



The Heal SVT Naturally Approach

A New Way to Empower Yourself Through Your Journey of Healing

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The Heal SVT Naturally Approach:

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Heal SVT Naturally, Clark, New Jersey

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The Heal SVT Naturally Approach: A New Way to Empower Yourself Through Your Journey of Healing.

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

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



Introduction

Whether you were recently diagnosed with SVT, or have suffered with it for years, you likely feel discouraged and concerned about your ability to manage your condition and wish that there were **more treatment options** available for you. If you are interested in a whole **new approach** to SVT that could not only free you from episodes but also the worry, fear and restrictions that come along with SVT, then you are in the right place!

Welcome, I am glad that you found me and this e-guide!

This e-guide, is my foundational e-guide to help you **embrace a more integrative approach to SVT prevention and management**. It will give you new ways to view SVT, introduce you to my *Heal SVT Naturally Approach, and the logic behind it*. It will also present three of the central concepts: **The Heal SVT Naturally Healing Spectrum, The Core Four Healing Layers, and Long-Term Prevention** as my program to *Heal SVT Naturally*. At the end of the guide, I share additional resources and next best steps to support you going forward.

My journey with SVT has led me through **traditional cardiology** as well as **alternative approaches**. After years of trusting my instincts to try natural ways to feel better and implementing integrative tools to improve different aspects of my health, I have found lasting relief from SVT and related symptoms. **I have transformed my health, life, and my career as a result of the way I have chosen to approach and manage my SVT.** Now I share my methods with thousands of other people with SVT

around the world. This guide is an expression of my experience and knowledge to date and my effort to help you ***quickly learn what took me years to figure out.***

SVT can be an extremely scary diagnosis. You deserve to know all the ways of understanding and managing your diagnosis so that you can make educated decisions about your health and future. You deserve access to all the options available; ***especially the integrative ones.***

I will help you navigate your health decisions by introducing you to new ways to understand **your SVT** that your doctors may not have explained to you or suggested since they are likely trained in traditional western medicine. While I remain grateful to traditional cardiology for their diagnosis and technology, my concepts take what we know about SVT and **adds a deeper understanding of the root causes that exacerbate SVT** as well as acknowledging the role of **prevention as the path to freedom**. You will become an active participant in your own health, thereby **expanding the treatment options that are available to you.**

My intention is to EMPOWER you around your SVT. I know first-hand how *dis-empowering SVT* can feel and I want to give you the **knowledge and the tools you need to take back control of your health and your destiny!**

Today, as a mother of two young boys, an SVT thriver, a Board-Certified Life Coach, and now an **Integrative Nutrition Health Coach** from The Institute for Integrative Nutrition, I am able to confidently tell you that there are **many things** that you can do to help yourself overcome your suffering from SVT and the debilitating anxiety that you may be feeling.

There is hope and opportunity for managing and controlling SVT with the missing treatment options; Diet + Self-care

I will help you do so by:

- ♥ Reframing your SVT through a series of **New Views** to change your perception of SVT.
- ♥ Directing you to assess your triggers and the **underlying causes** of your condition.
- ♥ Providing **practical action steps** that will put you on solid footing for SVT management.

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



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

1. The main differences between **traditional cardiology** and an **integrative approach** to SVT.
2. A **New View of SVT**: How to mentally manage your SVT, and reframe it as the first of many steps to create positive changes in your health.
3. **The Heal SVT Naturally Approach**: Why I believe you have SVT, my integrative concepts and how to apply them.
4. **The Heal SVT Naturally Healing Spectrum**: the five stages to engage in healing opportunities.
5. **Episode Empowerment**: action steps to help you during episodes.
6. How to identify and mitigate your **SVT Triggers**.
7. The **CORE FOUR Healing Layers**: the physical+ nutritional, emotional, spiritual and energetic causes of SVT and direction you can take within each layer to find relief.
8. **Integration**: process and apply all of the new views and actions steps into your life.
9. **Long-Term Prevention** as a way of life for SVT management.
10. **The Work of Being Well**: your next steps in the journey and other resources to support you.



Part 1: Mental Management of SVT

The SVT Fear Factor is Real and Consuming

SVT is not like any other health challenge.

There are several qualities of Supraventricular Tachycardia that quickly distinguish it from other conditions. The nature of an SVT's sudden and unpredictable on-set, as well as its limited treatment options can make patients feel fearful, miserable and out of control. I'm sure you know what it's like to share these unsettling experiences:



- ♥ **An acute SVT episode.** Your heartbeat is racing out of control, as though someone is stepping on your heart, like a gas pedal, revving it up relentlessly. It's beating faster than you ever knew was possible, sometimes up to 280+ beats per minute. The panic and imminent need to stop an episode is alarming.
- ♥ **The standard treatment options only address the symptoms.** At 26 years old, I did not feel comfortable with the limited options of medication and ablation. I was afraid of medication side effects and the risk of becoming dependent on a pacemaker as a result of agreeing to a catheter ablation. I intuitively knew that those options would not address the root causes of my condition.
- ♥ **The uncertainty of the next episode.** From a traditional medical point of view SVT's are random. This makes people feel powerless. The looming fear of an unwanted SVT episode occurring creates intense anticipatory anxiety. Traditional cardiology does not fully recognize how much people suffer from this anxiety and dramatic fear of episodes or offer them any coping methods.
- ♥ **Dependence on adenosine and Emergency Rooms is restrictive.** If you find yourself planning your activities around the proximity of a local hospital, then you know how limiting your SVT condition has become. No one wants to be tied to medical interventions at an Emergency Room as a way of life.
- ♥ **SVT is uncommon.** The fact that few people have even heard of Supraventricular Tachycardia

makes you feel even more isolated and alone in dealing with your condition. Family and friends typically don't understand what it is and what you are going through. If you haven't been officially diagnosed with SVT, some people may even question the validity of your complaints, call you a hypochondriac, or confuse your condition with general anxiety.

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

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

It left me afraid to leave the house, be alone with my children, fly, drive, pursue personal interests, socialize and live the life I had hoped for. I felt alone and truly struggled to find answers and direction to help me navigate a way out. At times, I felt hopeless...

This is no way for any of us to live. It was unacceptable to me. I knew that there had to be a better way to address and treat SVT and to regain my health. Thankfully my determination for relief fueled my dedication to formulate a new path of treatment.

