is where we explore and learn ways to reduce fear and be more empowered with acute episodes.
2. **Daily Trigger Management:** You *can* learn to mitigate your **day to day triggers**. Discover what “tips the scales for you” and causes acute SVT episodes.
3. **Analyzing Root Contributors:** The deep healing ***work of being well*** lies in uncovering your root contributors. *This stage includes: **The Core Four Layers; The Body Interconnected;***

### *Repairing the Foundation*

4. **Long-term Prevention:** Using self-care and prevention as a way of life.
5. **Integration-**Applying change to create balance and restore health.

## 1. Acute SVT Episodes

**My story:** 15 years ago, I felt fearful every day and that my health was out of control. I was overwhelmed by symptoms and unsure whether I should go on medication and have ablation. I was desperately afraid of SVT episodes and was scared for my future.

All of my symptoms seemed to worsen in my 30's and after my first pregnancy. Instead of the occasional SVT, I now had it much more frequently, along with constant mis-fires, anxiety, hormonal disturbances and more. The physical exhaustion coupled with ongoing adrenal fatigue and the demands of being a new mom culminated into a complete health breakdown. I woke up exhausted every day and not certain I would have the energy to be a mom and take care of my son. I longed to lie on the couch during his nap and counted the minutes until his bedtime so I could crawl back into my own bed.

**Every day I felt threatened that another SVT was imminent.**

I lived with constant palpitations, electrical misfires of the heart, SVT "attempts", actual SVTs or the crippling fear of one occurring. As SVT and the fear of SVT took over my life, I knew I needed more than what traditional cardiology had to offer me...

### The biggest worry that any SVT sufferer faces is an acute SVT episode.

Perhaps you are feeling like SVT episodes are the main issue that you are facing. They are so frightening and overwhelming that your whole life revolves around worrying when it will happen next, especially when traveling, at work or even at home alone with your children.



As mentioned, traditional cardiology treats acute episodes in an emergency room with adenosine and gives you the choices of beta blockers and ablation. But, those options aren't empowering options and they don't direct you to uncover the deeper causes which are **the real long-term solutions**, like the Heal SVT naturally approach does.

Below are some action steps to help you feel more empowered during acute SVT episodes, while we



will search for and hopefully mitigate the triggers and root causes, which will eventually lead to fewer episodes.

### **ACTION STEPS for Acute SVT Episode Empowerment:**

**1. Stay Calm.** Staying calm is critical to help reduce the amount of adrenaline rushing through your body and take you out of the sympathetic nervous system response (“the red zone” as referred to by Dr. Libby, a leader in how the diet effects the nervous system) and into the parasympathetic response (“the green zone”). There are several methods that can help you stay calm during episodes that you can use at the onset of an SVT or in-between attempting conversion methods.

First, try any forward-bending yoga posture such as *child’s pose* to stimulate the parasympathetic nervous system. You want to take actions steps to counter your increased heart rate. 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.



*“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*

Second, press one finger into the center of the palm of your opposite hand using firm pressure to bring your energy down and help to reduce anxiety. This is a Chinese medicine technique used frequently in acupuncture to help calm your overall energy.

Third, inhale and exhale slowly to get oxygen into your brain and body as you repeat positive affirmations to yourself such as, ***“I am okay; I can do this; I can break my SVT; I am safe.”*** Slow deep belly breathing also helps to engage the parasympathetic nervous system which is crucial when we want to stay calm and break our SVT.

**2. Actively attempt to break or convert out of an acute episode the minute you feel one coming on.** Do not wait until your heart revs up to 260+ beats per minute to begin this process.

At the immediate onset of an electrical mis-fire, begin to bear down and to BLOW into your CUPPED hands as hard as you can, for as long as you can in one exhalation. Sometimes the hard blowing will prevent the SVT from even revving up and you will avoid the episode completely. Don't just try one or two times to break it 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 repeatedly to convert.

If you already have a method that works for you, continue using it. Here are other methods to attempt to break the SVT and avoid adenosine:

- The Straw Method: blow into a straw 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.
- 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.
- 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).

