

The SVT Prevention Diet

The SVT-GUT Connection & the Power of Food to Control Your SVT and Transform Your Health

by Laura Madrigano

Board Certified Life Coach, Integrative Nutrition Health Coach & SVT Thriver

The SVT Prevention Diet:

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Heal SVT Naturally, Clark, New Jersey

Table of Contents:

A Note from Laura6

SECTION ONE: Empower Yourself Through Optimal Food Choices; The Road to SVT Prevention

Introduction.....7
 The Creation of the SVT Prevention Diet.....8
 Take Your Power Back Where You Can!9
 SVT Prevention: The New Treatment Paradigm.....10
 This Guide is About Even More Than Just Diet.....12
 Address the Root Causes of SVT.....13
 Diet: The New Way to Manage SVT.....15
 The Relationship Between Diet and SVT.....16
 Food 101: Back to Basics.....17
My Transformation19
 My Food Story.....19
 Putting the SVT Puzzle Pieces Together.....22
 Journaling Exercise.....24
 Finding My Own Solutions.....25
 SVT; Blessing in Disguise?.....28
 It's All Good News.....30
 Healthy Eating is Subjective31

SECTION TWO: The 3 Pillars of The SVT Prevention Diet

Pillar 1: Restore Digestive Balance35
 Part 1: The SVT-Gut Connection.....37
 Gut Health Matters.....41
 Diet and Inflammation.....44
 Leaky Gut Syndrome.....49
 The Gluten Impact on SVT.....50
 SVT Trigger Foods.....52
 A Chinese Medicine View: Excess Heat.....55
Nutritional Depletion: A Core Concept in the Culmination of SVT.....59
 Stop Depleting Your Magnesium!60
 Don't Forget Electrolytes.....63
 Pay Attention to Your Blood Quality64
The Perfect Storm: Food Sensitivities+Body Burden+Depletion =SVT..65
 Depletion + SVT: in Summary.....66

Part 2: Heal the Gut and Start Preventing SVT.....	67
Stop Eating Culprit Foods.....	68
The NO List.....	69
Identify and Eliminate Food Sensitivities.....	70
Engage Your Lymphatic System Your Built-in Cleansing System:	78
Connect and Calm the Heart-Gut Network.....	82
Conscious Eating.....	85
Introducing the Vagus Nerve.....	86
Digestive Health: a Path to Healing SVT.....	91
Pillar 2: The Diet Details.....	92
Whole Foods Plant Based Diet.....	94
The Yes/No List.....	95
The Ground Rules.....	97
Optimal Liquids.....	101
Organic Awareness.....	105
Unlimited Vegetables.....	108
Think Green.....	110
Sea Vegetables.....	113
Fruit.....	114
Smoothies.....	117
Be Naturally Gluten Free.....	119
Naturally GF Whole Grains.....	123
Nothing White.....	127
No White Sugar.....	129
Decipher Your Sugar Cravings.....	132
Sugar Swap.....	134
Journaling Exercise.....	137
Dead Food & Junk Food.....	140
Animal Protein.....	144
Dairy.....	148
Beans.....	150
Nuts & Seeds.....	153
Super Foods.....	157
Healthy Fats & Oils.....	161
Flavorful and Healing Condiments.....	163
Meal Building: Fat + Fiber+ Protein Trifecta.....	165
Breakfast Ideas.....	166
Lunch & Dinner Ideas.....	167-168
Snack Ideas	169
Cooking Methods.....	170
Supplements.....	172
Your SVT Prevention Table.....	176
Checklist.....	177

Pillar 3: SVT Dietary Self-Care	178
Set a Strong Intention.....	181
Create a Health Vision Board for Your Dietary Goals.....	182
Feed Yourself the Truth.....	183
Intuitive Eating Guidance.....	184
Movement & Exercise.....	185
Chew Your Food.....	186
A Good Sleep Routine is a Must.....	187
Journal to Reduce Stress and Emotional Eating.....	190
The SVT Prevention Kitchen.....	194
Learn to LOVE Food Prep.....	196
Crowd it Out.....	201
Intermittent Fasting and Timing of Eating.....	203
What You Put on Your Skin Matters.....	203
Cooking for Kids: A Note to Parents.....	204
Final Thoughts.....	206
What Will You do With Your SVT Freedom?.....	207

A Note from Laura...

Dear Fellow SVT friends,

I am delighted that you have decided to take control of your nutritional health and well-being. This is a crucial phase in your SVT healing journey. Well-done for being here!

What I'm about to share is a whole new view of how to manage SVT using **diet and lifestyle** as foundational tools to create real and lasting change.

Your doctors have good intentions. They give you their best advice which is the traditional, medical perspective in treating Supraventricular Tachycardia. They are trained to steer you toward medicine and surgery.

However, they don't address the underlying causes of your SVT, or the integrative options, so it is likely never discussed or explored at your medical appointments.

You are about to learn what no doctors will tell you! **Dietary and lifestyle improvements are some of the most effective integrative treatments that are at your disposal.** Learning how to access lifestyle medicine, as SVT prevention and management, is the foundation of my Heal SVT Naturally Approach. This diet is an important component within that protocol. The Diet has evolved over the past 15 years from my personal experience healing SVT, and as a Board-Certified Life Coach and an **Integrative Nutrition Health Coach** working with thousands of people with SVT around the world. This is a **whole NEW way to manage SVT** and may be out of the familiarity and comfort zone of you or your doctors.

It is your body and your health and therefore **your responsibility to do what is within your control to help yourself.** Ultimately you are the one who will determine your happiness and quality of life.

Keep an open mind and an open heart and allow yourself to become empowered by this information. You deserve to live your best life possible. My goal is to inspire you to do just that!

Xo Laura Madrigano
Board Certified Life Coach,
Integrative Nutrition Health Coach,
& SVT Thriver



Section One:

Empower yourself through optimal food choices: the road to SVT prevention.

♥ Introduction

Food and SVT are intricately connected. *Heal SVT Naturally* is the first work of its kind to introduce you to **lifestyle medicine** for SVT management and prevention. One aspect of this, is a core theory that I have been working on for several years, called **The SVT-GUT connection**. *The SVT Prevention Diet* e-guide presents to you this theory, and gives people suffering with SVT and related issues like anxiety, POTS (Postural Orthostatic Tachycardia Syndrome), panic attacks and digestive issues a clear diet plan to follow using **food as one of your most effective, (and under-used) SVT management tools**.

“In this lifetime, we have nearly 85,000 opportunities to have a healthy, healing interaction with food.”

-Dr. Libby Weaver, Holistic Nutrition Specialist

Every day you make choices about **food** and **self-nourishment** that lead to the way you feel in the present and that impact your overall health in the long-term. You have control over these choices. You are responsible for your physical and mental well-being through what you eat, how you eat and the **quality of the food** that you eat. With every bite and every meal, you can **take control of your health, your SVT and your destiny**.

Over the years, all of your habits become reflected in your health and in my opinion, in the development, frequency and intensity of your SVT and related symptoms.

With self-awareness and **integrative guidance**, you can redirect the course of your SVT condition--even your life--by transitioning to new, healthier ways of eating and living.





The Creation of The SVT Prevention Diet

After my own experience using DIET + LIFESTYLE changes as some of my main TOOLS, I have become inspired and duty-bound to share with the world what *eliminated my SVT, healed my POTS, reduced my SVT related fear and anxiety, restored my digestive integrity* and allowed me to *reclaim my life*.

Providing nutritional and self-care strategies to help you manage SVT has become my mission and service to the SVT community. It brings me *great joy* and fulfillment to help you embrace these powerful natural tactics *that are within your reach as well*.

The creation of The SVT Prevention Diet is the result of my personal experience in identifying food sensitives as a root cause of SVT, eliminating processed foods and white sugar, managing emotional eating and stress, and moving to a gluten-free, whole food and plant-focused diet.

This diet also evolved out of my continued SVT-GUT research, and coaching hundreds of people using **integrative techniques** that have provided rich testimony to the power of integrative nutrition on both physical and emotional levels.

My education from the Institute for Integrative Nutrition and my allegiance to integrative and functional medicine approaches is at the core of this eating and healing plan.

In addition to my formal education, I have incorporated aspects from other courses and certifications that I have completed in the past such as the year-long course, **The Art of Extreme Self-Care, Chakra Wisdom Healing, and Nutrition for Optimal Healing**.

Lastly, I have worked with an array of knowledgeable alternative healers, naturopathic doctors, homeopaths, massage therapists and acupuncturists during my own SVT healing journey. Much of the wisdom that I have learned from these fellow practitioners in the healing field are also woven into this guide.





Take Your Power Back Where You Can!

Since SVT, and what seems like the unpredictability of episodes, makes you feel out of control, it is essential that you learn to **take your power back where you can! No one wants to live in constant fear of SVT.** Changing your diet can help you do this!

You have so much more control than you think!

I want to help you take control of your SVT using **lifestyle medicine**, also known as **Root Cause medicine**. My approach includes using **dietary, nutritional, and integrative** practices to help you regain your health and reverse your SVT symptoms. This e-guide provides you with the nutritional piece of that plan. *The SVT Prevention Diet*, is the roadmap that I designed that I think gives you the best chance possible to eliminate your SVT and regain vibrant health using a naturally gluten free, plant focused diet, that embraces healthy fats and super-foods.

It is the diet that I personally follow, and have used for nearly seven years, helping me shift my life from suffering to thriving. I am now 99% free of all SVT related symptoms that plagued me such as constant ectopic beats, nighttime waking with palpitations, low blood pressure, heat intolerance, imbalanced blood sugar, POTS, chronic SVT and the **debilitating SVT-related anxiety** that sabotaged my life for years that left me afraid to leave my home and be alone with my children.

When you have SVT, you have a choice: you can wake up every day fearful and victimized, waiting for the next SVT to happen...or you can wake up **feeling empowered, through lifestyle choices that help you manage your SVT.**

You **can** make daily behavioral and nutritional choices that are within your control to help you live an SVT free life. Action alleviates anxiety! When you take the right steps, that you know will not set yourself up for episodes, your symptoms decrease, and your confidence increases.



I cannot wait to share with you what I think those “right steps” are. You too can feel in control of your life and health again, maybe more than ever before!

Your food choices matter!



SVT Prevention: The New SVT Treatment Paradigm

The SVT Prevention Diet is a diet and lifestyle plan designed to help you live life with **SVT Prevention at the forefront of your daily choices.** You will learn to choose foods (and self-care) that are solely *aligned with the greater goal of SVT Prevention.*

This provides new intention for the way that you live your life and the way that you prefer your food. This diet, which resembles a Mediterranean style diet, is not a rigid, structured temporary diet but a *lifestyle of eating.*



It is not something that you will do for a few months and then be done with. It is a long-term new way of being and eating that will set you up for a lifestyle of SVT prevention and become your “new normal”. Hopefully you will grow to love and feel **deeply nourished** and satisfied by this way of life. You will learn to enjoy foods that will become as fulfilling as the ones that are unknowingly making you sick and will be giving up.

Your intention and commitment to your health goal is what will drive you to change habits and be more open to foods that you may have not considered in the past. Food preferences and familiarity is mostly in your mind anyway and can be shifted with a strong objective!

The accessory pathway in your heart remains, but it no longer has to be a source of fear or worry if you make the necessary dietary changes. You will feel confident and know that you have addressed some of the contributing imbalances from a deeper root level--through *gut integrity, improved digestion, absorption of minerals, detoxification, and conscious eating.*

Once you master your new diet *and then incorporate others layers of SVT healing like self-care, stress management, vagal toning, and listening to your heart...* you will be set up for lifelong **SVT prevention as a way of life and feeling better than ever before!**

Affirm:

***My Intention is to change my life.
My intention is to create a
lifestyle of SVT Prevention. My
intention is to eat with SVT
prevention at the forefront of all
of my choices.***

The SVT Prevention Diet e-Guide will...

- ♥ Explain the **basics of digestive functioning** and introduce my SVT-GUT connection theory: the cornerstone of my Heal SVT Naturally Approach
- ♥ Describe which **foods are causing** sickness and exacerbating your SVT. Hint: gluten and sugar are at the top of the list!
- ♥ Identify which foods will improve digestion and reduce inflammation.
- ♥ Provide a diet roadmap to optimize your digestion in order to **absorb essential nutrients and minerals that are necessary for healthy heart rhythm function.**
- ♥ Address diet from a both physical and emotional perspective.
- ♥ Direct you to seek **food sensitivity lab testing** so that you can have proof and incentive to commit to eliminating such foods in order to **heal your gut** and your entire body.
- ♥ Guide you to adopt new ways of choosing and preparing food, and to use food for what it is actually meant for--*nourishment*.
- ♥ Show you how to decrease SVT-related fear and anxiety using nutrition.
- ♥ Explain how a high **Body Burden** can impact propensity for SVT.
- ♥ Help you use food as a **tool to manage SVT.**
- ♥ Identify **supplements** and **super foods** that will support a strong foundation of health.
- ♥ Link nutrition to your entire health picture including SVT-POTS and anxiety.
- ♥ Encourage **mindfulness** and provide dietary **self-care strategies.**
- ♥ Explain supportive tactics such as intention setting, vision boarding, and journaling to help you in your transformative efforts.

**This diet will help you use food,
to prioritize SVT Prevention,
every day and at every meal...**





This Guide is About *More Than Just Diet...*

Each of you has a unique and **intimate relationship with food**.

Many of your food choices and the way you nourish yourself relate back to **your emotions**, stress, childhood, behavioral patterns, family history, traditions, cravings and current state of health.

What you eat, when and how much you eat, what you crave, and how you nourish yourself in other ways often represent how you *feel about yourself and what you are prioritizing in your life.*

As such, it is essential that I include information on ways to support the **emotional aspects of eating and self-care**, in addition to the **actual diet guidelines**, when defining *The SVT Prevention Diet*. I want you to be set up for complete success!

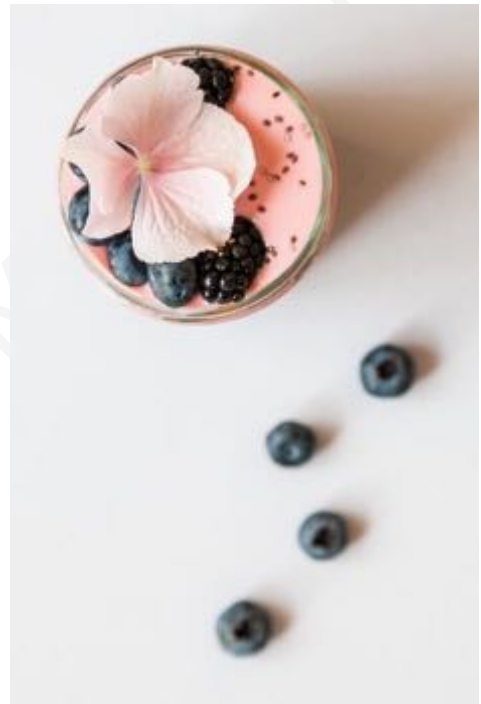
Your diet and lifestyle represent how you feel about yourself and what you value.

There are three aspects of integrative SVT management that need your attention and that I cover in this guide. The **health of your gut**, your food choices and the emotions that fuel them and your **self-care habits**.

It's essential to address each of those facets when using food as medicine to heal which is why *The SVT Prevention Diet* is built on three main **pillars of healing**. These are cornerstones of the diet plan and correspond to the main sections in this guide. They team with each other to create *a total lifestyle of SVT prevention*.

The SVT Prevention Diet is comprised of the Three Pillars of Prevention:

- ♥ ***Restore Digestive Balance: The SVT-Gut Connection***
- ♥ ***Use Food as Medicine: The Diet Details***
- ♥ ***SVT Dietary Self-care: Self-care Tools to support your dietary changes***





Address the Root Causes of SVT

The integrative approach to wellness believes that when you only treat the symptoms without addressing the underlying causes of your condition, you have not really healed yourself, but have just put a Band-Aid on the problems. You have medicated your symptoms as opposed to examining and resolving **the root causes of the condition**. **Root Cause medicine** is how I chose to treat my SVT and how I guide others to do the same.

"I don't see any point focusing on the symptoms when you haven't treated the cause!"
-comment in the
Heal SVT Naturally Facebook group

Furthermore, using medication alone may even cause the unaddressed problems, (like undiagnosed food allergies) to manifest into new or worse illnesses. This is not an ideal scenario and likely why you hear stories of ablation not working, only to have SVT return and/or other issues worsening.

There is a role for medication, but there is equally a role for lifestyle changes including overhauling diet, which is what *this guide* is about.

As I explain in my first fundamental e-guide, The Heal SVT Naturally Approach: A New Way to Empower Yourself Through Your Journey of Healing, I believe that **SVT is a symptom of deeper imbalances and not a singular issue or event**. To recap, the real work of healing your SVT naturally is to figure out what actually is driving the episodes and predisposing you to the condition. I invite you to search for what I describe as the root causes of SVT. In order to help you do this effectively, I categorize the **root causes of SVT that need evaluation as the CORE FOUR Healing Layers**.

They are the Physical, Emotional, Spiritual and Energetic factors that contribute to the SVT condition.

While it is important to analyze each of the Core Four Healing Layers, (as SVT is a multi-faceted condition), **the focus of this particular guide is the Physical Layer; which includes** digestion, diet, nutrition, absorption of minerals and vitamins, detoxification and elimination, and the vagus nerve.



This is a process and examining your **diet** is the first step.

What people are saying in the Heal SVT Naturally Facebook Group:

"I don't accept the extra pathways answer doctors love to give. If it was simply only an extra pathway, then why didn't I get any SVT episodes between age 0 and 20? Or between age 22 and 42?? Something else caused it and I'm a firm believer it was poor diet, dehydration, stress and mineral imbalance. "

"I also don't buy the "extra pathway" reason! If that was the case, then wouldn't an ablation be the total cure?"

"So many people that I have talked to that have SVT and have had ablation said that after the ablation, a new arrhythmia appeared and sometimes became even worse"

"I have had 3 ablations and still have SVT"





Diet: The New Way to Manage SVT

Treating Symptoms is an Old Paradigm

In order to take a natural approach to healing and to use diet as the main tool to do so, **you need to first change how you think about illness**. SVT continues to be treated **symptomatically** by western medicine physicians. However, treating symptoms is an old paradigm; it's ineffective and outdated.

The Microbiome is the Center of Your Health and Immunity”

-- Dr. Mark Hyman

**It's time for a whole-body,
integrative approach
to view and manage SVT.**

While a pill may feel like an immediate solution to what feels like an overwhelming problem, diet and lifestyle strategies offer more permanent solutions and relief. They can take more time, consistency and commitment but can be very effective, especially long-term. They are addressing the root issue of your problem, which is, in my opinion, a better way to solve something.

I propose that the new paradigm for *treating* SVT should be to *prevent* SVT.

We need to incorporate prevention methods such as **diet and stress management, addressing root causes and restoring gut integrity**, as strategies for SVT management.

And since the medical community offers no support here, someone needs to lead the way. As an **Integrative Nutrition Health Coach, and SVT thriver**, I am called to do so. Further, let the collective success within our SVT population shine a light on the potential of this approach!





The Relationship between DIET + SVT

Food and Nutrition is where YOU exercise the most control to change your SVT and the direction of your health.

I have long been discussing how food and SVT are connected. It was the impetus for my own healing journey and the **theory** on which much of my life and *professional career* is based

1. Step one is to start connecting diet to SVT.

Since elevating your DIET can only serve to improve your overall health in every way, this avenue of SVT treatment and prevention is non-invasive, multi-beneficial, a low risk alternative and a good investment of time and effort. You have nothing to lose and everything to gain.

SVT Prevention Success Story...

"I gave up caffeine, eat clean and take magnesium and my SVT had stopped"

Comment from Facebook group

2. Step two Look at things that cause gut dysfunction....

Poor Diet + Undiagnosed Food Sensitivities + Gluten + Sugar + Carb overload + Leaky Gut Syndrome + Malabsorption + Stress = SVT

Gut Integrity and the impact of your microbiome on your health remain a complicated new areas of science, which hasn't even yet begun to be applied to SVT. In the years to come, hopefully more research will be done to understand the impact that a healthy gut has on your hormones, cardiovascular system, nervous system, blood quality, arrhythmias, and overall mental and physical health. Until then, you can embrace gut healing and improving diet as your integrative treatment options **to prevent SVT, long before your traditional doctor directs you to do so.**

You may feel like you have no control over your SVT, but you do have control over your diet which lays the foundation for SVT and Anxiety!

“All health imbalances begin in the GUT.”

-Mark Hyman



Food 101: Back to Basics

First and foremost-FOOD is *nourishment* for your body to function optimally.

Sometimes people forget the purpose of food. Since food is one of life's pleasures many people make daily choices based only on taste, comfort, convenience, relief, cravings and habit. And they have been doing that for far too long, and to their detriment.

While food *is* a pleasure of life and you deserve to enjoy it, if you experience illness such as SVT or adverse effects like gastrointestinal issues, headaches, POTS, anxiety, obesity, or pre-diabetes then you need to examine your food and your priorities that are driving your food choices. **Eating for nourishment and pleasure do not have to be mutually exclusive!**

Give your body the right food so that it has a chance to heal itself.

set your intention to consume what is in your best interest for your health GOAL: SVT PREVENTION



The SVT-Gut Relationship

There are many ways to restore health,
a **clean DIET** filled with plants is one of them!

SVT Prevention Success Story...

“I really didn’t think that I had any control at all over my SVT. In following Laura’s personalized dietary guidance, I went from having SVT’s weekly to not having one for over 8 weeks now. Seeing is believing. I now really do feel that I can control my SVT with better food choices and am so happy that I committed to taking this massive action step in my life.” -- Liz

In the following pages, you will learn more about my personal SVT-food story, my transformation from being sick and suffering to becoming empowered and taking back my health, **how I connected the food + SVT** dots and how it influenced the creation of my Heal SVT Naturally Approach and later, *The SVT Prevention Diet*.

Afterwards, in the next section, called Pillar 2: Restore Digestive Balance, I explain the SVT-GUT connection further by reminding you of some of the body’s intricate functions and things that you can start doing right away to support your body and begin the process of gut healing.

My Transformation...



My Food Story and The Creation of the SVT Prevention Diet

How My Diet Shaped My Life



I believe that the history of your diet has impacted not only your health but the decisions and directions you took because you felt weak, sick, tired, distracted and unable to thrive at critical times of growth and opportunity in your life.

When I look back on my life, I see how undiagnosed food sensitivities caused ill health through stomach aches, fatigue, anxiety, panic attacks, constipation and general malaise which *influenced how I viewed my world and made my decisions.*

As a child, my stomach seemed to always hurt. Feeling nauseas was just part of being me. My parent's divorce, and then my younger brother's death from brain cancer left me dealing with a lot of emotional turmoil that impacted my heart and also my digestion.

It's hard to digest sadness and pain!

At age 12, I was diagnosed with JRA, Juvenile Rheumatoid Arthritis, which is an autoimmune disease. As I outline in [The Heal SVT Naturally Approach e-guide](#), I believe all dis-ease has **emotional layers**. We now also know for certain that both **Diet and Inflammation** play a large role in autoimmune diseases. It's clear in hindsight that my autoimmune disease was partly a physical manifestation of my emotional stress that I experienced in my early childhood in addition to the impact that my diet and undiagnosed food sensitivities was having on my gut integrity and overall health. Emotional turmoil sets us up for illness at any age.

As a teenager, my diet ranged from a few home-cooked meals per week, a Kit-Kat chocolate bar each day as lunch and Dorito's after school. I rarely had a bowel movement and was laying the foundation for nutritional depletion—a *prerequisite for SVT*.

Later, my college days were filled with pizza, beer and cookie dough with a roommate who taught all the girls how to "purge" our stomachs. As I got older, my stomach aches, nausea and the associated emotional issues, in addition to poor food choices, undiagnosed food sensitivities, and inflammation escalated into new physical forms. I began to experience hives, anxiety and horrible **panic attacks**. (Panic attacks are very common in the SVT community; one can drive the other). I still had yet to relate any of this directly back to my diet.

In my twenties, I lived alone in New York City and began working as a fashion designer. Additional symptoms such as headaches, **severe monthly hormonal migraines**, ongoing constipation and painful hemorrhoids developed. Since my father had hemorrhoids, I assumed they were genetic and irreparable. There were periods when my general anxiety was so bad, I was afraid to leave my home, or be alone in public places. I felt isolated from friends and wondered if I would ever feel normal.

To make matters worse, I sometimes binged and purged on sugar cereal and cookie dough when I was stressed, felt too tired to shop and cook for myself or had severe sugar cravings. On the days when I wanted to eat better, I chose a macrobiotic diet. Although quite restrictive, that was the main option for healing diets before many more ideas and approaches became accessible through cookbooks and the internet years later.

I was not eating in a balanced way despite my desire to do SO.

While my soul always gravitated toward holistic healing, and a deep desire to eat well, my ongoing struggles with emotional eating and nurturing myself, sugar cravings, and stress seemed to always win over my attempts for healthy self-nourishment and positive change. This created tremendous mental and physical un-ease for me at the time.



While my heart was wishing for a slower paced lifestyle, relaxation, yoga and healthy food, and balance...the reality of my life was that it was chaotic, nerve-wracking and extremely fast-paced. I worked long hours as a Fashion Designer for an abusive boss, sometimes through the night, and pressed myself to accomplish more on a daily basis. I was forcing myself to move forward each day even though my body was asking me to slow down. I chronically drained myself and ignored my deeper needs. I wasn't listening to my heart-- A big SVT no-no! All the pushing, forcing, and ignoring my heart's desires set the stage for adrenal fatigue, another common pre-cursor to SVT and a clear indicator of depletion.

When your deeper needs and *heart's desires are not aligned with you daily actions*, you are sowing the seeds for **long-term depletion**, exhaustion, and SVT.

What are some of your SVT co-symptoms?

Common SVT Food related co-Symptoms

In my years since beginning my blog, becoming a health coach and working with thousands of people with SVT from all over the world, I find that there are many common “co-symptoms” that people with SVT share. Some are:

- ♥ Digestive issues
- ♥ GERD
- ♥ Constipation
- ♥ Loose Stools
- ♥ IBS
- ♥ Anxiety
- ♥ Panic Attacks
- ♥ Heat Intolerance
- ♥ Ectopic beats
- ♥ Hormone related SVT
- ♥ Headaches and Migraines
- ♥ POTS
- ♥ Night-time anxiety, poor sleep and waking in the middle of the night with non-SVT palpitations.



Putting the SVT Puzzle Pieces Together

I had my first SVT at age 26 when I was bending over to pack and ship an order at work. Many people have SVT triggered by bending, which I believe is part of the SVT-Gut connection (including the pathway of vagus nerve). Since it was my first SVT, I didn't know what was happening and was surprised when I couldn't control my heart rate through my breath.

I was rushed to the hospital; my heart rate was 280 and I was administered adenosine.

It was at a stressful time in my life just after opening up my own fashion manufacturing business in New York City. In hindsight, it's very clear how my **nutritional depletion, stress, lack of sleep, caffeine + sugar intake, and self-neglect clearly contributed** to that episode.

But no doctor shed light on those connections.

So, I continued to push myself and didn't change any of my lifestyle habits until years later. The follow-up cardiologist that I saw at a premiere NYC hospital advised that go on medication. I was only 26 and didn't want to begin a dependence on life-long heart medication. Even though I had no other option in sight at the time, I listened to my intuition and declined to begin using the beta blockers, which later proved to be the right choice for me.

I got worse before I got better...

In my mid-thirties, just after the birth of my first son, my overall health *and* SVT was at its worst. Since I now know through my own research and coaching experience that **SVT thrives on depletion**, it makes sense that I would experience many episodes as a new mother in an extra fragile and depleted state. I couldn't breastfeed without experiencing electrical misfires and felt awful and afraid. I was beyond sleep deprived, and being called to nurture another life with no reserve was my rock bottom, and the point just before my journey to *heal my SVT naturally*.



Obviously not everyone with SVT has emotional eating issues, a poor diet, a startup business, a complicated family history, or feels depleted from early motherhood. I share my personal story with you so that you can see the complex nature of how ignoring early symptoms of imbalance, coupled with poor dietary habits and a stressful lifestyle, can impact your health over time. And how many

times there are indications that our bodies are being compromised in some way long before SVT begins. SVT is just the loudest of all of our symptoms, and the one that we cannot ignore.

SVT is a multi-layered health issue that is the culmination of many forms of depletion.

It can take years of compounding contributors, neglected symptoms, food sensitivities, and poor dietary habits to create imbalances and malabsorption in the digestive tract and body. Many people think that their SVT came on suddenly, but chances are, the manifestation of SVT has long been simmering.

There is so much that you can do to change this!

It starts of course, with listening to your heart. This guide will help examine the second most impactful place to explore...your diet and self-nourishment!

Self- Reflection...

I encourage you (on the next page) to reflect on your own health history as I just did. Obvious clues about what has lead up to your **SVT-GUT connection** may become apparent. When it comes to SVT, diet, stress, emotions, food allergies, and over-extending yourself can result in a negative synergistic outcome. How might these things be affecting you?

Habits that set you up for SVT

High Carb Diets

Caffeine

Sugar

Lack of fiber and vegetables

Not being careful about ingesting chemicals and pesticides that are in food

Chronic or unresolved Stress

Lack of sleep, poor sleep, odd hours of sleep

Disconnect from your heart's desires

Grief

Sadness, Anger, Heartache

Pushing or over-extending yourself

Not resting or listening to your body's cues, especially for extended periods of time

Journaling Exercise

Reflect on and write down your own food story and history:

It can be insightful and instructive to reflect on your “food story” as a writing exercise. I highly recommend it as a way to better understand your health history, especially if you are not yet working with a health coach. You will see clues as to where symptoms, nutritional depletion, cravings, habits and patterns emerge. You may also see clear connections to stress, self-care and SVT. Writing your food story also helps to illuminate healing opportunities through engaging the first step of change:

Self-awareness.

Copyright Laura Madrigano

♥ Finding My Own Solutions

Eventually SVT and the dreadful anxiety of one occurring left me fearful for my life, afraid to leave my house or be alone with my children. I was desperate to find a way out of my circumstances. As time went on, I could no longer deny or ignore the persistent reminders that my **diet was intricately tied to my SVT**, and that I alone was responsible to change things.

There was no one discussing alternative treatments for SVT at the time. I had nobody to follow, no one to emulate. I was personally carving out this path myself. I felt very alone, and like I was crazy always explaining my weird symptoms to people. No one I knew ever even heard of SVT at the time. Even today, the only reason why most people in my circle know what it is, is because of me. It is just not that common, which is what makes this guide such an important piece of information for our community.

The more I analyzed my DIET + SVT the more obvious to me that certain types of food, stress, sleep and emotions were directly related to my symptoms that I was experiencing.

I had to act if I wanted to live and function as a mom.

I could either continue with my old mindset and living habits and continue to spiral downward or turn over a new leaf and take responsibility for my health and the direction of my life on my own. No one else can fix the things that we need to fix ourselves.

I chose to experiment with **diet as my first line of treatment**. So **I tracked my food carefully and diligently for months** and later hired a health coach, naturopath, and homeopath to guide me further.

Tracking and analyzing my diet + frequency of bowel movements + SVT + co-symptoms **confirmed the first clear connections between all of these factors and SVT occurrences**. Notable observations were that eating sugar for breakfast, dehydration, foot cramps and gastrointestinal bouts were pre-cursors to SVT episodes. I didn't realize it at the time, but I was on my way to discovering a whole new avenue of managing SVT by understanding the relationships between food, digestion, lifestyle and susceptibility to episodes. I was in essence creating *The SVT Prevention Diet* long before I realized that I was doing so.



I found the dietary and digestive associations that I was making *fascinating and relevant*.

But my doctors didn't!

*My shift to concentrate on **changing my diet** and self-care instead of finding yet another doctor to help me was simply based on my growing interest in alternative options and the continual disappointment that I felt after each new doctor discounted my observations. I was tired of hearing that I had normal bloodwork, and being offered medication. I intuitively knew that well-intentioned traditional doctors were not piecing together my **whole health picture** in a way that felt satisfactory to me.*

*While more doctors are starting to take a **WHOLE-BODY** approach to diagnosing and treating general illnesses, most cardiologists are still offering the same limited choices of medication and surgery for SVT **without giving any guidance for diet, self-care or stress management**. These should be standard treatment options, even if just supplemental at first, for every SVT patient.*

The connections between food + SVT + self-care became undeniable as episodes seemed inevitable after a large or carb dense meal, a bout of constipation, consuming sugary or processed foods—and often combined with lack of sleep, dehydration and even feeling angry.

Ironically, the disregard I felt from doctors **only fueled my motivation to heal my SVT naturally on my own**.

I began to trust myself more than my medical professionals.

This was an empowering, yet still confusing time for me, just as it may be for you right now. Somehow, I had the confidence to go out on a limb at the time and became committed to **change my diet, work on my emotions and lifestyle, and see if it would make a difference**. Now that I know for certain that those things work, it doesn't seem "alternative" anymore, but I understand that it may feel that way for some of you right now. It is important to note that I am not giving you advice on your medication. I am sharing my personal story. While I have never personally been on medication for my SVT, if you are, then you must seek your doctor's advice when making any decisions on

medication. The nutrition and dietary guidance that I offer will benefit you no matter if you are on medication or not.

In addition to improving diet and self-care, one of the tools I later came to depend on was calming (toning) the **vagus nerve**. This is another self-help strategy that doctors are not discussing. The importance of calming the vagus nerve, practicing mindfulness, massage, relaxation, meditation or yoga in the SVT condition is critical and a recommended as part of your *Heal SVT Naturally* routine.

The relevance of Diet and Vagal Toning are two of the most promising natural treatments options for SVT that I am proposing to you in this guide and in all of my *Heal SVT Naturally* work.



Linking nutrition, dehydration, digestion, undiagnosed food sensitivities, and proper mineral absorption are key associations to SVT occurrence and deserve consideration and research.

I look forward to the day when traditional cardiology recommends diet and self-care strategies as a supplemental healing protocol for SVT. My intention and life's work is about bringing research, awareness and change to the importance of diet and lifestyle for SVT management and prevention.

Eventually, I would like to educate hospitals and cardiology departments on the benefits of *The Heal SVT Naturally Approach* so that leading practitioners can join the effort to promote these supplemental and powerful lifestyle medicine tactics to become more mainstream for SVT management.

SVT Prevention Success Story...

"I have been following your protocol (mostly) for 3 months now and my episodes have decreased dramatically.
If I do get one I can convert it faster."

K.M.



SVT: A Blessing in Disguise?

After years of hating my SVT and wishing that it would just go away, I turned my thinking around and realized that it was leading me somewhere very important. SVT was in fact, helping me to shed everything unhealthy in my life and lead me to a much more *nourished way of living and eating and thinking*.

By focusing on cleaning up my diet and self-care habits that weren't serving me, I was able to dramatically change the course of my SVT and my entire health; *even my career was going to reap the benefits of my new healthy way of life*.

I never imagined how many other people were suffering just like me and that I would be helping others just through helping myself.

Eliminating gluten was the first step I took and continues to be one of the founding principles of this diet today. In the beginning, I used every SVT-related sensation, misfire or palpitation as a compass for informing me when I was making a food or life choice that didn't **support my health goals** or when I was ignoring an important emotional aspect of myself that needed my attention.

I learned to use SVT as my barometer, even showing me when relationships, career choices or environments were not the right match for me. I hope that you learn to do the same. I eventually shifted my opinion of SVT and realized that it was **a guiding force**. It wasn't here to ruin my life and make me miserable but rather the opposite...to lead me in a better direction to find improved ways of eating and living that more fully supported my sensitivity levels, my goals my nutritional needs, my spirituality and my heart's desires.

As I tweaked my diet through the years and watched my health improve, my SVT and POTS disappear, and my constipation and hemorrhoids never to plague me again. The guidance that can come wrapped in the form of SVT was life changing and fortuitous for me and can be for you too, if you learn to listen and use it to your advantage!

“Our dis-eases teach us valuable lessons”

-unknown

SVT Prevention Success Story...

When I first found Laura's Heal SVT Naturally private Facebook group, she was very direct in questioning me about my diet. She wouldn't give much advice after finding out that I was not yet gluten free. Although reluctant, I was so desperate for my SVT to go away that I would try anything. Especially because I really didn't want to do the ablation. In following Laura's advice and becoming gluten free, and eventually white sugar free, I have also been SVT free for nearly two years now." –S.D.



SVT Prevention Success Story...

"I eat tons more veggies, I have cut the carbs and have way fewer SVTs. If I eat bad food I have an episode"

Comment in Facebook group



It's All Good News

Discovering that your SVT can be controlled or worsened by food may feel like either good news or bad news for you right now.

The Good News:

- There is so much that you CAN do to help yourself! Upgrading your diet is a relatively easy, **non-invasive** way to **manage** SVT episodes.
- The opportunity to heal your SVT naturally without ill side-effects common with medications is powerful incentive to address and improve your diet.
- Taking control of what you consume **will improve your entire health picture**, not just your SVT, but also anxiety, panic attacks, depression, pre-diabetes, obesity, blood sugar imbalances, inflammation, auto-immune disease, energy levels and more.