If you are suffering with the mental anguish I described above, are living with growing fear of an unpredictable SVT episode, feel unheard by your doctors, or are confused as to what alternative options are available to you, then learning how to mentally manage your SVT is the beginning of adopting a whole new view of your SVT.

Reframing your SVT is the first step to healing.

I am sure that you have asked yourself, "Why me?" or "Why do I have SVT and what can I do to get rid of it?" Answering those questions begins with a **change in perception.**

"We cannot solve problems by using the same level of thinking we used when we created them."

-- Albert Einstein



If we do the same things, we will get the same results. To come up with a new approach to an old problem, we often need to look at things differently. To solve your SVT “problem” you will need to open your mind and reconsider, reassess and reframe your entire understanding of SVT, why you have it and *your strategy of dealing with it.*

If the way you have been thinking and behaving in your life has led to SVT, medication, surgery, anxiety and fear then you need **NEW thinking and behaviors to create paths for self-improvement, healing and happiness.** As long as you view your SVT as out of control and something you loathe, you will feel **dis-empowered and limited in options.**

Your mindset is one of the most important tools that you have to help you heal *and an integral part of my Heal SVT Naturally Approach.*

On the following pages, I will offer you several NEW VIEWS to help inspire you, and **redefine** how you relate to your SVT. If you are feeling like SVT has taken your power, independence or peace away, it is essential for you to take back control and it starts by seeing your SVT from a new lens.

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



New View # 1- SVT is a Catalyst

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

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

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

This entire guide is meant to lead you to those answers. They likely encompass not only your mindset, but also **your diet and gut integrity**, **your stress management and self-care**, **your sleep schedule and daily schedule**, possibly your career and relationships and much more. Your needs, values, priorities and desires may also need analyzing or redefining. **The very presence of SVT, is your catalyst to re-examine nearly every aspect of your life.** As you learn more about the integrative approach you can assess what changes you may need to tend to.

Don't be afraid! **The transformation that SVT is requiring is for your sole benefit.** The changes that are calling will likely lead to improved health, and better **quality of life.** SVT was the catalyst that led me to change my diet, which led to many positive changes in my health. So, while your SVT diagnosis may not be the news you were hoping for, or initially feel like a setback, try to **focus on the positive changes** that it will bring to light and the long-term benefits that your willingness to change will create. SVT only becomes a permanent nuisance if you **resist the changes** that it is calling for. Ask yourself these questions:

Have you thought of SVT as being your catalyst?

Are you willing to invite change into your life?

What areas of life are you open to improving?

New View #2 SVT is a Wake-up Call

A wake-up call is something specific that causes you to become fully alert to an unsatisfactory situation and to take action to remedy it.

If you have SVT, consider it your official wake-up call!

In my own life, my body was sending me **minor warning signals for years** prior to my SVT. I suffered with debilitating migraines, anxiety, panic attacks, and other health issues, yet I learned to live with them. Oprah Winfrey calls the subtle messages we receive “**whispers**”. She says that when we **ignore the whispers**, they have no choice but to **get louder and louder**. Since most health conditions are not a stand-alone condition, you likely have had other, more-subtle, “wake-up” calls prior to SVT.

But SVT won't let you ignore it! **SVT is a LOUD wake-up call and one that we cannot overlook.**

I was constantly **pushing myself**, overworking, burning out my adrenal glands (*which are vital to your well-being and are responsible for regulating cortisol, a stress hormone*). I often say that SVT does not like to be “pushed” and is more likely to occur when we are **depleted**. Begin to analyze where in your life you might be pushing yourself too hard, depleting or draining yourself.

I was eating an imbalanced diet, neglecting my self-care and not making room for precious time alone **that I needed to feel restored**. I lived in an **environment that brought me daily anxiety** and I didn't know how to fix or change things. These are some of the **lifestyle habits** that can contribute to the SVT condition. **I wasn't listening to my heart** or my minor health symptoms.

In what ways has your body been sending you important messages?

Has your body been trying to get your attention for a while and you have not been listening? What other health issues have preceded or coincide with your SVT? Do you have symptoms that you have learned to live with like headaches, anxiety, digestive issues or constipation? These are all **connected** and as you learn about the **Diet-SVT-Gut connection** this will become more evident.

For years, I ignored some of my less serious health issues.

I learned to live with headaches, migraines, constipation, stomach aches, and anxiety.

SVT is the escalation of more tolerable symptoms and won't let you ignore it!

Maybe you needed something impossible to ignore, like SVT, to finally get your attention?

Maybe SVT is helping you to become more willing to listen to your body and the things that are out of alignment within your life or heart's desires?

Is your SVT your wake-up call?

SVT is here to wake you up to conditions that are no longer tolerable in some aspect of your life. This means being out of balance either physically (including nutritionally), emotionally, spiritually and/or energetically. Later, I describe these **areas to examine** as the **Core Four Healing Layers**. **Examining the root causes** of SVT is a fundamental concept in my *Heal SVT Naturally integrative* approach. **I provide guidance throughout this whole guide** on the areas that need consideration to help you discover what your **SVT is waking you up to!**

A final note: don't beat yourself up if you are beginning to realize that maybe you have missed some of the earlier signs of imbalance or even have been intentionally ignoring an issue that you know needs your attention. You are here now and ready and that what matters most. Today is the first day of the rest of your life! This process is the beginning of a healing journey and **awareness** is the first step that leads to healthy change.

Here are some questions to ponder as you **consider viewing SVT as your wake-up call**. Use a journal to help you thoroughly answer the questions I pose throughout the guide.

What is your SVT waking you up to?

What are the unsatisfactory situations or conditions in your life?

Have these conditions been going on for far too long?

Have you been burning out your adrenals? Pushing yourself? Working harder or later, and not paying attention when you feel the need to stop or rest?

*What have you been ignoring that has been trying to get your attention? **What other symptoms have been presenting that are part of a bigger health picture?***

*In hindsight can you think of any **other wake-up calls** that you experienced prior to your first SVT episode or subsequent ones?*



New View # 3: SVT is a Barometer

A barometer signals changes in conditions. I believe that SVT occurs when you have a (temporary) change in your body's physiology and your body simply has become depleted, over-extended or cannot tolerate some type of abuse any longer.