*Repeat whatever method(s) you select as many times as necessary—Remember, you never know which method will convert you out of an SVT. They end just as quickly as they begin, so don't give up! Whatever methods you chose, just be sure to **actively attempt** to convert until it breaks.*

*\*Side note and worth mentioning: Re-evaluate logging onto Facebook to announce that you are in SVT and instead harness your powerful healing energy focusing on breathe-work, mindful calming techniques and converting.*

**3. Try the modified Valsalva maneuver.** While there are many conversion methods that can be effective for you, learn about and practice the newest and highly-rated **Modified Valsalva Maneuver**. It has a high conversion rate and works very well for people who have found success using the regular Valsalva Maneuver. Familiarize yourself with this method since many hospitals and cardiologists are not yet teaching and practicing it.

“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)

*This is how to do the modified Valsalva maneuver:* Lie on a bed or floor. Blow into a needleless syringe for 15 seconds (while laying down face up) and then alternate blowing and raising

Learn how to perform  
**Modified Valsalva Maneuver**  
by watching the  
[VIDEO HERE.](#)

your legs (hold them up for 15 seconds). “This generates increased pressure within the chest cavity and triggers a slowing of heart rate that may stop the abnormal rhythm.”



**4. To create lasting episode empowerment, we need to be prepared and have a plan in place to gain a real sense of confidence when it comes to acute SVT episodes.** For even more in-depth coverage of this topic, I have created a new guide that will help to prepare you for future episodes by giving you tools to stay calm, ideas for using breathing techniques, a comprehensive list of conversion methods to use as a checklist during episodes, and by teaching you how to create an “Acute SVT Episode Empowerment Kit”.

**Learn more about the Episode Empowerment Guide [HERE](#)**

***A New View:** A shift in mindset is the first and most critical step in the Acute Episode Stage. Challenge yourself to shift your anticipatory anxiety and instead redirect that energy into doing something productive and beneficial for your health.*

***ACTION alleviates ANXIETY.***

*Where can you get into action? What can you pro-actively do for your health today? Can you cook a healthy meal, add in a new vegetable, clear a pile of clutter or go for a walk? Each action step dedicated to self-care prompts further action which brings you closer to the lasting SVT relief that you ultimately long for. Be gentle with yourself during this process and as my favorite Spiritual leader and author Louise Hay said.... **“Stop scaring yourself”***

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**Useful Affirmations for this Acute Episode Healing Stage:**

**It feels great to take control of my health**

**I am learning new ways to support myself**



I know how to convert my SVT

I am calm

I enjoy learning ways to engage my parasympathetic nervous system

I take deep breathes into my stomach and feel relaxed

I can easily break my SVT

I love learning new ways to be healthy, I am on the path to healing

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## 2. Daily Trigger Management

**My story:** One morning after eating a cheesesteak sandwich the night before, I experienced a long and difficult SVT that made me question my survival. I intuitively knew that if I didn't figure out my health puzzle, that I was in serious trouble.

And thus, the most important journey of my life would begin. Like a detective I had to cover all of my bases and consider everything a potential clue as to why I was so sick in general, and what was causing my SVT specifically.

I made appointments with leading cardiologists and electro physiologists in premier New York hospitals to educate myself and to get opinions about treatment and prevention of SVT. I wore holter monitors and took every kind of blood test, all of which came back "normal."

**There must be a reason why I had random SVT episodes!** Other questions constantly swirled around me: was there a link between SVT and POTS (postural orthostatic intolerance)? **Why was I more likely to get an SVT when I was hot, or had sugar for breakfast or got run down?** While I understood that I had an extra accessory pathway allowing the SVT to occur, I wondered **why they appeared to happen on certain days, or when I was sleep-deprived, stressed or constipated.**

The only medical advice I consistently received was to avoid caffeine. I knew that my doctors were well-intentioned and provided me with their best guess. Yet, I knew there had to be other pieces to this puzzle, and I remained determined to figure out this mystery.