The Bad News (that is actually good news)

- You will be faced with addressing anything that holds you back from embracing healthy changes. Issues like food addictions, comfort eating, sugar reliance and stress or emotional eating are **road blocks to the SVT Prevention Diet that must be faced head on**. Your SVT is actually here to demand that you stop engaging in those self-sabotaging, depleting or harmful behaviors. If this is something you have been engaging in, then your healing will require that you look at what's driving those patterns and find new ways to support them. It's time to get to the **root of any blocks** that stand in the way of being able to embrace a healthy relationship with food.
- You will have to address other lifestyle factors such as **pushing yourself too hard, overscheduling** your calendar, not making time to cook, and using the excuse that you're too busy to take better care of yourself or don't have the money to do so. **Stress management, food preparation and self-care are a must in the SVT prevention lifestyle**.
- You will have to establish some new habits, as challenging as that may be. New routines that will help you de-stress and restore your energy through such practices as yoga, meditation, massage and exercise, or finding joy, creativity, self-expression or spirituality in your life further nourish you in ways that are important **outside of the kitchen**. Using self-care is essential to making better food choices in general; one supports the other.
- You have to be truthful, even when it's painful. The heart loves the truth. You are being asked to make an honest assessment as to what challenges you about committing to healthy habits of eating and living. Finding your truth might mean facing things you don't want to face. But remember, SVT wants you to **LISTEN to your heart** and usually won't let up until you do.

The source of your motivation to eat better must come from a **strong desire to take care of your entire self**. It's very hard to commit to dietary changes without looking at the bigger picture of how your life influences your food choices. All habits of nourishment and self-care are inter-related and the root of the way we nourish ourselves, is how we love ourselves.

“Healthy eating and self-care go hand-in-hand;
you cannot be committed to one
without the support of the other.”

Sharon Goldner, my personal mentor and health coach

♥ Healthy Eating is Subjective

Typically, when I work with SVT clients, they usually begin by telling me that they have a healthy diet. It's important to understand that a “healthy diet” is very subjective. **What you consider healthy and what I or someone else considers to be healthy may be different.** We are all at diverse points on a healthy eating spectrum amid the quality, type and the amount of food we consume. If you have SVT, then no matter if you define your diet as healthy or not, there is something wrong that you are consuming or doing that is impacting your gut health and propensity for SVT episodes.

Go into this guide with an open mind! Some of you will learn how to tweak an already good diet; some will first learn that white flour, sugar and processed food is making you sick; some have already made food and SVT connections, or embraced naturally gluten-free grains and seek advanced fine-tuning. **The intention of this guide is meant to speak to you regardless of where you are on the healthy eating spectrum and to educate you in new ways in order to prevent SVT.**

What matters at this moment is that you are ready to empower yourself! **You will come back to evaluating your new habits over and over again** because it is a process and it takes time. Be patient and confident. Every small improvement benefits you.

I continue to improve my diet, reduce my stress and live a life of SVT prevention every single day. Remember, SVT prevention is not a one-time thing but an



on-going way of life. Rest assured, **I experienced noticeable and positive changes even when I was just starting out.**

The *SVT Prevention Diet* e-guide will give you the framework and the details of what to include and avoid in your diet, as well as new self-care habits to cultivate. Your job is to incorporate the recommendations into your life slowly in a way that is manageable for you. Since this is a lifestyle diet and not a temporary fix, the more paced and deliberate you are, the more lasting the change. **The presence of SVT is your compass for more dietary and lifestyle tweaking to be implemented.**

SVT prevention is a way of life.

Diet influences everything from your *energy levels and mood* to the **nutrients that your cells are absorbing**—and every function in your body. This is your personal mission: to accept that dietary and emotional change takes time as you slowly and methodically address all the root causes of all of your symptoms for the sake of your SVT, and to ultimately achieve **optimal health**.

Let Your SVT be a
Catalyst
for Change and
Empowerment.

You can do this!






Section Two:

The 3 Pillars of The SVT Prevention Diet



The 3 Pillars of the SVT Prevention Diet

 Restore Digestive Balance	 The Diet Details	 SVT Dietary Self-Care
Part One: The SVT-Gut Connection	Whole Foods Plant Based Diet: Diet Overview	Set a Strong Intention
Gut Health Matters	The Ground Rules	Create a Health Vision Board
Diet and Inflammation	Optimal Liquids	Feed Yourself the Truth
Leaky Gut Syndrome	Unlimited Vegetables	Intuitive Eating Guidance
The Gluten Impact on SVT	Organic Awareness	Movement & Exercise
SVT Trigger Foods	Dirty Dozen Clean Fifteen	Chew Your Food
A Chinese Medicine View: Excess Heat	Fruit	A Good Sleep Routine is a Must
Nutritional Depletion: A Core Concept in the Culmination of SVT	Smoothies	Journal to Reduce Stress and Emotional Eating
Stop Depleting Your Magnesium	Be Naturally Gluten Free	The SVT Prevention Kitchen
Don't Forget Electrolytes	Whole Grains	Learn to Love Food Prep
Pay Attention to Your Blood Quality	Nothing White	Kitchen Clean-out: Set Yourself up for Success
The Perfect Storm	Eliminate White Sugar	Crowd it Out
Depletion + SVT Summary	Deconstructing Cravings	Intermittent Fasting
Part 2: Heal the Gut and Start Preventing SVT	Dead Food & Junk Food	What You Put on Your Skin Matters
Stop Eating Culprit Food	Protein	
The NO List	Beans, Nuts & Seeds	
Identify and Eliminate Food Sensitivities	Super Foods	Cooking for Kids: A Note to Parents
Engage Your Lymphatic System Your Built-in Cleansing System	Healthy Fats & Oils	Final Thoughts
Connect and Calm the Heart-Gut Network	Condiments	What Will You do With Your SVT Freedom?
Conscious Eating	Supplements	
The Vagus Nerve	Meal Building- Fat + Fiber + Protein	
Digestive Health: a Path to Healing	Breakfast, Lunch, Dinner, Snack Ideas	



Pillar 1: Restore Digestive Balance

“All disease begins in the gut.”

-Hippocrates



Pillar 1: Restore Digestive Balance

Part 1: The SVT-Gut Connection.....	37
Gut Health Matters.....	41
Diet and Inflammation.....	44
Leaky Gut Syndrome.....	49
The Gluten Impact on SVT.....	50
SVT Trigger Foods.....	52
A Chinese Medicine View: Excess Heat.....	55
Nutritional Depletion: A Core Concept in the Culmination of SVT.....	59
Stop Depleting Your Magnesium!	60
Don't Forget Electrolytes.....	63
Pay Attention to Your Blood Quality	64
The Perfect Storm: Food Sensitivities+Body Burden+Depletion =SVT..	65
Depletion + SVT: in Summary.....	66
Part 2: Heal the Gut and Start Preventing SVT.....	67
Stop Eating Culprit Foods.....	68
The NO List.....	69
Identify and Eliminate Food Sensitivities.....	70
Engage Your Lymphatic System Your Built-in Cleansing System:	78
Connect and Calm the Heart-Gut Network.....	82
Conscious Eating.....	85
Introducing the Vagus Nerve.....	86
Digestive Health: a Path to Healing SVT.....	91

Restore Digestive Balance Part 1: The SVT-Gut Connection

When I began to realize that food was directly related to my SVT, I **felt empowered**. It gave me hope and a practical place to focus my healing efforts.

Restoring and maintaining digestive balance is central to health and a primary form of SVT prevention.

One of my goals with this e-guide is to show you the powerful ability of food to impact your SVT and introduce my *SVT-Gut connection* theory.

To appreciate the impact of food on health & SVT and to truly value your physical body's intricacies, you need to understand that *your heart-nervous system, brain, hormones, digestion vagus nerve, and lymphatic system* are interconnected and have a cascading effect on the other. And they are all impacted by nutrition.



“Your body is made up of 50 trillion cells. Far too many people just don’t get the nutrients that they need for basic functions let alone optimal function and health”

-- Dr. Libby Weaver, Holistic Nutrition Specialist

The SVT Prevention Diet, Restore Digestive Balance section will present how fundamental principles of healing the gut such as **improving diet, reducing inflammation, and repairing the gut lining will help improve your health and reduce SVT**. I remind you of some of the body's integral functions and how the digestive tract, lymphatic system, nervous system, **microbiome and vagus nerve** are all part of the important heart-gut network.

These connections, that are ultimately SVT treatment options, provide a logical way to improve SVT and are essential ingredients in the *SVT Prevention Protocol*.



The health of your gut determines the health of nearly every other function in your body. The heart is not excluded. **Palpitations, electrical misfires, POTS, ectopic beats, and even anxiety are included and impacted by inflammation and the health of your digestive tract.**

Dr. Walter Willet, the Chair of the Department of Nutrition at the Harvard School of Public Health, who I had the pleasure of listening to as a student at the Institute for Integrative Nutrition exposed a link between **nutrition and arrhythmia** in his presentation. Here is a quote from his lecture.

Diet can affect blood pressure, insulin resistance, oxidation, homocysteine levels in the blood, inflammation and ventricular irritability and arrhythmia.

–Walter Willet MD, Chair of the Department of Nutrition at the Harvard School of Public Health

Some of the conditions that impact your gut integrity and your propensity for SVT, arrhythmia, ectopic beats and electrical misfires are inflammation, leaky gut syndrome, undiagnosed food sensitivities, and high body burden.

Research by Dr. Paul Ridker of Boston's Brigham and Women's Hospital has built the case for something called the "inflammation hypothesis" and believes the evidence is overwhelming that inflammation is a central factor in cardiovascular disease." While overall heart and cardiovascular health is important for people with SVT, technically SVT is not considered heart disease. However, inflammation remains the common denominator as shown in another study, published in the Heart Rhythm Journal. This one **found that atrial arrhythmias have been shown to be associated with**

inflammation finding that elevated C-reactive protein (CPR) may reflect an inflammatory state that promotes the persistence of Atrial Fibrillation.

Lastly, according to the Journal of Arrhythmia, Volume 27 Issue 2 2011, "It is likely that preexisting inflammation initiates the arrhythmia that subsequently propagates an inflammatory response, thereby leading to persistence of AF. - <https://www.sciencedirect.com/science/article/pii/S1880427611800177>

Inflammation is a common denominator in Heart disease, arrhythmias, and many other health crises including autoimmune disease and cancer. To help address this underlying inflammation its crucial to restore gut integrity using dietary and lifestyle changes. I focus on the following steps to address these underlying conditions.

The SVT Prevention Diet seeks to:

- remove inflammatory foods that are making you sick
- identify and eliminate food sensitivities
- repair imbalance in the gut flora
- reduce and calm inflammation throughout the body
- support the lymphatic system
- reduce body burden
- heal leaky gut syndrome
- improve blood quality
- advance detoxification and support elimination
- stabilize hormones
- use food and nutrition as the foundation for restoring gut integrity
- tone (calm) the Vagus nerve
- use diet and lifestyle medicine as a healing tool

Supporting your gut in every way possible + elevating your food choices, is your first line of defense against SVT.

This protocol uses *nutrition* as diet and lifestyle medicine to change the direction of your entire health and predisposition for SVT.

Gut repair is a major step in your SVT healing journey. The information in this section *is intended to empower you* with nature's wisdom and tools!

Healthy food, avoiding the wrong foods together with the right nutrition can change the course of your life, subside your SVT, and give you a new motivation to transform!





Gut Health Matters

Digestive balance is connected to everything that happens in the body.

The human body is a complex, interconnected ecosystem. Your gut is comprised of the digestive tract which begins with saliva in the mouth, and moves through the stomach, small intestine and large intestine or colon.

Gut health involves all of digestion, elimination and detoxification including the trillions of **microbial cells that live in your gut and make up something called your microbiome**. These are in the form of bacteria, yeast, parasites, and viruses. Each person has a unique microbiome and its bacterial colonies are constantly in flux. According to the Global Healing Center, they are learning that **“the role of the microbiome is so central to the body’s operations that it essentially acts as an organ. A strong microbiome is the foundation of your immune system.”** Your microbiome has an overwhelmingly significant impact on the health outcomes you experience every day.

Intestinal health can be defined as optimal digestion, absorption and assimilation of food.

Your gut has a lot to manage and is where your body interacts the most with the outside world. **Many things influence your gut bacteria such as stress, diet and antibiotics**. Even in a perfect scenario, it is hard to keep all of this in balance. But in the modern world there are **endless insults that can knock your digestive system off balance** making it much more difficult to maintain optimal digestive health.

“Your gut acts as the frontline of your immune system, as it is constantly exposed to new microbes and molecules that come from the things you eat and drink, and allergies and external pollutants that you are exposed to every day.”-Global Healing Center

Gut bacteria must stay in balance in order to break down food, absorb nutrients, and balance your immune and digestive system. Imbalanced bacteria in the gut flora can cause a long list of digestive issues and health issues such as iron deficiency, malabsorption of essential minerals and vitamins, hormone irregularity, and leaky gut syndrome, **which are common precursors to SVT**.

Good bacteria in your gut is essential for proper digestion.

You can change the health of your gut for better or worse using diet. Since there are both good and bad bacteria in the gut, your objective is to maintain a productive and healthy internal environment and to consume a **constant supply of nutrients for your good bacteria to feed upon.**

For example, you can **feed the good bacteria** with plant-based food, fermented and alkaline foods, prebiotics and probiotics. Conversely, you need to avoid the foods that **feed the bad bacteria** such as sugar, white flour and refined processed foods. Dr. Mark Hyman says that the health of your gut also determines **what nutrients are absorbed** and which toxins, allergens, and microbes are kept out.

The health of your gut is directly linked to the health of your whole body.

Digestive problems can wreak havoc in the entire body, leading to many health issues such as allergies, arthritis, autoimmune disease, rashes, acne, chronic fatigue, mood disorders, anxiety, dementia, hormone disruption, arrhythmias and even cancer. While there is still a lot to learn about **the complexities of gut integrity** and how **to change your health through gut healing practices, you can take the lead using diet as your first step!**

Try this: Take a Probiotic!

There are trillions of microorganisms living in your digestive system. **Probiotics** are designed to add LIVE beneficial microbes to your gut flora to create a balanced and healthy environment. Diet alone is not enough to repopulate your systems with good bacteria. You can change the health of your gut, through a good diet, good health habits, removing food allergens and adding a good probiotic. The best probiotics come in powder or capsule form and are refrigerated. It's best when these supplements contain Lactobacillus, Acidophilus, and Bifidobacterium in the billions.”
- Dr. Marcelle Pick Founder, WomentoWomen.com

Diet is one area that you can act on right away!

Cleaning up your diet assists this process as much as possible!

A clean diet, meaning a diet that is free of well-known allergens, chemicals and sugar, and as close to nature as possible, supports the gut by reducing the toxic burden, permitting absorption of essential minerals and decreasing propensity for leaky gut.

It is the logical starting point for healing!

Since nearly every health issue including arrhythmias are beginning to be linked to **inflammation, stress and digestive health**, it's vital that you pay attention to nutritional content and ingredients as part of your SVT prevention protocol.

Until there is more research, funding and official science to prove that gut health impacts every system of the body, I connect some of the essential dots for you and explain the details of how I formed my SVT-GUT connection concept in the pages that follow. This is my integrative theory. For now, my personal experience in healing SVT, and the growing body of evidence of others who gained control of their SVT with dietary and lifestyle changes is the anecdotal evidence to support this theory.



♥ Diet and Inflammation

Cleaning up your diet starts with learning about inflammation and which foods contribute to chronic inflammation

There's No Room for a SAD Diet in a Healthy Life

As mentioned, what impacts your gut bacteria and state of your microbiome the most **is your diet**. Too many people, including the SVT community, are consuming a “SAD” diet. Aptly named, the Standard American Diet is indeed *sad*. It is fraught with foods that **contribute to ongoing inflammation and acidity throughout the body** such as red meat, dairy products and refined grains, sugar, processed and artificially flavored foods, and lacking in whole foods like fruits, vegetables and dark leafy greens, fish, beans, water, whole grains and super foods.

The Standard American Diet also includes sweetened beverages, high-sugar, trans fats, white-flour carbohydrates, boxed foods and a disproportionate amount of empty-calorie (devoid of nutrients) foods. An example of a day in the life of consuming a SAD diet would be a breakfast of fried eggs, frozen hash browns, bacon with nitrates, white toast or bagel, orange juice from a box, coffee with white sugar and non-organic milk. Lunch might be a cold-cut sandwich on a sub roll and a diet soda or sweetened tea, and a snack of a snickers, donut or chips. Dinner would consist of a cheeseburger with French fries, or pizza or pasta, and ice cream for dessert.



The Standard American Diet is:

- High in animal fats
- High in unhealthy fats: saturated fat, trans fats, hydrogenated oils
- Low in fiber
- High in processed foods
- Low in complex carbohydrates
- Low in plant-based foods

All of this is making people tired, sick, depressed and anxious and **prone to depletion, nutritional imbalances, inflammation, and leaky gut syndrome**, which are some of the underlying contributors *to SVT*.



The Standard American Diet effects people worldwide and contributes to many health issues, not just SVT.

It is compelling evidence that cultures that eat the *reverse* of the Standard American Diet—such as a Mediterranean Diet that is high in healthy fats, wild fish, complex carbohydrates, plant-based, and high in fiber – such as rice, beans, a lot of fresh vegetables, and fruit have a lower incidence of cancer and coronary artery disease. “What’s even more striking is that countries whose populations *can* afford to eat the healthiest, disease-preventing foods, do not. The United States has spent more money on cancer research than any country in the world, yet the Standard American Diet contributes to the very diseases we are spending money to prevent.”- Dr. Barry Sears.-American Biochemist

There is no doubt that our diets need improvement for many health crises that we face.

This is something that is within your control!

SAD Diet and pH Balance

A SAD diet is also **highly acidic**. Acidic foods create inflammation and disrupt pH balance.

“Everything from healthy cells to cancer cells to soil quality and ocean life is affected by pH. The term pH stands for “potential hydrogen” which is the measure of hydrogen ions in a particular solution. The pH scale measures the amount of acid or alkaline in a substance on a scale of 0 to 14. Seven is neutral. Below seven is increasingly acidic, above seven grows more alkaline. As with most health-related barometers, balance is everything. Your body is designed to operate within a narrow pH range. For optimal cellular health your blood pH must be slightly alkaline (a pH between 7.365 and 7.4). “Your body will do anything to maintain proper balance. When there’s even the slightest chance that you could become overly acidic, **your remarkable body will mine minerals like calcium, magnesium, and potassium from your bones, teeth, and organs to neutralize the acids.**” – Kris Carr-Wellness Expert

Your heart and brain, (where electrical impulses originate) depend on essential minerals for proper function.

If your body is giving up or redistributing minerals from other parts of your body in order to keep the pH balanced, it could explain why **potassium, magnesium and other necessary minerals, which are essential for healthy heart rhythm function, become depleted**. Many SVT readers report that bloodwork drawn to test for potassium levels on the day of an SVT came back low, when on other days it was normal. Since your body is always in flux, it would make sense that an SVT episode would be more likely to occur when you are depleted **by a poor diet or acute stress or an inflammatory response on a particular day**.

For these reasons, I believe that SVT episodes are not as random as they appear, and in fact are directly linked to your gut health, vitamin and mineral absorption, inflammation, diet and lifestyle.

All things that are within your ability to regulate!

How to be proactive...

Kris Carr also says that “Tilting the pH scale back in the alkaline direction is easy with a diet filled with mineral-rich plant foods. **Pretty much all veggies, some fruits, dark leafies, sprouts, green juices, green smoothies, and certain unprocessed grains, beans, and nuts help make your blood and tissues more alkaline.** On the other hand, meats, dairy, eggs, sugary goods, highly processed foods, coffee, and alcohol make your blood and tissues more acidic and should be decreased and/or avoided.”

In sum, A SAD diet is contributing to the **chronic inflammation, high acidity, and compromised gut integrity** that puts you at risk for SVT. Your best defense is a steady diet of plant-focused foods that help to maintain pH balance and reduce inflammation. By increasing alkaline foods, you are not only balancing pH but you are also increasing phytochemicals, fiber, and micronutrients. Your whole body will benefit in many ways from consuming food with a high-density of chlorophyll, enzymes, vitamins, minerals, antioxidants and oxygen.



Inflammation is a Hot Topic

Every health issue and chronic disease has some inflammatory component.

Talk of inflammation in the body used to be understood as heat, redness, swelling and pain as the normal and healthy response to injury or exposure to germs. This is critical when nourishment and immune support are necessary for healing. But inflammation has become a hot topic when it now commonly refers to the **chronic and silent condition that many people are cultivating as a result of their stress, unhealthy diet, food allergies and lifestyle.**

Dr. Josh Axe says that there are two different types of inflammation. One type is acute inflammation; the other is chronic. While acute inflammation starts quickly and generally disappears in a few days, **chronic inflammation can last for months or years as a result of failure to eliminate the cause and repeated exposure to the agent.**

The type of inflammation that negatively impacts digestion and leads to chronic inflammation in the body is when inflammatory cells and molecules mistakenly get called into action and are programmed to attack healthy parts of your body. The more time they spend in your blood circulation and digestive system, the more opportunity they have to **damage blood vessels**, destroy cartilage and change healthy cells into cancerous ones. Inflammation weakens your overall health and can increase ectopic beats, hormone disruption, palpitations, internal heat and SVT.

I believe that chronic silent inflammation is a root cause of SVT.

The effect of inflammation is partly controlled by genetics, but is **mostly impacted by a stress, sedentary lifestyle, smoking, poor diet, undiagnosed food sensitivities and a compromised microbiome.** There are also non-food sources of inflammation such as emotions like anger, long-held resentments, yelling, mental chaos, certain styles of exercise, and chronically living in a sympathetic nervous state. Dr. Rupy Aujla, a UK based doctor who is leading a movement called Culinary Medicine, says that “When you are psychologically stressed it leads to inflammatory processes in the body.”

The focus of *The SVT Prevention Diet* is to address inflammation caused by food, diet and nutrition.

Future e-guides in *The Heal SVT Naturally Empowerment* e-guide series will cover other equally important SVT prevention topics such as non-food related inflammation causes and solutions.

Avoid these Inflammatory Foods on The SVT Prevention Diet

- White Sugar
- Refined Grains (White Flour, White Rice, White bread)
- Trans Fats (Vegetables oils, partially hydrogenated oils)
- Non-organic Cow's Milk Products
- Gluten/Wheat Products
- Processed Corn Products



Leaky Gut Syndrome

Your entire immune system, and the rest of your body, is protected from the toxic environment in your gut by a lining that is only ONE cell-thick. If spread out, this lining would take up a surface area the size of a tennis court. If that barrier is damaged, you can become sensitive to foods that you were previously able to digest perfectly well, but now make you sick, your immune system becomes overactive, and it will produce **inflammation** throughout your body. This process that many people unknowingly suffer from is called Leaky Gut Syndrome. I believe that Leaky Gut is one of the root causes putting you at risk for SVT. This is the foundation for the SVT-GUT connection theory.

“When the digestive tract is inflamed over long periods of time, its repair mechanisms cannot keep up, and the gut lining walls break down”. This is called leaky gut syndrome or gut permeability.” -Dr. Peter Bongiorno, President, New York Association of Naturopathic Physicians

Your microbiome is in constant communication with your immune system. It can activate, perpetuate and deactivate inflammation throughout the body. Studies have shown that specific microbes have certain effects on the immune system when the gut is *too leaky*, causing macro food molecules to **enter the bloodstream** and stimulate the production of antibodies. which cause the body to attack itself. The antibodies also irritate and **inflamm the cells** that maintain the tight junctions that hold the intestinal wall together. The intestinal lining is designed to be your first barrier of defense against unwanted bacteria, toxins, viruses and undigested food **particles from getting into our bloodstream** and body. This is how the gluten, milk, eggs or soy, for example, escape “on fire” into the bloodstream taking this inflammation with them. When this occurs, the balance of inflammatory immune responses is disrupted, leading to chronic inflammation and poor immunity.

“Having leaky gut is kind of like having the gates broken from your intestines to your bloodstream – many of these particles that should never have been able to enter have now gotten through. -Dr. Josh Axe

This onslaught of toxins and inflammation in the bloodstream is one reason may be why some people experience SVT after eating carb dense meals, gluten, dairy and sugar, or overeating in general.



The Gluten Impact on SVT

Another critical source of inflammation is gluten that **many people are unknowingly allergic or sensitive to, that indirectly and directly set one up for an SVT condition and acute episodes.** As a result of gluten damage in the gut, it is quite common that someone also becomes sensitive to other foods as well.

Gluten is the protein that naturally occurs in wheat, barley, rye and other similar grains. It is the “glue” that gives bread dough its light, sticky texture. **That same sticky residue interferes with the breakdown and absorption of nutrients in the small intestine and wreaks havoc thereafter. Food carrying the gluten proteins alerts the immune system to create anti-bodies against the gluten.**

Consequences take place both immediately and in the long run in several ways. Some people get instant feedback of abdominal pain, diarrhea, constipation, acid reflux or bloating. The majority of people actually experience symptoms in other systems of their bodies, often “under the radar” of their awareness instead of or in addition to digestive problems. Examples are brain fog, aches, and palpitations.

For people who have Celiac Disease or are gluten-sensitive (disproportionately common in the SVT community), they are predisposed to experience a cascade of inflammatory reactions and immune dysfunction to occur throughout the body if they consume gluten. **Over time gluten consumption is frequently the gateway to digestive dysfunction and gut damage.**

This chronic inflammation and leaky gut syndrome impact your blood quality which also impacts SVT. All of the body’s organs including the brain, heart, thyroid and liver are fair game for this inflammation to do damage. **This sets you up to suffer hundreds of symptoms including numerous autoimmune diseases. And this is in addition to SVT, POTS, panic attacks, headaches and anxiety.**

The SVT Prevention Diet is a 100% Gluten Free Diet

Removing gluten from your diet is a mainstay in this diet. While there are other dietary adjustments that are recommended, removing gluten has the potential to have great impact for people with SVT.



While not everyone is sensitive to gluten, a very large proportion of SVT sufferers have experienced dramatic improvements with many symptoms **including fewer SVT episodes when they eliminated gluten from their diet.**

The main challenge in eliminating gluten is that it makes up a huge part of the SAD diet and their derivatives are hiding in countless foods products. You will be surprised how much of it you are consuming once you start reading labels and raising your awareness. Some unexpected examples are soy sauce, canned soups, salad dressings, candy, creamed sauces, sausages, multigrain products, French fries, gravy, ice cream, processed meats, in addition to the obvious ones like crackers, rolls, bread and pasta.

The good news is that you can do a lot to control this kind of inflammation in your body by **eliminating poor quality and immune-reactive foods, and adding in a balance of natural whole foods, healthy fats and protein.** *Your* motivation and *your* goal is to heal your SVT naturally, but the bonus reward is that your whole body stands to benefit from a completely anti-inflammatory diet and way of eating.

Being gluten-free is non-negotiable and my single most important rule.

There is no such thing as being mostly gluten free; You have to be 100% gluten-free to fully benefit! As long as you are consuming any small amount of gluten, you are not allowing your gut lining to heal.

Having an occasional donut or pizza does NOT qualify as being gluten free. Since this is such a large, complex, and crucial topic, I have written a supplemental e-guide named **SVT & Gluten Free** that is available **HERE** if you feel you need additional information and support in this area.

Some people with SVT take the no gluten rule to another level and eliminate all grains which is called Paleo or Keto. This modification may produce further benefits such as weight loss. A side effect of becoming gluten-free is that you will be reducing carbs in general, just through your efforts to eat only gluten free products. Many people who lower carbs in general report fewer SVT episodes. I lost about 20lbs when I initially cut gluten and dairy out of my diet.

Decreasing inflammatory foods like gluten, sugar, caffeine, red meat and processed foods is a cornerstone of the SVT Prevention Diet.

SVT Prevention Success Story...

“At first, I was skeptical, I had tried everything, and I only ate gluten once in a while. After following Laura’s advice and became diligent about removing gluten, I was surprised at just how much I was actually consuming. Since becoming diligent about removing gluten, I have been SVT free for nearly 9 months so far. I also increased my vegetables and followed many of Laura’s other tips.” -- Lynne



SVT Trigger Foods

SVT trigger foods are the foods that trigger or cause an SVT episode or predispose you to its onset. Triggers are a problem when you have a foundation of depletion; they are not necessarily the problem by itself, but that which **tips the scales** when you have chronic unaddressed root issues (depletion, leaky gut, inflammation, malabsorption of minerals). I will soon explain how other compounding issues, like the need for vagal toning, engaging the parasympathetic nervous system and lymphatic system can influence your entire SVT management health picture.

There are common SVT trigger foods such as gluten, sugar, chemicals, and caffeine, as well as individualized ones such as dyes, MSG, nitrates and citrus or vinegar.

Triger foods can be unique to you or common to many. All inflammatory foods can be triggers.

Inflammatory SVT trigger foods...

“...are wheat, gluten, refined grains, sugar, coffee, soda, energy drinks, processed foods (the white stuff) and trans fats. Acidic foods are inflammatory. Dairy meat and alcohol are also generally considered acidic and inflammatory, but there are high quality versions of these foods that you can safely consume in moderation.

Foods that reduce inflammation and are alkaline are organic veggies, sprouts, green drinks, green smoothies, enzymes, vitamins, minerals, antioxidants, phytonutrients, oxygen and peace!”

- Kris Carr, NY Times Best Selling Author and Wellness Advocate

Identifying your unique SVT trigger foods—those that you are unknowingly sensitive to and reacting to—is an essential part of building your SVT prevention lifestyle. This can be achieved through eliminating the foods that I list in this guide on page 69, by keeping a food journal or by working with an Integrative Nutrition Health Coach.

In general, SVT won't stand for chemicalized, pesticide-laden foods; it won't stand for sugar and processed foods, and it won't stand for junk. In this way, SVT has an unorthodox way of forcing you to elevate your food choices and address bad habits or self-sabotaging behaviors that leave you depleted, undernourished and reaching for unhealthy foods.

“I want to feed my body medicine, not poison”

-Kathleen Graham Abundance Coach

What people are saying about SVT Trigger Foods in the
Heal SVT Naturally Facebook Group:

“In my case, I think it’s dairy, gluten and sugar compounded with excess weight that is triggering my SVT episodes.”

“I do notice a correlation between aged cheese & palpitations and it sounds like (from your helpful comments) there could be other harmful ingredients that contribute to it as well. It makes total sense.”

“My first SVT was triggered by a double cheeseburger and fries, and ended up in the E.R. that night!”

“You have to sometimes take your health in your own hands and research the devil out of the issue that you’re having if the doctors can't seem to help or figure it out! This being said I have Gastroparesis which is a delayed stomach issue which when I eat too much, eat the wrong foods (processed, sugars and red meat) I get SVT's badly! I also have hypotension which happens when my potassium or iron is just a little low, causing my blood pressure to drop with the tachycardia.





A Chinese Medicine View: Excess Heat

A Chinese Medicine Perspective and Important view in the Inflammation-SVT Equation

A common complaint from people with SVT that relates to inflammation is that they experience internal heat, heat intolerance, not being able to cool off easily, craving cold air or water, waking in the middle of the night with palpitations and in my own case, feeling the need for cold water or ice water directly prior to SVT episodes.

In Chinese Medicine, the SVT condition is considered a **Heart Yin Deficiency** issue and having *excess heat*. Yin/Yang balance is how illness is categorized.

“Yin represents the energy that is responsible for moistening and cooling bodily functions. When this energy is depleted your body begins to show signs of heating up. This is a lack of the moistening and cooling functions that are necessary to maintain a healthy balance.”

(<http://www.lotusrootacupuncture.com/nutrition.html>)

“Heart Yin deficiency happens when you run your body on poor quality food, air and water, and/or subject it to overwork and various forms of physical and emotional stress, it will get hot, wear out and eventually break down. The result of this damage creates vulnerability in certain organs including the heart and the heart chakra energy center. Traditional Symptoms of Heart Yin Deficiency are: palpitations, anxiety, mild depression, chronic fatigue, getting easily exhausted after mild exertion and especially towards evening, poor sleeping, mental restlessness, poor memory and concentration, being easily startled, insomnia, dizziness, and prone to feeling hot.” <https://www.acupuncture-points.org/heart-yin-deficiency.html#>

Causes of “Heart Yin Deficiency” or Excess Heat:

1. A history of emotional problems over a long period of time such as sadness, fear, worry and anxiety for months or years. (This corresponds to the emotional root causes I mention in [The Heal SVT Naturally Approach](#), such as long-standing unresolved issues, heart wounds from the past, and not listening to your heart’s desires.)
2. Frequently feeling run-down from over-exertion, and being overly committed. This includes overthinking, over analyzing, over-working, unable to let matters rest, insisting that everything must be “right” in order to relax, suffering from adrenal fatigue and consuming a

poor or carb-driven diet, sugary foods and caffeine, (Some of which can single-handedly trigger an SVT). This gradual drain of energy can lead to *Heart Yin Deficiency*. This relates to my theory that the SVT condition thrives on **over-exertion and depletion**. Many people with SVT also have hormone disruption with adrenal fatigue. This is quite common since cortisol, the stress hormone, is released when you are under stress and live in a chronic sympathetic state.

Suggested Treatment for Heart Yin Deficiency:

As a patient of Chinese medicine, I learned about **cooling food strategies** that are known to aid in calming excess internal heat. Cooling foods can have the effect of clearing heat and toxins, cooling and calming the blood and nourishing yin. In my experience, Heart Yin deficiency is effectively treated with diet, lifestyle changes, acupuncture and occasionally Chinese herbal medicine. Since I effectively used acupuncture to help my SVT, I wanted to mention this perspective for you to consider along with your dietary changes.

In simple terms, cooling foods are foods that do not generate internal heat, and since SVT is an excess heat condition, you can tweak your food choices to help keep this heat in balance. This is a tactic I use with private clients as I study and analyze their diets.

This is why spices that build heat such as ginger, or consuming hot liquids in general is not recommended and a dietary tweak that most practitioners unfamiliar with SVT will not know to suggest. *(See a list of cooling and heat generating foods on the next page.)*

Also, and not coincidental, is that SVT is more likely to occur when you are not having daily bowel movements, which is one of the **few ways the body releases heat**. This is why high fiber diets are essential for SVT prevention.

Lastly, I believe that internal heat can be exacerbated through stress and emotions. Anger for example is “hot”, so it makes sense that feeling angry, upset or emotionally charged could tip the scales. Therefore, cooling one’s emotions through anger release practices, journaling and yoga can make a remarkable difference. If this perspective interests you, I have other e-Guides and classes coming in the near future to help you with full spectrum healing, in addition to dietary support.

If you are interested in learning more about Heart Yin Deficiency, I recommend working with an acupuncturist who is trained in traditional pulse diagnosis.



Integrate Cooling Foods into your SVT Prevention Diet and Avoid those that Generate Heat!

<u>Cooling Foods</u>	<u>Foods that Generate Heat</u>
Cucumber	Ginger
Lime	Alcohol
Greens	Animal Fats
Watermelon	Meat
Honeydew/ Melons	Milk, dairy
Mint	Greasy food, deep frying,
Radish	Chips
Apple	Coffee
Banana	Pepper
Kiwi	Roasted peanuts
Strawberry	Cayenne
Alfalfa Sprouts	Turmeric
Asparagus	SUGAR
Bamboo Shoots	
Celery	
Daikon	
Kelp	
Lettuce	
Mushroom	
Vegetables	
Water	
Watercress	
Raw foods	

According to Lotus Root Acupuncture, some examples of western foods that build YIN and would be helpful to heart yin deficiency are:

- ♥ Fruit smoothies with honey and banana, fruit salads, fish dishes with coconut milk, omelets with cheese, asparagus and egg salads with sesame seeds, tacos made with kidney beans, baked sweet potatoes, pork and apple dishes, miso soup with seaweed and tofu.
- ♥ Smaller meals in general are also cooling as opposed to large servings which, not coincidentally has been known to bring on an SVT!

***The SVT Prevention Diet* teaches you how to:**

**crowd out a SAD diet with nutrient-dense food,
identify undiagnosed food sensitivities,
and repair leaky gut syndrome.**

And gives supportive recommendations for

**a low inflammatory diet,
supplements,
stress management,
and self-care strategies.**

All of which help you...

**improve your elimination and
absorption of essential vitamins and minerals,
cool internal heat,
and lead you toward your
ultimate goal of SVT prevention.**



Nutritional Depletion: A Core Concept in the Culmination of SVT

Depletion is a precursor for SVT. I explain in my foundation guide, [The Heal SVT Naturally Approach](#), depletion can be emotional, physical, spiritual and **nutritional**. In this guide, I focus specifically on **nutritional depletion**, but be sure to explore the other forms of depletion that contribute to SVT as one of your healing steps.

Malabsorption of essential minerals

The main purpose of the gastrointestinal tract is to digest and absorb nutrients. When the gut is damaged, leaky, inflamed, or **overburdened with sensitive foods** it makes this nearly impossible. The result is malabsorption of essential vitamins and minerals that put you at risk for depletion, abnormal heart rhythm issues, SVT, POTS, and many other health problems.

Malabsorption is a state arising from the inability to absorb nutrients across the gastrointestinal tract.

Vitamins are organic substances produced by plants or animals, while minerals are inorganic elements present in the soil and water and are absorbed by plants. The main source of these minerals for humans is through the plants (vegetables) that we eat.

Vitamins and minerals are essential for various functions in your body including growth, the development of bones, hair, skin and nerves, transmission of nerve impulses, production of hormones, **contraction and relaxation of the heart and other muscles, and maintenance of normal heart rhythm.**

Balancing minerals is an SVT prevention strategy and begins with **avoiding foods that deplete minerals and increasing plant foods that supply them in the first place**. If you are not eating a plant based diet, and have a compromised gut you are setting yourself up for vitamin and mineral depletion and SVT.

A delicate balance of vitamins, minerals and micronutrients are necessary for a healthy heart rhythm function and far too many people are lacking and depleted in these essential vitamins and minerals.



Stop Depleting Your Magnesium!

Magnesium is a very important part of the mineral balance required for **SVT prevention**. However, most people don't know which foods supply it, how to know if you are depleted and what actions to take to restore balance. Magnesium is a macro-mineral that impacts the function of every organ system in the body, **especially your heart**. Magnesium is one of the **six essential minerals** that must be **supplied in the diet** as you cannot manufacture them on your own. *The other five essential minerals are calcium, sodium, potassium, phosphorous and chloride.*

Magnesium is one of the minerals to focus on for SVT prevention.