SVT is often a result of depletion. That depletion begins somewhere within **the Core Four Healing Layers** which I define as nutritional, emotional, and energetic forms of weakening. You can be nutritionally depleted due to compromised gut integrity, you can be emotionally depleted due to stress, long standing issues, relationships or finances. You can be energetically depleted from pushing yourself overworking, being tired or having poor sleep.

Episodes can be a sign that you are in a **heightened state of depletion**. In this way **SVT is like a barometer**, warning you that something you are sensitive to, or are doing to yourself without realizing that your tolerance for that behavior is lessening.

Sometimes SVT episodes are telling you that you have **gone beyond your limits** or have **pushed yourself to the edge** in some area of your life. *(This could be anything from consuming foods that you are unknowingly allergic to, or physically not listening to your needs, it could even be the refusal to change something because you think you can't such as continuing to work the night shift when your body's is clearly sending you signals that it's not the right schedule for you anymore.)*



Consider viewing SVT not as something to fear but **rather to respect as a safeguard watching over you**. When you are triggered into an episode, it's time to pay attention to all the aspects that drove you there. SVT is like a compass, alerting you (in an effort to protect you), from the habits and activities that you are engaging in that pose a threat to your overall health.

Have you ever thought about your SVT in this way before? It took a lot of SVT tracking (which I explain later in the guide) and studying my SVT patterns to realize that they occurred when I was tired, dehydrated, angry, overate, consumed gluten (that was creating inflammation), and more. From an integrative perspective, this is called collecting data and identifying your mediators. In essence, you are trying to figure out the things that are not good for you that SVT is occurring from. SVT is really trying to help you by telling you, (in the form of an episode), that you are vulnerable. You must be willing to listen, analyze and implement the information **or you are missing a transformative healing opportunity!**

What if you actually learned how to use SVT in your favor, as an internal compass letting you know that your body, mind or spirit cannot endure stress, the wrong diet, or overload any longer?

The Heal SVT Naturally Approach will teach you how to search for the internal aspects of your life that are off balance, and retreat from the edge. **This is how I opted to use my SVT, as a force for healthy positive change.** You can learn how to use SVT in your favor, you can learn how allow it to guide you and to rebuild a **foundation of health that can never be shaken again.**

Journaling questions to consider for this New View are:

Where in your life do you feel like you are teetering on the edge?

Do you push yourself? Do you stop when you are tired? Or push, push, push continually?

In what areas of life do you feel depleted? Who or what depletes you?

Do you make time for yourself to engage in activities that help you to genuinely feel restored?

Do you rest when you need to?

Do you honor your needs and sensitivities?

Do you have self-care practices in place and room for you to do exactly what you want to do scheduled into your own calendar?

Has your threshold for stress or a certain person or job reached its limit?

New View #4: Be an SVT Detective!

There can be a lot to learn from your SVT or any health condition that you are trying to improve or manage. When I first began my blog, www.HealSVTnaturally.com nearly seven years ago, I named myself an **SVT Detective**. I always liked to search for the deeper meaning behind things, so I applied that love of detective work to bring understanding and direction to my SVT condition and treatment options. I am now asking you to do the same. **It's time to really search, analyze, and be thorough in your SVT detective work.**

SVT episodes are not as RANDOM as you think!

I believed there was at least one reason, if not more, as to why my episodes occurred on some days versus others. I didn't buy into the **"SVT's are random"** theory that my cardiologist proposed. I was beginning to realize that I was more likely to have SVT when I was **tired, constipated or stressed**. Those are known as SVT triggers (and I explain those in more details later in the guide). And so, I became diligent about documenting **my hypothesis that SVT was linked to lifestyle factors** to see where it would lead. I want you to begin to do this if you are not yet keeping track. Devote a **notebook to your SVT data and observations** right away. List them all there, in one place, for you to later study and analyze.



A good detective asks compelling questions and is diligent with their research. **It requires digging deep into the source or situation**, and that is what I am asking you to do. **Investigate your SVT.** No one else is going to do it for you! You are in charge here! Become curious about it. Search for and document the connections you notice and then **trust your findings**. No one knows your body better than YOU!

For example, do you notice that every time you eat a large carb dense meal you are more likely to have an episode? Have you become more or less susceptible with age? Do they coincide with a certain stressor in your life? Caring for a sick loved one? Loss? Anger? Do they seem to happen in the middle of the night? Or maybe you notice that they are more likely when you are constipated or didn't drink enough water? Do you have SVT after a poor night's sleep? These are important evidences for you to document and return back to later as you ultimately learn how to apply those clues into a **treatment plan**.

Some of the insight that I gained as a result of my own tracking was: I was much more likely to have an SVT when I was tired or didn't sleep well. I was also at risk if I didn't have a daily bowel movement.

Constipation was an element of my own personal SVT perfect storm set up, which ultimately led to an even bigger discovery; **undiagnosed food sensitivities**. These are important to pay attention to because doing so is helping to define your SVT triggers and your Root Causes. For me constipation was an SVT trigger, but my clogged slow digestion which led to constipation was resulting from an allergy to gluten. An undiagnosed food allergy was one of my Root Causes.

(*As you do your detective work be sure to include notes on your bowel movements as the bowels hold great insight as to what is going on with our digestion which is key in the SVT-Gut connection.)

Further, my body just could not tolerate the pressure I was putting it under, and SVT was showing me that my demands were too much and **I wasn't allowing time** for needed rest to take place. It also became apparent that my SVT represented elements of my emotions such as sadness that wanted to be expressed from my heart and even a job shift that I longed to make. Leave no stone unturned in your detective work! Nothing is off limits.

Over time, as I tuned more into my SVT as a barometer, SVT seemed to be helping me set boundaries for myself that I was unwilling or unable to do on my own. SVT wouldn't allow me to ignore the things that I became passive about. I became less and less able to ignore my body's needs or my heart's desires and more willing to listen and take the necessary steps to live in alignment with my true desires. **As I paid more attention and responded accordingly, my body didn't need to go into an SVT to get my attention. I started to trust my SVT as my body's way of showing me what was and wasn't ok for me anymore.** As my SVT eventually diminished, I even used the occasional ectopic beats to help continue to guide the way for me to fine tune my strategies and diet. Could SVT actually be acting for you in all these same ways?