My "ah-ha" moment was when I trusted myself to question traditional advice: If caffeine could trigger episodes, wouldn't there be other things that could trigger episodes, and for that matter, help reduce them? **I was determined to research these answers even though it felt like I was embarking in uncharted territory!**

## 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? Has traditional cardiology told you that your SVT episodes are random occurrences that are out of your control? Well, SVT episodes are not as random as you think...

I believe that SVT triggers are factors that put you at risk for an SVT episode on a day-to-day basis. While they are not the 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 on a day to day basis.**

They are the point at which your body is no longer able to tolerate some kind of abuse—such as too much work, too little sleep or consuming unhealthy food. Triggers are an important point to study on the spectrum because attention and modifications here result in relief from episodes.

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?

- Lack of sleep or intense fatigue
- Heavy meals, eating too much in one sitting
- Air travel
- Dehydration
- A stressful or angry interaction with someone
- Lack of a daily consistent bowel movement, constipation or loose stools
- Acute digestive distress such as gas, bloating, pressure on your diaphragm, etc.
- Bending, lifting, or arms over head
- Excess heat or humidity
- Pregnancy and first few months after delivery
- Eating white sugar and processed foods or consuming the top allergens.
- Caffeine, soda, excess alcohol



**The good news is that triggers are usually controllable and preventable through self-care, lifestyle and dietary changes.** Once identified, triggers can be modified, managed, and avoided. This is very useful as learning how to use behavioral changes to avoid episodes is an empowering first step in SVT prevention.

Alleviating daily triggers and avoiding episodes also builds confidence and needed endurance which in turn enables you to do the deeper work of uncovering and addressing your root contributors.

Remember, the things that **tip the scales for you** and keep you on the verge of SVT will not trigger you as you ultimately address and heal the root causes. Lastly, begin to **regard your acute SVT**

**triggers as a barometer of your body's limits.** Can you view your SVT as a helpful alarm system notifying you of lifestyle and behaviors that just are not OK for you anymore? Many people miss this innovative way of perceiving their SVT.

### **ACTION STEPS for identifying daily triggers:**



**1. Raise your awareness.** This starts by *asking yourself questions*. How am I (really) feeling? Be honest and open to what answers come into focus. Check in with your body and its sensations, mood and comfort. If you truly **listen to your body** you will start the process of being able to connect the dots between food, living habits, activities, mood and the physical symptoms that you are experiencing. Raising your awareness helps you listen to your body, the best way for drawing conclusions about triggers.

**2. Be an SVT detective.** Start by back-tracking. Use hindsight to piece together evidence in your SVT puzzle. Immediately after you have an episode, write down what you were doing and feeling prior to the SVT. **This is a powerful window of opportunity to capture valuable clues into what tipped the scales for you.** Were you tired? Didn't drink water? Stayed up late? Drank alcohol? Didn't have a bowel movement? Were you hot, thirsty? Needed to rest but didn't? Were you angry, depleted or stressed? After a while you may see patterns emerging that will provide you with valuable clues to help alarm you when you are engaging in behaviors that you have determined are one of your unique triggers.



**This awareness and detective work will help you avoid your triggers and therefore avert and reduce episodes.** Designate a notebook to use for SVT tracking and detective work.

***New View: Stop Hating Your SVT.** We get so caught up in hating and resenting our SVT that our condition becomes part of our identity. When we identify as victims, we distance ourselves from the possibility to control and manage our condition. Remember, be a student of your SVT! Change the lens that you view your diagnosis, and use your precious energy to be interested in its presence, and commit to studying it and asking why it's here. SVT is a friend, guiding you to address the underlying things that are really wrong within your body and life. This shift in mindset is how to empower yourself. It is possible to turn negative energy into a powerful force to heal.*

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### Useful Affirmations for this healing stage:

I listen to my body

I am a student of SVT

SVT is my friend

I know my SVT triggers

I listen to my SVT

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 health

I know what my body needs

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

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

I am thankful for my SVT

My SVT helps me take better care of myself

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## 3. Uncovering Root Contributors

***My story:** While my search for root causes was originally fueled by my fears of ablation, of needing a pacemaker or long-term heart medication, I was starting to realize that I wanted to not only stop the SVTs, but I wanted to feel better overall.*