Magnesium helps keep the Heart Rhythm Steady!

Without sufficient magnesium stores, you can experience a range of symptoms, including fatigue, insomnia, irritability, brain fog, high blood pressure, restless legs, muscle twitches, and (you guessed it!) **irregular heartbeats**. Magnesium is also vital for energy, sustaining blood vessels and helping you perform well under stress.

Magnesium's role is primarily **regulatory**. It also allows **enzymes to function properly**, which in turn enable a vast majority of the body's chemical reactions and are the basis of the body's ability to function while supporting life.

Magnesium also regulates your electrolyte balance, another vital component of SVT prevention.

Adequate magnesium is necessary for nerve conduction and is also associated with **electrolyte imbalances that affect the nervous system and propensity for stress-related SVT**. Since symptoms of magnesium deficiency that commonly coincide with **SVT** include **abnormal heart rhythms, constipation, panic attacks, fatigue, depression, hypoglycemia, migraines, muscle cramps, and insomnia**, it is vital to pay more attention to mineral balance as part of the SVT prevention protocol.

DID YOU KNOW?

Aggressive farming practices, and the abundant use of chemical fertilizers, pesticides, and other harmful chemicals are the main reason for the nutritional decline of the soil and in its produce.

It is claimed that today one would have to eat eight oranges to derive the same amount of Vitamin A as our grandparents would have obtained from eating just one!

Within every cell of the body, a proper balance of mineral content must be maintained. Magnesium's role in the healthy balance ("homeostasis") of important minerals such as calcium, sodium and

potassium affects the conduction of nerve impulses, muscle contraction, **and heart rhythms**. Balancing your electrolytes is vital to this process.

Sleep is also crucial for mineral absorption and balance. If you have anxiety, times of hyperactivity, difficulty getting to sleep or staying asleep, those may be **neurological signs of magnesium deficiency and are very important to address**.

The two most abundant minerals in the body, potassium and magnesium, also have the highest deficiency rates.

As many as 80% of the population are believed to be lacking in magnesium.

Why so much deficiency?

This is due, in part, to nutrient-deficient diets, leaky gut syndrome, pesticide-laden foods, high sugar consumption (which depletes the bodies minerals just to digest it), chronic stress and high-heat cooking methods. You may be unintentionally robbing your body of this essential mineral but there are many ways to take action.



What to do about it?

1. Eat more plants! Through crowding out unhealthy choices and adding in organic, magnesium-rich foods, more nutrient-dense meals and snacks, you can start to shift your mineral balance and create a stronger foundation of health. The SVT Prevention Diet will help you do so. Plant foods nourish you with minerals and are the mainstay in the diet plan.
2. Stop eating Sugar! Sugar is depleting your magnesium and essential vitamins and minerals!
3. Consider magnesium supplements and Epsom salt baths.

SUGAR robs the body of magnesium and other essential vitamins and minerals JUST TO DIGEST it.

SODA does the same. This is why white sugar and soda are to be avoided on the SVT Prevention Diet.

Accurately testing for magnesium deficiency can be difficult. Magnesium bloodwork is not always correct or reflective of your need to supplement. As much as 60% of the body's magnesium is stored in the bones, with about 40% stored in the body's soft tissues, and only about 1% is available in the blood at any point in time. Because base levels of magnesium in the blood stream are essential to survival, the body will pull magnesium from the bones and muscles before it ever lets blood levels drop. That's why it's important for you take the steps mentioned!

And focus on eating more of these foods...

Magnesium is abundant in these foods: avocados, almonds, walnuts, pumpkin seeds, sunflower seeds, dark leafy greens (spinach, broccoli), artichokes, blackstrap molasses, nuts, bone broth, cacao, bananas, chia seeds, flax seeds, figs, black beans, lima beans and edamame, raisins, cherries, peaches, apricots, oats, and brown rice.

Potassium is abundant in these foods: Bananas, Raw honey, sweet potatoes, white beans, broccoli, wild salmon, beet greens, acorn squash, avocados, cantaloupe, tomato paste, peaches, prunes, soybeans, lima beans, Swiss chard, yams, spinach, dried fruits, blackstrap molasses, sunflower seeds.

Iron is abundant in these foods: lentils, raisins, eggs, blackstrap molasses, cherry juice, green leafy vegetables, spirulina, grass-fed grass-fed beef, chickpeas.



Don't Forget Electrolytes

Eat the right salt!

Mineral and electrolyte balance is an important topic for SVT prevention. If you are suffering with POTS and feeling like you cannot sit or stand without ectopic beats, by increasing salt, specifically pink Himalayan salt, you may be able to stabilize your symptoms.

Consuming electrolytes is a quick remedy for SVT and POTS co-symptoms characterized by erratic blood pressure with movement, an inability to stand for long periods or tolerate hot temperatures and humid conditions or having a general feeling of being “off” or deficient in some nutrient.

I experienced all of the co-symptoms described above which greatly exacerbated my SVT and anxiety and may be doing the same for you. Increasing my salt intake in conjunction to improving my diet helped to stabilize my low blood pressure and POTS symptoms.

Try This:

Consider adding electrolytes to your diet in the form of supplements, iconic minerals, sea vegetables and pink Himalayan salt. In my own recovery, I used electrolyte packets in my water one to two times per day. You can also add the pink salt directly to your water, or alternate licking pink salt and taking sips of water.

As you clean up your diet, increase pink salt, test for and avoid your food allergens, and heal your gut by avoiding the foods you are sensitive to, these SVT co-symptoms should improve.

Some people in the *Heal SVT Naturally* Facebook group like to use hair analysis for testing their minerals. I have never tried this, but it may be worth your while to consider.

Do not use electrolyte drinks such as Gatorade, as those are loaded with sugar!



Pay Attention to Your Blood Quality

Nutrients from your food enter your blood stream and travel through your body to ultimately nourish your cells.

Keeping your blood, clean, hydrated, oxygenated and free of toxins will help prevent SVT.

If you are eating a SAD diet, consuming foods that you are unknowingly sensitive to, and have leaky gut syndrome, **toxins can enter the blood stream and create inflammation**. As mentioned, according to the Heart Rhythm Journal, a study performed in 2008, proved that atrial arrhythmias are associated with inflammation.

Inflammation in the Bloodstream

- Inflammation can lead to ectopic heart beats and misfires which can contribute to acute SVT episodes.
- Inflammation in the bloodstream can be one reason why you are more likely to have an SVT after large or carb dense meals or consume allergenic, acidic or trigger foods.
- High histamine response in the bloodstream could be another risk factor for SVT.
- Blood density or low hydration levels may also predispose someone to a movement-related or positional SVT occurrence.

Keeping your blood, clean, oxygenated, hydrated and free of toxins will help you **AVOID AN SVT**. **Juicing** daily is an effective and delicious way to achieve this goal.

To keep your blood as clean as possible, I highly recommend at least **one freshly pressed or juiced green juice per day**. You can buy green juice in a bottle. Bottled green juice is better than no green juice. Make sure it's organic and contains dark leafy greens. It can also have apple, beets, or another sweet vegetable or fruit. In your initial phase of SVT prevention avoid adding ginger or cayenne which are popular additives because they can create that internal heat I described earlier





The Perfect Storm: Food Sensitivities + Body Burden + Depletion = SVT

When I tell my famous story about the final SVT episode that helped me become determined to heal my SVT naturally, it was due to an SVT that I had the morning after eating a cheese steak sandwich. When I woke up that day, I had what I described as feeling hung over, with a stuffy head and nose and swollen eyes as though I was allergic to something. Since I was constipated and dehydrated that morning, was suffering from environmental seasonal allergies, and had a sweet, white-flour muffin for breakfast, I dramatically increased my body burden in several major ways. Looking back, it is not surprise that this combination of SVT risk factors which contributed to a high body burden, pushed me over the edge into an acute SVT that day.

Body burden is a term that refers to the total accumulation of sensitivities, allergies and toxins in your body.

A high body burden results in the overwhelm of your body's ability to function and detoxify itself. Since the air, water, food and environment have some level of toxic contamination, eating foods that are pesticide-laden, chemicalized, allergenic, processed and refined foods raise your body burden to dangerous levels.

There is only so much the body can handle! When you pile on stress, lack of sleep, constipation, you create the perfect SVT storm! At this point, anything can set you off.

Take control! Reduce your **body burden** by eating a lot of organic vegetables and less processed junk food!

Learn how to aid your lymphatic system to lower your body burden next!

If you feel like you have a food hangover, are constipated, dehydrated, bloated, feeling sluggish, or are experiencing seasonal allergies, these could be signs that your lymphatic system is on overload, your body burden is high, and an SVT could be on the horizon.

If so, give your body an immediate rest by not eating, drinking plenty of water and organic green juice. If you intervene, you may be able to avoid an SVT

Depletion + SVT Summary

When you are chronically nutritionally depleted, have a SAD diet, are not eating enough organic plants, suffer from mineral deficiency and malabsorption, it becomes very difficult for your body to detoxify, regulate its hormones, absorb proper vitamins and minerals and stay in balance. When you are also ingesting sensitive foods and other toxins that contribute to a high body burden you are **living in a state of chronic risk for SVT. You are DEPLETED, and depletion is the foundation for SVT.** This is one of my core theory's in my Heal SVT Naturally Approach.

The bigger picture

These are just the factors that impact SVT from within the **physical layer**. If you are also dealing with *emotional, spiritual and energetic issues* from the other CORE FOUR healing layers you can see how this onslaught sets you up to suffer from acute SVT episodes on a chronic basis.

You are being bombarded with stressors and only YOU can stop it! Medication at this point does absolutely nothing to help you with any of these areas that I have outlined. **Changing your diet, healing your gut and addressing what you can within the core four healing layers will!**

Since you cannot eliminate every point of exposure from all the toxins that surround you, you have to protect your body where you can. *The SVT Prevention Diet* uses food as a tool to limit toxic exposure, heal leaky gut, reduce inflammation and improve digestion. Later, I guide you to incorporate dietary self-care like journaling, mindfulness, and calming practices to support your dietary efforts.

FOOD

is the point of power to regain your health and reverse SVT.

The following are the protocols I recommend to start your journey of restoring digestive balance. They include, eliminating offending foods, embracing detoxification practices, reversing malabsorption, calming the nervous system and vagus nerve, and using *The SVT Prevention Diet* details to upgrade your diet in every way.



Learn how....

Restore Digestive Balance Part 2:

Heal the Gut and Start Preventing SVT

“Healing is a return of the memory to wholeness”

-Deepak Chopra

Many functional and integrative medicine practitioners would agree that the direct path to restoring gut integrity begins with a number of steps that you can do immediately.

The following pages provide **practical steps** to begin the process of gut repair and include...

- ♥ elevate your diet
- ♥ identify and remove offending foods
- ♥ detoxify the body
- ♥ add supplements and fermented foods
- ♥ chew thoroughly and eat mindfully.



Let's begin!



Stop Eating the Culprit Foods!

The first and most practical way to feel better is to

STOP EATING

toxic, allergenic, processed foods and move toward a whole food, low inflammatory, plant-based diet.

Many of my SVT clients have experienced general health improvements almost immediately as they crowd out the inflammatory “culprit” foods such as wheat and white sugar and incorporate more of the wholesome alternatives.



Be SMART with what you allow into your precious body!

Remember you are sensitive and aim to live an **SVT prevention lifestyle!** You simply cannot put the extra burden on yourself by ingesting toxic, allergenic, chemical laden, sugary processed foods that weaken you, make you sick and predispose you to SVT episodes anymore. Be mindful of what you consume!

Use these affirmations to help inspire you...

Affirm:

I love my Body

I want to feed it nourishing foods

I no longer feed my body JUNK

I care about myself

I care about my health

I love learning which foods help me thrive!

The SVT Prevention Diet NO List

Remove These Foods Right Away!

- Caffeine, coffee, tea, any kind of soda, sugary drinks, processed juice, energy drinks, Gatorade, Red Bull, etc.
- Gluten-containing foods including wheat, barley, rye and their derivatives and byproducts such as crackers, cereal, boxed foods and processed baked goods.
- Refined Carbohydrates, refined grains, white flour products including breads, bagels, English muffins, rolls, subs, pizza crust, crackers and sweets in plastic wrappers.
- Refined white sugar, brown sugar, refined sugar in general, high fructose corn syrup, fructose, sucrose, any ingredient that ends in “ose”.
- Sugar substitutes like aspartame. all artificial sweeteners and colors.
- Non-organic dairy products
- Non-organic vegetables and fruits. Use the dirty dozen list on page 106 to guide you
- Hydrogenated fats, partially-hydrogenated fats and trans fats (margarine, butter substitutes), processed fats.
- Omega 6 fatty acids, such as corn oil, safflower oil, sunflower oil, grapeseed oil, soy, peanut and vegetable oils, mayonnaise and many salad dressings (corn and soybean oils), processed oils. (Cold pressed oils like olive oil and mustard oil are OK)
- Genetically Modified Foods/GMO's
- MSG (an additive in many products including but not limited to: boxed soups, soup mixes, salad dressings, deli meats, etc.)
- Food Dyes
- Limit Alcohol



Identify and Eliminate Sensitive Foods

There is no doubt that undiagnosed food allergies and sensitivities are wreaking havoc on your health.

Most people go through life, never really considering how their diet is impacting every aspect of their mental and physical health. It took me 30 years to realize that food was contributing to my SVT symptoms and debilitating health, but since I wasn't obese, eating junk food, drinking soda or having candy, I thought my diet was pretty good. I never knew that simple foods like bread and pasta and occasional cookies were an integral part of my digestive health, let alone my SVT. If only I knew in my early twenties the link between food sensitivities and panic attacks, I could have saved myself years of suffering simply by eliminating certain foods and getting proper emotional support.

Many people with SVT suffer from coinciding ANXIETY, yet do not acknowledge or understand how much diet impacts BOTH of these issues. Anxiety is equally affected by digestive health and diet. A leader on this subject is my one of personal health mentors, Dr. Peter Bongiorno. I highly recommend any of his books on the subject of anxiety, depression and nutrition which can be found on amazon [HERE](#). He has a brilliant mind and is the President of the New York Association of Naturopathic Physicians.

This entire guide, and the healing of my own SVT, POTS, migraines, constipation and anxiety is based on **identifying and removing sensitive foods from my diet**. I cannot stress the importance of this missing puzzle piece in your overall health picture. **The value of *The SVT Prevention Diet* lies in the things that you initially remove from your diet**. Cutting out the foods that are making you sick and replacing them with nutrient-dense, "safe" food is key to SVT prevention.

Uncover Your Food Sensitivities

Observe your bowel movements: They hold valuable information

An easy place to begin to find clues of digestive imbalance, inflammation and food sensitivities is by observing your elimination. Anyone who has ever worked with me knows that studying and analyzing bowel movements is a necessary component of SVT detective work. The **frequency and consistency of your bowel movements hold valuable information about the health of your digestive tract**. Learning how to get a quick assessment for signs of imbalance can be a **self-empowering skill** to know if your diet, elimination and detoxification processes are working for you. I will recommend reliable testing laboratories for bowel health and food sensitivities below. In the meantime, to get a quick assessment of your digestive function is to pay attention to your poop!

Here are some things to look for:

- ♥ A daily bowel movement: while everyone's "normal" may vary, **ideally you want to move your bowels easily, every day.** If not, this could be due to dehydration, a lack of fiber or too much meat or dairy in your diet, or a need for more regular exercise in your routine. It can also represent the need for probiotics, more vegetables and fiber or that you have unrecognized food sensitivities and need to further investigate. If you are not having a morning, easy-to-pass movement, pay attention! It's your body's way of communicating with you. A daily bowel movement **detoxifies and lowers your body burden which is a necessary part of the SVT prevention program.**
- ♥ **Loose stool:** Anything other than a well-formed average-sized stool, a floating stool, a splat, loose stools or diarrhea, or pebble-like, is not normal and needs to be addressed. Irregular stool or constipation is often the result of food that is not digested well, especially when there is a food sensitivity that wreaks havoc in the small intestine such as gluten and dairy. The consequences of these digestive abnormalities are that the nutrients from your food is not being absorbed. This weakens your immune system, contributes to osteoporosis, causes fatigue and creates inflammation in the gut and throughout the body. It also results in *malabsorption of essential vitamins and minerals necessary for healthy heart rhythm function and is one of the root causes of SVT!* I had a combination of loose stools and constipation for years with SVT. As my diet and health improved, it was reflected in my elimination and in the frequency of SVT episodes.
- ♥ Hemorrhoids, fissures and papillae could also be signs of undiagnosed food sensitivities, a poor diet or a high body burden. When I gave up gluten I was no longer plagued with hemorrhoids and painful fissures. If you are suffering with chronic hemorrhoids, papillae or fissures, these can be major signs of the wrong diet, but *they can be reversed with dietary changes.* To learn about how I healed my fissure with a gluten free diet and Manuka honey, visit my blog for the article.

"...your gut has to get rid of all the toxins produced as byproducts of your metabolism, which your liver dumps into bile. If things get backed up when you are constipated, you will become toxic and your health will suffer."

-Mark Hyman

Next...Start Tracking and Become an SVT Detective

Healing and change always require increasing self-awareness of your body and your habits. You will be more motivated and engaged in the process of improving your health and your diet if you pay close attention to what you are eating and feeling as you embark on this journey. You can do this by food tracking.

Food Tracking

Tracking what you eat and drink every day, in addition to its effects on your body including your SVT episodes, will provide some valuable information for you and your health coach if you are using one.

Tracking helps in several ways. It helps you to think twice before making a bad choice because you know that you will have to **record your actions**. And second, when you keep a log of your consumption habits, you will expose the weak links—eating too much sugar, foods high in sodium, eating over-size portions, eating too close to bedtime, eating food that may contain gluten—that identify where better choices would be beneficial. Simply put, you often don't realize how out of balance your food consumption is unless you look at it in black and white.

Become an SVT Detective

Food tracking can potentially provide you with valuable clues as to which foods may be triggering your SVT and depleting your health. **Many in the SVT community suffer from some kind of food sensitivity that they are unaware of**--primarily gluten and wheat, but many other foods such as milk products, eggs, soy, yeast to name a few. **Sometimes you will be able to see a pattern of fatigue, headaches, digestive distress, dizziness, ectopic beats, extra palpitations, itchiness or an SVT episode subsequent to eating certain foods.** If you do have an SVT and have not been tracking, remember to use the tool that I explain in my first e-guide called BACK TRACKING. It's extremely important to list all foods for 48 hours prior to an SVT and use hindsight to help identify your SVT triggers.

Please note that identifying food sensitivities is a tricky business. The inflammatory and reactive effects can occur immediately, in an hour, in three days or chronically! It can be even more difficult to draw connections when you have long term chronic inflammation and your food reactions are not visible, but taking their toll over time on your gut, brain and heart.

Therefore, to be 100% certain which foods are causing you problems, my best advice is to ultimately seek food testing. if you have already figured out that you feel better without gluten, for example, you may be tempted to occasionally make exceptions to your diet, and then suffer the consequences. Testing not only will solidify your commitment but could convince family members to take this restriction just as seriously as you do. With current testing, it is often not necessary to reintroduce the offending food to get accurate results.

Take a Lab Test for Gluten and Other Foods...

Precisely because there can be no cheating on a gluten-free diet, which is the diet I recommend for SVT prevention, I strongly recommend that everyone get tested for wheat/gluten sensitivity and celiac disease so there is no debate whether gluten is, in fact, making you sick. I also advise you to test for all foods, not just gluten, so that you can get a black and white snap shot into exactly what is going on in your digestive tract and make the necessary changes.

It is natural to doubt a diagnosis, even if you feel better, unless you have the diagnosis from a formal report. A positive test also has implications for the likelihood that family members share the same diagnosis because gluten sensitivity and celiac disease are gene-related. This is especially important for your children and can make transitioning easier if the whole family is on the same diet.

Some people may resist testing for fear of having to face the consequences of eliminating favorite foods for a while or permanently. That may well happen, but most times there are good and even **better replacements** and that is why I provide you with delicious, nutritious and alternative recipe ideas later in the guide. Don't forget, I once was addicted to cookies, pasta, sugar, and pizza. What I have learned is that the foods you crave are usually the very foods that are making you sick. To constantly want or crave more of any kind of food could indicate a food sensitivity.

This is one of the many positive opportunities SVT has given you—**the need to re-evaluate your diet overall**. I recommend two reputable labs to seek testing which will likely be out-of-network providers on your medical plan. Regardless, and I don't say this lightly, it will be one of the best investments you will ever make to heal and safeguard your body.

Rotate Your Food

Even if you don't have an actual allergy or sensitivity, "when you eat the same things every day or even multiple times per day, such as gluten, the digestive tract will likely set off a reaction and create inflammation."

—Dr. Pina LoGiudice.

This is why rotating foods, and not eating the same food day after day, is an easy and often overlooked way to aid your digestive tract. I recommend having four to five breakfast options to rotate and repeat throughout the week. I do not recommend eating the same combinations of food every day for any meal.

Understand the Food Testing

Understanding the differences between food allergies, sensitivities and autoimmune reactions is confusing but critical information for you to absorb. It is important that you be well armed in committing to your diet (lab testing can be extremely useful as scientific evidence to motivate you in new ways) It will also give you the language and confidence to explain your dietary limitations to others.

Food Allergies, Sensitivities and Autoimmune Reactions

Dr. Meghan Kemnec, Naturopathic Doctor at Peninsula Integrative Medicine explained in an article in the February 10, 2017 issue of Naturopathic Pediatrics the different types of allergic responses to food. Please note that I added **my own words in blue** to clarify and emphasize her quote...

“IgA, IgG and IgE refer to immunoglobulins, or ‘antibodies.’ These antibodies are part of our immune system, and are produced in response to things we come in contact with on a daily basis. Our bodies make antibodies to foreign substances like bacteria and viral cells, but can also respond to foods, dust, dander and pollen...to help the body mount a fight against foreign invaders.”

“IgA and IgG reactions are known as delayed response reactions that include food sensitivities, where IgE responses are immediate and are considered a true food allergy. IgA and IgG reactions may not happen immediately, **such as those caused by gluten**, but can take hours to days to show up in your skin or intestines, **brain, heart, thyroid, etc.** and can cause symptoms related to inflammation like headaches, fatigue, joint pain or SVT. This delay is what makes it difficult to know which food, if any, is causing or contributing to a health problem.”

“IgE reactions are typically characterized by hives, throat swelling (and anaphylactic reactions), wheezing, coughing, a runny nose, eye redness or tearing to name the most common. Common foods that trigger IgE reactions are peanuts, shellfish, egg, dairy products, soy, tree nuts, wheat and fish.” You can have IgA and IgG reactions to these foods as well.

The types of food sensitivities that have delayed reactions damage the gut, create chronic inflammation and possibly trigger SVT, are IgA and IgG reactions. Your typical allergist/Immunologist typically only tests for IgE allergies. **I recommend testing for the IgG or IgA reactions.**

Testing for Celiac disease, which is an autoimmune reaction to gluten in the gut from proteins found in wheat, rye and barley is done with a blood sample looking for specific antibodies. A genetic swab test can also identify those who carry Celiac and Non-Celiac gluten sensitive genes that indicate the propensity to have either of these conditions.

Again, the takeaway for you is that it can be difficult if not impossible to know what kind of immune response you are having to any food or environmental substance without being properly **tested**. And that you may have to respect your body's limitations to gluten and possibly to other foods.

I Recommend these Labs...

There are two labs that I recommend who are performing reliable testing for **IgA and IgG** immune responses for wheat/gluten and other foods.

Vibrant Wellness: Wheat Zoomer and Food Sensitivity Blood Tests

Contact Information: Sherleen Olson, Regional Representative, will direct you to local doctors to order your tests. Email- Solson@Vibrant-America.com Direct line: 908-902-4563

Learn more at: <http://www.vibrant-wellness.com/>

Vibrant-Wellness offers comprehensive, state-of-the-art testing to identify:

- IgA and IgG reactions to gluten and wheat
- Celiac Disease; wheat and gluten sensitivity
- Intestinal Permeability (Leaky Gut Syndrome)
- IgA and IgG immune reactions to 92 most commonly consumed foods

Complimentary phone consultation with specialized Dietician

Entero Lab: Comprehensive Gluten/Antigenic Food Sensitivity Stool Panels And Gluten Sensitivity Gene Panel

Contact Information: Customer Service 972-686-6869 or <http://www.enterolab.com/>

“Recent studies indicate that sensitivities to gluten and other foods are far more widespread than believed. Expert testing has revealed that as many as one in three people are gluten sensitive, and for people who have symptoms and conditions, the number jumps to **one in every two**”!!

Entero Lab offers:

1. A variety of stool testing panels that test for IgA reaction to gluten and common foods
2. Genetic testing (cheek swab) to detect Celiac and Non-Celiac Gluten Sensitive genes.
3. Test-ordering through their website; no prescription required. Results sent to you through email.
4. Phone consultations available with specialized Dietician for an additional fee.

After the Lab Results

For those of you who have tested positive for gluten and/or other foods, the lab results may bring up mixed feelings. When I found out that I was reacting to gluten, it felt like both good and bad news. I was thrilled that I had received scientific proof of what I had long suspected, but provided a clear action plan that I could adhere to. However, I still needed support to give up sugar, pizza, bagels and other foods that I had a habit of consuming for comfort, convenience and physical addiction.

It's important to realize that while you may initially feel like you have to be on a **restricted** diet, eventually you will realize that a gluten and/or dairy free diet brings a whole new level of **SVT freedom!** Since SVT freedom is what you are desperate for, I urge you to view whatever the results are as positive and moving you in the right direction. You may need to be very honest with yourself at this point if you have been using food for emotional relief like I was.

Have Hope!

If you learn that you must follow a modified diet, it will require a good dose of vigilance, adjustment and patience to get there once you practice the rules and the habits. The knowledge of knowing your food sensitivities gives you the power and freedom to choose to be proactive and to heal yourself.

Your new way of eating will be worth maintaining because you will feel and function at a whole new level. Think of your gluten-free diet as a gift that you give yourself every day!

Once I committed to a gluten free diet, I had increased energy, less exhaustion and regular bowel movements. I no longer experienced Postural Orthostatic Tachycardia Syndrome, had far fewer electrical misfires, palpitations and most significantly, a drastic reduction of SVT episodes. I started to feel better within a week and continued to see improvements over the following years in combination with all my other modifications.

It's not always easy to be gluten-free when eating among others or away from home. Don't set yourself up for failure by bringing forbidden foods into your home that you cannot resist. Instead, find replacements that you enjoy, and engage the support of family and friends. It takes a strong backbone to say no to yourself, or to refrain from uninformed people in your life who offer you, tempt you and pressure you to eat the food that you must avoid. Always keep safe foods on hand, and make the time to prepare your own snacks and meals to ensure your success. **Learning how to recreate your favorite foods to be nutrient-dense, delicious and gluten free or dairy-free will give you solid reasons to love your new diet.** See Pillar 3: Dietary Self-care for all the details to support you with this.

I will continue to address this topic of 100% adherence to a gluten-free diet in my blogs, e-guides and future publications. Since this is such a large topic, please see my third e-guide in *The Heal SVT Naturally e-guide Empowerment Series*, **SVT & Gluten Free**, for more information and support in transitioning to a **gluten free lifestyle**. Available September 2018.



*Being Gluten Free does NOT mean uncontrolled consumption of gluten-free muffins, crackers and boxed items. Those products can be just as harmful if they include fillers, sugar, and other unhealthy ingredients. The SVT Prevention Diet encourages you to learn **about naturally gluten free options** such as almond flour, coconut flour, brown rice flour, and all kinds of pre-mixed flour blends found in the gluten-free or flour aisle at the grocery. Use these options to create delicious meals. You **DO NOT** have to feel restricted on a naturally gluten-free diet if you have new food to love!. There are some healthy options that do come in a box. One brand I like is called Simple Mills. They contain very few ingredients and are very satisfying for an occasional baked treat.*

<https://www.simplemills.com/>



Engage Your Lymphatic System: Your Built it Self-Cleansing Mechanism

The Role of the Lymphatic System in Digestive Health and SVT Reduction

Your Lymph system is a network of tissues and organs that carries away waste and rids the body of toxins and other unwanted materials. **It is your body's drainage system.** It aids the immune system in removing and destroying waste, debris, dead blood cells, pathogens, toxins, and even cancer cells. It absorbs fats and fat-soluble vitamins from the digestive system and delivers these nutrients to the cells of the body for normal functioning. The lymphatic system also removes excess fluid, and waste products from the interstitial spaces between the cells. **A healthy lymphatic system keeps your body burden LOW, which is what you want for SVT Prevention!**

The lymphatic system is your body's amazing self-cleansing mechanism.

However, as mentioned earlier, if you expose yourself to more toxins than your body can eliminate, this will create a burden on your body that will put you at risk for an acute SVT.

The greater the accumulation of toxins, chemicals, histamines, food reactions and inflammation in your body at any given time can overwhelm your lymphatic function. Body burden can also include dangerous metals like mercury, pollutants, pesticides, food additives, viruses, bacteria and parasites. When the gut's not healthy, the body is not healthy and a **sluggish and toxic gut will slow the lymph's ability to circulate clean, infection-free, uninflamed blood.**

The Lymph system is here to help you!
Learn how to use it for your benefit.
Don't clog it up!



If the body is unhealthy, it's a clear sign that the lymph is unhealthy, too!

Therefore, it is in your interest to support the elimination and detoxification mechanisms of the lymph systems for learning to use this system to your SVT prevention.

Almost **every chronic disease is linked to an overwhelmed lymphatic system**. Remember, all of the body's systems are connected and have a cascading effect on each other. Any combination of a toxic lifestyle and digestive malfunction is a recipe for SVT, especially when the lymph system is taxed.

Did you know that according to Dr. Libby Weaver, waking through the night, specifically between 2-4am and feeling hot with palpitations may indicate a congested lymphatic system?

Prevent SVT by Supporting Your Lymph System

There are several ways to improve your Lymphatic System function that also support SVT prevention.

- 1. Be cautious and calculating about what you allow into your body and your life!** Your objective is to keep your body burden as low as possible through the choices you make to stay "clean" in your food consumption and in your environment. Instead of giving the lymphatic system more work to do to, **eliminate toxic and unnatural ingredients from your diet**. Pursue a diet that contributes to a nontoxic *internal* environment! Support the lymph by **eating a clean, plant-focused diet full of nutrients and antioxidants**.
- 2. Balance gut flora to assist the lymph system to function efficiently.** Remove any food that you suspect or know triggers an SVT, and take a probiotic. No gluten or white sugar!



3. Unlike your heart, your lymphatic system doesn't have a pump. Sweating, moving, walking, yoga, swimming support its function. Daily movement and gentle exercise such as walking, stretching, gentle yoga would be greatly beneficial for you. Over-exertion is not recommended.
4. One of the best ways to cleanse the lymphatic system is by brushing the entire surface of the skin with a soft dry brush made of natural vegetable bristles. These are called dry skin brushes and can be ordered off amazon [HERE](#). **Dry skin brushing** stimulates the lumpy canals to drain toxic mucoid matter into the colon thereby purifying all of the lymphatic system. This enables the lymph to perform its house cleaning duties keeping the blood and other vital tissues detoxified.
5. In addition to the foods that are listed in the Diet Details section, here are a few more food recommendations that specifically help in cleansing the lymphatic system:
 - ♥ Consume some amount of *raw* fruits and vegetables and fresh herbs every day.
 - ♥ Consider soaking and sprouting nuts, seeds or legumes in addition to traditional preparation methods.
 - ♥ Dairy (and white flour) is mucus-forming. Limit or remove animal milk products if you are having any obvious lymphatic issue such as swollen lymph nodes, closed Eustachian tubes/chronic ear infections, swollen adenoids, excess mucus, and sinus infections. Dairy puts extra stress on the Lymph system.
 - ♥ Avoid all white sugar. Gluten and sugar are high on the list of foods to avoid because of their ability to promote malabsorption and disrupt digestion.
 - ♥ Cut out red meat, shellfish, and hydrogenated fats. Red meat and hydrogenated fats can be hard to digest and can clog up the lymphatic system.
 - ♥ Increase water consumption. Clean water is imperative for lymphatic health.
 - ♥ Enzymes can help. Consider using digestive enzymes to help if you are suffering from allergies which can also contribute to a sluggish lymphatic system.
 - ♥ Reduce or eliminate alcohol temporarily.

- ♥ Add cranberries to your diet! They emulsify fat, which helps break it down, so the lymphatic vessels can carry it away. Cranberry also supports the kidneys, with overall hydration. Avoid cranberry juice that has any added ingredients or preservatives, and use fresh, whole cranberries to juice whenever possible. Cranberries make a colorful and healthy addition during fall and winter holidays. I make a fresh cranberry sauce by simmering tart cranberries and adding a drizzle of maple syrup, half of the juice of an orange, and fresh mint. I also add them to summertime sangria--in moderation, of course.

Cranberries also pair nicely with fresh juice and spritzers!



6. Get regular massages.
7. Do diaphragmatic breathing. Both stimulate lymphatic flow, according to Dr. Libby Weaver, Australia's leading nutrition specialist.
8. Equip your home with water and air purification devices.
9. Beware of what you put onto your skin! Your skin is your largest organ and absorbs what you put on it. Read labels to avoid parabens and hormone disruptors. (I use coconut oil as a moisturizer. Yes, the same one that I use for cooking!)



Connect and Calm The HEART-GUT Network

Electrical Misfires, Nutrition and Neurotransmitters

The Heart is a muscle and its primary function is to supply blood and nutrients to the body. The regular beating or contraction of the heart moves the blood throughout the body. Each heartbeat is controlled by electrical impulses traveling through the heart. **The electrical system of your heart is the power source that makes this possible.**

According to Hopkins medicine.org, an arrhythmia is an abnormality in the timing or pattern of the heartbeat. Arrhythmias may cause the heart to beat too rapidly, too slowly, or irregularly. Supraventricular tachycardia is a series of rapid heartbeats that begin in or involve the upper chambers (atria) of the heart. SVT can cause the heart to beat very rapidly or erratically. As a result, the heart may beat inefficiently, and the body may receive an inadequate blood supply. There are three major types of SVT including Atrial fibrillation, Paroxysmal supraventricular tachycardia (PSVT) and Atrial Flutter & Atrial Tachycardia.

My favorite bit of traditional medical information that I learned about SVT from a cardiologist is that **SVT is an electrical issue, not a plumbing one.** This means that SVT is not heart disease. SVT originates from electrical misfires. In some ways, this can feel like a relief.

*Each heart beat is started electrically at the sinus node. Then the electrical impulse is carried to the AV node and relayed to the ventricles over the left and right bundle branches to the heart muscle. **The heart's electrical system,** (sinus node) may send out signals too quickly, may send out extra signals, or the signals bounce around inside one of the heart's chambers instead of moving on in a regular pattern. These are called electrical misfires and result is a fast or irregular heartbeat called arrhythmias. **When the misfires originate in the upper ventricles it's called SVT.** If heart disease is also present, SVT can be serious, which is one of the additional reasons as to why you want to eat a heart healthy diet like *The SVT Prevention Diet* that will be outlined shortly.*

Electrophysiology is a specialized field that studies the relationship of the heart to its electrical system, identifying the origin of electrical impulses, the pathways they travel and their effect on the heart muscle. An interesting piece of information is that **your gut actually contains MORE neurotransmitters than your brain. And your gut's nervous system is your second brain.** A problem at any point in the electrical pathway can interfere with normal beating, resulting in heart rhythm disorders (arrhythmias), or SVT.

According to Dr. Mathew, Cardiac Electrophysiologist, "We do not yet fully understand what causes the heart's electrical system to misfire." Since we now know that according to Oxford, arrhythmias are preceded by inflammation, as an Integrative Nutrition Coach, it seems obvious, **that these messages or misfires would be influenced by nutrition and inflammation, given that the gut is**

essentially responsible for sending those messages. As it becomes clear that nutrition and even stress and inflammation can impact electrical impulses, you can assume that adhering to *The SVT Prevention Diet*, (avoiding sugar, stimulants like caffeine and inflammatory foods) can only help and not hurt you. I plan to continue to research this important aspect of nutrition, inflammation and SVT prevention to keep on top of new information and direction in years to come. For now, best practices would advise you to continue to work on diet, digestive balance and engaging the parasympathetic nervous system as needed for SVT prevention.

The Central Nervous System is Influenced by Nutrition

There are different parts of your nervous system that are also in the Heart-Gut network and **influenced by nutrition.** The CNS, your central nervous system, is governed by your conscious mind. You control it. You decide that you want to walk or run or lift something. Your autonomic nervous system is governed by your subconscious. **You can't instruct it.** That governs how quickly your heart beats, how fast a cut heals and your ability to stay calm.

There are two branches to the autonomic nervous system. They are the sympathetic nervous system (the red zone: fight or flight) and parasympathetic nervous system (the green zone: rest and digest). The red and green zones are terms used by Dr. Libby Weaver, a functional integrative specialist who educates the public about the amazing role of nutrition on the nervous system and your health.

The sympathetic and parasympathetic nervous systems are opposing forces that affect your heart rate. Both systems are made up of very tiny nerves that travel from the brain or spinal cord to your heart and are **impacted by the food you eat!** Since SVTs are much more likely to happen in response to the sympathetic nervous state, it is essential to learn the difference between the two states and how to consciously choose ways to engage the parasympathetic state and live in the green zone including how to use nutrition for this purpose.

Dr. Libby, states that “there are billions of biochemical reactions going on all the time **and nutrients are essential for all of those processes to occur and run smoothly.** Food quality and the health of your blood will have far reaching effects because all of the cells of the body require it for nourishment and life itself.”