Do you let yourself slow down and connect with what you truly desire? This is your chance to use every SVT, ectopic beat, related symptom, and mis-fire to create a SVT map of evidence. SVT needs your curiosity and examination. Health issues can be viewed as a mystery to solve and you are the detective assigned to the case!

Are you ready to become an SVT Detective and investigate what may be driving your SVT episodes?

Are you taking the time to track and document episodes along with

what you felt, ate and did prior to episodes?

Are you speeding through life or are you slowing down and paying attention to your heart's desires?

New View # 5: Explore Your Options Outside of Conventional Medicine

Most of us were raised in a traditional health care system with **symptom based treatment**.

When you first explored initial appointments about SVT, your cardiologist and electrophysiologist likely did all the traditional testing such as stress tests, holter monitors, EKG's and basic bloodwork. They give you their best explanation and advice based on the western medical perspective on SVT: they explain the heart structure, the accessory pathway, the electrical misfires, and the options of medication and ablation (to treat your symptoms.) But I believe that there are **more treatment options for SVT** than what your doctors described to you.



There is an entire category of integrative and functional medicine options that can be explored and implemented.

Using these concepts, which looks for the underlying causes of illness, you can gain deep insight and direction for your own healing. While we wait for traditional approaches to SVT to research and include these **new avenues such as using diet, lifestyle changes, calming the Vagus nerve, mindfulness, and restoring gut integrity**, you can take the lead by using the information in this guide to help steer you towards reducing and preventing SVTs, and elevating your entire health.

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

There is a third option:

The Heal SVT Naturally Integrative Approach



What is *Heal SVT Naturally*?

Healing SVT Naturally is an **integrative approach to viewing and treating your SVT** and your entire health.

It enlarges the medical view and brings a fuller understanding into light by utilizing **integrative and functional medicine concepts**. It looks to identify and treat the root causes of SVT as opposed to just treating the acute SVT episodes with symptom suppressors as solutions.

The Heal SVT Naturally Approach applies integrative logic by addressing the immediate health problems as well as the deeper causes of the illnesses or disease. Therefore, if we can identify and address the root causes of SVT, then we are better able to restore health.

I apply the **wisdom of functional medicine** to take into account all of your health history and your personal story to view SVT as a symptom of a larger medical picture. It considers all of your symptoms as potentially related to one another in some way. It is individualistic and studies how **your unique set of circumstances, triggering events, diet and lifestyle choices contribute to your symptoms. It also considers stress, sleep, hormones, digestion, your microbiome, your sympathetic and parasympathetic nervous system, and calming the Vagus nerve as important factors.**

An integrative approach views your entire health picture as **interconnected**. You cannot completely separate mental and emotional health from physical health anymore. No one with any health issue can skip the examination of these contributing factors and expect positive results to come solely from pharmaceuticals. Seeking out and addressing root causes facilitates the body's innate healing response and compliments other methods to restore balance and optimize health.

The *Heal SVT Naturally* Approach uses all the healing sciences to create a comprehensive and long-term plan with an *emphasis* on prevention.

My approach to *Healing SVT Naturally* did not happen overnight. I struggled for years just as you may be now. I followed all the traditional protocol, but **my reliance on a traditional approach proved to be ineffective and insufficient**. I never felt well. I was sick and scared every day and my SVT episodes were persistent, seemingly “random” and running my life. My case was complex. From a traditional standpoint, my bloodwork was within normal range. I even qualified for the least expensive life insurance plan offered because of how *perfect* my blood work results were! If only they knew....

At my worst, I had daily electrical misfires, relentless SVT “attempts” and actual episodes monthly. I had constant heart palpitations, severe exhaustion, migraines, panic attacks, anxiety, heat intolerance, constipation or loose stools, gas, bloating, foggy thinking, a feeling of just being “off”, low blood sugar, nighttime waking with extreme heat and racing heart, migraines, and POTS (Postural Orthostatic Tachycardia Syndrome). I couldn’t leave my house or lift my child without the feeling of an imminent SVT. I was scared all the time. Thoughts and fear around SVT consumed my thinking and my life. Most importantly, I felt like I was reaching in the dark for answers and direction to help me. Did I need supplements? If so, which ones? Was a certain food doing this to me? If so which one? Why did I feel off every day? Why couldn’t I find a doctor to help me piece it all together? **I longed for a roadmap**, (just as you may be now).

My realization that I needed to reconceive my approach to healing was a result of **utter desperation** and of my disappointment with conventional thinking and simply not feeling well ever. I went to over five cardiologists, two electrophysiologists, two endocrinologists, an ob-gyn, two internists, and a family practitioner before I became confident enough to practice alternative approaches. **What I longed for was someone who would view my health as many interconnected parts of a whole picture or more simply put, to connect the dots and tell me**

what was wrong with me. Obviously, something was wrong! I wanted someone to help me link symptoms and not just use my blood work results which clearly were lacking. I was making connections such as constipation and an increased risk of an SVT and many other associations that I was formulating through my SVT detective work, and I needed someone to be as fascinated as I was.

I think that is why many people are led to consider alternative and holistic options. They are simply not getting better by following the traditional protocol or finding the acknowledgement they need.



It's our primal instinct to survive and even to thrive. I was driven to search outside of the box to help myself do both. **I had nothing to lose, and everything to gain.** Now in hindsight, I see that exploring uncharted options is the most productive and logical path to real and lasting healing. My approach of **managing diet and lifestyle doesn't seem alternative anymore**, but simple, obvious and productive. It is the route that brought me back to not just health, but also happiness, career success and a life that feels abundant and fulfilling.

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

NEW VIEW # 6: From Victim to Empowered.

It's quite common for SVT sufferers to acquire an identity of being a victim of their circumstances. I know I did! Now, in my work as a Life and Health Coach, I have frequently observed that many people need to **move from victimhood to empowerment.** This is one of my specialties and some of the deepest work of healing



SVT naturally. We simply cannot begin the transformation process when we are stuck in victim mode. I recognize that this may be a sensitive subject, but to really *heal SVT naturally*, this shift is a necessary part of the discussion and process.

You are not a Victim of your SVT!