*I wanted a whole new level of strength and well-being. I wanted to get to the root causes of all the “dis-ease” I was experiencing. Not just in my body, but also in my life.*

*When I was honest, I was also struggling with my relationships, money, home environment and career. I needed healing in all of these areas and maybe my **SVT was, in fact, the catalyst that finally got my attention.** I was ready to do whatever it took to heal even if it required changing my thinking, eating and lifestyle.*

*In short, I had to become my strongest advocate and seek my own answers. It was up to me, to find the underlying issues that were the real root of my SVT. I had to be willing to change.*

## How often do you seek out the root cause of a problem and remove it rather than look to treat the symptom?

The principal of functional medicine is known as “The rule of the tacks”. If you are sitting on a tack, you don’t take aspirin for the pain, you find the tack and remove it.

**An integrative approach addresses the immediate health problems as well as the deeper causes of the illness or disease. If we can identify and address the root causes, then we can restore health.**



In my opinion, ablating the accessory pathway, or taking beta blockers, is like taking aspirin for a tack. While those measures can sometimes help, they come with side effects, temporary relief, less than promised results and most importantly, they do not address the underlying root causes of SVT.

Have you wondered:

- Why do I have SVT on some days and not others?
- Why did I get SVT at a certain age and never have it up until then?
- Why do I get SVT when I am stressed?
- Why does SVT seem to happen after digestive or gastrointestinal issues?
- Are SVT’s just random occurrences or do they relate to food, digestive disturbances, stress, hormones?

To answer these questions, we simply must look at deeper causes and connections. Root causes are a vast and intricate stage on the healing spectrum. To help organize and define the root causes I have divided them into four main categories that I refer to as the **CORE FOUR**. *They are the Physical, Emotional, Spiritual, and Energetic layers that contribute to the SVT condition and must be dissected and studied for imbalances.*

**A New View:** SVT, like ALL health imbalances and diseases is a multi-dimensional issue, meaning that it has several root causes and contributors. No disease on the planet is singular. *Figuring out our root causes and taking steps to remedy them is the **real work** of Healing SVT naturally.*



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### Useful Affirmations for this healing stage:

I am open to finding my root causes

I am willing to get to the root of the matter

I am fully supported

My body is able to heal itself

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## The Core Four Layers

The Core Four 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 complicated internal tapestry that requires our attention.

To help facilitate and organize the process of investigating root causes, I have categorized the contributing layers and describe them as **the Core Four**. These are the four core areas that are contributing to your SVT and other health concerns and are: **the physical, emotional, spiritual and energetic layers**. 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.



### ***The Physical Layer***

The first and largest layer is the physical layer. Core contributors that influence the physical layer are: food, food quality, nutrition, hydration, digestion, absorption, elimination, detoxification, body burden (accumulation of toxins within you), hormones, sleep, rest and relaxation, exercise and movement, cellular intelligence, stress and constriction, body signals, your nervous system, and other biological factors.

The main area within the physical layer that I like to explore first is the SVT-GUT-FOOD connection. Your food, the quality of your diet, your ability to digest and absorb essential vitamins and minerals,

the health of your digestive tract, food intolerances and undiagnosed sensitivities, leaky gut, inflammation, hormone imbalances, adrenal fatigue, blood volume and oxygenation issues, nutritional deficiencies, electrolyte imbalances, acid reflux, depletion, and more are all interconnected and play a role in your general health and your propensity for SVT episodes. *You are not only what you eat, but what your digestion can do with what you eat.*

The integrity of your digestive system is inextricably connected to your health as is the quality of your bloodstream. 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 core contributors to SVT as well as almost every other health issue you might be facing.