Food affects your blood quality, nervous system, heart and brain.

The challenge in today's world is that many people chronically live in the sympathetic nervous state (the red zone). Daily stress, social media, the news, and "keeping up with the Joneses," create even more pressure to seek relief through the short-term pleasure of consuming processed, chemicalized junk food, sugar and caffeine.

Stress and poor diet push you into the red zone, and you are releasing adrenaline on a daily basis. This sends you into the fight or flight response. **The sympathetic nerve speeds up the heart rate** with exertion or excitement or stress. You are much more likely to have an SVT when you are in this red zone.

Your goal is to engage the parasympathetic nervous system, calm the vagus nerve, and use good *nutrition* to keep yourself in a parasympathetic state.



Palpitations can often result from an imbalance between the sympathetic and parasympathetic nervous systems, so engage your parasympathetic nervous system as much as possible!

How?

The PNS is activated by diaphragmatic breathing, calming behaviors and a low inflammatory lifestyle. Remembering to BREATHE, is one simple thing you can do to help you re-engage the PNS as you work towards SVT prevention. The longer the exhale the better the PNS engages. When you breathe this way, you convey to your body through your nervous system that you are SAFE. **This is vital not only during an acute SVT** but it's crucial to engage this response on a daily basis to maintain calm in the central nervous system.



Conscious Eating

Inflammation can be triggered from the way you eat, in addition to the actual foods you eat!

You are making choices every day about nutrition that go beyond food choices.

The pace at which you eat, the thoroughness of which you chew each bite, and the amount of food you serve yourself and consume also impact digestion.

Overeating, swallowing large chunks of food, eating fast or eating while you are upset impact your propensity for inflammation and SVT, and can be managed with conscious effort.



Here's what people are saying in the Heal SVT Naturally Facebook Group about eating and SVT:

- *"Food is a huge trigger for me. I get SVT when I get that full feeling in the top portion of my stomach or if I lean over after eating. My heart starts racing immediately and I feel hot and flushed."*
- *"I seem to get SVT when I eat too much in general"*
- *I've had symptoms of both GERD and hiatal hernia but find that I can keep them under control with diet which also reduces my SVT's. In reading about GERD, there is also a connection to the vagal nerve.*
- *"I noticed I get SVT after I eat lots of carbs"*
- *"My biggest SVT was after bingeing quickly on junk food"*



The Missing Link: The Vagus Nerve

The vagus nerve, also known as the wandering nerve, is the super highway that connects your body and your brain. The vagus nerve plays a major role in your health in general and in many of the body's vital functions. The relationship between your parasympathetic nervous system and vagus nerve is a crucial area to research further because **people who suffer from fatigue, food sensitivities, anxiety, digestive problems, and brain fog, often have something called *low vagal tone*.**

This nerve, also named the CEO of your parasympathetic nervous system, has multiple branches that diverge from two thick stem roots in the cerebellum and brainstem and wander through the **diaphragm into the abdomen, intestinal tract**, and other organs. **This is the most obvious physical representation of the mind-body connection.** The vagus nerve path presents the most compelling evidence of the connection between the Gut and SVT, not only due to the physical connection, but to what this nerve regulates.

Why isn't your doctor telling you this?

It is an unfortunate omission or oversight that cardiologists do not educate their patients on how to tone the vagus nerve since the benefits can be of great value in managing acute episode and daily control.

“The vagus nerve serves as the key component of the parasympathetic nervous branch of the autonomic nervous system, regulating homeostasis (resting state) of the majority of the body's internal organ systems that operate on a largely subconscious level, such as the **HEART, lungs, eyes, adrenal glands, and **DIGESTIVE TRACT.**”** -source: lamheart.com

This is what is known about the vagus nerve and its functions:

- ♥ It is intimately involved in managing sympathetic/parasympathetic balance in the autonomic nervous system (ANS).
- ♥ **It communicates messages between the gut and the brain.**
- ♥ **It regulates the muscle movement necessary to keep you breathing.**
- ♥ **It helps decrease inflammation.**
- ♥ **It has profound control over heart rate and blood pressure. Vagus activation can lower the risk of heart disease, among other lethal diseases.**
- ♥ **It helps improve mood.**
- ♥ **It is essential in fear management.**
- ♥ **It plays a role in learning and memory.**

- ♥ **It can help relieve cluster headaches.**
- ♥ In the brain, the vagus helps control anxiety and depression.
- ♥ In the tongue, it helps **control taste and saliva**; while in the eyes, it helps release tears.
- ♥ **Satiety and relaxation following a meal are partly caused by the vagus nerve's** communication to the brain in response to food intake.
- ♥ **In the gut, it increases stomach acidity, digestive juice secretion, and gut flow.** Since the vagus nerve is important for increasing gut flow (motility), having **less vagus activation will increase IBS risk, which is a result of slower flow.** Stimulating the vagus nerve increases the release of histamine by stomach cells, which helps release stomach acid. Low stomach acidity is usually, in part, a vagus nerve problem.
- ♥ In the liver and pancreas, it helps **control blood glucose balance.**
- ♥ In the gallbladder, it **helps release bile**, which aids the elimination of toxins and breaks down fat.
- ♥ It **promotes general kidney function.**
- ♥ **In the spleen, it can reduce inflammation.**
- ♥ The vagus nerve impacts conditions like GERD because it controls stomach acidity and the esophagus.
- ♥ In its reach from the gut to the inner ear, the vagus nerve can trigger dizziness or vertigo from food sensitivity reactions.
- ♥ Low vagal tone has been associated with chronic inflammation.

A tool for de-stressing, creating a healthy gut, calming the PNS, lowering inflammation, and SVT prevention lies in a **higher resting vagal tone.**

How to Manage Vagal Tone in Order to Help Control SVT

“Vagal tone defines the functional status of the **vagus** nerve. It is not static, it **fluctuates, based on your activities, lifestyle, food and moods**. **Low vagal tone is linked to inflammation, emotional stress, and negative moods**. People with low vagal tone are easily disturbed, have **weak digestion**, and frequently suffer from physical, mental and emotional instability. Thus, an optimal vagal tone is linked to physical and psychological well-being while an under-performing vagal tone is linked to sickness, negative moods, depression, **and heart issues**.” <http://yogaforhealthyaging.blogspot.com/2015/07/yoga-practices-to-optimize-vagal-tone.html>

Calming the vagus nerve is achieved through daily habits such as yoga, meditation, breathing and massage. Calming the vagus nerve is a natural and drug free alternative for treating inflammation and reducing your risk for SVT.



Self-Empowering Methods to Calm the Vagus Nerve:

- ♥ **Cold Applications:** Studies show that when your body adjusts to cold, your fight-or-flight (sympathetic) system declines and your rest-and-digest (parasympathetic) system increases. Any kind of **acute cold exposure will increase vagus nerve activation**. From freezing showers to cryotherapy tanks, cold exposure is in vogue among health-conscious people. Interestingly, one of the most well-known ways to convert out of an SVT is by applying an ice bath or ice packs to the face and neck.

Worth noting is that for years prior to an SVT, **I craved cold air or ice-cold water**. I would painstakingly explain this association to my cardiologist hoping that he would consider this information as relevant in piecing together my SVT puzzle. I also consistently observed that I suffered from heat intolerance. I was much more likely to have an SVT in hot, humid conditions. It now makes sense **that prior to an SVT I craved cooling applications that were actually symptoms of a low vagal tone**. Listening to what your body craves is vital to your unique SVT prevention plan and an exercise in self-trust.

- ♥ **Singing, Chanting and Humming Increases Heart Rate Variability:** During yoga practices people sometimes chant the word OHM at the end of a practice. Humming, chanting or singing loudly in general can help to calm the vagus nerve. This is an easy daily practice to cultivate. To get the full benefit, you need to do this once or twice a day for a few minutes.
- ♥ **YOGA:** Yoga increases vagus nerve and parasympathetic system activity in general.
- ♥ **Meditation:** Research shows that a lovingkindness meditation increases vagal tone.
- ♥ **Breathe Deeply and Slowly:** Engaging in diaphragmatic breathing helps to improve vagal tone. This means when you breathe in, your belly should expand or go out. When you breathe out your belly should cave in. The more your belly expands and the more it caves in, the deeper you're breathing. *The key in engaging the PNS is to exhale for slightly longer than the inhalation. The longer exhale is when the PNS gets engaged.*
- ♥ **Laughter:** As the saying goes, laughter is the best medicine.
- ♥ **Probiotics:** The gut-nervous-system connects to the brain through the vagus nerve which means if you can manage your digestion better, you indirectly can improve vagal tone.

- ♥ **Massage:** Massage in general relaxes the entire body, and foot massage in particular, can increase vagal activity and heart rate variability. I am aware that when I crave a massage, it is a form of intuitive communication of how to prevent an SVT.
- ♥ **Gargling:** Gargling contracts the muscles in the back of the throat, which activates the vagus nerve and stimulates the gastrointestinal tract. Before you swallow water, gargle it first. You can also use tongue depressors to stimulate the gag reflex. Some say that gag reflexes are like doing “push-ups” for the vagus nerve. I have wondered if people who binge and purge are unknowingly engaging the gag reflex as a self-calming strategy.
- ♥ **Coughing or Tensing the Stomach Muscles:** When you bear down as if to make a bowel movement, you stimulate your vagus nerve. That’s why you might feel relaxed after a bowel movement. Coughing as well as bearing down can be effective for some people when trying to break an acute SVT and is another form of vagal toning.



Toning the Vagus Nerve is a valuable component of SVT prevention and management. Many of my SVT symptoms and related conditions **displayed a clear craving for vagal toning:**

My body’s desire for cold water prior to an SVT, longing for weekly massages, and my urge to chew dense foods like soft cookies are obvious examples. Reflect on your own cravings and needs to see if you can draw similar connections.

Through my own experience, observing my clients and doing research, I have come to respect and value the power of VAGAL TONING to soothe the PNS and manage and **prevent SVT. Vagal toning holds a lot of potential for the SVT community; I am committed and motivated to follow the research and application on this topic.**

Resources for vagal toning: <https://www.selfhacked.com/blog/28-ways-to-stimulate-your-vagus-nerve-and-all-you-need-to-know-about-it/>



Digestive Health: A Path to Healing SVT

The cornerstone of the Heal SVT Naturally theory is that SVT is directly linked to your digestive health.

The SVT-Gut connection is a theory that I have been building ever since I experienced the profound changes in my health and SVT occurrences when I changed my diet. As I guided clients and readers to apply the same protocols to their diet and habits, and they too found relief, I gained both anecdotal research and confidence that I was on the right track to focus on gut health, body burden and nutritional depletion as root causes of SVT.

FOOD + SVT are intricately connected.

I hope that I have given you the evidence you need to be inspired to make the necessary changes to your diet and lifestyle to help you reclaim your health! No matter what you choose regarding medication or surgery, **you CAN CHOOSE a BETTER DIET.** You can improve your health by changing what you consume on a daily basis.



Pillar 3, The Diet Details is next. I lay out a clear dietary roadmap on what foods to include and avoid in order to use diet as one of your greatest SVT PREVENTION tools and a powerful way to regain your health!

You have so much more power than you think!



Pillar 2: The Diet Details

“Plates over Pills”

-Dr. Rupy Aujla-The Doctor's Kitchen

Pillar 2: The Diet Details

Whole Foods Plant Based Diet.....	94
The Yes/No List.....	95
The Ground Rules.....	97
Optimal Liquids.....	101
Organic Awareness.....	105
Unlimited Vegetables.....	108
Think Green.....	110
Sea Vegetables.....	113
Fruit.....	114
Smoothies.....	117
Be Naturally Gluten Free.....	119
Naturally GF Whole Grains.....	123
Nothing White.....	127
No White Sugar.....	129
Decipher Your Sugar Cravings.....	132
Sugar Swap.....	134
Journaling Exercise.....	137
Dead Food & Junk Food.....	140
Animal Protein.....	144
Dairy.....	148
Beans.....	150
Nuts & Seeds.....	153
Super Foods.....	157
Healthy Fats & Oils.....	161
Flavorful and Healing Condiments.....	163
Meal Building: Fat + Fiber+ Protein Trifecta.....	165
Breakfast Ideas.....	166
Lunch & Dinner Ideas.....	167-168
Snack Ideas	169
Cooking Methods.....	170
Supplements.....	172
Your SVT Prevention Table.....	176
Checklist.....	177

The SVT Prevention Diet Details

A Whole Foods and Plant-Based Diet

In this section, I explain the details of *The SVT Prevention Diet*. The guidelines that I provide, are rooted in two main goals, to NOT trigger an SVT, and to help you heal you at the root level, so that you are not living your life with a foundation of nutritional depletion setting yourself up for continual SVT's. All of my recommendations regarding which foods to eat and which ones to avoid are for the sole purpose of preventing SVT at both the acute and the root level. The benefits of the changes you are making will be felt anywhere from a few weeks up to one year. Gut healing takes time.



While at first glance, this diet may seem similar to other healthful diets, (and it is), you will find very specific tweaks that you will not find on other diets throughout this guide. SVT is a very unique health issue, and my guidance is given accordingly. You will learn what to eat, what not to eat, what foods will deplete you, what foods help heal your gut, what foods will provide energy and what foods will rob you of the key minerals and vitamins that you need to sustain a healthy SVT free life. If you see a “yes food” or a “no food” and don't understand why it is such, the answer lies solely in SVT prevention.

The SVT Prevention Diet is an anti-inflammatory, naturally gluten-free, whole foods, plant-focused diet. A whole food is a food that has not been processed and is free from artificial substances. They are full of fiber, vitamins and minerals. This diet includes vegetables, fruits, greens, legumes, gluten-free whole grains, wild fish, pasture raised meat and chicken, nuts, seeds, unrefined oils, natural sweeteners, and super foods.

A whole food is a food that is as close to its original state as possible. It is grown and nurtured by mother nature without any chemical enhancements.

On *The SVT Prevention Diet*, you abstain from gluten grains in all forms, white sugar, and processed and refined foods. What you remove from your diet, lays the foundation for you to absorb all of the essential vitamins and minerals that you will be adding in! I begin with some inspirational ground rules and then the short list of all the foods to avoid and to include on *The SVT Prevention Diet*, (The YES/ NO list) followed by in-depth coverage of each one. Read with an open mind, and with SVT PREVENTION at the top of your priority list!

Overview of *The SVT Prevention Diet* Details

A Whole Foods and Plant-Based Diet

YES	NO
Organic Vegetables + Fruits	Pesticides and Chemicals
Naturally gluten-free grains and flours. Brown rice, basmati rice, wild rice, quinoa, millet, brown rice flour, paleo flours, nut flours, almond flour, coconut flour, gluten-free oats, and any gf flour	Gluten and refined flours. Wheat grains and flours including kamut, spelt, barley, rye, oats and their ingredients in other products.
<i>Natural</i> sugars such as honey, Manuka honey, pure maple syrup, maple syrup crystals, stevia, liquid stevia, coconut palm sugar, dates, date sugar, date syrup, agave, blackstrap molasses, Lankanto Monkfruit sweetener, coconut flesh, Yacon, * Natural sugars In moderation	White Sugar, brown sugar and all of its derivatives Artificial sweeteners, aspartame, high fructose corn syrup, saccharine, all fake sugars.
Healthy fats: avocado and avocado oil, ghee, extra virgin olive oil, coconut oil, nut oils, flax and hemp seeds, chia seeds, sunflower seeds	No canola oils, vegetable oils, margarine, partially hydrogenated fats, trans fats, partially hydrogenated oils, corn oils, , soy oil, safflower oil, sunflower oil
All nuts, and nut milks almonds, walnuts, pistachios, brazil nuts, macadamia, hazelnuts, chestnuts, pine nuts, etc . *Peanuts--only organic	Carrageenan (which can be found in many nut milks, rice milks, creamers, ice cream and many other products)
ALL dairy must be organic; no exceptions Goats milk and sheep's milk products if not allergic to it. * Animal milk: only organic and only if you are not sensitive to it and can digest it easily. Consume in moderation.	Cow's milk to drink, low-fat dairy, -non-organic dairy. Any kind of creamer with artificial ingredients.
Occasional grass fed-meat, organic chicken and turkey, and wild fish. Organic sausages.	Factory meats, inhumanely raised meats, Processed meat: cold cuts, bacon, sausages.
Organic or cage free eggs, eggs from pasture raised chickens	Non-organic eggs
Vegetable juice from mechanical juicers. Blended fruit and vegetable smoothies	Caffeine, soda, sugary drinks, energy drinks, Coffee, decaf coffee, energy drinks, Gatorade,
Cooling foods like chlorophyll, lime, greens, green juices, cucumbers, see cooling foods list.	Hot drinks, Hot tea, hot coco,
Any fermented foods like sauerkraut	
All Super foods including cacao, raw honey, garlic, and chia seeds	Processed white table salt
Condiments: turmeric, dulse, pink Himalayan salt, fresh herbs, cinnamon. * Cayenne, ginger (not to be consumed during acute healing phase	MSG, preservatives, artificial flavors or colors such as yellow #5, All dyes with #'s, Benzoic Acid/Sodium Bicarbonate, BHA, BHT, *see more page 142
Fresh Herbs: rosemary, cilantro and basil, all fresh herbs	Hot spices or food: cayenne, hot peppers, ginger. *eventually you will be able to add these food back in, in moderation.
Water, green juice, freshly pressed juices,	
Peppermint tea, mint tea, mushroom tea, turmeric tea	Herbal teas, black tea, green tea, white tea and heat generating foods and spices like ginger

You have so much more power than you think when it comes to your health.

The Benefits of The SVT Prevention Diet

- Restore intestinal balance
- Reduce inflammation
- Improve digestion
- Support healing of Leaky Gut Syndrome
- Improve elimination and detoxification
- Reduce toxic body burden
- Oxygenate blood supply
- Restore daily bowel movements
- Increase vitamin and mineral absorption
- Naturally lose excess weight
- Reduce risk for pre-diabetes
- Increase energy
- Reduce brain fog
- Calm anxiety
- Engage the parasympathetic nervous system
- Calm the Vagus Nerve
- Feel better mentally and physically
- Feel more in control of you SVT
- Reduce and eliminate SVT, POTS and other general co-symptoms

The Ground Rules

Before you dive into all the diet details, there are a few ground rules to apply.

Regard Your Individuality First

The guidelines in this diet are specific, but mostly directional. **They are meant to support you and provide a framework for the general population of people with SVT to follow.** You will tweak these as needed and personalize them to your own needs. I fully understand that each of you has your own unique healthy history and story. This is why individualized integrative nutrition health coaching is always a great option. *The SVT Prevention Diet* considers that what is good for one person may not be good for another. Therefore, **always regard your individuality first.** Each person has their own unique set of circumstances, co-symptoms, food sensitivities, and other illnesses to consider. Integrative Nutrition Health Coaches refer to this as your **Bio-individuality.** Your bio-individuality always overrides any dietary rule.

For example, if popular media promotes apple cider vinegar as a beneficial food to consume, yet every time you ingest it, you get an SVT or ectopic beats, then you must **listen to your body and regard your bio-individuality first.** If your body, your gut and your intuition are telling you that something doesn't feel good, then **trust that feedback above all else.** This is an exercise in self-trust **and listening to your heart, the ultimate factor in SVT prevention.** Following and TRUSTING your intuition is a powerful way to nourish yourself.

**Your body is a wondrous vehicle and wants to heal.
Listen to it and to honor it when it speaks to you.**

Begin Where you Are

Each person is at a different starting place on the journey to *Heal SVT Naturally.* **Start where you are and do what is meaningful for you today.** Some of you may be about to do a complete diet overhaul, and eliminate white sugar or gluten. For others, it might mean simply adding in more vegetables, switching to organic or cooking at home instead of ordering take out. Some are already eating a healthy gluten free and sugar free diet but need to fine tune it by adding in super foods, turmeric, or supplements. And many may need to create new self-care habits or shift priorities to fit in more time to cook and prepare food.

Be patient with yourself and do the best you can. Just by reading this guide, you are **taking the first step and are ready to bring about the changes that are calling you.** Today is the day that you can change. Today is the day that you can make new choices. **Whatever you chose yesterday is in the**

past, and today you have a new chance to make better choices for yourself that support your health goals. That is the beauty and freedom of life. **Every day we have a new chance to begin again.**

The point of power is in the present moment

-- Louise Hay

Let Go of Resistance

As you read through *the SVT Prevention Diet* details and consider the implications of a gluten-free and sugar-free lifestyle, **you may feel reluctant or resistant** to give up favorite foods. I know just how you feel! I can remember a time when I could not have imagined a life without my daily chocolate chip cookies or pizza, pasta and bread. I didn't realize that my reliance on those foods was actually evidence that they were the exact foods that were making me sick. **Food sensitivities are often experienced as insatiable cravings and food addictions.**

Even though I felt sick every single day, I wasn't yet willing to stop eating the foods that I relied on. I was resistant!

The *Heal SVT Naturally* approach to both food and self-care recognizes that **your relationship with food habits is complex and that any change in this realm could feel overwhelming or not realistic at first.** However, despite your current attachments to some of the food that you think you love, it is one area of your health where you hold 100% control. As such, you have the power to profoundly improve your health just by making different choices and changing your preferences. Some of it will be easier than you think, and the hard part will be worth it! Always remember that being SVT FREE is your highest goal and your new diet is leading you there.

Resistance is normal as you take these first steps. *Remember that you can take one step at a time as you slowly and methodically incorporate positive changes into your life.*

Lasting change takes time, patience and commitment.

Give Yourself Support

If you have SVT episodes, then it's quite likely that you have not gotten to the root of the problem or are sufficiently committed to do the work of healing or re-prioritizing your health and self-care habits.

SVT is more persistent than you are resistant

I felt alone and afraid when I chose to use diet and lifestyle as my form of healing. Giving myself the support I needed was the key to my success. Support can take many forms.

While I enjoyed studying health and food my whole life, I needed the support and accountability of a professional Health Coach to help me transition to a gluten free diet. She gave me the missing pieces in my skillset to sustain permanent changes such as food shopping, label reading and cooking strategies. I also surrounded myself with other professionals who were already leaders in integrative healing: a Naturopath who viewed my whole health picture in new ways that made sense to me; a massage therapist for calming my parasympathetic system and vagus nerve; an acupuncturist, and an energy healer. I gave myself this team of health practitioners to care for me and educate me in an integrative healing approach to treat my SVT because I needed their guidance.

Healing SVT Naturally may feel like a massive undertaking, especially if you are just starting out. You may feel overwhelmed. You need all the support you can get to embark on this journey. If you feel resistant either financially or otherwise to giving yourself support, this is what savings accounts are for—to invest in your health and well-being. It carries over into every aspect of your life.

Give yourself the support you need to transition to a new you!

These ground rules are just a few reminders to inspire you as you begin your new eating and healing journey. Next, and finally, the information that you have been waiting for...what to actually EAT and NOT EAT on *The SVT Prevention Diet*....

The SVT Prevention Diet Details....



Nutrition is powerful!

Every bite of food that you take is helping or hurting you.

Optimal Liquids

What you drink on the SVT Prevention Diet is as important as what you eat. Since dehydration can be an SVT precursor, it is important to increase your water intake and decrease beverages that have sugar or caffeine.

Water is the drink of choice on the SVT Prevention Diet and lots of it! Your body is made up of 60-75% water and needs lots of it to maintain that level for ideal functioning. Water is the most cleansing, hydrating beverage that you can drink. Water supports the absorption of nutrients from your food to your body. Two thirds of your body's water is intracellular, and one third is extracellular (circulates between cells and inside organs, supplying nutrients and excreting waste). These are compelling reasons to consciously increase your water intake. The more you drink it, the more you will crave it.

Increase your water intake to about half of your body weight in ounces per day, (or simply aim for at least eight glasses per day). I suggest room temperature water, except for when you are craving cold which can be a sign of an imminent SVT, so listen to your body! Drink ice water as needed.

Always start your day with a tall full glass of room temperature water as soon as you wake up. You can leave it bedside and drink first thing upon waking. If you are not sure how much water you are actually consuming, I advise tracking it. Create a checklist and check off every time you finish a glass each day or use the one I provide at the end of this section. You may be surprised at how close or far you are to your goal of eight glasses per day. Also, aim to drink water throughout the day but not necessarily with meals. Consuming liquid while eating can dilute stomach acid and make it harder to digest your food.

I recommend adding quality nutrients to your water throughout the day such as: green powders like Green Vibrance, green drops like chlorophyll and cal mag citrate which is an effervescent powder supplement that I discuss in the supplement section of the guide. You can also add lime, fresh mint, a squeeze of half an orange or any organic fruit to freshen it up.



tips...
from my kitchen

Chlorophyll Water

Have one glass of water per day with a few drops of chlorophyll in it.

Chlorophyll will help to oxygenate the bloodstream and to cool you internally. This is important since SVT is an excess heat condition.

*See supplements for details

As you increase water, you will also aim to increase organic vegetable green juices and smoothies. **Juicing your greens is one way to increase your magnesium, as well as many other important plant-based nutrients.** You can have any freshly pressed 100% organic green juice or vegetable juice you like. You can buy this fresh, recently bottled, or juice it yourself. There are brands like Blue Print Cleanse or go to local juice bars to choose from a variety of produce at each visit. The preferred ingredients are greens such as kale, cucumber, celery, spinach and romaine and with a smaller portion of carrot, apple, or pear. Lime, parsley, fresh herbs and spirulina are okay to add too.

There are several beverages that must be avoided. **Caffeinated drinks and all sugary drinks have to be removed.** As I explained, certain foods can impact your body's absorption of magnesium. According to Dr. Joseph Mercola, **caffeine depletes magnesium** which is an essential mineral for SVT prevention. Sugar can cause your body to excrete magnesium through your kidneys, "resulting in a net loss," according to Dr. Danine Fruge, Associate Medical Director at the Pritikin Longevity Center in Florida.

Eliminate all Caffeine including coffee, white tea, green tea, black tea and almost all herbal teas. Decaffeinated coffee still has some caffeine, just less and is not recommended. Caffeine is a stimulant and it's safest to just avoid it. Caffeine **interferes with the magnesium absorption which is one of the most important minerals needed for SVT prevention.** Most caffeinated drinks also contain sugar which is another reason to avoid it. Further, **caffeine leads the body to produce adrenaline.** Yup! This instantly puts the body into a sympathetic state which is the opposite of the *rest and digest* mode that you want to achieve for SVT prevention. Caffeine sets the body up for bio-chemical changes caused by adrenaline (especially when you are sedentary) that divert you from the goal of an SVT prevention lifestyle.

Eliminate Most Herbal Teas. Herbs are powerful and many teas also contain caffeine. They can induce a strong reaction and are an entire medicinal world of their own. Until you have eliminated your SVT with the basic guidelines, I do not recommend drinking tea. However, I understand that many people find the complete elimination of tea extreme, so if pressed, I will say to only have a cooling herbal tea such as peppermint, mint or mushroom teas. Turmeric tea is a good choice as well since it is an anti-inflammatory spice. The definite ones to avoid are green tea, black tea, white tea and ginger tea. You can likely re-visit this rule when you are 100% SVT free for over a year.

Eliminate all Soda. There is no value or benefit to consuming soda. Most soda is filled with both caffeine and sugar or worse, "fake sugar". It is also loaded with empty calories and is not even hydrating. Most dark colored sodas contain phosphates. "These substances actually bind with magnesium inside the digestive tract, rendering it unavailable to the body. So even if you are eating a balanced diet, by drinking soda with your meals you are flushing magnesium out of your system"

(source= <https://www.ancient-minerals.com/magnesium-deficiency/need-more/>)

Also on the list of what NOT to drink are citrus drinks, orange juice, grapefruit juice or any type of boxed or processed juice, sweetened iced tea and lemonade, or Gatorade. You CAN make your own lemonade (combine water, freshly squeezed lemons and a few drops of fresh honey or stevia) or occasionally see how you feel with a half glass of freshly squeezed orange juice. Do not choose any

kind of energy drink or processed drink which typically contains caffeine, sugar, artificial sweeteners or colors, and preservatives. Any drink with a long shelf life is probably not safe.

Cow's Milk. Dairy is a controversial topic, but my general recommendation is to avoid it in the form of cow's milk. For starters, many times people who are gluten sensitive are also sensitive to dairy. Dairy in general is mucous-forming which contributes to many chronic health issues such as allergies, asthma, congestion, ear infections and eczema. There are many milk alternatives that are wholesome and satisfying, such as hemp milk, organic rice milk, almond milk, quinoa milk, coconut milk and cashew milk. When purchasing milk alternatives always choose those with as few ingredients as possible and always AVOID any milks that contain the ingredient **carrageenan**. Even better, try making your own nut milk once in a while! Coffee creamers, and any non-organic milk products should be strictly avoided. If you have been lab tested and do not have a dairy allergy and choose to consume milk occasionally, please be sure that it is 100% organic.



Alcohol. At the beginning of your SVT prevention journey, you may want to avoid all alcohol for a few months until you have started preventing episodes and identifying triggers. In general, alcohol is dehydrating, depletes you of

vitamins and is a liver loader which means it adds to your body burden. It's best to avoid it if you are in the early stages of change and suffering with daily, weekly or monthly SVT episodes. If you are a social drinker, consider asking friends to do something completely "different" such as taking a yoga class together, going for a hike or walk, or going out for a green juice! If you drink wine at night to relax, consider making my turmeric latte instead on the following page. If you feel that you need alcohol to relax and de-stress, there are alternatives such as walking, yoga, resting, journaling, and juicing that have other benefits as well!

Alcohol Consumption Tips

Apply Bio-individuality here and use your own judgement as to whether it is safe to consume occasional alcohol for your body. If you do decide to drink alcohol, apply the following rules:

1. Use moderation such as twice per month with a two-drink limit.
2. Drink one glass of water for each glass of alcohol and take extra B vitamins that day.
3. Drink extra water before bed and in the morning.
4. Be prepared with a green juice for breakfast
5. Eat as clean as possible while drinking.
6. Choose low sugar alcoholic beverages, and avoid all sugary mixed drinks.
7. Avoid beer unless it is gluten-free.

Feeling bad about giving up coffee? Want a soothing drink instead of tea?

Try this turmeric latte instead...

Turmeric Latte

- ♥ 1 cup warm water
- ♥ 1 teaspoon turmeric powder
- ♥ Dash of local honey or dash of date syrup instead of honey
- ♥ Dash of cinnamon
- ♥ ¼ cup unsweetened almond milk

Benefits: Turmeric helps reduce inflammation.
Honey is loaded with potassium.





Organic Awareness

As you include more fruits and mostly vegetables into your diet, it's very important to understand why those fruits and vegetables must be organic. **Pesticides are poison.** They kill. You don't want them in your body. They cause **hormone disruption**, which is an SVT trigger.

Certified Organic means that the plant is grown and produced without chemical pesticides, fungicides, or herbicides, is not genetically modified, and is free of antibiotics or hormones in animal products. When you buy organic you are also getting healthier, more nutrient dense soil which is the best way to get your magnesium requirement.



Keep Chemicals off your plate!

Benefits of organic food:

- Organic produce has far less dangerous heavy metal residues such as aluminums, lead and mercury.
- Pesticides have been determined to cause cancer and other diseases, and create extra work for the immune system by accumulating in the tissues and weakening the body overall.
- Organic food contains twice the mineral content of conventionally grown produce.
- Organic produce tastes better—test it for yourself!
- Children are four times more sensitive to exposure to cancer-causing pesticides in foods than adults.

Organic applies to fruits, vegetables, and **especially eggs and animal and dairy products.** Non-organic dairy in particular contains a lot of residual antibiotics and hormones, (harmful to everyone!) It is important to consider what the animal consumed that you subsequently eat or drink. Conventionally raised livestock eat a diet of other animal byproducts, grains and various antibiotics and hormones. If you are consuming some dairy such as yogurt or occasional cheese, it must be organic! The more you can reduce the toxic burden on your lymphatic system and reduce inflammation by choosing organic foods, the better.

Dirty Dozen and Clean Fifteen

Adding more nutrient-dense fruits and vegetables to your diet is central to the *Heal SVT Naturally approach*. But so is **removing toxins** like agricultural pesticides from your body and environment. Still, most families worry that buying all organic will get too expensive. You definitely DON'T have to break your budget to practice organic awareness.

Thanks to a nonprofit known as the Environmental Working Group (EWG), you can use the Dirty Dozen™ and Clean Fifteen™ lists to **help you make the best decisions** about buying organic produce. Each year, EWG publishes a list of the twelve produce items with the highest pesticide risk, which they've named the **Dirty Dozen™**. They also have a list of the fifteen produce items with the lowest risk, known as the **Clean Fifteen™**.

Go to ewg.org to see the complete list of fruits and vegetables, and where they sit on the spectrum of safe to dangerous. The value of the Dirty Dozen™ and Clean Fifteen™ lists is that they make you aware of the most important fruits and vegetables **to avoid buying conventionally** and the ones you **don't necessarily have to purchase organically**. **This is how to save money while shopping AND ingest the least amount of pesticides.**

For example, in 2018, bananas were ranked #30 out of 48 produce items, making non-organic bananas a pretty safe bet. So, you can save money by buying conventionally-grown bananas and instead spend that money on **organic strawberries and blueberries** since those are ranked #1 and #16, respectively on the Dirty Dozen list. Additionally, EWG recommends always washing produce thoroughly to reduce pesticide residues even further.

You can download both lists from the EWG website [here](#). You can also download EWG's [Healthy Living App](#) to access ratings for over 120,000 foods and personal care products while your stroll through the grocery store or shop online. I find this app extremely useful while shopping, since it's easy to open the app and search the list for a specific produce item while making decisions right in the store. **Using the dirty dozen and clean fifteen will help you save money and purchase organically when most appropriately.**

You can also print out this page below for easy reference...

<u>The Dirty Dozen™ for 2018 are:</u>	<u>The Clean Fifteen™ for 2018 are:</u>
<ul style="list-style-type: none">♥ Strawberries♥ Spinach♥ Nectarines♥ Apples♥ Grapes♥ Peaches♥ Cherries♥ Pears♥ Tomatoes♥ Celery♥ Potatoes♥ Sweet Bell Pepper	<ul style="list-style-type: none">♥ Avocados♥ Sweet Corn♥ Pineapples♥ Cabbages♥ Onions♥ Sweet Peas♥ Papayas♥ Asparagus♥ Mangoes♥ Eggplants♥ Honeydew Melons♥ Kiwis♥ Cantaloupes♥ Cauliflower♥ Broccoli

A full list of the EWG's produce testing is available through their [2018 Shopper's Guide to Pesticides in Produce](#).



Unlimited Organic Vegetables

Vegetables are the mainstay in the SVT Prevention Diet. By consuming a variety of vegetables encompassing the entire color spectrum whenever possible, you contribute to protecting and enhancing your whole health.

Vegetables have plant chemicals called phytochemicals and phytonutrients which are responsible for the beautiful color on the skins of both fruits and vegetables. Eating an array of vegetables provide you with all the vitamins, minerals, antioxidants and phytonutrients that you need to nourish you. They help you reduce your body burden, aid in digestion, clear your lymphatic system, and keep your blood clean and oxygenated.



Vegetables are also full of fiber which cleanses your digestive tract and helps you move your bowels regularly. Aim to dramatically increase your intake of organic vegetables and include them at nearly every meal, try to eat 3-5 servings per day! Fill half of your plate with vegetables at lunch and dinner and get an occasional dose of greens in a freshly pressed juice or green smoothie first thing in the morning or as a power snack.

Increase your consumption of vegetables and experience the benefits:

- **Vegetables decrease inflammation.**
- **Vegetables provide FIBER.** Fiber keeps everything moving through your digestive system. Fiber helps maintain regular bowel movements (one of my Top Ten Tips to Heal SVT naturally is having a daily, easy to pass bowel movement each day!).
- **Vegetables have phytonutrients.** Phytonutrients protect your body and act as antioxidants, protecting you against free radicals. Free radicals damage your cells and are the foundation for disease.
- Vegetables have the highest density of nutrients and the **lowest number of calories** compared to fats, proteins and grains.
- They **feed the microbes** living inside the gastrointestinal tract and contribute to a healthy microbiome.

“Eat food. Not too much. Mostly plants.” --Michael Pollen, author

Make Friends with These Vegetables:

Cruciferous vegetables are among my top recommendations for their potent anti-inflammatory compounds, balancing hormones, protecting skin and supporting heart health. They include broccoli, Brussel sprouts, cauliflower, kale, radishes, collard greens, mustard greens and cabbage.

Starchy vegetables include sweet potatoes, yams, beets, winter squashes, carrots, potatoes and parsnips. These vegetables have a higher sugar and starch content and are perfect for roasting, making soups and stews, and providing naturally sweet flavor. They contain a host of nutrients including insoluble and soluble fiber. Sweet potatoes **have a low glycemic index which is good for diabetics**. They help to create soft easy-to-pass stools and are a staple in my *SVT Prevention Kitchen*. If you have picky eaters in your home, make sweet potato French fries or baked sweet potatoes served with a variety of fun and delicious toppings like coconut oil or almond butter.

Starchy vegetables are of course, naturally gluten free and a good way to add sweet foods into your diet, which is part of the *crowding out* plan that I describe at the end of the Diet Details section.



And, if you have never tried white sweet potatoes you are truly missing out on one of nature's delights. These can be found in abundance in the fall at your local farm stands. Rather than depending on processed sugar to satisfy a sugar craving, add naturally sweet foods to your daily diet and get the extra nutritional benefits!