As with many integrative models, the **Heal SVT Naturally Approach is meant to empower you.** One of the ways it does so is by encouraging individuals **to look at how they contribute to their own ill health through diet, lifestyle choices as well as attitudes and belief systems.** While this burden of responsibility can be difficult for a person to accept, it can also be very freeing. If you were to admit that you might be contributing to your circumstances, you can claim your power in making different choices to obtain different results. I know that this can be hard to do when we are suffering. When I was finally able to be really honest with myself, I was able to see that there were plenty of opportunities for me to do some things differently that could change the outcome of how I felt.

In what ways might you be contributing to your own ill-health? What habits do you have that you know you need to shift? What favorite foods have you been unwilling to give up even though they

contain SVT trigger ingredients such as gluten or white sugar? What lifestyle modifications are you willing or unwilling to apply? Is this the first time that you have read or heard me say that going gluten free is the number #1 way to drastically reduce SVT? Have you actually really tried it yet?

While genetics and the accessory pathway that is present in your heart are both out of your control, there is actually **much more that is in your control**. The secret is to find those things, focus on them, and eventually **center your life around them**. To do so, we have to **be truthful** about what we are doing that may not be good for ourselves. We have to take responsibility;)

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

-- Dr. Christiane Northrup

If you can think of the **entire process** of *healing SVT naturally* as leading you from a place of victimhood to empowerment, you will be doing yourself a great service. Here are a few journaling questions to help you with this challenge:

Why is this (SVT, ill-health etc.) happening for me (not to me)?

When do I feel like a victim? Am I aware of being or feeling like a victim?

How has feeling like a victim shaped my life?

How does having SVT let me off the hook or get me what I need?

What excuses do I make and use my SVT to get me out of?

What am I ready to take responsibility for?



New View# 7 Walk the Road Less Traveled and See Where it Goes

The Heal SVT Naturally Approach is an unconventional way to give you direction and power. It requires that you look inside yourself and trust what you see. I will be asking you to listen to your body (and heart) and rely on your inner wisdom even if it leads you to uncharted territory.

This is not about *going against doctors* but about believing what is true and happening to you is real and to consider that information when you make decisions about your health and future.

An example of how trusting yourself might lead to the road less traveled was when I made a clear connection between my infrequent bowel movements and the increased likelihood of an SVT episode. I expressed this important discovery to my cardiologist and was deflated when he didn't take it seriously or want to discuss it. His dismissal of a fact that was TRUE FOR ME left me questioning myself, even though **I believed that I had found a valuable correlation**. I was left confused. **Do I trust his expertise over my own knowing?**



Perhaps you are faced with a similar experience? Have you ever felt dismissed by someone you trusted in the medical field? Learning how to **value your inner wisdom and insights**, may lead to unresolved and conflicting information that you have received from traditional sources. It's ok and a likely part of this path because luckily, you don't have to choose one or the other. Since I am not a medical professional, I will never tell people what to do regarding medication or ablation. This new view is simply about helping you to realize that it is okay **to trust yourself**, and to **layer your own inner knowing into your healing plan**. Don't let other people dictate what is right for you, especially if you are receiving clear intuition to the contrary.

While addressing how diet, nutrition, gut healing, hormones, emotions and the nervous system connect to SVT may seem unrelated right now, these are the aspects that create a large part of your integrative health picture and they need **your consideration**. My Role is to help bring these aspects to light. By doing so, **we are carving out a path for a new approach** to eventually become more mainstream and accepted as the **supplemental missing treatment options** for true and lasting SVT relief.

I have created and experienced my own natural healing and have witnessed many success stories coaching SVT clients by addressing these exact factors. **This approach has the potential to**

dramatically alter the course of your SVT, your overall health and the trajectory of your life.

Ask yourself:

Do you trust yourself?

Have you noticed connections between diet or lifestyle or stress or anxiety and SVT?

Do other people dismiss your observations?

Have you discussed your inner knowing with your medical professional and felt unheard or dismissed?

Have you been lead to alternative options because of disappointment in traditional approaches?

Are you willing to walk down an unconventional path?

What is your body telling you that you KNOW to be true?

Why do you think that you have SVT?

New View #8: Healing is a Journey not a Destination

“The journey of a thousand miles begins with the first step.” – Lao Tzu

One of the things that I have learned from my own SVT healing journey is that healing doesn't happen overnight. It's not a quick fix. Since the world today is in a rush, sometimes an integrative healing approach feels like it may take up too much time or we feel impatient. The irony is that this is the path that provides the real long-term results we desire, the ones that are worth working toward and waiting for!



It took years **of compounding contributors to create imbalances in the body** and so it takes time to change thoughts, undo habits, elevate diet and rebuild health. Healing is a **process** that takes time and dedication and one that does not always conclude with a clear finish line but rather slow and steady noticeable improvements.

This guide explains many new areas to explore in the next section and incorporate into your healing journey. It's been seven plus years since I made a real commitment to make my health a priority and *heal my SVT naturally*. The health challenges that I work on today are different than the initial ones that needed my attention. All are equally important in restoring my health and investing in my future. This is an **ongoing process, not a finish line**.

Am I willing to engage in a healing journey?

Am I being patient enough with myself?

Do I realize that any healing work I do is creating positive impact in every area of my life?

You Can Do This!

Healing SVT Naturally is within your reach.

“Healing” is a state of thinking, living and being. For you to be able to *Heal your SVT Naturally*, it first requires **new perspective**. I hope that some of these **new views** have helped you to reframe the way you feel about your SVT, manage your fear and feel a bit more empowered. **Your thoughts create your reality**. I want you to think of SVT in new ways that are helpful and productive. To decrease the power that SVT has over you, and to look at it as something that is here to guide you to a better way of life. If you can be open-minded and willing to change, you will be **perfectly positioned to make the necessary shifts in your behavior and lifestyle that will lead to your success**.

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

Willingness to be open-minded, patient and honest with yourself and committed to change are essential ingredients in the progression of your journey. While this new way of **navigating health** isn't always the fast, easy path, it certainly is the most effective and long lasting. Prepare to do some work on yourself, but know that you will be richly rewarded with the **gift of renewed health**. Now that you have new perspectives to embrace and ways to mentally manage your SVT, are you ready to learn the **concepts and practical steps** to help you heal your SVT naturally?