**Key areas to search for root contributors in the Physical Layer are:**

- Improving your diet
- Identifying and eliminating your food sensitivities
- Consuming nutrient dense foods
- Food sensitivity testing
- Improving detoxification
- Calming Inflammation through diet, sleep and stress reduction
- Addressing emotional eating or any eating issue that results in self-sabotaging behaviors
- Eliminating white sugar, and anything white and stripped of fiber



## Repairing the Foundation through Nutrition + Gut Repair

**My story:** *Over the years I had many signs that my food choices and diet were not working for me, but didn't know how they connected to my SVT or my health in general. Over-indulging in sweet, processed foods and carb-dense meals such as pizza, bagels, pasta and burgers were making me constipated, tired, restless, sleepless, depressed and stressed. It was also pushing my body over the edge, which no doubt, contributed to seemingly random SVT episodes.*

*With the help of a Health Coach and Naturopathic doctor, I was taught how to listen to my body, document my reactions to my food, get tested for food sensitivities, address what stopped me from taking better care of myself and ultimately change my diet, and my health.*

*As a result, I removed gluten and white sugar from my diet and notable changes started to occur. Lifelong issues like constipation and loose stools vanished, migraines were reduced, my POTS was eliminated and SVT episodes and symptoms became less and less frequent. While describing these important connections may seem obvious now, these links and many others, took years to identify. Many SVT sufferers have unrecognized and undiagnosed food sensitivities, just like I did. It takes openness and alternative approaches to address these root factors.*

## **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.**

Many people have damaged guts as a result of years of poor eating and exposure to unknown food sensitivities and artificial ingredients and pesticides. Repairing your gut will take time but it will be worth the effort.

Additionally, addressing not just food, but also your relationship with food and any issue you may have regarding emotional eating or overeating etc. is an important part of making changes in this area and cannot be ignored. This is yet another example of how SVT serves to help shed truth, light and healing opportunity on the real struggles (root reasons) that are contributing to ill-health. Remember, SVT is here to remind to that your body just can't tolerate self-sabotaging behavior, poor quality food, or certain stressors anymore. So don't be mad at your SVT...embrace it, and let it lead you to change.

**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.**

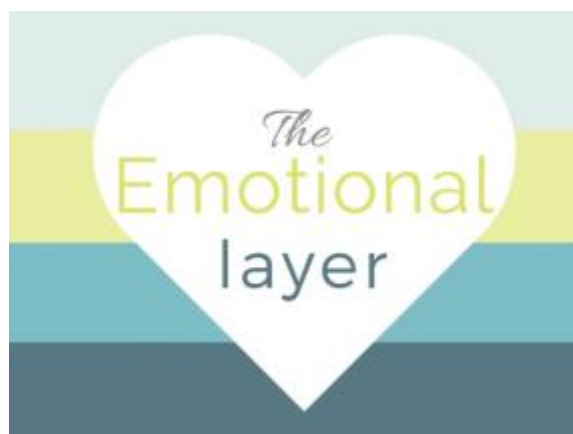
As you learn about your root causes especially in the physical layer, you might feel that some of this work will require guidance, the support of healing practitioners, patience and commitment. You are right! The purpose of describing some of the places to study within the four core layers is to motivate you to become your own SVT detective and direct you into the layers that **you** think might relate to your SVT. Engage your intuition in this process! It's also always a good idea to employ any healing practitioners who will best support you during this process and become a part of your healing team.

### ***The Emotional Layer***

The second layer to explore for root causes to our SVT is the emotional layer. Louise Hay, who was a renowned spiritual and self-help teacher, explained that all "dis-ease" stems from **emotional dis-ease within the body.**

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

Unexpressed or repressed emotions stop the energy



movement and clog the pathways to health. Some healers describe it as E-motions are energy in motion. Repressing emotions causes disharmony in the body and can lead to illness. Releasing emotion, feeling emotion, and expressing emotion creates space for healing; it cannot be ignored in any discussion of health.

Resentments, repressed emotions, daily anger, unexpressed anger, sadness, heartbreak, old unhealed emotional wounds from the past, your life story, your childhood traumas, events leading up to SVT, ongoing unresolved worry, stress, lack of good self-care routines, poor boundaries, and tolerating difficult circumstances or relationships that you have long outgrown are all areas to consider exploring and processing to find advanced healing.