Mushrooms contain immune-enhancing compounds and are known as nature's medicine. While I like to avoid commercial button mushrooms since they may contain natural carcinogens, I recommend including shiitake, maitake, portabella, and oyster mushrooms into your weekly diet. One of my favorite snacks is to roast sliced shiitake mushrooms. Shiitake mushrooms are anti-inflammatory and contain potent phytonutrients that keep cells from sticking to blood vessel walls and forming plaque buildup, which maintains healthy blood pressure and improves circulation. I buy a pre-sliced package to make food preparation as easy as possible. Season with olive oil, pink Himalayan salt and dulse flakes. (See the condiments section for descriptions). Full Recipe [HERE](#)



Think Green

Green vegetables, and dark leafy greens in particular, replenish your alkaline minerals stores and filter out pollutants. They contain a lot of fiber, have calming effects, anti-stress properties, and are the best source of chlorophyll, micronutrients and phytochemicals of any vegetable.

Leafy greens also have powerful anti-inflammatory agents and contain antioxidants, calcium, iron, potassium, magnesium, Vitamin A, and selenium. Greens help to oxygenate the bloodstream, clear congestion, improve circulation, and fight cancer. Since any healthy diet plan for people with SVT should include food with high doses of magnesium, potassium and iron, greens are a great choice to achieve this.

Green Vegetables are among the most commonly missing food in modern diets!

When I review the food-trackers of my private clients, I typically see that they lack any kind of leafy greens. Truly a lost opportunity! This forgotten vegetable is a top priority to include in your *SVT Prevention Diet*!

Consume your greens in the form of *steamed, sautéed, stir-fried, raw or juiced*, and include **kale, collards, chard, baby bok choy, romaine and spinach.**



Embrace Fiber

Add more fiber to your diet by increasing your consumption of not just plant-based foods like fruits and vegetables, but also beans and gluten free whole grains.

Get more Greens into your Diet!

- ♥ Leafy greens can fit into any meal plan. Put organic baby spinach in omelets, or throw them into a stir-fry at lunch or dinner. Use them in place of a sandwich wrap, or layer them inside gluten-free wraps either cooked or raw. Leafy greens make a great addition to soups, sauces, brown rice pastas, casseroles, side dishes and salads. And of course, don't forget to add your greens to your blended smoothies or extracted juices. Once you start including greens as a staple in your diet, you will begin to crave them.
- ♥ Aim for at least 1-2 servings of dark greens per day.
- ♥ Another way to fit in leafy greens is with powders such as spirulina or Green Vibrance. Add those super greens to morning smoothies or stir them into water. Spirulina includes algae, a natural inflammatory agent, known for its ability to stabilize blood sugar.



From my SVT Prevention Kitchen: **Spirulina Smoothie**

One of my favorite ways to get in my greens first thing in the morning is to make a green smoothie with spirulina.

Add these ingredients to a high speed blender:

- ♥ 1 ripe banana
- ♥ ½ avocado
- ♥ 1 cup frozen organic baby spinach
- ♥ 1 teaspoon spirulina
- ♥ 1 teaspoon raw honey
- ♥ 2 romain leaves
- ♥ Optional 6 macadamia nuts
- ♥ Optional: 1 pitted medjool date
- ♥ 1 cup water or (1/2 almond milk, ½ water)



Prepare:

Place all of the ingredients into a Vitamix or high-speed blender and blend until creamy and smooth. You can make extra and store it in a mason jar with lid for a snack later in the day.

Benefits of Spirulina:

Consider spirulina as an SVT prevention staple. Spirulina is a blue-green “miracle” algae that grows naturally in oceans and salty lakes in subtropical climates. Spirulina is a potent antioxidant with a rich source of iodine and a significant amount of calcium, niacin, potassium, magnesium, B vitamins and iron. Spirulina is also a good source of beta-carotene, vitamin E, manganese, zinc, copper, iron and selenium. It protects your cells by warding off inflammation and other diseases in the body. Spirulina has 4 grams of protein in a single tablespoon making it a **more concentrated source of protein** than red meat and only 20 calories. It cleanses the body of heavy metals by binding to them and removing them through natural elimination. (Source: www.Foodmatters.com)

Sea Vegetables

Sea vegetables (also called seaweed) are rich in life-giving nutrients drawn from the ocean and sun, and provide numerous trace minerals. All of the varieties of sea vegetables are low calorie and can be tangy additions to a health-promoting diet. They are one of nature's best sources of iodine and iron and have strong anti-inflammatory properties. Other health-promoting benefits include bone-building calcium and magnesium, and folate for the heart. There are a wide variety of edible sea vegetables, each having a uniquely different shape, taste and texture. The most popular include: Nori, Kombu, Hijiki, Wakame, Arame, Kelp and **Dulse leaf—my favorite.**

Dulse is a deep rich burgundy reddish-brown leaf sold as flakes, fonds or ground powder and typically found in health food stores. Even though it has salty taste it contains only 122 mg of sodium per serving. It contains phosphorus, potassium, magnesium, protein and vitamins A, E, C and B-complex. I love it for its versatility as a delicious and chewy condiment to sprinkle over grain and vegetable dishes. When quickly rinsed under water, dulse holds its color and is tender and tasty in a salad. It can also be added the last minute to a stir-fry.



Aside from sodium, magnesium is the most plentiful metal found in seawater.

Other ways to incorporate sea vegetables:

- Use a shaker of ground dulse, kelp or nori on the table instead of salt. Dulse flakes are a staple in my SVT prevention kitchen. I add them to everything (instead of pepper which I recommending avoiding because it can generate internal heat.)
- Flavor soups with arame wakame.
- Add pieces of nori to rice or cooked vegetable dishes.
- Enjoy nori as the wrapper on sushi rolls.
- Cook beans with kombu.



Fruit

Fruit is nature's candy, and I encourage you to eat one to three fruits per day.

Every color of fruit provides a unique combination of valuable vitamins, minerals and phytonutrients to a healthy diet. If you are overweight, prediabetic or watching your sugar intake, choose low glycemic fruits such as berries, cherries, pears and apples.

My personal favorites are banana for its potassium, dark sweet cherries for their antiinflammorty properties, and **blueberries** for their rich antioxidant benefits.

Since my husband owns a farmer's market, I have learned how to eat fruit seasonally, and recommend that as a good approach in general. Think watermelon in the summer, apples in the fall, and peaches in late spring. Eating fruit when it is in season and fully ripe is truly one of life's pleasures.



Also include a small portion of **figs** and **dates** into your diet once in a while. Both fruit provide significant amounts of fiber and are effective as a home remedy for constipation. Figs are an excellent source of minerals including **potassium**, calcium, magnesium, iron and zinc. Dates contain calcium, boron and potassium; both are beneficial to the bones and heart. Eat them in moderation because of their high sugar content, but enjoy them like a dessert. Experiment with dates as a nutritious replacement for white sugar to sweeten any baked good. They are truly delicious and a good substitution for sugar in most in your favorite recipes.

Fruit also deserves your consideration for its ability to help you crowd out food containing unhealthy sugars that also include poor-quality fats such as candy, cookies, ice cream, soda and the like. By replacing harmful desserts with fiber-rich, naturally sweet fruit, you efficiently advance the quality of your diet. Eat your colors and enjoy the sweetness!



tips...
from my kitchen

On Buying and Consuming Fruit

- ♥ Keep a bag of frozen organic blueberries, strawberries and dark sweet cherries on hand in the freezer. You can use these in smoothies and on top plain yogurt.
- ♥ Freeze ripe peeled banana slices to use in smoothies as your ice cubes
- ♥ Buy local and organic if possible. Use the Dirty Dozen recommendations on the next page!
- ♥ Avoid canned fruit which often contains syrupy liquid and fewer nutrients. You will derive the greatest benefits from the whole and natural fruit especially when compared to fruit juices which have lower fiber and higher sugar.
- ♥ Choose ripe, fresh fruit in season in order to get the highest levels of nutrients and simple sugars, which are easiest to digest and absorb.
- ♥ Enjoy sliced apples with almond butter and sprinkle with cinnamon for a rich protein snack.
- ♥ Warm blueberries and strawberries on the stove top with a drop of maple syrup and a pinch of turmeric to pour over gluten-free pancakes.
- ♥ For a fun treat, slightly sauté sliced apples or pears and/or bananas in a frying pan with a few dark chocolate chips until all of it is warmed up and melted.
- ♥ BAKE your fruit. Slice and bake peaches and add walnuts, nut flour blends or gluten-free rolled oats on top with a drizzle of honey for an amazing dessert or special treat!

From my SVT Prevention Kitchen: **Simple Strawberry & Almond Butter Snack**

Ingredients:

- ♥ ½ cup or more organic strawberries sliced in half
- ♥ 1 heaping tablespoon almond butter (Look for raw almond butter—Maranatha and Trader Joe's are good brands)
- ♥ 1 teaspoon raw and/or local honey
- ♥ 1/2 teaspoon chia seeds (a little goes a long way)



Variations

- ♥ Banana, pear or peach slices
- ♥ Ground flax

Prepare:

Place fruit into a bowl.
Add 1 spoonful of almond butter on top.
Add a drizzle of honey.
Add chia seeds.

Benefits:

Chia seeds are non-GMO and naturally free of gluten. Chia seeds are among the **most nutritious foods on the planet**. They are loaded with fiber, **protein**, Omega-3 fatty acids and various micronutrients. They deliver substantial-nutrients with minimal calories. Aim to incorporate chia seeds into your diet 2-3 times per week.

This snack meets my **Fat + Fiber + Protein Winning Combo** which I explain later in the guide, but you want to try to have a little healthy fat, fiber and protein in every meal combination!

Smoothies

I cannot fairly discuss fruit and vegetables without devoting a whole section to my favorite SVT Prevention mainstay: *smoothies!* I believe that if you load up on nutrients and minerals first thing in the morning, you set yourself up for feeling well all day.

The biggest change I made to my diet and lifestyle when I got serious about healing my SVT naturally was buying a Vitamix high speed blender and experimenting with smoothies.

I start, every day with either a green juice or a green or purple smoothie (sometimes pink!) They cleanse the system, deliver minerals, vitamins and antioxidants straight to the blood stream and give me the nutrients and protein fuel I need to start my SVT prevention day on the right foot.



As you remove gluten and other harmful foods from your body, and then simultaneously introduce green juices and smoothies, you are giving your body an **infusion of nutrition** every day! You will quickly supply yourself with many of the healing nutrients you need!

I am a master smoothie maker so to make this section as comprehensive as possible even for the smoothie beginner, I created a chart of all the ingredients I use and rotate weekly. Smoothie recipes and combinations are endless. Start with the basics and then get creative! It's important to rotate your fruits and vegetables so that you get the benefit of many nutrients throughout the week.

Smoothie making should be an easy habit to embrace because kids love them too. Inviting family members to choose the ingredients is a great way to engage their interest in creating and consuming this nutritious treat. Strawberries? Blueberries? Cacao for a chocolate milkshake? The combinations are endless. Below I list the most likely supplies you need and you can experiment with others to your heart's desire!

Smoothie Combinations!

Base	Additions
Ripe or frozen and cubed Banana	Omega 3 Fish oil
Blueberries	Spirulina, Green Vibrance, or Chlorophyll powder
Strawberries	Kale powder, beet powder, ground flax
Dark Sweet Pitted Cherries	Probiotics, (powder form for kids)
Mangos, raspberries, any fruit you like!	
Avocado	Almond butter, nut butters, almonds, macadamia nuts, whole walnuts. If using nuts use around 6-8
Cooked and frozen sweet potatoes pre-cut into small cubes	
Organic milk or non-dairy alternative, or water	Protein Powder, (I use Mediclear Plus which is a pea-based protein) *see supplements. I do not recommend vega brand.
Frozen Baby Spinach/ Kale/ Romaine	Honey, and/or 1 pitted mejool date

And Don't forget Smoothie Bowls!

Smoothie bowls are a wonderful option for a late afternoon snack when you normally reach for a donut, cookie, bag of chips or treat to get you through the work day. Smoothie bowls are packed with nutrition and a great choice after dinner instead of ice cream.

You can add delicious and nutritious protein-based toppings and turn your smoothie bowl into a super food nutrition bomb!

Here are some topping options:

- ♥ naturally gluten free granola (Elizabeth's brand)
- ♥ cacao nips, honey,
- ♥ chia seeds
- ♥ nuts, almonds slices, walnuts, macadamia nuts, brazil butts,
- ♥ nut butters, a small dollop will do and add rich texture and density to your bowl
- ♥ raisins or any dried fruit



Be Naturally Gluten Free

The SVT Prevention Diet is a naturally gluten free diet.

In my personal and professional experience, the one food or ingredient that has caused the most physical distress and triggered the most SVT episodes is wheat/gluten. Of all the non-negotiable rules on *The SVT Prevention Diet*, my strictest rule that I believe will benefit you most, is that you must become gluten-free.

As I mentioned earlier, many people with SVT are **unknowingly gluten sensitive**. Given that gluten has been shown to trigger SVT episodes as well as other inflammatory conditions throughout the body, **a gluten-free diet is a key requirement of *The SVT Prevention Lifestyle***.

A gluten-free diet will help to reverse the gut damage like malabsorption and leaky gut that I outlined in the previous section. These are the first steps to absorbing vital nutrients necessary for healthy heart rhythm function, detoxifying, healing your gut and setting you up for success on this plan.



The western diet is disproportionately comprised of wheat in breads, pasta, cookies, cereals and in many foods that are created in a manufacturing plant. The wheat products in the mainstream food supply is **genetically modified** and grown with tons of pesticides, specifically roundup. The current genetic makeup of wheat is very high in carbohydrates and has an addictive impact on those who eat it. Further, gluten is in so many foods, you are likely consuming it in places you may not even realize. In short, it is impeding your efforts to avoid SVT.

If you are new to learning about gluten-free foods or whole grains, it's important to understand what whole grains are, what naturally gluten free whole grains are, what grains are gluten-free, and which ones are not. I've included an easy printable list on the following page. It's also important to understand that companies intentionally market their products in ways that sound healthy. Companies are purposely trying to confuse you. Labels like multi-grain, whole meal and all natural, may contain gluten or refined grains. To keep things as simple as possible in the beginning of your transition any grain, bread, or product that you buy **must say GLUTEN FREE** on the package to be acceptable for *The SVT Prevention Diet*.

Please be aware that many **gluten-free processed food products are potentially just as unhealthy as their gluten versions**, but in a different way. If their ingredients mostly include potato starch, tapioca starch, gums, and sugars, they won't make you sick from the gluten, but from the lack of fiber and other nutrients, as well as the side effects of "dead" ingredients. I am not advocating that you replace

your *old* unhealthy food with *new* unhealthy food, but rather to learn about the delicious and exciting array of **naturally gluten free grains**. You will learn about these in the following section.

Going gluten free, (and sugar free) is probably where people will feel the most resistance in this new SVT Prevention lifestyle. To help you embrace this important step in your SVT prevention action plan, I will give you some strategies to make it easier. **First, I want you to know that I too once had to give up gluten from my diet.** Since I was raised with a delicious Italian cook for a mother, there was a time when I simply couldn't imagine life without bread, meatballs, pizza and linguini. BUT, I promise you, there are so many naturally gluten-free options available today, and with a little creativity and knowledge, you will soon not miss your old ways of eating. Give yourself time and patience and know that this goal can be accomplished with support, flexibility and perseverance. Most importantly, when you eliminate gluten, and see your health improve, your SVT diminish, your bowels move easily, and your headaches, anxiety or other co-symptoms lessen, you too will be hooked on this new, cleaner way of life.

Here are my best tips to help you during this transition:

- ♥ Begin by eliminating gluten JUST for breakfast. This will help you on many levels...first you will begin to expand your thinking and force yourself to make the effort to get used to gluten-free for one meal a day without any overwhelm. You will learn about protein-based breakfasts, nutritionally dense smoothies, and gluten-free ways to prepare meals. Once you master this, you will build confidence to do the same at other meals.
- ♥ After you stop eating gluten for breakfast for three weeks, then stop eating gluten for lunch. Allow it only at dinner or at the end of the day. You will be forced to focus on more veggies, salads, and adding protein to every meal like chicken, fish or beans. This transition allows room for mistakes, and without the pressure, but with a very clear end goal.
- ♥ Write down all of your favorite gluten rich foods. Commit to converting one of these dishes to be gluten-free each week. For example, if you like to make your own pizza, you can try cauliflower crust or paleo crust, and use fresh herbs and seasonings. For pastas, experiment with brown rice pasta, or chick pea pasta. For homemade cookies or muffins, start by using a packaged blend of gluten-free flour cup-for-cup in any recipe calling for white flour. Once you discover replacement ingredients and products, you will feel confident to go forward, satisfied with the tastes of your new food.

If you are cringing at the thought of giving up your favorite breads, or pasta or pizza, don't! Part of *the SVT Prevention Lifestyle* is about listening to your body, identifying your cravings, and figuring out how to opt for a more nutritionally dense version of exactly what you want. This is a skill and can be learned. With practice, you will be able to transform a craving for cheesy pizza, or doughy cookies into treats that you can enjoy without worrying about setting yourself up for an SVT. Learning how to use all the new ingredients at your disposal like nut and bean flours, coconut flour, prepackaged blended flours and cauliflower crusts, and so many more, can be fun and satisfying on many levels!

I highly encourage you to not only use my recipes and blog, but to have fun scouring the internet for the endless gluten-free blogs and Instagram accounts that are out there today using these new ingredients. Maybe your transition and transformation will motivate you to create your own food blog or gluten-free bakery shop like one of my private clients did! And when you do, I would love to hear about it!

You cannot expect to see all the gut healing benefits of this diet until you are 100% gluten free. While you are welcome to go 100% gluten-free immediately, you may end up being more successful in the long run if you choose to do it slowly. You decide!



Cauliflower Crust Pizzas are delicious naturally gluten-free (and paleo) options. Many stores carry these now in the frozen food section such as Trader Joes and Whole Foods. Check out the website or Instagram account: Cauliflowerfoods

Getting Started Guide—This list ONLY represents the most common foods in each category *and* cannot predict which gluten-free foods an individual could *also* be sensitive to.

YES List (Gluten-Free Grains, Flours, Starches: Gluten free Foods)	NO List (Grains Containing Gluten/Wheat to AVOID)
Almond flour Amaranth Arrowroot	Wheat: durum, einkorn, emmer, bran, farina, faro, graham, kamut, spelt, semolina, including all-purpose wheat and cake flour
Beans and bean flours	Bulgur/tabbouleh
Buckwheat (kasha)	Couscous
Corn (maize)	Oats/oat bran/oat syrup
Coconut flour	Orzo
Millet	Rye
Oats—only if certified gluten-free	Seitan
Potato, potato flour, potato starch	Udon
Quinoa	Vital Wheat Gluten
Rice, rice bran, wild rice, sweet rice glutinous rice	Foods/Products that <u>MAY</u> contain Gluten: Read the label and/or call the manufacturer
Sorghum	Beers, ales, lagers
Soy beans, soy flour	Cereals hot and cold including granola
Sweet potato, yam	Communion wafers
Tapioca starch	Croutons, Panko Crumbs
Taro	Dressings, dips, marinades and sauces
Teff	Drugs & over the counter medications
Yucca	Energy drinks and bars
Gums (acacia, cellulose, guar, xanthan, locust bean)	Imitation/processed meat, bacon, seafood
Nuts and nut butters; seeds	Licorice, chocolate bars and other candy
Yeast	Miso
	Modified food starch
	MSG
	Sausage
	Soy sauce (Gluten Free Tamari is okay)
	Soups and broths
	Be sure there is not gluten in your Vitamins and supplements



Naturally Gluten-Free Whole Grains

As you reduce, eliminate and avoid gluten, it's important to appreciate the nutritional benefits of eating a diet rich in naturally gluten-free whole grains.

Whole grains have been a central ingredient in the human diet since early civilization. I am referring to rice, quinoa, gluten-free oats, polenta (cornmeal) and millet to name the most popular. They are one of the best sources of dietary fiber which is vital for your digestion, and contribute to what the body requires every day: carbohydrates, proteins, fats, fiber, B-complex vitamins, vitamin E, iron and minerals. Each kind of whole grain has its own texture, color, taste and nutritional strength.



Whole grains, are comprised of the naturally occurring and essential parts of a grain seed.

They digest slowly, and prevent blood sugar

spikes. Whole Brown rice for example, has all the bran layers intact and contains a generous supply of B vitamins, plus calcium, magnesium, phosphorus and iron. The layers of bran also protect the grain to maintain its fatty acids.

Quinoa is one of my favorite grains. It provides energy and contains all eight amino acids making it a complete protein. It's also high in iron and potassium, is naturally gluten-free, easy to digest and fast to cook. Quinoa is known to strengthen the heart, kidneys and lungs.

Quinoa (pronounced Keen-wah) is not technically a grain, but rather is the seed of a plant. Quinoa is touted as a super food because of its high protein content and energy-producing quality. Quinoa must be rinsed well after measuring and before cooking to remove the bitter, soapy-tasting saponins that coat the seeds.

Get in the habit of keeping a bag of naturally gluten free grains such as organic brown rice, millet, basmati rice, or gluten-free rolled oats on hand so that you can easily make one serving of a GF grain every few days to use in several recipes. I always use leftover rice the next day in a new recipe creation and am happy I didn't have to make it from scratch. Cook once, eat twice!

One idea to get you to focus on protein-dense grains is to commit to Meatless Mondays. I like to make **brown rice bowls** or quinoa salads. I add black beans, any veggies I have on hand and make a delicious tahini dressing. (see page 157). Always store your whole grains in an air tight container in a cool and dry pantry. Lastly, to thoroughly enjoy and benefit from these various grains, realize that their digestion takes place mostly in your mouth by chewing and mixing them with saliva. Be sure to chew extremely well to absorb all the nutrients and energy, and enjoy every bite.

Basic Instructions for Cooking Grains:

- ♥ One cup of dry grain yields approximately 3 cups cooked.
- ♥ One cup of dry oats yields approximately 2½ cups cooked.
- ♥ There are two ways to wash grains. Measure the grains and place in an empty pot, fill with water and swish grains around to clean off dust and natural debris. Empty water out of pot and refill with recommended amount of water or liquid for cooking. Or, place grains in a strainer to rinse before placing in pot and filling with water or other liquid for cooking.
- ♥ Bring water and grains to a boil (except for buckwheat/kasha: boil water first and then add grains).
- ♥ A pinch of sea salt may be added while cooking.
- ♥ Reduce heat to a simmer and cover pot for the recommended time. *Do not stir grains while cooking.* Check to see if grains are done by tilting pot to the side to see that no water remains.

Gluten-Free Grains Cooking Chart

One cup of dry grain	Grain to liquid ratio	Approximate cooking time
Brown rice	1:2	40-50 minutes
Quinoa	1:2	15-20 minutes
Millet	1:3	20 minutes
Buckwheat (kasha-coarse)	1:2	20 minutes
Gluten-free Oatmeal (rolled oats)	1:2-3	10-15 minutes
Gluten-free Oats (steel cut/Irish oats)	1:3-4	30 minutes

From my SVT Prevention Kitchen: **Quinoa with Beans and Spinach**

Prep Time: 15 minutes

Cooking Time: 30 minutes

Yield: 4 servings

Ingredients:

- 1 cup quinoa
- 1 ¼ cup water + ½ cup fresh squeezed orange juice
- Zest from two oranges
- 1 Tablespoon extra-virgin olive oil
- 2 medium onions
- 1 cup black, red kidney or garbanzo beans
- 1 6-oz bag of spinach leaves or kale
- ½ tsp cinnamon
- Salt to taste



Instructions:

1. Rinse the quinoa well and drain in a fine-mesh strainer. Combine water and freshly squeezed juice to equal 1 ¾ cups and bring to a boil in a 1 ½-2 – quart saucepan. Add the salt, orange zest, and the rinsed quinoa. Return to the boil, reduce heat, cover and simmer for 15 minutes, or until the liquid has been absorbed. Remove from heat and let sit, covered, for 10 minutes to fluff up.
2. While the quinoa is cooking, heat the oil in a large skillet that has a tight-fitting lid. Add the onions and sauté over medium high heat for 10 minutes, until they have softened and started to brown a bit.
3. Add the chick-peas and chopped fresh spinach. Cover and cook over medium heat for three minutes, or just until the spinach has wilted. Adjust heat if necessary. Drain any remaining water from pan. Season to taste with salt.
4. To serve, fold the vegetables into the hot, cooked quinoa. Stir in cinnamon.

From my SVT Prevention Kitchen:

Overnight Oats

I love FAST recipes that are nutritious and easy to make for moms on the go. Overnight oats are a nice way to incorporate **gluten free rolled oats** into your family meal plan. Kids love to help prepare these!

Ingredients:

- ♥ ½ cup Bobs Red Mill gluten-free rolled oats
- ♥ 1 teaspoon chia seeds
- ♥ 1 cup organic rice milk or almond milk (please note: be sure the milk you buy does not contain the ingredient carrageenan).
- ♥ Handful of raisins, almonds or your favorite nuts or seeds
- ♥ ½ teaspoon or more raw local honey
- ♥ 1 mason jar to hold mixture
- ♥ Optional: ½ teaspoon of cacao powder (Photo has cacao); ½ teaspoon of Cinnamon



Prepare:

Place the rolled oats, chia seeds, cacao (if using), and any other ingredients, into a mason jar. Pour the rice or almond milk over the mixture to cover it. Put the lid on the mason jar and shake it. Place it in the fridge overnight. In the morning it will be soft and ready to eat on the go!

Optional: Drizzle raw local honey on top in the morning.

Benefits: Gluten-free oatmeal is rich in antioxidants, has soluble fiber, and is incredibly nutritious with manganese, phosphorus, magnesium, copper, iron, zinc, folate, vitamin B1, vitamin B5 and more! This recipe is fast, delicious, gluten free, and satisfies sweet and chocolate cravings! Enjoy!



Nothing WHITE

It's important to explain why white flour and other refined grain products are excluded from *The SVT Prevention Diet*. As a general rule, if it's white, don't eat it.

Most processed grains, even gluten-free versions, such as ready-to-eat-products like breads, crackers, white flour baked goods, white rice and white pasta are stripped of their nutritious outer layers, which removes most of their key nutrients and fiber. They raise your blood sugar, disrupt hormonal balance, promote weight gain and produce daily cravings for more, more, more! They can be addictive, provide no nutritional value and lead to inflammation. They are to be avoided and replaced with the naturally gluten free whole grains discussed above.

One of the main concerns associated with refined white foods is that after you eat them, they release a sudden spike of sugar in your bloodstream. According to Readers Digest, "Until the 19th century, the main way to turn grain into flour was to grind it between stones, sometimes powered by a water wheel. **Making very fine flour took a lot of work, and it was available only in small amounts to the rich.** Then high-speed, high-steel rollers, which make very fine flour quickly and inexpensively, were invented, almost instantly transforming our diets into blood-sugar nightmares."

High glycemic foods are important to reduce and avoid not only for SVT prevention for many other common issues that you want to prevent as well such as diabetes. You want to aim for foods that stabilize blood sugars, such as beans, and protein (like nut butters). Then add in healthy fats and fiber and create stabilizing meals that give you long lasting energy. (Learn how on page 168.)

The main white food to avoid, is sugar
...and I explain why next!

If its' white, don't eat it.

YES	NO
<p>Gluten Free Bread (try not to buy plain white gluten free bread, aim for multigrain grain, millet bread, or paleo breads. BeFree is a widely available brand in the US, UK and Australia. 100% GF CORN tortillas Brown Rice Tortillas</p>	<p style="text-align: center;">White Bread, Italian Bread, Rolls, Bagels, Multi Grain bread, Whole Wheat bread Pita Bread, Flour Tortillas, Sub Sandwich bread, Sourdough, Ezekiel No gluten or white flour at all!</p>
<p style="text-align: center;">Brown Rice, Quinoa, Millet Buckwheat/Kasha Amaranth, Teff</p>	<p style="text-align: center;">Barley, Rye, see page 124 for complete list</p>
<p>GF Crackers, Brands: Mary's Gone Crackers, rice crackers, quinoa crackers, rice cakes, quinoa rice cakes,</p>	<p style="text-align: center;">Wheat Thins, Ritz, table crackers, any regular crackers that have wheat</p>
<p>GF Cereal, GF Granola, Any cereal you want to buy must say Gluten free. Brands: Purely Elizabeth.</p>	<p style="text-align: center;">Boxed Cereals, Sugar Cereals, Muesli,</p>
<p>Gluten Free Rolled Oats, GF Oatmeal. (Bob's Red mill)</p>	<p style="text-align: center;">Oats, Oatmeal, Steel Cut Oats,</p>
<p>Siete Chips, Sweet Potatoe chips, lentil chips, potatoe chips (read ingredients)</p>	<p style="text-align: center;">Chips or bagged crisps that don't say GF</p>
<p>Paleo English Muffins (Mikey's brand freezer section whole foods)</p>	

There are endless GF products available today and it would be impossible to list them all. You have to learn to read labels and then you will be empowered to choose properly.



No White Sugar

The SVT Prevention Diet is a white-sugar free diet. While sugar tastes arguably good in your mouth, it is hurting you on many levels. Sugar is an **anti-nutrient**. Anti-nutrients are foods that steal nutrients from you in order to digest them, resulting in a net loss. In order to power the process of digestion, it's necessary to choose foods that put back vital nutrients into your body. There are entire books written about how harmful white sugar is. It fuels candida, it spikes your blood sugar, taxes your immune system, is highly addictive, floods your body with excess insulin, depletes your energy, and sets you up for SVT. Sugar is a major cause of inflammation, it feeds cancer cells and is the number one food making people sick today.

Sugar robs your body of vital minerals and nutrients just to digest it.

Don't confuse white sugar with natural sugar, because you are allowed to have natural sugars. Examples of natural sugars are fruit, honey, maple sugar, stevia, coconut palm sugar, dates and molasses. You can still enjoy sweet treats on *The SVT Prevention Diet*, but will opt for naturally sweetened foods or substitute a natural sugar in place of white sugar in your recipes.

This required a critical transition in my own healing journey because my downfall was craving sweets, specifically the perfect-consistency chocolate chip cookie. I had to figure out how to recreate my all-time favorite food into a gluten-free, healthy version. I was motivated to find a new cookie that could be eaten without guilt and that wouldn't cause me harm or trigger an SVT. I urge you to convert your favorite sugary foods into satisfying and wholesome alternatives. I provide lots of support on this topic next!

Sugar and Magnesium

The more sweet foods and processed baked goods you have in your diet, the more likely you are **deficient in magnesium and other vital nutrients that you need for SVT prevention**. As I keep emphasizing in this guide, **magnesium is an essential nutrient** to keep your SVT at bay, **and eating sugar is undermining all of your efforts**.

Consuming white refined sugar sets you up for SVTs by leaching vitamins and magnesium from your blood. "Refined sugar is not only a zero-magnesium product, but it also causes the body to excrete

"White sugar leaches vitamins and minerals from your blood and bones. Because white sugar is highly processed and un-whole, your body actually offers up the bits and pieces to help metabolize it. Sugar is an anti-nutrient, and actually takes nourishment from your body"

-Alicia Silverstone, The Kind Diet.

magnesium through the kidneys. The process of producing refined sugar from sugar cane removes molasses, stripping the magnesium content entirely.” -Source- <https://www.ancient-minerals.com/magnesium-deficiency/need-more/>

All white sugar has to go!

Sugar and Hormones

Stabilizing hormones is another goal for SVT prevention. When you bite into sugar, your blood sugar soars. To stabilize it, your pancreas releases insulin. Once the sugar has been metabolized, excess insulin remains and causes imbalances in your hormones and stores fat. This creates a chaotic hormonal balance. One of the BEST things that you can do to stabilize hormones and avoid SVT, (for women: especially around your menstrual cycle) is to cut out all white processed sugar. This is highly relevant since you are much more likely to have an SVT during hormonal fluctuations. You do not want to add fuel to the fire. Eliminating sugar is a critical step that you can take to control your hormones, adrenals and your SVT!

Recommendations to Eliminate White Sugar:

- ♥ Honestly assess how much sugar you actually are consuming every day.
- ♥ Eliminate any foods that contain **both gluten and sugar** first! These are a double whammy and have to go right away!
- ♥ Don't focus on what you cannot have, but rather what you CAN have.
- ♥ Start using natural sugar like fruit, raw honey, molasses, a bit of maple syrup or coconut palm sugar and dates to sweeten your food as alternatives to white sugar. Honey is highly recommended due to its antibacterial compounds and high potassium levels.
- ♥ Did you know that most people opt for processed sugar before even having one piece of fruit?! Commit to a rule of eating three fruits per day before choosing any sugared product. Since bananas are very sweet, and loaded with potassium, aim to have a banana with a smear of almond butter prior to any other type of sweet treat. You will be amazed at how satisfying and blood sugar stabilizing this naturally sweet snack is!
- ♥ Bake items that you love with replacement ingredients, like my naturally gluten free cookies. (Recipe below)

Sugar and Hormones

Eating sugar prevents healing. It mucks with hormones and is the cause of most inflammation which is the cause of most illnesses today”

-Sarah Wilson Author,
“I Quit Sugar”

- ♥ Create a go-to banana bread recipe with whole ingredients that you always keep on hand. Having access to healthy naturally gluten free sweet treats when you need them is so important to set yourself up for success!
- ♥ When you do bake, make extra and keep a supply of your favorite healthy treats in the freezer.
- ♥ Enjoy cacao and experiment with many of the amazing creative recipes that are out there today using this super food chocolate replacement. I make my kids Strawberry, banana, cacao and nut milk as a “milkshake”.
- ♥ With a little bit of creativity and patience, you can explore books, magazines and the internet for many kinds of healthy treats such as almond protein balls, no-bake cookies, chocolate paleo muffins not to mention savory snacks using vegetables and beans, as you will see later in this guide.
- ♥ Make yourself green smoothies and smoothie bowls. These are satisfying and sweet options that PUT BACK nutrients into your body!
- ♥ Precut veggies like carrots, celery and peppers to eat with hummus, mashed avocado or nut butter so you are less tempted to eat packaged sweets.
- ♥ Plain yogurts flavored with your favorite fruit, nuts or cacao nibs make a healthy snack.
- ♥ Try HU brand chocolate bars in moderation. They are delightful and are made with blood sugar stabilizing almond butter and quinoa.
- ♥ Add sweet potatoes, dates, apples, bananas, acorn squash, beets, pears, and berries to your daily rotation. These are naturally sweet and nutritionally dense!

The more sweet food that you bring into your life nutritionally (like sweet potatoes and dates) the less you will crave it non-nutritionally.





Decipher Your Sugar Cravings

The number one challenge that holds people back from changing their diet is sugar cravings. If you still cannot get through the day without your old sweets, or eat too much of it at one sitting, your body may be sending you a deeper message that you need to consider. Learn how to decipher the meaning of your sugar cravings because they hold valuable information for your personally healing journey and ultimate success.

People choose empty-calorie or non-nutritive food, sugar and carb-dense food, in particular, for many reasons. Part of it is simply habit or not having accessible healthy alternatives. Many times, though, choosing sweet food too frequently means that **emotions are driving that decision**. The next time you feel a craving or submit to one, instead of beating yourself up, or immediately caving in to it, **imagine that your body is actually trying to tell you something**. Be gentle and curious with yourself.

There's a message behind your craving and it's up to you to figure out what that is.

There are eating habits for many types of feelings. They can show up as sugar or food cravings but actually stem from stress, fatigue, boredom, anger, depression, self-reward, fear—any unresolved or intense emotional issue—and not because of stomach hunger or physical need. Conversely, a physical need for hydration, nutrients, rest or sleep can be misunderstood as a need for sugar consumption. When I used my intuition to tune and listen to my body as part of my own dietary self-care that I explain in Pillar 3, I found that my sugar cravings almost always came up when I was tired, under pressure and ignoring my need for rest or sleep.

Did you know that the number one craving comes from dehydration!

If you are craving anything, including sleep, respond by drinking a tall glass of water!

What are you *really* hungry for?

When you crave sugar, ask yourself...am I just tired? Can I take a rest? Will a tall glass of water help? If I take a few deep breathes and do some stretching will that feel good? What about a cup of mildly warm peppermint tea with honey? Have I skipped a meal (of protein, fat and fiber)? Did I already eat my low glycemic fruits today?

Ask yourself these questions before you reach for a cookie! Then reconsider what is in your better interest and focus of your SVT prevention intention (which you will create at the end of this guide).

Emotional issues cannot be resolved with self-awareness alone, but it's an important first step. **The**

practical *management* of coping with cravings is to anticipate this habit and be prepared with easily accessible healthy alternatives.

No matter the reasons, eating too much sugar and carbohydrates sets you up to feel and function poorly, and directly or indirectly trigger SVT episodes.

You don't have to suffer with cravings, and an insatiable appetite or lean on sugar to help you deal with stress or find relief. There are more nourishing and satisfying ways to deal with emotionally-driven eating habits that won't exacerbate your SVT. This is why I include dietary self-care, so please refer to Pillar 3 to learn how to create intentions, vision boards, journaling and assessing how *primary food* can support a full spectrum of healing, especially in this area.

Finally, as you continue to add more nutrient-dense foods and water to your daily regimen, your body will naturally begin to let go of sweet cravings, or at least the intensity of them.

Paleo Chocolate Chip Cookies.

[Click for RECIPE HERE](#)

While eliminating white sugar is important, it is also important to learn how to make sweet foods that you love.



You will gradually begin to enjoy food that is more mildly sweet rather than artificially sweet and made with wholesome natural ingredients. Yum!

Sugar Swap

It is not realistic that you would accept that you could never again eat food that you love, especially the sweet ones! What is realistic is to that you can learn how to make the **food you love in a much healthier way so that you can have it all the time.**

Simple swap outs for your sweet treats such as using occasional pure maple syrup or honey instead of white sugar, or using almond flour instead of white flour are going to become your new normal.