Part Two:

The Heal SVT Naturally Approach: Concepts and Practical Steps

The *Heal SVT Naturally* Healing Spectrum

Armed with a new mindset, you are ready to apply those new views to doing the work of introspection and action!

A traditional view of an SVT episode is that it is an isolated, random event. Episodes are usually the entirety of your focus and concern. The *Heal SVT Naturally* view considers SVT episodes the cumulative effect of numerous factors, and just one of several manifestations or stages to manage within the SVT condition.

I have created the **SVT Healing Spectrum** to illustrate the variety of healing

opportunities from which you will **take action**. I label them in stages on a scale between two extreme positions: *acute episodes* and the *absence of SVT*.

Viewing SVT as a wide healing spectrum demonstrates *that SVT episodes are not the end-point of your condition, but in fact, the beginning of a series of therapeutic and restorative opportunities.*

The Healing Spectrum also shows that there are several points of power available to you to take back control of your health. Each stage of the Healing Spectrum has unique challenges and action steps. It will guide you on what to focus on in order to advance your health to the next stage and move you closer to the end goal of **SVT prevention and management**. I hope that the following diagram helps to outline this further.





The *Heal SVT Naturally Healing Spectrum* stages are:



Stage 1:

Episode Empowerment.

SVT Episodes are likely your main concern right now. Not only do you need to learn ways to stop or avoid an episode, but you also need support in reducing fear around the anticipation of episodes. Stage 1 provides information on conversion methods, engaging the parasympathetic nervous system, and most importantly in helping you to realize that if you are suffering with acute SVT then there is much work to be done (in Stage 2) that will ultimately help to subside imminent episodes. Helping you feel more comfortable breaking an SVT is a temporary remedy to help you build confidence and be able to focus on the more pressing issue at hand which is identifying your SVT triggers (phase 2.)



Stage 2:

Identify your SVT Triggers: The Key to Management and Awareness.

The point of power in reducing episodes resides is in learning about what is happening just prior to episodes. This is what needs immediate attention. This stage will help you raise your awareness, tune into and listen to your body long before an episode even occurs. Discover what **“tips the scales for you”** and brings on acute SVT episodes. SVT triggers are unique and vital to understand. Learn ways to notice your triggers and how to mitigate them. This is the point on the healing spectrum that is calling for **pro-active** steps that can directly impact the frequency of episodes in the short run. This is super important as it brings episode relief so you can move on and engage in the real healing work...

Uncovering and addressing your root causes.



Stage 3:

The Core Four Healing Layers.

There are four main areas to analyze for SVT root causes. In this section, I explain the CORE FOUR layers which are the Physical (including nutritional), Emotional, Spiritual and Energetic root causes of SVT. I give a solid overview on how to investigate your unique causes, and suggestions on what you can do about each of them. This is a vast stage and as such, consider this section just an overview of stage 3. Supplemental e-guides will be available soon for each one (such as *The SVT Prevention Diet E-guide*, my second e-guide in the Heal SVT Naturally Empowerment e-guide series, being published in Spring 2018.)



Stage 4:

Integration.

Connecting the core four layers creates the potential for the deepest healing and management of all your symptoms. This stage is the process of slowly incorporating all that you have discovered about yourself and creating the habits and behavior that will support a new foundation of health.



Stage 5:

Long-term Prevention.

This stage focuses on using self-care and prevention as a way of life, the ultimate form of SVT management. The goal of this guide is to give you the resources and motivation to get to this point on the spectrum so that you can continue on to investigate further, and continue to reduce or eliminate SVT episodes from your life.



The Healing Spectrum Stage 1:

Episode Empowerment

Be Prepared and Reduce SVT Fear!

A bit of my SVT story: 15 years ago, I felt fearful every day and that my health was declining and out of control. I was in a constant loop of predicament—I was desperately afraid of future SVT episodes but was resistant to going on medication or to have ablation. The anticipatory anxiety of SVT episodes left me afraid to leave my house, to drive alone, and to make plans for my future. It was a far cry from the independent life of a New York City Fashion Designer that I used to live.

Fear of SVT episodes was controlling my life.

All of my symptoms seemed to worsen in my 30's and after my first pregnancy. Instead of the occasional SVT, I now had it much more frequently, along with constant mis-fires, daily SVT attempts, blood sugar imbalances, anxiety, hormonal disturbances, heat-intolerance, migraines, constipation, gastrointestinal issues and more.

The physical exhaustion coupled with ongoing fatigue and the demands of being a new mother culminated into some kind of a health breakdown. SVT was running and ruining my life. I didn't recognize myself. I woke up every day exhausted and not certain I would have the energy to take care of my son. I longed to lie on the couch during his nap and counted the minutes until his bedtime so I could crawl back into my own bed.

I constantly worried about SVT and it consumed my thoughts all day.

As the anticipation of SVT episodes took over my life, I knew I needed to feel more in control of my health. I needed more than what traditional cardiology had to offer me. What I really needed was to go deep within myself to study my habits, review my self-care and look at my diet and what was fueling my body. But first, I needed to feel less afraid of actual SVT episodes.

Since I didn't realize yet that examining what I was eating, the environment in which I lived, how I spent my time, and what I chose to think about and spend my energy on was all impacting the frequency of episodes, I started where I could and began to reduce anxiety and prepare myself to feel more confident around converting. The key was not only in realizing how to incorporate calming strategies but to adopt a big picture attitude and realize that the more I looked at my whole health picture and addressed my triggers, the sooner my episodes would stop. I knew that these dietary and lifestyle factors were contributing my ill-health. **What I didn't know, was the degree of relief I would experience when I modified those factors.**

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

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

Either way, we need more tangible acute treatment options in addition to the emergency room option, **to feel prepared with a renewed sense of empowerment around breaking our own SVT**. Rushing off to the nearest emergency room for adenosine is both inconvenient and dis-empowering. While the ultimate relief you long for comes in the form of SVT PREVENTION through addressing your root causes, there is a lot that you can learn how to do in the meantime in the episode empowerment stage.

Action steps are things that you do to shift your mindset, change your thinking, break a pattern, feel better about yourself and lead you toward a specific goal. In fact, **taking action where you can, is the premise of this entire e-guide**. As I lay out each stage, I follow up with **action steps for you to work on for each one**. The action steps are listed at the end of each stage.