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

**“Disease tells a story not just of our cells but of ourselves and our life histories.”** Every life contains pain, suffering, illness and stress. Each disease or illness tells a story. Honoring your story helps you engage with your illness from a new perspective. Your job is to consider your story as an important aspect of the integrative healing journey. There are so many healing arts to help you in this area, such as: journaling, reiki energy healing, yoga, talk therapy, tapping, acupuncture, anger management, meditation, sound therapy, massage, workshops, retreats and more.

Here are some questions to consider within this layer:

- Do you have old heartbreaks or grief that need your attention and healing?
- Do you have anger from past pain or hurts that you need to process, express and release? Why might they be coming up for you now?
- Do you have satisfying, healthy relationships? What relationship have you outgrown? What are you tolerating in relationships that no longer feels right?
- Do you have intimate relationships? How do you define intimacy?
- Are you self-expressed? With whom would you like to be more self-expressed?
- Do you have a creative source of expression?
- Do you feel joy in your heart?
- Do you journal, meditate, exercise?
- Do you have stress management techniques in place?
- Do you make decisions based on thinking or feeling?
- Do you ask yourself frequently, how do I feel? And do you respond to your feelings?

## ***The Energetic Layer***

An often overlooked factor in health, yet gaining traction 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. Mercola



Your heart and brain are especially sensitive to EMF's. People with SVT are very sensitive in general so learning about EMF sensitivity and how to protect yourself from EMF exposure is particularly useful in SVT prevention.

**“The heart has an electromagnetic field that is 60 times larger than the electromagnetic field of the brain” are the wise words of Dr. Christiane Northrup.**

Internal energy centers are another factor to consider in the energetic layer. The body has 7 main energy centers called the Chakras. Interestingly, the **Chakras are fueled by our emotions**. 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. 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 is a place of decision making, of fulfilling your purposes here on earth, and of sharing your gifts and talents with the world. Your heart center is where you take life in and are present to your experiences.

**It makes sense to look at the heart, not just structurally or nutritionally, but also through the heart chakra energy center to see how correlating emotions are impacting your health and SVT.** This is a great example of how all the Core Four Layers, (especially the emotional and energetic) are **interconnected** and have a cascading impact on each other.

Some areas to investigate within the energetic layer are:

- Absorbing other peoples energy; being with people with toxic energy
- Learning how to protect and clear your energy field
- Modifying your reactions to others peoples issues or actions
- Examining overuse of electronics; sleeping with your phone or computer near or on your head



- or chest, Limiting exposure to EMFs
- Sensitivity to noise or temperature; watching stressful news especially at night

Learning how to clear, protect and manage your energy field is one of the healing protocols in the *Heal SVT Naturally Approach*. Energy has a powerful impact in all areas of your life, mood, health, and energy levels and is a vast topic to explore within this core layer.

## ***The Spiritual Layer***

The Spiritual Layer of *Healing SVT Naturally* considers many things that most people don't normally relate to SVT. As an Integrative Nutrition Health Coach and fellow SVT thriver, I must share with you all the areas that relate to true and lasting SVT healing and exploring the spiritual layer is a delicate and essential step.

I draw on my own healing experience to relay to you what this area means to me and how it relates back to the integrative approach of healing SVT.



As I mentioned, SVT acted as my own wakeup call and catalyst to examine not only my diet, self-nourishment and self-care but to also look at my life purpose, my spiritual connection to a higher source, my self-trust and my relationship with my own intuition.

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. SVT helped me to re-connect with God, forgive God for childhood losses that I blamed him for, and ultimately helped me to forgive myself.

It's hard to describe the deep relief that doing this kind of spiritual healing can have on SVT, but subscribing to the integrative philosophy, that all the areas of life are interconnected, will help you to be open to the concept of exploring how all of these layers relate to your health. This is especially useful for people who already have addressed major dietary factors and have yet to find relief.

Since SVT is trying to get our attention in any area of life that is out of balance, here are some questions to consider within the spiritual layer:

- Are you living in alignment with your values? Do you know your values? Is your life and relationships built on your value system? Is it time to refine and re-define your values and make your life match those values?
- Do you feel aligned with a purpose or a mission?