Everyone needs some guilty pleasures...I understand! I LOVE chocolate chip cookies! So take the time to bake cookies, or muffins or almond protein balls or whatever you love, with naturally gluten free ingredients so that these items don't spike your blood sugar or bring on an SVT.

Find your cooking style...

For years I was afraid to bake. I'm not always great at measuring perfectly and being super neat about it, yet I really wanted to learn how to make healthful treats that would not make me sick. I was intimidated. Eventually I learned from Tara Stiles, Yogi and Chef, that getting hung up on measuring and being a perfect cook is old school.



Many of the **modern gluten free treats** that I encourage you to make, have similar ingredients to each other and can be easily replaced with new gluten-free ingredients that you have in your pantry. When you are making protein balls for example, a pinch more or less does not change the outcome. Nor does using honey instead of maple syrup or if you leave out cacao if the recipe calls for it. I want you to realize that **what is more important than following a recipe...**

...is finding your own style and trying new things

Cooking good food takes creative practice, and If you let yourself develop the skill of cooking with confidence, you will not feel overwhelmed or powerless in the kitchen. You will be able to make what you want, when you want it, create your own versions of food, with your own signature style.

Of course, If you are baking special recipes for dinner parties and holidays, obviously you need to use and follow exact recipes. Just don't get so hung up on rules that you are afraid to be inventive. Make Your Own Rules, as Tara's book title says!

You will be amazed at how delicious recipes can turn out when you swap out old ingredients for new ones. There are plenty of websites and resources with gluten-free and wholesome recipes to support you. I will continuously provide you with new foods and recipes to try from my website HealSVTNaturally.com. Other reputable resources to check out are Kris Carr, Madeline Shaw, Julie Montagu and Tara Stiles

Get started:

- ♥ Take 40 minutes per week to make some kind of healthy sweet treat. Try no-bake bars, protein balls or paleo banana bread.
- ♥ Baking one gluten-free recipe will supply you and your family a healthy treat each week.
- ♥ You can extra freeze baked goods so they are available anytime you need them.
- ♥ Commit to trying one new recipe and recreate an old favorite dish each week until you have five or six meal combinations to rotate.
- ♥ Have fun swapping the ingredients I list on the chart below!

Lastly...

I emphasize the value of feeling empowered to bake your own sweet treats, swap ingredients, and be creative, because sugar is an addiction, and the more skill you have to soothe cravings with nutritionally dense non-harming foods, the more likely you will be to not feel overwhelmed by sugar's power or become slowly and silently sick from it. If you modify this one area of your diet, you can start to change your health and feel more in control of your ability to prevent SVT. For some people, managing sugar, is how this way of life becomes sustainable.

Be Creative and Learn to Swap ingredients:

Original Ingredient	New Swap Out Ingredient
White Sugar, Brown Sugar	coconut palm sugar, date sugar, maple syrup crystals, monk fruit
Corn syrup, Karo syrup	Honey, pure maple syrup, date syrup
Cow's Milk	Almond Milk, Rice Milk, Any nut milks, hemp milk, etc.
White Flour	Almond Flour, almond meal, coconut flour, brown rice flour, all-purpose gluten free flour blends, garbanzo bean flour, paleo flours made with nuts
Chocolate syrup	Cacao powder
	Coconut flakes
	Raisins
	Dried cherries
	Walnuts
	Cinnamon , turmeric,
Butter	Coconut oil, almond butter, cashew butter, banana

Exact measurements are not provided here as this list is meant to generate creative ideas for you to begin to replace traditional ingredients with new more healthful ones.

My cookie swap out

So in case you missed the memo, I love chocolate chip cookies! They were the one food I resisted giving up. Here is how I overcame this constant craving using ingredient swap outs...

I swapped out the white flour for ½ gluten-free blend and ½ almond flour or almond meal mixture. This added protein to the cookies. I use coconut oil instead of butter for some healthy fat, and/or add a tablespoon of almond butter for more protein and healthy fat. I would alternate nuts, raisins and dried cherries sometimes instead of chocolate chips. I stopped using white sugar completely and used coconut palm sugar or honey or monk fruit, and always used less than half the amount of sugar than the recipe called for. I still achieve the chewy consistency that I craved without all the gluten and sugar! Every version that I have ever made, is delicious and different. There is no wrong way that these cookies can turn out. Try it for yourself! And send me the recipe!

Try This Journaling Exercise

If you have a favorite food or recipe that you don't want to give up, (or feel resistant) sweet or otherwise, I encourage you to **identify the qualities of your favorite food** so that you can recreate it into a healthier version. If you have one food that you LOVE, that you learn how to make in a healthful way, you will be a lot less resistant to some of these big changes that I am proposing.

- What are your favorite foods?
- Are they gluten free and white sugar free?
- Who used to prepare these foods for you? Or do you make them or buy them for yourself?
- What are the colors, textures and qualities of your favorite foods?
- What foods feel most nourishing for you?
- Which foods do you feel resistant giving up right now?
- What is your dream meal?
- Do you prefer sweet or savory?
- Do you like other flavors such as pungent or bitter?
- What is the one food you are afraid to change or try?
- What do you love about this food?
- When do you like to eat it?
- How could you recreate this favorite food so that it is free of any harmful inflammatory ingredients?

From my SVT Prevention Kitchen: **Date Almond Pudding**

Ingredients:

- ♥ 4 pitted organic dates
- ♥ 10 almonds
- ♥ ½ banana
- ♥ ½ cup almond milk

Prepare:

Place all the ingredients into a Vitamix or high-power blender and run it until mixture is creamy and smooth.

The first photo is the thicker option. You can make it thick like a pudding, enjoy with a spoon as dessert or sweet treat.

The second photo has additional almond milk and ¼ cup water to turn it into a soothing non-dairy milk drink.

Benefits of Dates:

Dates contain essential minerals such as calcium, iron, phosphorus, sodium, potassium, magnesium and zinc which strengthen and balance the nervous system

The potassium reduces cholesterol, which is good for stroke prevention as well as SVT prevention. They are **rich in iron**--which is highly recommended for SVT management.

Dates also help with digestion and constipation.



From my SVT Prevention Kitchen: **Lentil Raisin Cookies**

Yield: 24 cookies

Ingredients:

- ♥ 1 cup cooked green lentils
- ♥ ¼ cup coconut oil
- ♥ ¼ cup pure maple syrup
- ♥ 2 organic eggs
- ♥ 1 teaspoon vanilla
- ♥ ½ teaspoon pink Himalayan salt
- ♥ ½ cup coconut flour
- ♥ 1 teaspoon baking soda
- ♥ ¼ cup ground flax seeds
- ♥ ¼ cup almond flour
- ♥ ½ cup coconut palm sugar
- ♥ 1 cup rolled oats (gluten free of course!)
- ♥ ½ cup organic raisins
- ♥ ½ cup chocolate chips (dairy free chocolate chips optional)



Prepare:

Cook the lentils in boiling water for 30 minutes. Strain the lentils and crush with a fork. Preheat the oven to 350 and line a cookie sheet with parchment paper.

In a bowl, add the crushed lentils, coconut oil, vanilla and sugar. Add the egg and mix. Add all the flours and flax and baking soda. Lastly, add the raisins and chocolate chips. Roll dough into balls and place them on your cookie sheet. Then take the back of a spatula and flatten the balls into cookies. Bake for 11-13 minutes.

Benefits of Lentils:

Lentils are a good source of protein, iron, potassium, and folate. Lentils have Insoluble dietary fiber which promote regular elimination. Lentils are a quick cooking bean making them easy to use and include in many recipes!



No Dead Food or Junk Food

When you are eating for the purpose of **SVT Prevention**, the category of **dead food and junk food** no longer serves your goals. **Dead food means that it has no life force, and junk food means that it is processed with mostly additives, sugar and artificial ingredients.** These foods typically come in a bag or a box, have preservatives and a long shelf life. A box of cookies that you purchase today and can still be eaten if left unopened in a year from now, (and still taste exactly the same), is a dead, junk food. Food like Oreos, Ritz Crackers, Chips Ahoy, pretzels, potato chips, fruit roll-ups, and all candy needs to be removed and replaced with nutritious alternatives.

Good replacements could be hummus, bean dips, lentil chips, guacamole and almond butter to name a few healthier options. It's critical that you become a regular label reader so that you can make informed choices about everything that you eat, and learn to have some healthier go-to snacks on hand, like parfait yogurt bowls, nuts, and nut butter snacks. (parfait recipe on following page).

As you switch to a gluten free diet, it's important to be just as discriminating in your ingredient preferences and food quality. There are a lot of gluten free replacements for dead and junk food too; you don't have to buy them. Many companies today are health-food oriented and make processed food that contains a minimal number of ingredients which could qualify as once-in-awhile food for you. I list some options below.

Gluten free for SVT Prevention means a commitment to eating clean and fresh and naturally gluten free foods. If you must have gluten free bread, pizza or pasta make sure the *main* ingredients are brown rice flour or quinoa, millet, sorghum, and not too much tapioca flour/starch or potato starch. If it contains corn, check to see if the **corn is not genetically modified (Non-GMO)**.

Other junk ingredients to avoid is hydrogenated oils, carrageenan, artificial flavors and colors and high fructose corn syrup in particular. There is nothing wrong with maintaining a supply of frozen vegetables, bean burgers, frozen cauliflower rice or crust, and frozen wraps and breads. In general, I recommend staying away from frozen meals because of all of the sodium that they use, not to mention gluten and a lot of artificial ingredients and preservatives. In a pinch, there are some good gluten-free veggie burger options like Engine 8.

Do your best to look for labels that say: non-gmo, no artificial sweeteners or preservatives, organic, and gluten free.

Think about eating foods that are fresh, alive, and filled
with the natural life force from mother earth.

If you do buy the occasional bagged or boxed food, the ingredients should always start with a whole food or a whole grain and try to buy food with as few ingredients as possible (less than five is ideal). Support manufacturers of high quality food by voting with your dollar for the ones that are working hard to bring you better ingredients. Some choice examples are:

<p>Macro Bars/ Go macro Plant based</p>	
<p>Hu Chocolate Paleo Vegan No dairy, No GMO's No emulsifiers, No soy lecithin, no gluten, no refined sugar, no sugar alcohol, no cane sugar,</p>	
<p>Siete Chips Ingredients: Cassava flour, avocado oil, coconut flour, ground chia seed, sea salt, citric acid and lime oil.</p>	
<p>Manna Organics Spreads Ingredients: Sprouted Almonds, Black Mission Figs (Diced Figs, Rice Flour), Cashews, Cold-Pressed Sunflower Oil</p>	
<p>Wholly Guacamole Salsas, Humus</p>	

Sugar-Additives Recap

Yes to these Sweets

Local raw honey, Manuka honey, pure maple syrup, agave in moderation, date syrup, dates, date sugar, coconut palm sugar, maple sugar crystals, lankanto monk fruit sweetener, blackstrap molasses, cinnamon, coconut flesh, whole fruit, root vegetables

No to these Sugars

White Sugar and all of its derivatives, brown sugar, aspartame, artificial sweeteners, fake sugars, high fructose corn syrup, fructose, saccharine, sucralose or any other sugar that ends in ose.

No Additives or Chemicals,

Be extremely careful of artificial colors, flavors and preservatives. Some examples are: Yellow #5. Blue #2, Green #3, Yellow #6, aspartame, (food colorings and fake sugars added to boxed and packaged foods) Benzoic Acid/ Sodium Benzoate (preservatives added to milk and meat) , Methylcyclopropene (gas added to fruits), BHA, BHT (preservatives added to meat), emulsifiers (bread, dressings, margarine, mayonnaise), high fructose corn syrup, MSG (flavor enhancer), Olestra (fake fat), and more!

Aspartame Details

*Did you know that “Aspartame was denied approval by the FDA for 8 years because it was considered a risk to human health. Among the risks is that it does not digest, and enters the human brain and central nervous system and can result in a number of problems such as seizures, **anxiety, palpitations** and impaired vision”-Christina Pirello.*

Aspartame is in children’s apple juice like Motts low sugar apple juice and also in many other boxed foods and drinks that have a shelf life and are targeted to kids. Our children are being influenced to cultivate a taste for artificial and chemicalized flavors and most parents don’t even realize it. Read ingredient labels, and TASTE your children’s food. Artificial sugars taste like chemicals *because they are chemicals!* This will become obvious if you avoid white sugar and then taste something made with white or artificial sugar. You will be amazed to discover how overly sweet and undesirable it is!

A good option when you want a fast snack: **Goat Yogurt Parfait with Chia Seeds**

Yogurt bowls can be a nice way to satisfy sweet cravings. For nondairy alternatives try *Ripple* pea protein yogurt, *So Delicious* coconut milk yogurt or *Foragers* cashew yogurt.

Ingredients

- ♥ Organic goat yogurt. (Redwood Hill Farm Traditional Plain pictured below.) Always use **plain yogurt** and add your own toppings to sweeten.
- ♥ Purely Elizabeth gluten-free granola
- ♥ 1 tablespoon chia seeds
- ♥ Seasonal organic berries; raspberries are pictured
- ♥ Raisins (rich in iron, B vitamins, and potassium)
- ♥ Drizzle a bit of pure maple syrup or honey on top



Benefits of Organic Goat Yogurt:

Goat yogurt has less fatty acid than regular yogurt and can be easier to digest. **It has fewer allergenic proteins and causes less inflammation.** It's rich in calcium. It has 30-35%-medium-chain fatty acids as opposed to 15-20% in cow's milk. These fatty acids provide an energy boost that is not stored as body fat, and helps to lower cholesterol.



Animal Protein

Proteins are amino acids and are considered the building blocks of life. They are needed for the body's vital functions to continuously renew your cells, build, maintain and replace tissues in your body, stabilize blood sugar, and give you energy. Your muscles, organs and immune system are made up of mostly protein. Your body uses protein to make **hemoglobin**, in red blood cells that carries oxygen to every part of your body. **Other proteins are used to build cardiac muscle in your heart!** Protein is doing important work all over your body and protecting you from disease. Your body requires protein from your food to make sufficient amounts of all the essential amino acids.

There are vegetable, grain and animal sources of protein.

The SVT Prevention Diet is not specifically vegetarian or vegan, nor does it meat-focused. **Meat, chicken and fish is a very individual choice.** Some people choose to avoid animal protein because of animal welfare, genetic engineering, bovine growth hormone, antibiotics, mad cow disease, poor quality, digestive difficulty, food-borne illness, irradiation or spiritual reasons. **The choice to consume meat, chicken and fish is left to your own discretion but with some empowering guidelines.**

- ♥ Decrease the amount of animal products you consume in general and increase plants. (limiting consumption of animal foods helps reduce inflammation overall).
- ♥ Eat smaller portions of meat. When you fill your plate, aim for 1/2 plate of vegetables, ¼ plate starch and ¼ plate animal protein.
- ♥ If you choose red meat, aim for grass-fed sources 1-2 times per week instead of daily. Grass-fed, pasture-raised meat is generally best as they are not commonly fed corn, soy and grains sprayed with roundup. Check for these conditions for all cow's and calf meat, Bison, and pork.
- ♥ If you choose to eat **chicken**, aim for pasture-raised, and organic. Pasture-raised, means chicken are allowed to roam around, are not kept in crowded conditions. They forage for their food as opposed to being fed corn, grains and antibiotics.
- ♥ Choose eggs from pasture-raised chickens, organic or cage free.
- ♥ If you eat any kind of animal product look for labels that say that animals are humanely raised. When you eat meat or chicken, you are eating everything the meat source ate, including the energy of how it lived and how **was slaughtered**. All food is dynamic and meat carries very strong energy. If you do choose to eat meat, please try to purchase humanely raised and slaughtered meat. It's up to you to question your meat suppliers and inquire out about their farming practices.

- ♥ All processed meat products contain nitrates. Nitrates are preservatives that are linked to migraines, cancer, hormone disruptions (an SVT trigger). Nitrates are in cold cuts, hot dogs, bacon, sausage, and almost any meat that has a shelf life. When choosing packaged meat, you must avoid nitrates. You will know if meat does not have nitrates only if the package says NO NITRATES. Store baked, sliced turkey or chicken are good options instead of the cold cuts from the deli counter. Also, Trader Joes and Whole Foods in the US do carry some packaged meats that are nitrate free. There are hot dog and sausage brands that are nitrate free and some that are organic as well.
- ♥ Organic Turkey is a good option for a lean protein and available at Whole Foods. You can use ground turkey to make turkey meatloaf or meatballs that the whole family would enjoy. I include finely diced onion, carrot, and garlic in my turkey meatloaf with gluten free breadcrumbs and organic eggs so that I can fit in extra nutrition. It is easy to modify all of your meals with added vegetables and gluten-free replacements once you make a conscious effort to do so.
- ♥ Track how you feel after your red meat intake. Do you have bad dreams, toss and turn at night, have poor or interrupted sleep, have electrical misfires, or become constipated? Your body may provide useful feedback to help you know if your meat choices are serving you.

If you want to know what I personally eat: I don't really have a love for meat in general, so I consume very little meat and chicken. I might have grass-fed meat once every month and chicken sometimes less than once per week. I aim to have wild seafood such as salmon and cod 2 x per week at least. I like eggs and include them in my diet frequently.

From my SVT Prevention Kitchen: **Stuffed Zucchini**

Any meat dish or casserole cries out for vegetables to accompany it! This dish is my version of stuffed peppers but using zucchini instead.

You will need:

- ♥ 2 lbs of grass-fed beef
- ♥ 4 large zucchini
- ♥ 2 large tomatoes + one can tomatoe sauce
- ♥ 2 cloves garlic
- ♥ sweet vidalia onion
- ♥ 4 carrots
- ♥ dash pink salt,
- ♥ dash turmeric
- ♥ dash cayenne
- ♥ 2 cups cooked organic brown rice



Prepare:

Sautee the ground beef in a pan with lots of diced up garlic and onion. Add in chopped carrots, and orange peppers. Add 1 can organic tomatoes, and season to taste with dulse, pink salt, garlic powder. Add in 1 cup pre-cooked rice of your choice into the mixture, and simmer for 30 min. Scoop out seeds from fresh zucchini and line baking tray with strips of hollowed out vegetable. Spoon vegetable and meat mixture into zucchini and bake for 30 minutes.

Benefits:

The vegetables plus the whole grains and high-quality protein makes this a wholesome, one-pot meal all by itself! Great as left-overs too.

Wild Caught Seafood

If you eat fish, select those containing the lowest amounts of mercury and preferably wild varieties, such as Alaskan salmon, Alaskan black cod, herring, flounder, sole or sardines three times per week. These fish are rich in anti-inflammatory omega-3 fatty acids. You can add fish to salads, and grilled and baked for hot meals or, try the Cod Curry with Vegetables recipe on my blog [here](#).

Avoid species that are high in mercury such as King mackerel, swordfish and orange roughy and limit your intake of canned albacore and yellowfin tuna, grouper and Chilean sea bass.

Wild Caught NOT Farm Raised!

Farm-raised fish are raised in crowded conditions and often do not eat a natural diet like wild caught fish. They can be given antibiotics, and fed corn and soy. Always buy wild over farm-raised.

If you do occasionally choose canned tuna, make sure not to buy any brands that have soy as an ingredient. Soy is a filler and the exact type of soy that is linked to cancer and totally unnecessary in our diets! Wild Plant is a good brand that does not include soy as a filler.



tips...
from my kitchen

Try this...

- ♥ Sliced smoked salmon for breakfast or lunch
- ♥ Crab meat salad just like you do with tuna.
- ♥ Add lemon to sardines and a little avocado mayo and mash with a fork and spread on top of gluten-free toast
- ♥ Bake cod with capers and deseeded cherry tomatoes

Dairy

Dairy is a controversial food group and *The SVT Prevention Diet* leaves this choice up to you but please apply the following guidance:

- ♥ In addition to unknown gluten sensitivities, many people have lactose intolerance that has gone unnoticed. If you have frequent digestive disturbances, excess mucous, sinus infections, colds, respiratory issues, asthma, hay fever, bronchitis and ear infections, you may want to consider eliminating dairy. Dairy overload can clog and irritate the entire respiratory system.
- ♥ All animal milk products contain the protein casein, which is the next most common food sensitivity after gluten.
- ♥ If you choose dairy, **it must be organic. PERIOD.** The milk contains antibiotics and hormone disruptors from the cow who produced it, and the only way to avoid this is to choose an organic product.
- ♥ Good choices for yogurt are 100% organic: plain organic yogurt, goat's yogurt, and Greek yogurt. Alternatives are coconut yogurt, almond yogurt, and cashew yogurt. Foragers is a good brand.
- ♥ Good choices for ice cream are 100% organic ice cream topped with your own toppings instead of pre-flavored with sugary ingredients. Consider ice cream an occasional treat even if it is organic. By the way, there are kitchen gadgets that make bananas and other fruit into ice cream, allowing you to avoid any milk and extra ingredients.
- ♥ Even if you can tolerate dairy milk, you may enjoy rotating your milks to include coconut milk or almond milk alternatives. Be sure they do not have the ingredient carrageenan.
- ♥ Good Cheese options include high quality artesian cheese, goats or sheep's milk cheese, sheep's milk parmesan, and fresh made mozzarella. No processed cheeses.
- ♥ Kite Hill brand makes a delicious almond-based cream cheese.
- ♥ Try hemp milk or organic rice milk as a base for smoothies, gluten-free cereal, or to use in baking.



Heart Health Dairy Tip:

If consumed in excess, cheese, ice cream milk and butter contribute to significant amount of cholesterol and fat in the diet.

This can increase your risk of cardiovascular disease.

Casein found in milk products especially in cheese is addictive. That is why many people LOVE cheese.

Milk products contain sugar. Certain milk sugars such as galactose may contribute to certain types of cancer like prostate and ovarian, according to Integrative Nutrition Inc.

Did you know that you don't need to get your calcium from dairy? Alternate sources of calcium include sea vegetables, dark leafy greens, broccoli, chia seeds, sardines, soybeans and garbanzo beans, molasses, salmon, shellfish, almonds, and figs to name a few.

Soybeans

The Soybean's claim to fame is its high isoflavone content which has been credited with slowing osteoporosis, relieving some side effects of menopause and alleviating some forms of cancer. It is a complete protein that is rich in calcium, iron, zinc and fiber and free radical antioxidants. Overall, it contains vitamins and minerals in a natural relationship that is similar to the human body's needs. I recommend avoiding highly processed soy products that contain soy protein isolate and textured soy protein. Soybeans are frequent ingredients in soy burgers, soy hot dogs, soy cold cuts, and soy bacon and other imitation meat products.

Engineered soybeans are ubiquitous in our food supply and are grown with herbicides. Assume that if soy is listed as an ingredient on a package that it contains this toxic content. The only way to avoid it is if the label is certified organic or that it does not use GMO's (genetically modified organisms). If that is not enough of a deterrent, soy is one of the most common food allergens or sources of food sensitivity in our population.



If you do choose to consume soy, focus on traditional forms such as edamame and tofu, and ideally the fermented forms such as **miso**. Miso paste is a delicious addition to any fresh sauce or dressing. Normally tempeh would be listed here but since I personally had an SVT y ears ago directly after eating tempeh, it goes on my watch list as an SVT trigger food. I find soy in general to be a questionable food choice, so you really need to go slow and see how you react with it. Edamame, pictured above, makes a high protein snack!

Beans

Beans are a good way to add high quality, plant-based protein to your diet. Legumes are loaded with iron, B vitamins, and **soluble fiber** which is helpful in lowering blood cholesterol. Legumes are a low glycemic food, rich in folic acid, magnesium and potassium which is important for SVT prevention. Beans are also a good source of potassium. They have more potassium than bananas and do not carry the **sugar** content that bananas do. (I still highly recommend bananas, I have one almost every day!) Because beans are very filling and digest slowly, they can replace bread products in many meals, making them a good staple in a gluten-free diet.

There are many varieties of beans: lentils, split peas, black eyed peas, pinto beans, garbanzo beans, black beans, red beans, kidney, mung beans, and adzuki just to name the popular ones. Lately the benefits of bean consumption is being debated due to the popularity of low-carb diets such as the Keto diet, paleo diets, and the Plant Paradox diet, however, “beans have been a global dietary staple with a near-perfect nutrition profile (low in saturated fat, rich in fiber, iron, copper, magnesium and antioxidants) that has nourished the planet since 6000 B.C. Use proper cooking methods to get the most benefit!” - Crazy Sexy Nutrition Director Jen Reilly, RD

Beans are also known to help **clean the liver** and gall bladder according to the bean queen, Karen Hurd, a Wisconsin based nutritionist who believes that consumption of legumes is a critical part of most every person’s plan for healing. Karen says that:

“Beans are a bile magnet. Bile and beans make a sort of chemical bond that is almost impossible to break. Most of the other foods with which bile binds in the intestinal tract are foods with which the bile makes temporary bonds. But when the bean enters, the bile leaves all other foods behind and rushes to make a permanent bond with the bean. This digestive fluid that the liver makes is released into the duodenum (the first part of the small intestine). It travels to the last part of the small intestine, doing its digestive work, and when it reaches the terminal part of the ileum, bile is reabsorbed and returns to the liver! How much bile returns? Ninety to ninety-five percent! Bile is the trash truck for the liver. The liver cleans the blood stream of fat soluble waste and deposits it in the bile. Hopefully the bile will make it past the terminal part of the ileum, get into the large intestine and make its way on out into



the toilet. However, that is not what is happening in the normal American's digestive tract. The bile returns to the liver with its garbage in tow.

Unless the bile meets up with the mighty bean, the bile with all of its toxic liver trash will be tossed into the toilet in the form of a bowel movement.

What if the bile is not tossed into the toilet? What happens then? When it returns to the liver, full of trash, the liver is waiting with more trash. The liver is constantly filtering the blood stream. Just because the bile is running around in the gastro-intestinal tract doesn't mean the liver stops filtering blood. So, the returning bile is loaded down with more toxic waste as it passes through the liver again. So, the cycle goes, until the recycling bile is so loaded down with garbage that it **can no longer do an efficient job in digesting the foods in the intestinal tract**. Instead of digesting the foods, the bile ferments the foods.

Fermentation causes gas. The answer is to get rid of the nasty bile. If we had new, fresh clean bile then the foods would not be fermented but digested properly, and no gas would form. How can we get rid of the nasty bile? Eat beans!

That alone, a VERY convincing reason to eat beans!

Always soak the beans overnight and discard the water before refilling to cook. Boil the water vigorously for the first ten minutes without a lid. Skim the hard-to-digest foam that rises to the top, then season with sea salt and cumin or other spices, cover and simmer until tender. At this time, you could also add a 2-inch strip of kombu, a sea vegetable to promote digestibility (and then remove it before serving). Kidney beans require the longest cooking time, so boil them for a 60+ minutes. Other beans may only need to be boiled for 20-30 minutes (such as lentils, mung beans and adzuki beans, which are also delicious sprouted! Pre-soaking or sprouting is key.

Cooking methods are the way to make sure that your beans benefit you most, so be sure to **soak, sprout, slow cook and pressure cook them for best results**. Not only do cooking methods help to neutralize lectins, but beans that are pre-soaked and cooked for over an hour taste like butter heaven!

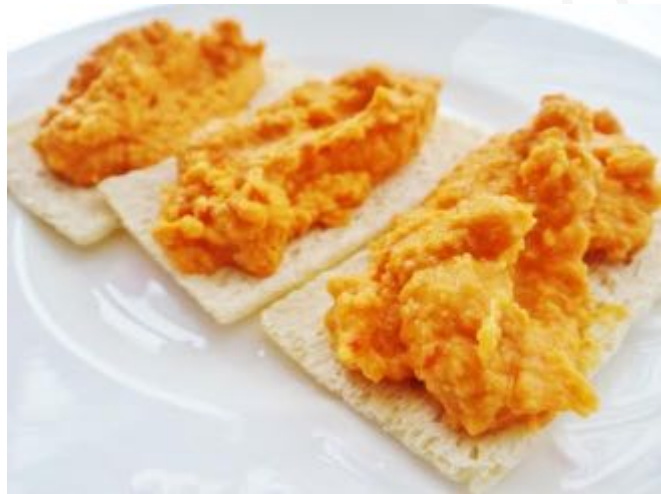
Please note, if you are not inclined to cook beans from scratch it is okay to buy organic canned beans and enjoy the convenience of a ready-to-eat product. Aim to buy canned beans that have been presoaked.

Beans are easy to incorporate into your meals as part of a stir-fry, an extra ingredient in soups or casseroles, on top of salads, mashed up on breakfast toast, or as a side dish as a mixed bean salad. Beans are the main ingredient in hummus which makes a delicious dip for cut up vegetables for a healthy snack.

From my SVT Prevention Kitchen:
Roasted Red Pepper Hummus

Ingredients:

- ♥ 1 cup of presoaked and precooked garbanzo beans
- ♥ 1 fresh garlic clove
- ♥ 1 Tablespoon of tahini
- ♥ Water as needed
- ♥ 1 Tablespoon of olive oil
- ♥ Fresh roasted red peppers (3 slices).
- ♥ Quinoa crackers or any gluten-free crackers
- ♥ Food-processor for mixing
- ♥ Pink Himalayan salt-Dulse Flakes and a dash of turmeric



Directions

Pre-soak and pre-cook beans. (I usually choose one bean per week to pre-soak and pre-cook for a week's worth of recipes.) Dice fresh garlic. Add the garlic to the bottom of the Cuisinart. Add the beans and tahini. (If you don't have tahini you can still make this without it). Tahini brings a depth of flavor, but any humus is OK without it. Add salt, pepper, turmeric, and olive oil. Mix. Slowly add approximately 3 tablespoons of water, a little at a time. Add in slices of red pepper and blend until desired consistency.

Spread on gluten-free crackers or use as a dip with fresh cut veggies slices!



Nuts and Seeds



Nuts are rich in Vitamin E and essential fatty acids, and are high in protein, calcium, phosphorus, magnesium and potassium. They are easy to incorporate into your daily menu plan and should be part of your heart-healthy diet. A few nuts thrown into almost any dish adds flavor, variety, healthy fat and overall satisfaction.

Most readily available, flexible

in culinary use and healthy are walnuts and almonds as cancer fighters, omega 3 sources, and cholesterol reducers. Almonds are considered superior to all other nuts for their ability to alkalize the body and support the digestive and nervous systems.

Walnuts are one of my favorite nuts. It's no wonder that walnuts look like a brain, because that's exactly where you reap the benefits! They help in developing over three dozen neuron-transmitters within the brain enhancing the signaling and encouraging new messaging link between the brain cells. They also extract and break down the protein based plaques associated with Alzheimer's diseases. I make walnut smoothies to promote concentration. Get the recipe on my blog [HERE](#).

Other favorite nuts are pistachios, pecans, hazelnuts, macadamia nuts, chestnuts, brazil nuts, pine nuts.

To prevent rancidness store nuts in the refrigerator or freezer. Chew them well because they are dense and difficult to digest—but worth the effort!

Nuts nicely complement a rice or quinoa dish, a vegetable or fruit salad, and many types of desserts, snacks, smoothies and vegetable or meat dishes.



tips...
from my kitchen

- ♥ Add pistachios in with your chickpeas when blending your own homemade humus.
- ♥ Keep pistachios in the house for a snack. The art of peeling them helps you eat slower!
- ♥ Add walnuts to banana bread
- ♥ Look for paleo flours that have a combination of nut ingredients like pecan, walnut, almond.
- ♥ Try macadamia nuts in your smoothie once in a while for a rich new taste.
- ♥ Make homemade pesto with pine nuts.
- ♥ Try nut butter for a FAST and nutritious protein source, when you don't have time to make something.
- ♥ Add a dollop of your favorite nut butters to smoothies bowls, sweet potatoes and fruit slices.
- ♥ Add nut butters to overnight oats and on top of yogurt.
- ♥ Use almond flour or almond meal as part of the flour mix in baking

Nut Butters

Nut butters have all of the benefits of nuts but are easier to digest and provide delicious and flexible ways to fit them into your diet regimen. I use nut butters almost daily for the whole family in smoothies, spread on rice crackers, drizzled on sweet potatoes, sliced apples, bananas and celery. A perfect breakfast on-the-go is a smear of raw creamy almond butter on a banana. So simple!

Nut butters come in delicious flavors and textures, such as creamy, raw, and crunchy, and are made from many nuts and seeds such as cashew, almond, peanut (only organic), and sunflower seeds (sun butter). They even make new delicious combinations with cacao.

Good brands are Maranatha, Manna, Justin's and Trader Joe's. This Maranatha raw and creamy is my favorite.



Seeds

Another important versatile, nutritious and delicious food source for SVT prevention is the entire category of seeds. Most common are pumpkin, sesame and sunflowers seeds that are rich in protein, phosphorous, calcium, iron, potassium and zinc.

Seeds may be eaten raw, dried, roasted or cooked. Pumpkin, sesame and sunflower seeds are popular snack foods, and others such as caraway, dill, celery, poppy and anise are used as seasonings. Seeds can be especially nutritious additions to soups, salads, casseroles and baked goods. Hulled seeds should be immediately refrigerated or frozen after purchased.

Chia seeds, hemp seeds, pumpkin and sunflower seeds are more great additions to your *SVT Prevention Diet* as these protein-packed toppings are dense with nutrients. I explain the details of these wondrous seeds in the Super Foods section, because that is the category in which they belong! Nutrition Almanac, 6th Edition, John D. Kirschmann and Nutrition Search, Inc. 2007




tips...
from my kitchen

New ways to add seeds to your diet:

- ♥ Sprinkle sunflower seeds and nuts on salad
- ♥ Add a tablespoon of hemp seeds to baked muffins or cookies
- ♥ Add chia seeds to puddings, smoothies and hot cereals
- ♥ Seeds provide extra texture and nutrients to homemade granola

Tahini

Tahini is a condiment made from toasted ground hulled **sesame seeds**. It is full of essential fats and is an excellent source of non-dairy calcium. Dr. Josh Axe says that tahini is a great way to obtain B vitamins like thiamine, **magnesium**, copper, phosphorus, manganese, iron and zinc. Adding tahini to recipes is a good way to get your daily copper — which is needed to maintain nerve, bone and metabolic health. It also has 20% complete protein, making it a higher protein source than most nuts. And, it's easy to digest because of its high alkaline mineral content. Tahini is a popular ingredient in hummus, but there are so many other ways to enjoy it. I love tahini and think it's tasty addition to *The SVT Prevention Diet*. See below:

<p style="text-align: center;">Tahini Spread</p>	<p>¼ cup tahini</p> <p>¼ cup agave. I would also add dash of salt, Tbsp. of orange juice</p> <p>This spread is so simple and complex and kids love it! Mix together tahini and agave in equal parts and create a dense flavorful sweet spread for apples, home-made bread and muffins, or rice crackers.</p>
<p style="text-align: center;">Tahini Dressing</p> <div style="text-align: center;">  </div>	<p>Learning to make a fast, easy dressing will go a long way on this new diet. Finishing off your dish with an interesting dressing brings new life to salads, roasted veggies and brown rice bowls. Having a good tahini dressing that you know how to easily whip up fast is an absolute staple.</p> <p>My favorite is:</p> <ul style="list-style-type: none"> ♥ 2 tablespoons smooth organic tahini ♥ 2 tablespoons maple syrup or honey ♥ 2 tablespoons water ♥ 2 tablespoons gluten free tamari ♥ dash of pink Himalayan salt ♥ dash turmeric ♥ dash of cayenne (if you are able to tolerate and have been SVT free for 6 months) Start with a tiny drop!

From my SVT Prevention Kitchen: **Broccoli Bowl with Tahini Sauce**

Here is a simple, clean recipe that is easy to prepare and nutritionally dense. This broccoli bowl with my tahini dressing can be eaten as a snack or lunch.

Yield: 4 servings

Ingredients

- ♥ *Head of organic broccoli*
- ♥ *1 cup cooked quinoa*

Dressing:

- ♥ *2 tablespoons tahini*
- ♥ *2 tablespoons maple syrup*
- ♥ *2 tablespoons water*
- ♥ *2 tablespoons tamari*
- ♥ *dash pink salt*
- ♥ *dash turmeric*
- ♥ *dash cayenne*

Toppings:

- ♥ *Cranberries*
- ♥ *Organic sunflower seeds*



Prepare:

Steam the broccoli and cook the quinoa (1 cup quinoa, 2 cups water) while you prepare the dressing. Pour dressing over your veggies and grains, sprinkle with a few cranberries and sunflower seeds for protein and serve!



Super Foods

According to the Institute for Integrative Nutrition, **Superfoods are a class of the most potent concentrated and nutrient rich foods on the planet.** Super foods have the potential to increase the vital force and energy of one's body and are the optimum choice for improving one's health. They boost the immune system, elevate serotonin production, enhance sexuality, cleanse the body, lower inflammation, and alkalize the body. I highly recommend incorporating super foods into your diet and have listed the ones that I use and highly recommend. Super foods can easily be added to daily smoothies, salads, in baked goods or on top of meals.

I recommend incorporating at least one super food per day into your diet!

Boost your Immunity and Energy:

- ♥ **Cacao** (Raw Chocolate): Cacao is the nut from an Amazonian tree and is the highest antioxidant food on the planet. It is extremely high in magnesium, iron, chromium and manganese. Some of the benefits of raw chocolate is that it elevates your mood and energy, improves cardiovascular health and increases longevity. My favorite ways to use cacao is to bake with it to make gluten-free chocolate muffins and brownies, almond energy balls and of course chocolate banana smoothies (milkshakes as my kids like to call them). Raw cacao comes in powder form and is a versatile option to use anytime you crave sugar. Since it's a superfood, you have it anytime you want it to crowd out food containing processed white sugar.



can

SVT tip: If you currently consume chocolate and think that it is an SVT trigger for you...it might be! Typical chocolate is processed, has a very low percentage of cocoa beans, and has additives, dairy and cane sugar. After you are gluten-free, and white-sugar-free, you can introduce this super food with confidence slowly to see if you tolerate it. In my experience, once gluten and white sugar are gone, you should be able to enjoy this on occasion.