“ACTION ALLIEVIATES ANXIETY”

-- Marie Forleo



ACTION STEPS for Stage 1: Episode Empowerment

1. **Get into Action-** This is the time to turn your SVT anticipatory anxiety into actionable steps. Make a list of all the areas of your life that you think may be contributing to your SVT. It will be useful to come back to this list that you create, after you read about the core four healing layers and have finished reading this guide. **This is an exercise in trusting your intuition.** Make two columns on a sheet of paper. In the first column, list anything that you think might be related right now. Examples are stress from work, stress from home, diet, etc. You can even close your eyes, put your hand on your heart and just ask yourself, what is contributing to my SVT? Jot down anything that comes to mind. Anything at all! Then, in the second column, write down **one actionable step for everything** that you listed. An actionable step is something that you can do, without the help of anyone else, that feels like positive forward movement in your life.
2. Be sure to designate an SVT notebook or journal to use for all of your **Action Steps homework, SVT Detective work, and to answer all of the questions** that I pose throughout this guide (like the one above and the ones to follow later). If you have not yet designated an SVT notebook, please do so now. Use your notebook to list things that resonate with you, where you need to overcome a challenge and what new connections you discover about yourself. Having all of your SVT information in one place will make it easy to find and analyze as needed. Be sure to date your entries. You can also make notes about converting and refer back to it as needed in moments during an episode or for your post episode reflections.

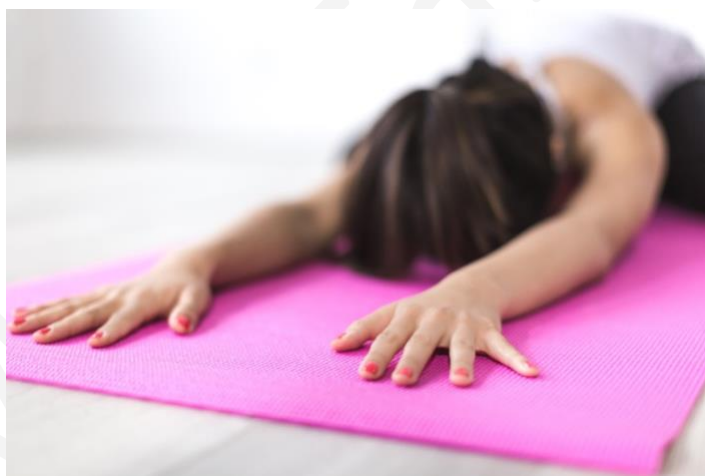


3. **Learn how to stop an SVT episode:** The first thing you need to know is that when you get an SVT episode, there are many maneuvers that you can try to do on your own (or on the way to the hospital) to attempt to break your SVT.

The sooner you learn how to convert out of an SVT, the better. If you never try to convert your SVT, or do not have success breaking them, you will quickly become reliant on an emergency room and this will leave you dependent and afraid. Again, it is my ultimate goal to help you prevent episodes, but until then, you want to feel in control and know what to do should one occur. Since different cardiologists teach different methods, I will explain some of the top ones that work for many based on the data from my Heal SVT Naturally Facebook group, and experience with private clients.

What to Do During an Episode

1. **Engage the Parasympathetic System!** Staying calm is critical to stopping an episode and reducing the amount of adrenaline rushing through your body. Using conscious ways to stay calm will help take you **out of the sympathetic nervous system response** and into the **parasympathetic response**. There



are several methods that can help you stay calm and **engage the parasympathetic nervous system during episodes** that you can use at the onset of an SVT or in-between attempting conversion methods. You want to take a few actions steps to counter your increased heart rate and adrenaline.

- a. Try any **forward-bending yoga posture such as *child's pose*** to stimulate the parasympathetic nervous system. **The parasympathetic nervous system is what restores the body to a state of calm** also known as rest-digest-recover. It produces a state of equilibrium. Any forward bending yoga posture will help with this. This pose is useful to try in between vagal maneuvers (which I describe how to perform below).

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

Calming the Vagus nerve in general is a wonderful form of SVT prevention. In between episodes be sure to incorporate things like yoga, mindfulness, meditation and massage. (more on the Vagus nerve later in the guide)

- b. **Use Acupressure:** Press your thumb into the center of the palm of your opposite hand using firm pressure to **bring your energy down and help to reduce immediate anxiety.** Hold it there for a count of 15 seconds, release and repeat. This is a Chinese medicine technique used frequently in acupuncture to help calm your overall energy and bring energy back down and away from your heart. This is something to continue to do in-between conversion methods. You can also do this anytime you feel anxious or want to feel grounded in general.
- c. **Breathe!** Even though during an SVT you may feel like your breath is disconnected from your heartbeat, **your breath is always your most valuable tool.** Inhale and exhale slowly to get oxygen into your brain and body. Breathe in for 3, hold for 3 and then exhale for 6 seconds. Keep coming back to this rhythm. Practicing some kind of breath work every day will help you to use it effectively when you need it most! Slow deep belly breathing also helps to **engage the parasympathetic nervous system** which is crucial when you want to stay calm and break your SVT. * Many of us are in constant fight or flight mode. Learning how to move into a more parasympathetic way of life using both diet and self-care is part of my strategy of long-term SVT prevention
- d. **Use Affirmations:** Repeat positive affirmations to yourself such as, ***I am okay; I can do this; I can break my SVT; I am safe.*** Affirmations give you something to focus your thoughts on during an episode instead of allowing racing thoughts to take over. They also help to stay positive, and build confidence. The more you say them, and feel them, the more you believe them and they become true for you. Make a list of positive affirmations in general and keep them on an index card. You can review them as needed and keep them accessible for when you need to read them off (like during episodes.) I share many powerful affirmations for you to use throughout this guide.

These suggestions to stay calm during episodes are just a few ways to elicit the benefits of engaging the parasympathetic nervous system. It's important to learn about the autonomic nervous system because it is fueled by the nutrients we consume and it controls and influences the way that our internal organs function (Hence why our diet, digestion and absorption is so important for SVT prevention).

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

Engaging the parasympathetic nervous system is an important part of stress management, restoration, reducing anxiety, and countering the amount of cortisol rushing through your bloodstream, especially during an SVT.