- Do you do work that you love, feel inspired by it and feel like you make a difference?
- Are you living a life that is true to yourself? True to your needs and heart's desires?
- Do you feel connected to your intuition and allow it to guide your decisions? Do you have a connection with a religious source or community?
- Do you live in alignment with nature and the natural rhythms of the seasons?
- Do you have a self-care practice that you look forward to?
- Do you have clear boundaries?
- Do you feel joy? Do you know what brings you joy?
- What does spirituality mean to you? Do you have a daily spiritual practice?



Harnessing the healing power within the spiritual layer helps you access the pathway to self-healing and to realizing your potential.

## The Systems of the Body are Inter-connected

Everything is connected! SVT, like all health issues, is not a stand-alone condition and likely not your only health concern. It's probably just the loudest one, the one that has captured your attention. Most of us have symptoms for years that we ignore but SVT won't let us do that. While your SVT may be the most unnerving, there are usually several other health issues that exist simultaneously.

To illustrate this further, and understand how the systems are interconnected let's look at an example of a day in the life of someone with SVT.

*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 over sleeps but still wakes up exhausted and skips her usual breakfast of eggs or oatmeal. 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 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 and pre-diabetes. 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. Instead she lays on her couch and feels an SVT episode starting as she bends over to clean up some toys.*

As you can see, emotions, stress, sleep quality, energy levels, food quality, nutrition, electromagnetic energy, nature, exercise, undiagnosed food allergies, mood, movement and more are all related and play a cumulative role in your SVT.

**An integrative approach to healing SVT naturally looks deep and wide to understand how aspects from the core four layers interact and contribute to a person's propensity for SVT episodes.**

Now that you can see how each area in life plays a role and how delicate and interconnected the CORE FOUR areas are, you can begin to respect and heighten your awareness to which aspects within each layer are in need of attention in your life. Only you can know this answer. As mentioned earlier, a duty of taking on an integrative approach to healing **is taking responsibility for creating the changes in your own life** that you know will lead to improved health.

**Every change first starts with awareness.** Now that you have a larger view of how all of the systems are interconnected, you can allow that awareness, to inspire you and guide you toward your personal healing opportunities.

## 4. Long Term SVT Prevention

**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 core layer contributors and integrating self-care steps into our daily life that are non-negotiable. Through **avoiding** unhealthy habits and committing to self-care, an improved diet, stress management, emotional release work, and more, we circumvent SVT.

Prevention becomes your management system and is the best form of *Healing SVT Naturally*.

**Changing lifestyle habits today will help you create the health you dream about for tomorrow.**



Prevention is a way of life. Every day, you are either filling your bucket of energy or emptying it out. Every bite of food is either helping you or hurting you. Every day you are either make nutritional

deposits or withdrawals. These are daily choices and where you can regain personal power to influence your health outcome.

**“An integrative approach focuses on PREVENTION and encourages the development of healthy behaviors and skills for effective self-care that people can use throughout their lives.”**

***New View:** Every 3 months we completely regenerate and replace our entire blood supply. The choices that you make today are responsible for the quality of that blood supply. Your blood supply carries and distributes nutrients throughout your body, feeding every cell. Billions of biochemical reactions are going on all the time. Nutrients are essential for those processes to occur and run smoothly. Healing SVT is not magic, it is a cumulative result of daily choices, improved nutrition, planned self-care, mindfulness, and stress management.*

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#### **Useful Affirmations for this Healing Stage:**

**I consciously practice SVT prevention**

**I am creating my future**

**I enjoy making healthy choices**

**I like eating nutrient dense foods**

**I know what my body needs to be healthy**

**I care about my long-term health and vitality**

**I LOVE to self-care and make lots of room for myself in my schedule**

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## ***ACTION STEPS for inviting Long Term Prevention:***

1. Schedule specific self-care time just for you each day, such as exercise, walking, resting, meditation, yoga, stretching, cooking, favorite pass times, journal-writing or simply time spent in solitude. **Self-care is the foundation for the quality of your life** and an integral form of practicing prevention.
2. The food we eat remains a major tool, perhaps the most crucial, in *Healing SVT Naturally*.