♥ **Goji berries** have been used in traditional Chinese medicine for over 5000 years. They are rich in antioxidants, iron and contain all eight essential amino acids. These are nice to add to raw protein balls or mix into a rice pilaf, green salad or plain yogurt.

♥ **Hemp** seeds are eaten in raw form and are an excellent addition to salads, avocado toast, and vegetables. Hemp seeds are loaded with 33% digestible protein and are very rich in iron. It also has omega 3's which is anti-inflammatory. It is a useful condiment to increase your protein intake at any meal, especially if you are vegan or vegetarian or trying to reduce animal protein. Once the package is opened, keep these refrigerated.



♥ **Spirulina** is a dark blue-green algae powder. At 65%, it is one of the highest sources of a complete protein. It supplies minerals, trace elements, phytonutrients, and enzymes. It helps to **stabilize blood sugar and reduce sugar cravings**. I use spirulina nearly every day and add it to smoothies, green juice or my green monster muffins. I highly recommend this super food to all of my private SVT clients. Aim for 1 teaspoon per day. This is part of my personal daily SVT prevention regime.

♥ **Bee products (honey, pollen, Manuka honey and propolis)** Honey is a naturally sweet food to use instead of white sugar. It is loaded with potassium, is rich in minerals and antioxidants and contains probiotics and enzymes. IIN says that honey is one of the highest vibration foods on the planet. Choose honey if your metabolism can handle sweeteners. Bee Pollen contains almost all the B vitamins, and 21 essential amino acids, which makes this super food another complete protein. You can add bee pollen or honey to turmeric lattes, smoothies, on top of gluten free granola, even on gluten-free toast with almond butter or sliced fruit. Honey can be used to replace a liquid sweetener in any kind of recipe. Manuka Honey is classified as a therapeutic food. It has strong antibiotic and antibacterial properties and is used as a topical treatment for cuts and burns. I used it to successfully treat a fissure, an uncomfortable and painful condition.

More reasons to love and incorporate **honey** into your SVT prevention routine

- ♥ Honey is a mucilage, which means it coats the stomach
- ♥ It is a very powerful anti-microbial, which means it should help SIBO
- ♥ It is loaded with potassium
- ♥ Has beneficial prebiotics
- ♥ Has a low glycemic index
- ♥ Has both immune-boosting and anti-inflammatory properties
- ♥ Is delicious and satisfying
- ♥ I have honey every day and never get SVT!



From my SVT Prevention Kitchen: **Super Food Cacao Cherry Smoothie**

This smoothie recipe is a delicious way to try cacao, honey and spirulina!

Ingredients:

- ♥ 1 ripe banana
- ♥ ½ cup organic frozen pitted cherries
- ♥ 1 Tablespoon **cacao powder**
- ♥ 1 scoop Green Vibrance or **spirulina**
- ♥ 1 cup organic rice milk or almond milk
(any milk alternative should not contain the ingredient carrageenan).
- ♥ 1 teaspoon raw and/or local **honey**
- ♥ 1 teaspoon almond butter
- ♥ 1 Cup frozen baby spinach or kale



Prepare:

Place all the ingredients into a Vitamix or Nutribullet or similar high-power appliance and blend until creamy and smooth. If you like it thicker add less milk, or thinner add more milk. Store extra contents in a mason jar with a lid for a second smoothie later in the day as a snack.

Benefits of Cacao Powder:

- ♥ It has 40 times the antioxidants of blueberries
- ♥ Cacao is one of the highest plant-based sources of iron
- ♥ Raw organic cacao is also one of the highest plant-based sources of magnesium, the most deficient mineral in the Western world.
- ♥ It contains more calcium than cow's milk.
- ♥ "Cacao is a great source of four scientifically proven bliss chemicals - serotonin, dopamine, anandamide and phenyl ethylamine. These neurotransmitters are associated with cozy feelings of wellbeing, happiness, and can even alleviate depression." -begoodorganics.com

Healthy Fats & Oils

Healthy fats are an important staple to *The SVT Prevention Diet*. Healthy fats usually refer to monounsaturated and polyunsaturated fats. Monounsaturated fats are anti-inflammatory, reduce the risk of cardiovascular disease, and are full of healthy nutrients. They can reduce LDL cholesterol, and can benefit insulin and blood sugar levels, decreasing the risk of type 2 diabetes.

Polyunsaturated fats are omega-3 and omega-6 fatty acids, which are essential fats that our bodies need for brain function and cell growth. Omega-3s are beneficial for every aspect of heart health, and are mostly found in **fish and algae, nuts, and seeds**.

Other good sources of healthy fats in general are: coconut oil, extra virgin olive oil, wild salmon, avocados, almonds, walnuts, pistachios, nut butters, chia seeds, ground flax, sunflower seeds, olives, dark chocolate, edamame, ghee, and MCT oil.



Add These In to your SVT Prevention Diet

Coconut oil & MCT OIL (Liquid Coconut Oil)

Coconut oil has fiber, vitamin E, phytochemicals and has powerful antimicrobial properties. It is good for your gut lining, improved hormone balance, and is safe for cooking at high temperatures due to its high heat capacity. It works well for baking, and to add to your dietary rotation both in your meals and on your skin! Coconut oil does have saturated fat, but while saturated fat can raise bad LDL cholesterol levels, it also boosts good HDL levels.

MCT Oil is liquid coconut oil. Use both occasionally! Always buy unrefined organic.

Extra Virgin Olive Oil

This is a staple in the Mediterranean diet and is known for its heart healthy fat and delicious taste. Always purchase extra virgin first cold-pressed olive oil. Buy in dark opaque bottles and store in a cool place away from sunlight. Use on everything!

Organic Grass-Fed Butter

If you love butter, you will be happy to know that you can use this, in moderation of course. The Kerrygold brand is high quality and found many grocery stores.

Ghee

Ghee is like clarified butter. Free of lactose and casein and packed with fat-soluble vitamins. It has a high smoke point, making it a good choice for sautéing.

Avocado and Avocado Oil

Avocado is both a fruit and a healthy fat. They are full of monounsaturated fat and soluble fiber. If you add just one new food to your diet, I recommend this one! They are velvety, rich and add powerful nutrition to your meals. They complement eggs and toast, in salads, and in smoothies in place of a banana.

Avocado oil has a high smoke point which makes it perfect for sautéing your vegetables. Purchase oil that is unrefined, and store them in a cool dark place.

Reduce and Remove

Trans fats & Partially hydrogenated oils

According to the American Heart Association, trans fats increase your risk of developing heart disease and stroke, and are associated with a higher risk of type 2 diabetes and inflammation. Trans Fats are found in baked goods, fried foods and processed foods. Trans fats come from hydrogenated refined vegetable oils such as safflower, corn, canola, cottonseed and soybean oils. These are all highly inflammatory. Limiting how much trans-fat you eat is critical for your overall health. Also, margarine, shortening, beef or pork fat, and margarine should be avoided.

Also, NO Hydrogenated oil, Partially Hydrogenated oil, olestra or any kind of trans fats should be in your diet.



Flavorful and Healing Condiments

As you increase vegetables, condiments and creativity become an important part of cooking. I want you to stay inspired. Condiments provide you with a whole new world of flavor and variations. They can also be powerful, adding to the nutrient density of meals.

Experiment with the following condiments, herbs, dressings and seasonings belong in every SVT prevention pantry...

Pink Himalayan Salt:

Not all salt is created equal! White table salt is stripped of all nutrients and is highly processed and bleached. They contain aluminum derivatives and other byproducts known to be highly toxic to human health. A good alternative is pink Himalayan salt. Pink salt provides **trace minerals** which are key to a healthy heart rhythm. Pink Himalayan sea salt contains over 84 minerals and trace elements, including calcium, magnesium, potassium, copper and iron.

According to Dr. Josh Axe, the salt from these mines 5,000 feet deep below the Himalayan Mountain Range and is said to be over 99 percent pure. It is believed to be composed of dried remnants of the original, primal sea. Pink Himalayan sea salt's rich mineral content helps to balance your body's pH levels, stabilize blood flow, increase blood volume and lower blood pressure. A proper pH fosters your immunity and encourages good digestion. Since pink Himalayan salt contains sodium as well as

other electrolytes it has a direct effect on the pH of your blood. I have used pink Himalayan salt for nearly seven years as part of my SVT and POTS Prevention routine, and strongly believe it has contributed to keeping me free of SVT episodes. Mineral rich salt should be an integral component to your overall diet.



Turmeric

Turmeric is one of the most powerful antioxidant spices available. If you've never seen turmeric before, you'll be smitten by its bold orange or yellow color, either in the powdered spice form, or in the raw turmeric root.



The active compound in turmeric – giving this spice its powerful SVT prevention powers --is curcumin. It is this compound that makes turmeric into an antioxidant, anti-inflammatory powerhouse. Curcumin absorption is significantly improved when the supplement is consumed with dietary fats such as coconut oil, olive oil, avocados, nuts, and seeds in your dishes.

To include more turmeric in your diet, blend the raw turmeric root into smoothies, sprinkle turmeric powder on anything from soups to salads, or make my turmeric latte. Turmeric's yellow color makes it ideal for making tofu scrambled eggs look like regular eggs, and for making things look more cheesy than they actually are. Turmeric powder is also the main ingredient in curry, a versatile spice for any vegetable dish.

Fresh Herbs

Herbs are plants that have healing properties! Fresh herbs add vibrant color and delicious fresh flavor to any dish or juice. They are loaded with impressive vitamins, fight inflammation and are rich in antioxidants. Try parsley, basil, cilantro, mint and rosemary. And don't forget lavender and thyme! You can easily grow them in small pots in your kitchen for easy access.

Tamari

Tamari is a wheat free soy sauce and rich flavor. It contains B vitamins and minerals, and is a staple for preparing homemade sauces and dressings. Also use on rice and stir-fry's.

Coconut Aminos

Coconut aminos is a sauce made from coconut sap. Dark, rich, salty and slightly sweet. It is another glute free option for a new way to season food. Trader Joes sells a good one.

Nutritional Yeast

Nutritional yeast is a dried mushroom/fungus. It is a good source of B vitamins and ideal for vegans or vegetarians. It has a cheese-like taste, making it a good topping for baked dishes if you are dairy free.



Fat + Fiber + Protein; Learn how to build a Balanced Meal

Food combining is the art of not only eating the right foods, but knowing how to confidentially combine them in a way that elevates the nutritional benefits even further. For example, by just adding a small amount of healthy fat to certain meals will absorb the minerals better and give you longer lasting energy. Including healthy fats is also a very intentional way to crowd sugar cravings right out of your life! Proper food combining, can help you achieve your health goals even faster and feel more satiated along the way.

The Fat + Fiber+ Protein trifecta...

Every time you choose what to eat think about these three components: **Fat, Fiber and Protein.**

Healthy Fat: Healthy Fat is essential for your nervous system and brain function. Your brain is made up of 60% fat. You need healthy fats to absorb and synthesize crucial nutrients. Fats also help us absorb fat soluble vitamins like A, D, E, and K. Healthy fats promote and regulate brain health, reduce inflammation, lubricate the joints, give you sustained energy and helps your food taste rich and complex. High quality fat will help keep you satisfied and provide lasting energy. Examples of healthy fats are organic extra virgin olive oil, unrefined coconut oil, avocados, nuts, salmon, sardines, anchovies, and sunflower seeds and can be used as the smallest portions of this winning combo.

Fiber: Fiber helps your digestive tract do its job and is where you find most of your nutrition! Fiber helps you feel satisfied, keeps the bowels moving, and has potent anti-inflammatory compounds. Be sure that fiber in the form of vegetables is the focus of your plate!





Protein: is your powerhouse, and the building blocks of our bodies, organs, hair, skin, nails and cells. Without enough high-quality protein, your body cannot grow and thrive. Think about having at least some protein at every meal either in the form of a small piece of fish or white meat, or at the least, by sprinkling nuts or hemp seeds on top of salads.

Use the charts below, to not only learn which foods fall into which category, but to learn how to build meals that provide ideal fuel for our brain, energy levels and body function.

As you will see, some foods are both fat and protein or fiber and protein (Example: beans are fiber and protein, or almond butter is both a healthy fat and a protein). These are just some examples to get you started. Use this framework when building 80% of your meals.




Fat + Fiber + Protein Chart

Breakfast Ideas

Healthy Fats	Fiber	Protein	Meal/Snack Idea Examples using this winning combo	
Coconut oil	Peppers, spinach, onion (any veggies)	Eggs	<u>Morning Scramble</u> Scramble 2 Organic eggs, with fresh baby spinach, Vidalia onion, assorted peppers, drop of coconut oil, pink Himalayan salt. Use any veggies you have on hand. Can also add turmeric.	
Avocado, Coconut Oil	Avocado Gluten-free toast Chickpeas	Hemp Hearts Chickpeas	<u>Avocado Toast</u> Smear GF toast with a drop of coconut oil; smash avocado on top, sprinkle with hemp hearts and pink salt <i>Variation: Add chickpeas</i>	
Coconut oil	Broccoli	Organic eggs, Organic cheddar cheese	<u>Broccoli Cheddar Egg Muffins</u> 8 Organic eggs, pre-steamed broccoli, organic cheddar cheese, coconut oil. Method: Shred cheese, then mix eggs, cheese, pink salt, dulse and chopped broccoli. Pour evenly into muffin tins. Bake at 350 for approx. 30 minutes. These are great for breakfast on-the-go!	
Sun Butter	Banana	Sun butter	<u>Gluten Free Banana Wrap</u> smeared with sun butter rolled up with a banana inside. Drizzle a little honey for extra potassium.	





Fat + Fiber + Protein Chart

Lunch Ideas

Healthy Fats	Fiber	Protein	Meal/Snack Idea Examples using this winning combo	
Salmon Olive Oil	Romaine Quinoa	Salmon, Quinoa	<u>Salmon Quinoa Salad</u> Bake salmon any style, and place on top of romaine. Add red quinoa and miso honey dressing recipe on my blog.	
Almond Butter	Sweet Potato Broccoli Spinach	Almond Butter	<u>Sweet Potato with Almond Butter</u> Bake sweet potatoes, and top with raw and creamy almond butter for a satisfying and nutritious lunch! Serve with a side of greens of your choice!	
Tuna, Sardines	Diced Vegetables	Crabmeat	Tuna, sardine or crab meat salad. Mix in any diced vegetables for color and crunch.	
Coconut Oil	Red Kidney Beans, Broccoli	Red Kidney Beans, White Basmati Rice, Tofu	<u>Honey glazed Tofu with Rice and Beans</u> Get the recipe here	


Fat + Fiber + Protein Chart

Dinner Ideas

Healthy Fats	Fiber	Protein	Meal/Snack Idea Examples using this winning combo	
Olive Oil	Vegetables	Lentils	<p><u>Lentil Soup</u> Sautee garlic and onion in a pot with e.v.o.o. Add carrots, broccoli, cauliflower or any veggies you have on hand. Sautee 8 minutes. Season with Salt, dulse, garlic powder, and dash of cayenne if tolerated. Add 8-10 cups of water, and 1 cup lentils, low simmer 1 hour.</p>	
Olive oil/ Extra Virgin Olive oil (organic) Avocado	Assorted vegetables Avocado for topping	100% Grass Fed pasture raised Beef	<p><u>Crock Pot grass-fed Chili</u> Delicious chopped meat chili with loaded vegetables. Add garlic, onion and beef to crock pot. Cook for 1 hour, then add all veggies, chopped deseeded tomatoes, tomato sauce, and chili seasoning to pot and cook on high 4 hours. Top with avocado.</p>	
Coconut Oil	Finely diced onion, garlic, carrot broccolini	Ground Turkey	<p><u>Turkey Meatballs with a side of Broccolini</u> Get the recipe on my blog HERE</p>	
Olives		Organic Pasture raised chicken	<p><u>Baked Chicken with Olives and Capers</u> Get the recipe here</p>	

Fat + Fiber + Protein Chart

Snack/Treat Ideas

Healthy Fats	Fiber	Protein	Meal/Snack Idea Examples using this winning combo	
Nuts (walnuts almonds pistachios) Nut butters Seed butters	Apples	Nuts, Nut Butters	<u>Almond Butter on Apples</u> or A bowel of sliced bananas with a scoop of almond butter or any nut butter and chia seeds. Optional: cinnamon	
Walnuts	Spinach, banana, blueberries	Walnuts	<u>Walnut Smoothie</u> Get the recipe on my blog HERE	
Ground flax seed		Hemp Seeds Almond Butter	<u>Almond Butter Balls</u> I included this recipe from The flexi-foodie , because I want you to see how easy it is to swap out ingredients. Use Gluten-free rolled oats instead of granola and any liquid syrup such as honey.	
Almond flour	Spinach, Banana, applesauce	Almond flour; A teaspoon of almond butter for icing!	<u>Green Monster Muffins</u> Recipe on my Heal SVT Naturally blog HERE	



Cooking Methods

There are different cooking methods to choose from and practice to expand your new skillset: steaming, sautéing, roasting, grilling, slow cooking, pressure cooking, fermenting, sprouting, dehydrating, raw, and more. There are a few methods that may not be familiar to you but are worth mentioning for both nutritional benefits and better outcomes.

Some nuts, seeds, grains and plant foods contain naturally occurring lectins and phytic acid. It's the plants way to protect itself from being eaten during the growing process and gain the best chance of getting ripe. For centuries, our ancestors traditionally soaked beans, grains, nuts and seeds before eating them (which deactivates the phytic acid, lectins, polyphenols etc). The following cooking methods of soaking, sprouting, dehydrating, and pressure cooking neutralize the lectins so that beans, grains and nuts are safe to consume without compromising your digestion or creating inflammation and leaky gut.

Soaking:

Soaking means that prior to cooking or using grains, beans or nuts, you take the time to pre-soak them. This method is very simple but requires a bit of planning ahead. Choose one bag of beans to use in several recipes during the week. To soak your beans, rinse them in a strainer, then fill a bowl or crock pot with water, and pour the rinsed beans into the water. Put the lid on and let the beans soak overnight for approximately 6-8 hours. The next morning, drain the beans, rinse them again, and put them back into the crock pot or stove top pot, and begin to cook. In the crock pot turn it on high or low depending on your needs. If using a crock pot, the beans don't require much maintenance, just let them cook all day, low and slow 6 hours. By dinner you will have the most delicious fresh beans that you ever tasted! You can add sea vegetables, pink salt or anything else you like during the cooking process.

Presoak nuts such as cashews before using in recipes to make them more digestible and easier to chew!

Sprouting:

Sprouting is the process of soaking and germinating a seed, nut legume or grain which makes their nutritional profile more available and easier to digest. Sprouting also helps to drastically cut down on the levels of phytic acid, polyphenols, and lectins, present within the seeds.

Fermenting

Fermenting foods is a method of food preservation that also enhances the nutrient content of the food. Fermentation creates probiotics which increases and feeds healthy bacteria in your gut, and predigests foods which are hard for humans to break down.

Almost any vegetable can be fermented. This method has been historically used to preserve vegetables and provide good nutrition year-round, especially during winter months. Fermented

sauerkraut and kimchi are popular choices today. Hawthorne Valley Farm is a bio-dynamic farm that makes a brand of fermented foods that are delicious.

Pressure Cooking:

Pressure cooking is the process of cooking food using water in a sealed vessel known as a *pressure cooker* or an *insta-pot*. Pressure is created by boiling a liquid, inside the closed pressure cooker where the trapped steam increases the internal pressure and allows the temperature to rise and cook the food. Then, the pressure is slowly released so that the vessel can be opened safely. Almost any food that can be cooked in steam or water-based liquids can be cooked in a pressure cooker.

Copyright Laura Madrigano

Supplements

Supplements are useful but also extremely individual. Here is some general information to point you in a good direction. Consult your doctor for specifics if you are on medication. Below are the supplements that I personally take and recommend to many of my private clients.

Magnesium



The soil has become depleted of one of the most important nutrients: Magnesium. Even if you eat organically, this is still an issue. Magnesium has so many benefits, such as calming the nervous system, reducing anxiety, regulating Calcium, Potassium and Sodium levels, and helps prevent migraine headaches. I take two types of magnesium for different purposes.

Cal mag citrate by Thorne is an effervescent powder that you add to water. It is soothing and calming for the nervous system and heart, and facilitates easy bowel movements. This can be used for acute moments where you feel anxious, are dehydrated, wake up and feel “off,” feel hot or warm or when an SVT is on the horizon. You can take this prior to flying or any situation where you may be more nervous than usual.



Mega-Mag 400mg- Trace Minerals Research. This is a natural ionic magnesium with trace minerals “Although trace minerals are no longer as plentiful in the foods you eat, they exist plentifully in their proper proportions in the mineral-rich waters of the earth’s oceans and seas. Every second of every day your body relies on ionic minerals and trace minerals to conduct and generate billions of tiny electrical impulses. Without these impulses, not a single muscle, including your heart, would be able to function. Your brain would not function and the cells would not be able to use osmosis to balance your water pressure and absorb nutrients. To ensure you are getting the ionic minerals and electrolytes your body needs, only choose ionic mineral supplements or supplements that contain ionic minerals.”-from www.traceminerals.com

Dosage: Start with 1-2 drops in your smoothie or green juice, and very slowly after a few weeks increase to suggested dose on bottle. Monitor how you feel on this product. Start with a tiny dose!

Relax with a (Magnesium) Bath! Taking a bath in Epsom salts has important benefits for people with SVT. These baths help all of your muscles to relax. After a bath your body temperature drops which promotes sleep. Adding Epsom salts to your bath allows your body to absorb magnesium sulfate, which is part of SVT prevention maintenance.

Spirulina



Spirulina is one of the oldest life forms on Earth. This blue-green micro-algae is partly responsible for producing the oxygen in the planet's atmosphere that billions of years ago allowed the planet's originating life forms to develop. Spirulina is the world's first superfood, and one of the most nutrient-rich foods on Earth.

“Spirulina has between 55 and 70% protein (more than beef, chicken, and soybeans), 8 essential and 10 non-essential amino acids, as well as high levels of gamma-linolenic acid (GLA), beta-carotene, linoleic acid, arachidonic acid, vitamin B12, iron, calcium, phosphorus, nucleic acids RNA & DNA, chlorophyll, and phycocyanin, a pigment-protein complex that is found only in blue-green algae.”

“Spirulina provides a wide range of health benefits almost immediately upon ingestion. It provides a near-instantaneous boost to one's energy, while helping to improve endurance and reduce fatigue. It helps improve the immune system, and provides exceptional support for the heart, liver, and kidneys. Spirulina is also a natural detoxifier, **oxygenating the blood**, and helping cleanse the body of toxins and other impurities that may be causing illnesses or other health complications. Spirulina is also a natural appetite suppressant, **aiding the body's digestive system**. It also has very powerful antioxidant properties and it helps to balance the body's pH, thereby **reducing inflammation throughout the body in a safe and chemical-free way.**” from www.nutrex-hawaii.com

Dosage: Take 1 teaspoon daily in smoothie or as directed on bottle.

Liquid Iron






Iron can be used on occasion, as needed. The symptoms I address with this product are cramping in feet or calves, hormonal imbalance around menstrual cycle, palpitations, flutters, depletion and low meat consumption.

“Supporting the body's immune system, iron also enables red blood cells to transport oxygen from the lungs to all the parts of the body. Oxygen allows tissue cells to use the energy generated from food. Since red blood cells don't reproduce themselves, iron is vital for their regeneration, while also ensuring the proper function of the heart, liver, gastro-intestinal system and skeletal muscle.

The body's iron comes entirely from food and is derived from meat, fish, fruit, nuts and vegetables. However, not all iron that enters the body is absorbed, and medical experts agree that most people don't get enough iron.” www.Floradix.com.au

Dosage: As directed on Bottle or 1 tablespoon as needed

<p>Probiotics</p> 	<p>“There are bugs in your gut that form a diverse and interdependent ecosystem like a rainforest. In fact, there are 500 species and three pounds of bacteria in your gut which help you digest your food, regulate hormones, excrete toxins, and produce vitamins and other healing compounds that keep your gut and your body healthy. Probiotics are great for constipation, but also helps with loose stools. It helps with candida, sugar cravings, yeast overgrowth, healthy bacteria balance, fighting colds, and maintaining bacterial balance. The more we know about the gut the more we know that gut health equals good health and taking probiotics is like feeding your gut GOLD.</p> <p>*Dosage: If your bowels are moving nicely, take 1-2 capsules per day. If you are constipated, increase to 3 capsules. If you are sick, getting sick, feeling like you ate too much sugar, wine, or gluten; take 3+ per day. You can spread them out throughout the day or take them all at once.</p> <p>Garden of Life makes men and women’s formulas Comes in capsules that need to be refrigerated</p>
<p>Fish Oil- Omega 3’s</p> 	<p>Omega-3 comes from both animal and plant sources. The primary animal sources are krill oil and fish oil. The primary plant sources are flaxseed, chia and hemp. Omega-3 fatty acids are one of the most important supplements to take.</p> <p>Benefits: Anti-inflammatory, heart health, good for depression and anxiety, and so much more!</p> <p>*Please note, Krill is food for sea life like whales, seals and penguins , so please research this topic and decide for yourself which type of Omega-3 you want to consume.</p>
<p>Thorne Mediclear Protein Powder and Supplement</p> 	<p>Mediclear is a pea based protein powder that also serve as a liver support. I have personally been using mediclear for over 7 years. It is a powder that can be added to green juice or smoothies. Start with half the recommended dose.</p> <p>According to Thorne: Rice and pea protein are used in MediClear because of their low incidence of allergenicity. It is far more likely for dairy or soy protein to initiate an allergic reaction. Using rice and pea proteins allows you to eliminate most allergenic proteins from the diet, yet maintain high-quality protein intake</p> <p><i>Dosage: I use this as a multivitamin and protein support. 1 Scoop daily in Smoothie</i></p>

Chlorophyll



Chlorophyll oxygenates the bloodstream and increases nutrient delivery to cells and blood. "It helps with hormonal balance, deodorizing and detoxification of the body and promotes digestive health. It also has healing effects on oxidation and inflammatory conditions."

I use 2 types of Chlorophyll. **ChlorOxygen** which is a concentrated version and does not need refrigeration. Dosage: Add a few drops to your water daily.

Chlorofresh: This large bottle is less concentrated and needs to be refrigerated.

I add a chlorophyll to my water daily.

Please continue to read up on the benefits of chlorophyll on the internet. They are vast and growing, even linking to cancer prevention.



"Green Vibrance provides trace nutrients that help each cell function at peak efficiency. It supplies an abundance of healthful micro-nutrients (vitamins, minerals, and bioactive food substances).

Green Vibrance is designed as a concentrated, nutrient-dense food from vegetable sources that is meant to support a healthy digestive tract, thereby improving nutrient absorption; deliver trace nutrients at Paleolithic concentrations (far higher than found in modern diets); Improve circulation and cardiovascular health in order to deliver those nutrients to every cell of the body; support a vigorous and efficient immune system; directly or indirectly support the other body systems (i.e. musculoskeletal, neurological, integumentary (skin), respiratory, urinary, endocrine, cardiovascular/circulatory, digestive, reproductive and immune)" from www.VibrantHealth.com

**Dosage: I use one scoop of greens per day either in one glass of water (you may not like it initially but eventually it grows on you!) or 1 scoop in a smoothie, (tastes much better this way!)*

Disclaimer: I am NOT a doctor or medical professional. If you are on medication, it is essential that you speak with your medical professional before using any supplements. This is especially so if you are on medication. The above supplements are the ones that I personally take and have been helpful in my own SVT prevention. Use at your own risk.



Your SVT Prevention Table

“Make Peace with Your Plate”

-Jessica Ainscough

The SVT Prevention Diet is not meant to be a restrictive structured regime, but rather an **inspirational framework** of how to shift from putting foods that are making you sick into your body, toward filling your body with whole foods that are free of toxins and chemicals.

I want to inspire you to use food as one of the many ways that you nourish your precious body-mind and spirit. Not just because you have SVT and **need to**, but because you love and care for yourself and **want to** nourish yourself with the best food possible.



I hope that your SVT Prevention table is *filled with foods that fuel you, not deplete you*, so that you leave your table with energy to enjoy life, family and do work that brings your heart joy!

Be kind to yourself. Go slow. Use color. Be creative. Chew. Try new things. Invite friends and family into your kitchen. Nourish your needs. Do your best, listen to your heart, cook and eat with love, and laugh and have fun.

XO

SVT Prevention Diet Daily Checklist

(print this!)

<u>Did I....</u>	<u>Check</u>
Drink one glass of room temperature water upon waking?	
Have a morning bowel movement that was easy to pass and nicely formed?	
Drink one green smoothie or green juice today?	
Tune in to my body's needs?	
Build my meals around the Fat-Fiber-Protein method?	
Abstained from gluten?	
Abstained from white sugar?	
Eat a minimum of 1-2 servings of dark leafy greens?	
Do my Diaphragmatic Breathing 3x per day, remembering to exhale longer than the inhale?	
Eat one super food today?	
Drink 7+ glasses of water today?	
Use Pink Himalayan salt?	
Use a small pinch of Turmeric to season my food?	
Take a dose of Omega 3's?	
Add Chlorophyll to my water?	
Take Cal mag citrate?	
Consume magnesium rich foods today?	
Stop eating three hours before bed?	
Enjoy gentle movement such as walking, yoga, tai chi, today?	
Journal, meditate, laugh, spend time in nature, rest, listen to my body, do something I love?	



**SVT
Dietary
Self-Care**

Pillar 3: SVT Dietary Self-care

**“SELF-CARE is the foundation for
the quality of your life”**

-Dr. Christiane Northrup

Pillar 3: SVT Dietary Self-Care

Set a Strong Intention.....	181
Create a Health Vision Board for Your Dietary Goals.....	182
Feed Yourself the Truth.....	183
Intuitive Eating Guidance.....	184
Movement & Exercise.....	185
Chew Your Food.....	186
A Good Sleep Routine is a Must.....	187
Journal to Reduce Stress and Emotional Eating.....	190
The SVT Prevention Kitchen.....	194
Learn to LOVE Food Prep.....	196
Crowd it Out.....	201
Intermittent Fasting and Timing of Eating.....	203
What You Put on Your Skin Matters.....	203
Cooking for Kids: A Note to Parents.....	204
Final Thoughts.....	206
What Will You do With Your SVT Freedom?.....	207

Self-care is the deliberate and self-initiated act of nurturing and nourishing yourself.

Since **preventative medicine aligns most closely with self-care**, this final pillar focuses on ways for you to implement **dietary self-care** into your *SVT Prevention Diet* routine. These practical and creative action steps will help you ignite and sustain the dietary changes that you are working toward, as you continue to make yourself and your SVT prevention the top priority in your life!

Diet and Self-Care are a partnership

Diet and self-care are intertwined in both the intention that they require and, in the support, that one provides to the other in SVT prevention. For example, you cannot plan to eat more nutritious meals if you do not schedule less in your day. You need time for yourself to properly shop and prepare your food! Likewise, you cannot vow to be more present in your life and reduce your stress if you continue to eat food that makes you tired and weak. You need to eat well so that you can function at your best and do all the other things you want to do. The suggestions in the pages to follow will help give you creative tools to support your dietary goals.

There's only one person
who can make your
health and happiness a
priority.
(You!)





Set a Strong Intention to Create Positive Change

An intention is a clear and positive statement of an outcome that you want to experience.

Your intention is something that you declare that influences your actual experiences. Setting an intention gives thought, focus, and clarity to how you want to direct your time, energy and effort. Setting an intention for your eating plan, new health goals and **SVT Prevention Lifestyle** is a good way to create powerful momentum as you embark on elevating your diet and self-care.

Our entire reality depends on the quality of our intentions.

-Deepak Chopra

You set your intention based on what matters most to you. Your intention is what grounds you and **guides you** when you begin to feel that inevitable resistance or when that first sugar craving hits. Your intention will push you forward in those moments of doubt or weakness or mindless bad habits and bring you back to your commitments. Creating a strong intention that is in alignment with your values and SVT prevention goals will help you stay inspired to put the best food into your body as possible.

Intention is transformation. -Deepak Chopra

Use your journal to answer the following questions to **create a clear and powerful intention** around your *dietary goals*.

- ♥ *What matters most to me?*
- ♥ *What do I truly desire?*
- ♥ *How do I want to be, live and show up in the world?*
- ♥ *What do I want to align with in my life?*
- ♥ *How do I feel when I am my happiest self?*
- ♥ *What am I grateful for?*
- ♥ *How can I bring my heart and mind into alignment?*
- ♥ *What word or mantra or affirmation feels right for my dietary changes?*

Example: My intention is to put healthy, **nourishing**, nutritious food into my body. My intention is to be present and make food choices that are in alignment with SVT prevention. My intention is to show myself love and compassion and to listen to my heart



Create a Vision Board for Your Dietary Goals

A Vision Board is a **powerful manifesting tool** that you create to support your health vision, intentions, and goals for an SVT-free, happy and healthy life. It is an important tool in your dietary self-care toolbox and YES, a vision board is for men too!

Feelings are the way you magnetize your dreams...

To make a vision board, print out your intentions and find images, quotes and food pictures that visually represent your desires. The key is to find pictures and words that **embody the feelings** you are trying to realize, such as vital, happy, free, healthy, energetic, peaceful, strong, joyful, empowered, fearless, vibrant and confident. A Vision Board (or vision journal) is a tangible expression of your new mindset, commitments, goals, dreams, intentions and outcome that you want to manifest along with the feelings that achieving your dreams bring with it.



There is a lot of research on the benefits of creating a vision board. It serves as a daily reminder of the things that make you feel great. Plus, the very act of taking time to make a vision board for yourself is a self-honoring, self-loving act. Here are a few journaling questions to support you in this creative process...

- ♥ *Where do you want to be in a year from now?*
- ♥ *How will your life look if you are SVT-free? And SVT worry-free?*
- ♥ *How do you think you will feel on a gluten-free and white sugar-free diet?*
- ♥ *What will your body look like if you stick to a plant-focused diet with plentiful greens, healthy fats and super foods on a regular basis?*
- ♥ *What kind of activities will you enjoy engaging in?*
- ♥ *What will you have energy to do and achieve?*
- ♥ *What projects might you complete because you feel empowered and strong?*
- ♥ *What is your vision for your life, health and SVT?*
- ♥ *What dreams have you been afraid to hope for or consider that would be possible if you felt better?*
- ♥

Make a Vision Board or Journal

Manifesting tools are important, especially when you are consciously trying to generate transformation in such an important area of life. As a Designer and journal lover, I have found a new creative passion and am creating vision board and vision journal kits to help you get started using this amazing tool. Please browse my shop page **HERE** to view themed vision journal kits related to changing diet, listening to your heart, and healing SVT naturally. They include patterned paper, fabric swatches, preprinted pictures and affirmations all aimed to help you manifest new energy and results into your life!

♥ Feed Yourself the Truth

One of the most important aspects of *Healing SVT Naturally* is to learn to live your life in alignment with your heart truth. As Deborah King, Hay House author and energy healer says, **The Heart LOVES the truth...**

When areas of your life such as your job, career, relationships, home, family, spirituality, finances, education, physical activity, creativity or social life are not meeting your needs or are out of alignment with your heart's desires, you can feel stressed, worried, sad, out of control, uninspired, angry, lost, discouraged and sick. Joshua Rosenthal, the founder of the Institute for Integrative Nutrition calls these central aspects of life **Primary Food**.



Primary FOOD is not the food on your plate, but the way we feel fed and nourished by the most important aspects of life.

I invite you to assess your fulfillment around your primary food. Healing SVT Naturally is an exercise in examining and being truthful about all vital areas of life. Now is the time to truly listen to your heart about what it wants, or what needs to be changed in order to bring you more peace and fulfillment into all aspects of your life. Poor food choices (or positive ones) can reflect your satisfaction levels in these primary areas. Use a journal to reflect on these questions related to primary food and journal about them, if that would be useful to you:

- *Do I feel fulfilled in my relationships? Have I been tolerating people or behaviors that I have long outgrown? What relationships feel toxic or need to be limited? What boundaries can I set with family members or people who drain me?*
- *Am I fulfilled in my job or work? What would I rather be doing? Do I have another dream that I want to pursue?*
- *Do I have enough creative expression in my life? What brings me joy?*
- *What does spirituality mean to me? Do I feel connected to a higher purpose?*
- *Am I peaceful in my home environment? Do I need to clear clutter, reorganize or would I thrive more if I move to a new space or geographic location?*
- *What exercise makes me feel alive? Do I make time for myself and the things I like to do?*
- *Do I have debt or financial obligations that are suffocating me? What steps can I take to increase my abundance?*
- *What do I need? What are my heart's desires? What one step can I take that will bring me closer to achieving my desires?*



Intuitive Eating Guidance

Learning how to eat in connection to your nutritional needs is a skill. One of the most important aspects of *SVT Prevention* in general is listening to your body and when it comes to **self-nourishment**; your **intuition has all the guidance you need!** Connecting with your own built-in intuitive guidance system, will help you to listen to both your body and heart, which in turn helps you to tune in and *feed it* what it really needs.

I highly recommend journaling as a primary form of deepening your connection to your intuition, but you can also try short exercises like this one...

Tune into your intuition:

Before cooking a meal, close your eyes, and ask yourself a few questions....Do you prefer something **hot or cold**? Does a warm cooked dish feel like the right choice, or something light and cold? Do you want soft food or crunchy? What color foods will give you the energy you desire?

Tuning inward can steer you to what you actually need.
You know what is best for yourself, so be sure to ASK!

Then follow the information you receive.

If your body tells you it would do best with something warm, then you could roast or lightly sauté or steam your veggies. Or you could make a soup or use your crock pot. If your body tells you it prefers cold, you could make a green smoothie, fresh juice or bean and green salad. Sometimes just feeding yourself the right **temperature of food** is the foundation of feeling satiated after eating.

Try this process with *primary food* as well. When you tune in maybe you will realize that what you really need is to clear your calendar, cancel a commitment, or call an old friend.

Listen to what your intuition says and follow it!

♥ Movement & Exercise

I encourage you to move your body in ways that feel good. Exercise is important because when you exercise, your body releases endorphins. Endorphins make you feel good and motivate you to take care of yourself. It's a great cycle!

But not all exercise is good for people with SVT. The focus of *The SVT Prevention Diet* is a low inflammation diet *and* lifestyle and the same low inflammation concept applies to your exercise as well. Certain types of exercise lower inflammation and certain types actually increase it.

You don't want to engage in anything that feels stressful or increases cortisol. **Be careful not to over-extend or push yourself**--this is an SVT Prevention Ground Rule! Pushing could include things like heavy weight lifting, running, aerobics, intense cardio or hot yoga. Focus on decreasing inflammation yet still gaining benefit with gentle exercise like walking, stretching, yoga, Pilates, tai chi, and light weights.



If someone tells you to push harder, they are not necessarily right! Remember you know best!

No doubt, you have been advised to push yourself past comfortable limits in order to gain strength and improve your well-being. However, you would be better served to remember listen to yourself first over anyone else! Exercise and movement should not be a chore, but rather a source of pleasure. Pushing doesn't always equate to the results you truly desire, which is SVT prevention!

Movement also includes breath work. Focus on inhaling through your nose and exhaling through your mouth several times per day, as well as diaphragmatic breathing, making the exhale longer. You can take the concept of movement further, and rearrange furniture and small items around your home and kitchen to create new energy and inspiration.

Movement in general creates new energy.

♥ Chew Your Food

Diet is obviously about the food you consume, but there are many other things that impact your digestion. This seems obvious, but are you chewing your food? Chewing thoroughly, being present, pace, or social connection while eating contribute to healthy digestion as well. You could be eating delicious, organic kale but if you are gulping your food, are upset or under pressure, your digestion can be compromised and possibly even painful. So slow down, chew your food and fill up on positive thoughts and healthy food.

Kris Carr, NY Times Wellness Expert, reminds us
that our stomach doesn't have teeth!

Slow down and start chewing your food. Aim to chew each bite 30 times. Your mouth is where digestion begins! Take the burden off your body and intestines by helping it...

CHEW your food!



Eat Slow and savor each bite!



A Good Sleep Routine is a Must

Sleep is another area where you can exercise control and be proactive about your SVT management. You could have the best diet in the world and if you are not sleeping well because of other stressors or eating the right foods at the wrong times (such as too close to bedtime), you can derail your whole plan. Poor sleep can impact your SVT and prohibit you from really managing it through diet. Proper sleep is critical for stress management, digestion, SVT prevention and your overall health. Inadequate sleep, night waking and being tired set you up for overeating and poor food choices and not feeling well.

When you feel tired you exercise less and tend to ignore your dietary self-care support habits. Further, sugar cravings are directly linked with feeling tired, so if you are someone who is always craving sugar, it is essential to look at your sleep hygiene. Learning how to gain a good night's sleep is a skill and may require some adjustments in your habits.

The quality and quantity of sleep that you get supports all of your efforts to take care of yourself and prevent SVT episodes.



The obvious culprits are if you stay up late eating, watching TV, playing on your computer or socializing, or if you get into highly charged conversations before bed, your sleep and your health will suffer. You must be vigilant about managing this. The less obvious reasons that interfere with sleep are general daily stress, not engaging the parasympathetic nervous system throughout the day, alcohol and high meat intake.

Here are a few tips to help you achieve quality sleep:

1. Stop eating 2-3 hours before bed. You free up your body to focus on its restorative functions including deep sleep, and **not digestion** when you begin the sleep cycle with a nearly empty stomach. Ideally stop eating by 7:30 pm if you go to sleep around 10:30.
2. Tap into your natural sleep peak. This is essential for adults, as well as children. It's common knowledge that if kids get overtired it's harder for them to fall asleep. The same is true for adults. We all have what I call a **peak moment when your body is naturally ready to drift off**. If you miss this critical moment and push through it, you are disrupting your natural sleep cues and compromising the potential for quality, restorative sleep. To improve your ability to identify and benefit from your sleep peak, get into bed at the same time every night such as 10:00. Then take a few minutes to breathe, meditate, journal or read until you feel sleepy. Your peak moment is just when you feel your eyes getting heavy and with little effort you can fall asleep. You are ready! Set up your bedroom so that when

you are naturally prepared for sleep you can easily turn off the light within arm's reach and doze off. I always read with my eye mask already resting on my forehead, so I can easily pull it down when I'm at my sleep peak!

3. Sleep with an eye mask. This helps you to stay asleep throughout the night and not be as sensitive to nighttime waking. Nothing tight around your head, but a soft, fluffy, plush eye mask that feels comforting and soothing.
4. If noise is your issue, try ear plugs or use a white noise machine.
5. If you need extra help reaching calm, try applying essential oils like lavender or Peace and Calming, a Young Living essential oil.
6. Turn off electronics one hour before bed. This one is obvious, and you have all heard it before, but are you actually practicing it? Electronics stimulate the nervous system. Practice self-care and get into a habit of turning off all electronics at a certain time each night.
7. Keep the bedroom cool and dark. A cold room promotes better quality sleep. Being hot, especially with SVT is not optimal. In winter months, keep the window cracked for a nice cool crisp air to flow through the room. In hot months consider air-conditioning and a ceiling fan to circulate air.
8. Wine with dinner may relax you but any alcohol will have the undesired effect of disrupting deep sleep and dreaming that are necessary for a quality slumber. Sugar and high-carb snacks before bed has the same effect as alcohol.

There are other factors that can influence sleep like hot flashes, a snoring partner, or infants or small children sharing your bed. These may be complicated issues to work out, but I encourage you to do whatever you can to improve your precious sleep. Worth mentioning is that when my SVT was at its absolute worst, my sleep was not coincidentally also at its worst. I lived on a noisy farm and was constantly woken up too early in the morning and never when my body was naturally ready. Naps were impossible, and my frustration was compounded by always waiting up until my partner was ready for bed, which was later than my own sleep rhythm needs.

This was all very depleting and demanding on my sensitive SVT-prone body. I was sleep deprived on many levels on a continuous basis.

Losing regular, restorative sleep drastically contributed to my depletion and acute SVT.

As a result of my struggle with sleep disruptions, I am an advocate of reevaluating your sleeping arrangements with your partner to lovingly sleep separately as needed, or to take turns getting up for the kids. **Nothing is more valuable than your precious sleep and you owe it to yourself to obtain it.** If you have a partner who moves around a lot, snores, wakes to go to the bathroom, or has a disruptive work schedule, and hence, **is constantly waking you**, you may want to re-think this tradition! Realize that any sleep disruption is taxing your nervous system. Seek loving perhaps temporary solutions that will help you and indirectly, improve the happiness of the whole family.

Rest During the Day

Just as important as nighttime sleep is whether you build in time during each day to rest.

Do you typically push yourself, over-commit and often feel depleted from your daily obligations? Rest is the prescription here and it means carving out time in the day to stop for a few minutes or an hour to do nothing but just mentally and physically slow down.

You may be ignoring your body's signals for rest. It doesn't have to be a two-hour nap. Find ways to rest or take opportunities for small moments of self-care. Resting can be sitting for a few minutes, closing your eyes, breathing, feeling present and grounding yourself. Sometimes just 10 or 15 minutes can diminish stress, cravings and fatigue that would otherwise continue to build up and impact your ability to easily tap into your parasympathetic system and even can impact your likelihood to make healthy food choices later in the day.



Your goal is to stay in the parasympathetic state as much as possible in order to manage your SVT. **Resting during the day** will help you to slow down and de-stress, and train your body to relax in general.

Resting when you need to helps reduce sugar cravings!



Journal to Reduce Stress and Emotional Eating

As you know by now, I love journaling. It's such a powerful (and free) **therapeutic tool** that you can use to help yourself grow and heal in any area of life. Not only can food cause digestive disturbances, but so can your emotions, especially if you are suppressing them with food.

I want you to get to the root of what stops you from eating healthy. If overeating, stress eating or binge eating on carbs and sugar is your issue, journaling may help you get to the bottom of what is driving those habits. SVT and the desire to avoid episodes is a huge motivator, but ultimately to have real long-term success, your motivation to develop a healthier relationship with your eating has to come from a place of **self-love**, not fear of SVT.

To increase your self-love, you can take a healing approach and use journaling to uncover the emotions that are driving any self-sabotaging behaviors. Emotions create powerful energy in the body, both healing and disruptive. Stress-eating, emotional eating or binge eating may be obstacles in your ability to change and be successful on your SVT prevention diet plan. **Blocks of any kind are opportunities to heal on deeper levels so use these challenges for a good purpose!**

Blocks are issues that stop you from being consistent with behaviors that lead us to the things we say we want.

In order to implement new high-quality foods, schedule time for food-prep, learn new recipes, food shop, cook, self-nourish and stay inspired to commit to a high-level way of eating, you have to get to the root of ***why you are not taking better care yourself.***

Overcoming blocks begins with being honest about the reasons that prevent you from changing your behaviors. Journaling can be a productive tool to gain that insight. Journaling encourages you to be authentic and truthful as the path to heal and change.

Use your journal to make a list of obstacles that seem to get in your way of making positive progress. Some of the examples I outlined so far are: emotional eating, cravings, sugar addictions, and primary food and relationships. But blocks can also be disguised as excuses, such as being too busy, having no time, feeling overwhelmed, or not having the right resources. Whatever has stopped you from embracing ways to nourish yourself on every level, needs your full attention now. ***This is the real work of healing SVT naturally.***



Journal with your Blocks

Overeating, eating to fill a void, eating in the middle of the night, disconnecting from your stomach signals, using food for comfort, eating mindlessly, craving sugar, and bingeing and purging can all be **SVT triggers** and are not healthy under any circumstances. All of these habits can impact the frequency of SVT episodes and contribute to long-term illness. Plus, they keep you on a yo-yo diet and in inflammation mode. It could be quite hard to simply start eating more vegetables, give up sugar or eat gluten-free if you cannot identify and address the emotions that are slowing you down and getting in the way of progress.

Journaling is an easy, accessible and potentially profound way to identify and overcome the blocks in any of your primary food areas that need your attention right now. While resolving deeper psychological issues goes beyond the scope of this e-guide, I encourage you to make the connection between your emotions and your eating and self-care habits.

If you are struggling with emotional eating, try to journal regularly and use the following guided questions to prompt some of your entries...

- ♥ *How do your emotions or stress show up and **impact your food choices**?*
- ♥ *Do you think you use food as a form of relief or avoidance? What do you need relief from?*
- ♥ *What are the circumstances that trigger stress eating or emotional eating?*
- ♥ *What unhealthy foods do you crave? Were these foods you ate as a child?*
- ♥ *How do you feel physically or emotionally before and after such eating?*
- ♥ *Do you think these behaviors contribute to your SVT?*
- ♥ *Do you have any serious eating disorders that you haven't been honest about like bulimia, anorexia nighttime eating or bingeing?*
- ♥ *Are you willing to take steps to address these eating habits?*
- ♥ *Would you be willing to consider talk therapy, group programs or professional support?*
- ♥ *Do you have relaxation routines in place such as daily yoga, meditation, conscious breathing or journaling?*
- ♥ *What do you crave more of in your life? What are you not getting that you need or want?*
- ♥ *What stops you from giving yourself what you really crave?*



Other journaling strategies that have worked for me...

1. **Journal before meals.** Commit to a writing practice. It does not have to be long. Aim for five minutes before every meal. Use a technique called “Emptying out”. Write just before you eat or when you feel an urge to overeat or binge. You can also try to schedule this into your phone so that about ½ hour before eating you remind yourself to save time for writing.
2. **Use your journal to write a small intention or affirmation before every meal.** This is similar to prayer before eating or expressing gratitude. It’s just another way to practice mindfulness before eating. You can write something like: ***My intention is to use food for complete nourishment. I listen to my body and am conscious and present.***
3. **Journal every morning.** Nurturing your emotions, releasing them, letting them go, forgiving the past, and healing old anger are crucial to healing your relationship with yourself and your food. Any form of writing is a great way to get things up and out of your body and mind. Letting yourself connect and acknowledge your feelings may also stop you from **eating as a form of emotional suppression**. Journaling is a form of gentle release. Morning journaling is another great way to set yourself up for success for the day ahead by tending to emotional self-care first thing. It is also especially helpful in connecting to your intuition before other stressors pile up in your mind.
4. **What is it that you truly crave?** Journal about your cravings. Think about or write down what it is that you truly crave today. Sometimes it is food, but often it is something else, such as something sweet in the form of human connection—a good laugh with friends, an intimate sharing of feelings or experience. Maybe you crave some fresh air and sunshine, or time at the beach. Perhaps you need to organize some area of your life or home or finally change something that has long been bothering you. Maybe what you really need is something much deeper like to end a conflicting relationship or quit a job, or pay more attention to resolving a financial situation. It begins by asking yourself, **what do I need right now?** What do I crave? What step can I take today to bring me closer to what my heart desires?

For some people emotional eating is a big challenge that goes beyond the scope of this guide; there is no one-size fits-all answer for addressing these issues for any one person. These are suggestions for you to create self-awareness related to eating habits and emotions. If the problem feels too big for you, or if this is the first time you are really coming to terms with an eating disorder or how emotional eating is impacting your SVT, please reach out and seek professional help.

As I say in my first e-guide, *The Heal SVT Naturally Approach...* **healing is a journey, not a destination.** Consider tending to your healing work outside of the kitchen as an of your self-nourishment. SVT prevention is a lifelong commitment and a whole new way of life and you won’t be able to fully embrace it, until you overcome any aspects of your relationship with food that are undermining your efforts.

Heal SVT Naturally Testimonial:

“I got caught in a web of stress, poor food choices and not listening to my body. I have struggled with gastritis and an ulcer for a year. I just had the worst GI flare which resulted in 7K PVC's a day plus non-sustained VTACH. I was terrified. I talked to Laura Madrigano and instantly changed my diet! I started eating a paleo diet and after a few days my heart settled down and my stomach continues to improve. I cut out dairy, grains, and refined sugar. Honestly, I didn't think it could be done because we are living in temporary housing with no kitchen. But if you want something bad enough you go the extra mile to make it happen.

My advice is to **journal and listen to your body.**

Your heart talks, so take the time to listen!

-L.G.



You can journal any time of day, anywhere!
And yes...once again, Journaling is for men too!



The SVT Prevention Kitchen

Kitchen Clean-out: Set Yourself up for Success

On a practical note, it's hard to commit to healthy eating with insufficient supplies. The kitchen is a place that should nourish you and your family. It should support your intention to be in control of how you take care of yourself. A kitchen stocked with high quality whole foods, sets you up to stay on track with good eating habits, and to be less dependent on eating out. **If you are serious about improving your diet and health, the way to begin is to take stock, and restock your food supplies with nutrient-dense and natural foods *within the guidelines of the SVT Prevention diet.***



Take Stock

The process begins with reading labels. This will increase your awareness and buying power by knowing what you are actually consuming. A discriminating consumer, who consistently purchases food that is less processed and made with wholesome ingredients, is casting a vote for better products--and protecting his or her health as well. Reading the food package label is a worthwhile habit to cultivate. Plus, when you stock your kitchen with great options, even fast ones, you will be set up for success. **Shift your home into a gluten-free one.** Get the whole family on board. It's your kitchen and you are in charge!

What to Look for on Food Packages:

- Count the ingredients. If you see five or more and you cannot pronounce some of them, this is a sign that chemicals have been added to extend the shelf life of the product or to artificially enhance it in some way. Generally speaking, fewer are better. And if you can't pronounce it or don't know what it is, you probably don't want it in your body.
- Assess the quality of the ingredients first and foremost, as calories alone do not tell the whole story. For example, a 200-calorie fruit salad is a superior choice to a 100-calorie package of a bagged snack. Remember to prioritize choosing foods with high quality life force!
- Always read the amount of sugar on the Nutrition Facts label. Although it includes both natural sugars (such as the fructose found in fruit or the lactose in milk) and added sugars, it provides a relative measure. Remember these equivalents: **4 grams of sugar = 1 teaspoon** or one sugar packet; 12 grams of sugar = 1 tablespoon.

- Avoid products with hydrogenated oils, high fructose corn syrup, caffeine, carrageenan, aspartame, sucralose and artificial colors, which are unhealthy and provide no positive value. We are so used to seeing these highly processed “fake foods” in our diet, that we don’t question whether it could be affecting our health and if there are better choices (yes to both!).
- Beware of packages with cartoon characters and nutrition claims intended to appeal to young consumers in particular. The hype of packaged food is often disproportionate to its actual benefit, compared to the products that boast nothing-- such as fruit-flavored roll-ups versus fresh apples.

Gluten-Free Preparation:

First decide if the whole family is going gluten-free or if you plan to maintain your “safe” areas just for your food and supplies. Once you eventually remove all of the gluten, you don’t want to worry about any contamination from crumbs or residues. Here are cursory instructions:

- **Pantry:** read the labels on every container looking for the ingredients to avoid. If you are still not certain, call the manufacturer. You may already have some products that have a gluten-free “GF” symbol on their labels. Set aside your food on a separate shelf and make a list of what needs to be replaced, such as gluten-free pastas, salad dressings, bread etc.
- I highly recommend **making your whole kitchen a gluten free one**, especially if you are the one mostly in charge of cooking meals. If you children are under age 10, this will be fairly painless. If you have teenagers, you can get them on board by discussing that you have a health issue and you now need to be gluten free. Further, if lab testing, proved that you carry the gluten gene then there is at least a 50% probability that each of your children carry that gene and would possibly benefit from a gluten free diet too (in this case, the children need to eventually get tested). Think prevention on all levels! My vote for a gluten free kitchen is not only for ease, but also to support you in every way possible in making good food choices on an ongoing basis. If you love Oreos and you continue to keep them in the house for your children, you are setting yourself up for failure. Eventually, you will reach for one, or a whole sleeve! Your loved ones should respect that and **support you in your efforts**. Suggest that glutinous treats for the kids are reserved for a birthday party or special occasion outside of your home if they are not going to be 100% GF.
- **Appliances and utensils:** If you will be sharing your kitchen with gluten, there are a couple of items that you will want to designate as strictly for gluten-free cooking—cutting board, toaster, knives and serving utensils. Also, get a new toothbrush and replace it monthly until you are certain you have transitioned 100%.
- **Kitchen Supplies:** While this is not specific to being gluten free, I highly recommend purchasing a high-speed blender. I use and swear by a Vitamix. This was the first and only real investment I ever made in my kitchen. Spending \$500.00 on a blender may seem crazy to some and completely out of budget, however, it is amazing how well a vitamix works to blend smoothies, homemade ice cream, flours, and soups into consistency’s that you just can’t achieve with other blenders. So far, nothing I have tried compares to a Vitamix. It has already lasted seven years, and I have more

than gotten my money's worth. The company guarantees their products for five years and provides excellent customer service.

Learn to LOVE Food Prep

I am a reluctant chef. I enjoy cooking when I want to not when I have to. I didn't wind up with SVT because I was attending to my needs and cooking vegan meals from scratch all day. I was rushing, busy, and living a fast-paced life filled with coffee, sugar, and convenience foods. Just because I wanted to heal my SVT naturally did not automatically instill in me a love of cooking or new desire to spend hours in the kitchen. Since I secretly wish that I had a chef, sort of makes me the perfect person to help others learn to eat well who don't actually love cooking or have a lot of time for it. Short cuts, and learning how to reduce time in the kitchen without compromising your SVT prevention is a delicate balancing act and you will need new methods to sustain your effort. Making your life healthier and easier ***begins with food preparation.***

First Step: Be Prepared and Restock!

There is no way to handle full time SVT prevention without being prepared...

Your goal is to fill your refrigerator and pantry with vegetables, fruits, gluten-free whole grains, nuts, nut butters, and high-quality proteins and fats as detailed in the previous sections. Even snack foods, salad dressings, sauces and other canned, boxed and packaged foods with the new criteria of SVT Prevention must be available and accessible in order to live according to your intentions. The complete transition process can take weeks or months to find all of the gluten-free and "clean" replacements that you will enjoy eating.

Restock your SVT Prevention Kitchen with these Staples:

In the Fridge:

Fresh produce: Broccoli, cauliflower, cabbage, bok choy, kale, spinach, asparagus, cherry tomatoes, onion, garlic, cucumber, romaine, carrots, peppers, lemons, lime. Always have a variety! Onion and garlic are a good base for any dish and can be kept on the counter if you prefer.

Hummus, guacamole, miso paste, grass-fed butter, Dijon mustard, organic ketchup, Sheep's milk parmesan, goat cheese, yogurts (cashew, goat, coconut, plain) almond milk, non-gmo corn tortillas, Be-Free wraps, fermented sauerkraut (Hawthorne Valley brand) , organic eggs, hemp seeds, chia seeds, ground flax, probiotics, omega-3 fish oil, coconut water

In the Freezer:

Grass-fed beef, organic chicken, chicken apple sausage, wild caught fish, gluten free bread, veggie burgers, whole fruit popsicles, organic peas, bags of frozen fruit and pre-sliced bananas.

On the Counter:

Onion, garlic, avocado, bananas, extra virgin olive oil, coconut oil, ghee, yams, sweet potatoes, winter squashes

In the Spice Cabinet:

Turmeric, dulse flakes, pink Himalayan salt, cayenne, dried basil, cumin, curry powder, dried parsley, Tamari Sauce.

In the Pantry:

Quinoa, millet, organic brown rice, brown rice pasta, lentil and chickpea pastas, bags of organic beans like kidney, black beans, adzuki beans, lentils, can coconut milk, lentil chips, Siete chips, Simple mills brand gluten free pancake mix, Hu Chocolate.

For Baking:

Vanilla extract, arrowroot powder, flours: sprouted flours, almond flour, almond meal, Coconut flour, GF oat flour, quinoa flour, paleo mixed nut flour, gluten free flour mix, brown rice flour, aluminum free baking soda, baking powder, Simple mills mixes for kids cupcakes, gluten-free chocolate chips, dried cranberries, raisins, dried cherries,

Sweets:

Cacao nibs, coconut sugar, dark chocolate chips, raw cacao powder, raw honey, Manuka Honey, blackstrap molasses, agave, pure maple syrup, coconut sugar, dates, molasses, organic liquid stevia.

Nuts and Seeds:

Hemp seeds, flax seeds, raw almonds, raw cashews, raw pistachios, raw walnuts, sesame seeds, raw and creamy almond butter, sun butter, Tahini, Organic peanut or cashew butter, chocolate hazelnut butter for the kids Justins brand.

Oils:

Organic cold pressed extra virgin olive oil, unrefined coconut oil, ghee, MCT oil, avocado oil.

In the Smoothie Basket:

Spirulina powder, Thorne Mediclear, beet root powder, kale powder, Green Vibrance, Honey.

Kitchen Gadgets:

High speed Blender like Vitamix or NutriBullet, sharp knife, food processor, crock pot, pressure cooker or Insta Pot, steamer basket, And if desired, a dehydrator and mandolin.

Batch Cooking

Dedicating time to food prep is the only way to ensure that you will have the right foods accessible when you need them and not be reliant on restaurants, convenience processed foods or other household members to do the work. It's essential to have the right food when you are hungry to avoid reaching for junk food, sugar or non-gluten free food.

An example of batch cooking would be to devote 1-2 hours on Sunday to create a variety of delicious, nutritious and fast meals every day! Food quality and accessibility are a priority. Having what you need when you need it is essential to stay on the plan.

Here are some batch cooking tips to inspire you:

- ♥ Devote one day a week to cooking in large quantities—enough for three days of leftovers or “repurposing” it in other dishes. For example, make a large pot of plain brown rice *and/or* quinoa and use it as a side-dish, in stir-fry's, soups, cold salads or casseroles throughout the week.
- ♥ Precut vegetables or prepare parts of a meal in advance so that cooking for a future meal takes 10-20 minutes.
- ♥ Keep a supply of organic beans in the cupboard at all times. Once a week you can boil up one full bag and then use those fresh beans several ways such as on top of salads, as a rice and bean side dish and turned into delicious fresh bean dips.
- ♥ Bake sweet potatoes, yams, winter squashes and other sweet root vegetables to “crowd out” unhealthy sweet food. I like to bake my sweet potatoes in the morning, so they are still warm and ready for lunch. Experiment with sweet potato wedge fries or slice them super thin as chips. Roasted kale chips or beet chips make a fun and novel snack.
- ♥ Season and roast a tray of canned rinsed chickpeas for a healthy snack or toss on top of salads. Vary the flavor with your condiments, such as cumin, salt, dulse, and turmeric.
- ♥ Commit to making one large pot of something such as soup or chili and then freeze meal-size portions so that you have a few frozen dinners premade and ready when you need them (on nights when you don't want to cook!)
- ♥ **Cook once eat twice!** I always make more than I need so I am sure to have leftovers. I now buy three pounds of turkey instead of two pounds so I have plenty of extra turkey meatballs for the next night or to freeze. I do this with most dinners so that my lunch is ready for the next day.

Additional Tips

- ♥ Find healthy replacements for your “old” foods, such as coconut ice cream, fruit pops or trail mix with plain yogurt instead of ice cream.
- ♥ Try out new, revised recipes in advance of holidays to be prepared with food that you will enjoy and feel good about. **It’s fun to recreate a beloved dish in a gluten or dairy-free way.** Be creative! Often times, I enjoy the new dish more than the old one.
- ♥ Invest in cooking lessons, a chef or a health coach to fill in the skill-set required to create new habits in the kitchen.

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Crowd it Out!

Focusing on what you want more of, not what you want less of is the way to actually get what you want!

This is the law of attraction and you can absolutely apply that to your food.

Crowding out, is an integrative nutrition theory that works much in the same way and is a useful strategy in *The SVT Prevention Diet*.

It's much easier to give up addictive or cherished foods if you find replacements that taste good, have a similar texture and don't make you sick—this would, in effect, **crowd them out**. For example, if you add in the sweetness of cooked yams, beets or winter squashes to your dinner, you are less likely to crave sugared foods after dinner. Even if you still want a small treat, you may well be satisfied with a small portion of something naturally-sweetened if you have already filled up on delicious healthy food first. Beyond the replacements, if you add in a larger proportion of satisfying vegetables, healthy fats and whole grains, your body will be satisfied on the deepest levels which will make you naturally desire less sugar and processed food.

The goal is to find new food to love, and that loves you back! It takes time for your tastes to evolve and for your body to respond to the added nourishment. If you truly *listen* to what your body craves, or pay attention to how you feel after your *crowd out* the unhealthy and replace with the new, you will experience a new standard of healthy eating.

Don't think about what you can't have but fill up on what you can have. This system allows your body to slowly release habits that don't fit into your new health goals.

Old Choices

Better Choices

Processed fruit juice	Whole fresh fruit; freshly pressed juice
Potato chips, pretzels, Doritos	<i>Siete chips</i> , kale chips, <i>Way Better</i> tortilla chips
Soda	Flavored seltzer, coconut water, water with lime
Candy bars	Kind Bar, trail mix, nuts, seeds, macro bars, almonds
Sweets	Fruit salad, fresh fruit, smoothie bowls, apples almond butter
Fruit flavored yogurt	Plain yogurt with raisins, teaspoon almond butter, walnuts or fruit; cottage cheese with fruit and nuts
Flavored (sugar-sweetened) oatmeal	Plain GF oatmeal with nuts and raisins, chia seeds, honey
Sweetened cereals	Plain GF cereal with half of a banana; whole grain hot cereal/oatmeal
Sour cream dips, melted cheese + chips	Avocado, hummus + cut-up veggies
Ice cream	Smoothies; frozen fruit
Salted nuts, popcorn	Edamame – green soybeans
Ice cream products	100% Fruit pops
White-flour pasta, white rice, white bread	Gluten-free whole grains
Cream cheese, P-butter	Almond butter, avocado/guacamole, kite hill almond cream cheese
Milk chocolate	70% dark chocolate, cacao
Hot chocolate	Soup or turmeric latte or mushroom tea
Pizza, French fries, subs, chicken nuggets, all fried foods, pasta	Fish, chicken, veggie burgers, beans; all vegetables
Corn, peas and potatoes when eaten as the vegetable portion	Salad greens, spinach, kale, collards, chard, baby bok choy, broccoli, asparagus, carrots, cauliflower, Brussels sprouts, string beans, snow peas, mushrooms, cabbage, etc.



Intermittent Fasting and Timing of Eating

Growing in popularity is the concept of Intermittent fasting. Intermittent fasting is occasionally reducing the number of hours in a day that you consume food to give your digestion a break. The general recommendation is to work towards not eating 12-16 hours at a time on occasion. For example, you would stop eating around 7:00-8:00 pm at night and then not eat again until 9-11:00 am the next day.

In my early SVT prevention days, I would not have been able to manage this kind of intermittent fasting as I needed to eat every two hours to stabilize my blood sugar and manage my POTS. This is a perfect example of applying bio-individuality and deciding for yourself if you think this would benefit you. I think this is an excellent way to cleanse and fast without using more serious fasting or cleansing methods which I do not recommend in general. Fasting or cleansing an already depleted body does not usually benefit people with SVT, but can increase symptoms.

I raise your awareness here as another way to support your digestion which simply means increasing the rest time between meals sporadically. At a minimum, I encourage you to stop eating by 7:00 or three hours before bedtime so that your body can rest at night during the critical time of self-repair and healing.



What You Put on Your Skin Matters!

What you put on your skin and in your home environment is equally important as what you ingest.

Most skin creams, perfumes and moisturizers and household cleaners are filled with ingredients that you wouldn't want to absorb into your organs and blood stream. You want to be sure to avoid toxic ingredients that are hormone disruptors such as any kind of paraben. These types of ingredients can also impact your risk for SVT and may not be on your radar yet.

Once you clean up your food, remember to review your home and body-care products and be sure that they are safe.

Beware of Parabens

Your skin is the largest organ and much of what you put on it you soak up. When toxins chemicals, poison and **parabens**, (hormone disruptors) are in our skin, hair and face products we are at risk for hormone disruption and estrogen dominance.

When toxins chemical and poisons build up, your immune system breaks down. This contributes to the high *body burden* that puts you at risk for impaired immunity and SVT.



Cooking for Kids & a Note to Parents

If you are a parent with young children, your transformation to a gluten free white sugar free diet will no doubt also affect your family. I have 2 young boys and can tell you that you are going to have to **change what you feed your kids as you change what you feed yourself**. Transforming your children's diet, especially if they have a SAD diet, is a whole other challenge and probably deserves its own e-guide (I will add it to my list!) as the amount of sugar that children eat today is beyond alarming. Most children are completely addicted to sugar and it's not their fault. As a parent, you are the one that has to take control, whether you want to or not. And now is the perfect time. You will not be able to sustain *the SVT Prevention Diet* if you are constantly dealing with children who are eating poorly. **Plus, as you raise your standards for yourself, it's logical that you will do the same for the rest of the family.**

It literally pains me when I see children living off of pizza, chicken nuggets, cupcakes, candy and soda. Even if you let your kids occasionally have some of those items, you have to be diligent about making sure they are also expanding their palate and getting a variety of vegetables. I have a few tips for **ground rules regarding your children's consumption of sugar** which will also support your own goal to reduce your sugar.

- ♥ **It's your house and your kitchen.** Take back control. No matter what you have been buying, you can stop. There are healthier versions of everything nowadays like chips, cereal, and even cookies. Start looking for better brands or different kinds of products, read your labels.
- ♥ It helps if you give your kids choices. Offer them two new brands or two new products, and let them decide which they prefer. If they choose it, they are more likely to like it!
- ♥ Control what's in your own kitchen. Apply the 80/20 rule. You won't have to obsess over what the kids eat outside your house, if you know that 80% of the time, they are eating well in your care. Come up with rules with your partner on what types of foods you bring into your home.
- ♥ You may have to have a serious conversation with your partner or other family members who feed your children to respect and cooperate with your rules. Make your best effort and send your kids to their grandparents house with a special (healthy) treat, or if that doesn't work, you can let them eat what they want when they are outside of the home and choose to not worry about it. As long as you have your own guidelines that you stick to when they are home with you, you can relax, as they will be eating well most of the time. Obviously, this rule does not apply if they have a serious allergy!
- ♥ Do not give yourself more work to do by agreeing to make two or three different meals to satisfy each family member. Everyone in the family eats the same thing! Get your whole family on the same food plan. You can learn how to cook delicious meals that appeal to everyone. And they can learn to like it. The end result is worth the effort here.

- ♥ Invite them to help you in the kitchen. Kids Love to get involved and are much more likely to try a new food if they helped to make it.
- ♥ Use cookie cutters to make fun shapes for kids. You will be amazed at what they will eat, if it is in the shape of a star or dinosaur or heart. Look on Pinterest for ideas. Get creative!
- ♥ Invite the kids to choose the ingredients for the smoothies.
- ♥ Always offer a choice: Do you want carrots or broccoli with dinner?
- ♥ Reduce the dairy. Kids are addicted to cheese, pizza, bagels with cream cheese and the like, just like adults. The casein protein in milk and all sugars produce chemicals in the brain such as dopamine, that make you feel good. Of course, they want it! **Remember milk creates mucus in the body.** If your child is constantly sick, has ear infections or a runny nose, this may be a sign to reduce or eliminate the milk consumption. Slowly introduce organic rice milk, almond milk, hemp milk, or pea protein milk. If you do consume dairy products, always choose organic.
- ♥ The absolute no list for kids:
 - No soda. Period. None.
 - No sugary cereals especially not for breakfast. Think fat-fiber-protein for them, especially for breakfast. It will give them energy and feed their brain, help reduce sugar cravings, and focus better at school. Examples are almond butter toast, eggs with veggies, and green smoothies with nut butters.
 - No sugar for meals. When they are hungry, they must eat a substantial meal first, then a treat, if any. Or, think of something special to DO after a meal, instead! Give stickers as rewards and put lego figures in their lunch box instead of sweets once in a while.
 - No white bread. Since you will be buying and using gluten free bread, they can eat the same. There are numerous gluten-free brands of bread products in all the stores, including brown rice wraps which is a fun and flexible option to keep on hand. The whole family may enjoy scrambled eggs with various ingredients rolled up in a wrap. Create your own combinations!



Make it easy to feed your children and it will lower the stress for everyone and support your SVT prevention lifestyle.

Be strict with your rules and eventually they will get used to how you run your kitchen. And make it fun! When it's a family affair to bake cookies, does it really matter if you use white flour or gluten free flour? No one will know the difference....but your heart will!



Final Thoughts

Cook + Eat with LOVE

As you embrace eating for healing SVT, my last bit of advice is to find ways to **Cook + Eat with Love**. Food is nourishment and a way of expressing love. Remember how you felt when your grandma made you chicken soup?

You felt loved!

People cook for others to nourish them because they love them. Use your kitchen and your cooking as a form of self-expression, creativity and enjoyment! You may find new joy in the simple act of cooking. When I was in my early 20's I had a little ceramic container that I kept above my stove, with a lid that said **LOVE** on the front. Every once in a while, I would open it, and imagine I was taking out a few sprinkles, and add it to my food. The movie "Like Water for Chocolate" is a great example of the **power of intention and emotions to surface through cooking**. Let your intention to heal, love and nourish yourself become infused into all of your meals.

Eating to prevent SVT is not something to be dreaded or annoyed by or it simply won't work, and it won't feel pleasurable, satisfying or healing.

Healing SVT Naturally is about using your SVT as a catalyst for healthy change and empowerment.

As you feel better, you will be able to focus on new projects or dreams that you may have left behind. The more easily you embrace that your SVT prevention is a non-negotiable way of way, the faster you can get back to the things that you want to cultivate in your life. Your commitment to becoming free of SVT must override your desire for foods that taste good but make you sick. Seek out the best quality food possible and put pressure on your local stores to supply you those options and brands. You can become a health advocate for yourself and your family!

And finally...



What Will You do With Your SVT Freedom?

I hope that the SVT Prevention Diet, along with some of the creative and inspiring ways that I have outlined help ignite transformation both inside and outside of your kitchen. Having a dietary roadmap, along with setting intentions, making visions boards, and journaling are some of the most powerful manifesting tools to help you achieve your health and life goals.

Healing SVT Naturally is about TRANSFORMING
not just your health but also your life.

SVT has given me the opportunity to combine my personal and professional passions for empowering others to heal SVT and transform their lives.

My commitment to using diet and lifestyle to prevent SVT is ongoing. It is an essential aspect of my own self-care and something that I have grown to accept and love. Doing so, enables me to do the things that I really love to do, **which is to help other people heal and grow.**

When we feel better, and move out of sickness, we can show up in ways that are more present to others, and spend time doing our soul driven work. This is ultimately, one of my greatest intentions; to help you feel better so that you can serve and bring your mission to the world.

The world needs you to function at your best and to share the gifts that only you can give!

Thank you for allowing me to be your guide.

I will continue to share my learning and new adventures with you....

Xo

Love Laura Madrigano
Your SVT Coach

About the Author, Laura Madrigano



Laura Madrigano is a Board Certified Life Coach, an Integrative Nutrition Health Coach from the Institute of Integrative Nutrition and an SVT thriver. 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 world.

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.

www.HealSVTNaturally.com

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Resources

<https://www.globalhealingcenter.com/natural-health/what-is-the-microbiome/>

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