To heal our gut, absorb vital nutrients and embrace and **sustain prevention**, we need to take new direction in our relationship with food. We need to eliminate the foods that are making us sick and find new ways to maintain busy lifestyles without comprising our food choices.

My next guide, **The SVT Prevention Diet** gives you a roadmap to help you learn more about the SVT and Gut connection, the role a nutrient dense diet plays in SVT prevention, and what foods to eliminate and include in your diet. The SVT Prevention Diet is not a temporary diet but a way of life and a must read for anyone who wants a tangible plan to use diet as tool to manage SVT.



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



## 5. Integration

Having SVT has been a life changing and transformational opportunity for me and can be for you too.

**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 using this integrative approach, changing my diet, addressing core contributors, elevating my self-care and doing the emotional healing that was calling. **This is the work of being well, and the work of healing SVT naturally.**

**Integration is the process of creating balance to become whole.** This kind of freedom and relief is also available to you. Your Body can heal.



I no longer live with debilitating fear of SVT or even worry 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 episodes. I crave nutritious food and exercise, I don't wake in the middle of the night with palpitations, and have reduced my anxiety by over 95%.

Perhaps even more importantly, I have devoted my life to helping others heal and find their own meaning and purpose out of their pain. Doing so, has helped me align with my own purpose, find fulfillment, and gain sustained healing. **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 constant awareness of my emotional, physical, spiritual and energetic boundaries that protect me are the result of changes that SVT lead me to make. **This is the real reward of doing the work of being well, and the blessings of my journey with SVT.**

### How Will You Choose to 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 the *SVT Healing Spectrum*, and given you action steps for each of the stages on the spectrum. I have supplied you with information on what the *Core Four Layers* are, where to dig for your root causes, and how they contribute to the overall state of our health, I have demonstrated how all the layers are interconnected, and the importance of long term prevention. You now have both new knowledge and practical direction to help you 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. No matter what hardship that you face in life, whether it is SVT, 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.

**We are all going to have hard times so the question is how are you going to navigate them?**



**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. SVT can be your door to something amazing that you just can’t see yet. Can viewing SVT as a friend, being a student of SVT, and focusing on what you are grateful for help you navigate your SVT?

Life is precious. An accelerated heart rate reminds us of that very quickly. I hope that this information inspired 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.

## **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.**

By aligning with the *Heal SVT Naturally Approach*, you are a fellow pioneer in the evolution of the treatment of this condition. By embracing and learning about the new 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 be a part of this grand experiment and revolution. You are bigger than just yourself or your SVT. True empowerment lies in harnessing your energy from being a victim of this condition to becoming a pioneer in its treatment.

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

You will be proof of this possibility and an inspiration to others for generations to come! The world needs you and your gifts that only you can give. The real work and blessing of Healing SVT naturally is to help you find empowerment in every area of your life, to take control of your health where you can and become a part of the solution that this world so desperately needs.

Thank you for reading this guide, xo Laura Madrigano

## **If you want more support from me as you embark on your healing journey...**

If after reading this guide, you feel inspired to take on the deep healing **work of being well**, then I have a platform to help you address each and every area discussed in this guide.

Since I know the level of commitment and guidance that is required to uncover blocks, heal wounds from the past, rebuild health, change your diet, obtain lasting results, and Heal SVT Naturally, I am in the process of creating an online *Heal SVT Naturally* Mastery resource for people who want to **transform**, using the exact methods that I outline in this guide and use in my own life.



***I want to help guide you through all of the stages of the healing SVT naturally, create a life of prevention, and design a life that you love when SVT is no longer in your way.***

## **An Invitation...Continue the journey with me!**

Are you ready to do the WORK of being WELL and Heal your SVT naturally?

If you feel called to really take your healing and commitment to changing your life and health to a deep level, I invite you to continue your journey with me and learn about my new on-line mastery resource coming in 2018.

**[Learn more about Heal SVT Naturally Mastery Here](#)**

### **About the Author, Laura Madrigano**

Laura Madrigano is a Board Certified 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](http://www.HealSVTNaturally.com)**