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



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

3. Learn about Conversion Methods: The first-response treatment for SVT is vagal maneuvers, such as Valsalva or you can use carotid sinus massage (if your doctor advised you to do so).

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

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

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

You will need to convert your SVT either on your own or at the hospital. Below are some conversion tips using vagal maneuvers that will help you during an acute SVT.

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

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

Sometimes the immediate hard blowing will prevent the SVT from even revving up and you will avoid the episode completely.

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

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

- **The Straw Method:** blow into a straw for 15 seconds until you are completely out of breath. Place your hand on the open end of the straw creating resistance with your hand as you blow. Straws are easy to keep around your house, car, pocketbook, briefcase etc.
- Remember you can also **place your thumb into your mouth** and try the same method. Use your thumb in place of a straw.

- Keep a **needleless syringe** within easy access. Blowing into a needleless syringe creates a high amount of resistance which gives you a good chance of converting. Needleless syringes can be ordered off amazon.
- **Balloons**-You can also use balloons to blow into, another simple accessory to keep handy around the house and at the office. They even fit into your wallet.
- Bend backward off the side of a chair, hyper-extending your chest, opening up your heart area.
- Bend forward, crunching down and lift your torso up quickly (useful in the car).
- Ask someone close by to bring you a bag of ice and place the ice on your face and or chest as you try the vagal maneuvers. I like to use ice in addition to any and all maneuvers that I am engaging in.
- In between vagal maneuvers, try **yoga postures** such as a shoulder stand or child's pose. Use these in between vagal maneuvers. Remember any forward bending pose will engage the PNS.
- Use the traditional *bear down* method. You crouch down as though you are going to have a bowel movement and push hard. You can even use the restroom and actually try to have a bowel movement if that is available to you.
- Massage your eye balls with the lids closed. Press gently and release. While you are there, massage your eyebrows, and face. This is both relaxing and useful.
- Have someone perform a carotid massage on your side neck to stimulate the Vagus nerve. You can do this on your own with someone else present to assist you. *(Disclaimer: An incorrectly performed CSM can cause serious health repercussions! Be careful here and do not perform this if your medical doctor told you not to. I am not a medical doctor!)*
- Breathe, use your affirmations, and keep trying all the methods **until you convert**.

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

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

The Modified Valsalva Maneuver

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

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

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

To perform the modified Valsalva: Lie on a bed or floor with your back elevated as shown in the picture at a 30-degree angle. Blow into a 10cc needleless syringe for 15 seconds. Then quickly lie flat and raise your legs 45-degrees for 15 seconds (as per picture). Lastly, sit upright for 30 seconds.

*Raising the legs generates increased pressure within the chest cavity and then when you lower the legs it triggers a slowing of the heart rate that may aid in stopping the abnormal rhythm. Repeat 3 times.

Learn how to perform Modified Valsalva Maneuver by watching the

[VIDEO HERE.](#)

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

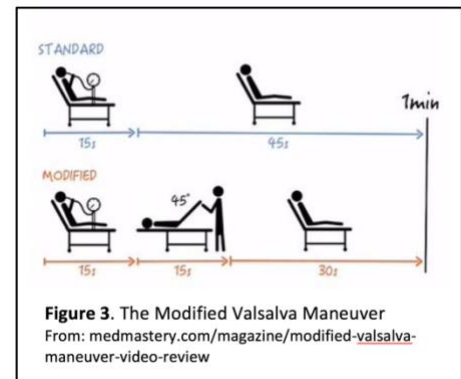


Figure 3. The Modified Valsalva Maneuver
From: medmastery.com/magazine/modified-valsalva-maneuver-video-review

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

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

E. Recovery Time: If and when you do convert, use that time to completely rest. Give yourself ample time to recover. Drink plenty of water, take your potassium or magnesium or any other vitamins from your usual protocol. Use the time after an episode to **process your experience, and note what worked for you in your SVT Journal**. Observe any important facts such as **how you felt prior to the episode, what you did and ate 24-48 hours prior**, and other vital information. These notes become extremely valuable as you use hindsight to scrutinize it and piece together your SVT puzzle. Anything and everything is useful to note when have just experienced an episode and are using hindsight tracking which I explain in the next stage.

F. Allow your episode to motivate you. Instead of feeling discouraged after an episode, use it to fuel your renewed commitment to your health and well-being. **There is nothing like an acute SVT to re-inspire your health vows.** Make time for yourself and your needs. Take things off your plate to make room for your self-care practices. You do not need to make excuses to anyone regarding your need to make your health and self-care an absolute priority in your life.



Rest & Reflect

Heal SVT Naturally Stage 1 Reflection:

Episode Empowerment

Stop Hating Your SVT!

Nobody wants to experience an SVT episode, but if you do have one, try not to “hate” them! Be gentle with yourself and use episodes as an opportunity to recommit to your health routines. If you are having acute SVT’s then you have not yet gotten to the bottom of the issue yet. Be patient, remember healing is a journey. Changes take time.

Commit to your detective work! *Change the lens that you view your SVT and use your precious energy to be interested in its presence rather than focus on the fear. Commit to studying it and asking why it’s here, and investigating the underlying messages it is here conveying to you.*

Then harness your anxiety into action. *Remember, action alleviates anxiety. You can redirect your thoughts and energy into proactive forms of self-care and prevention. The small steps that you take to reverse depletion, improve your diet, and manage stress will add up and slowly make a difference. You will keep learning suggestions on how to do so throughout this guide. But don’t delay, sign up for that yoga class, recommit to meditating, and toss out the junk food~*

Think of your SVT as a barometer measuring the underlying imbalance within your body and life. This shift in mindset is how to feel empowered instead of victimized. It is possible to turn negative energy into a powerful force to heal.

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

Affirmations are a powerful tool in your self-care tool box. Affirmations help to calm the mind, focus on the positive and to clarify and strengthen your goals. Affirmations are statements that you say to yourself (or write out) in present tense as though they already exist. They reflect how you want to feel or what you want to create.



Useful Affirmations for Stage #1:

It feels great to take control of my health

I am learning new ways to support myself

I am calm

I know how to convert my SVT

I enjoy learning ways to engage my parasympathetic nervous system

It feels good to relax

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

I know what my body needs

I pay attention to my body's signals

I like the idea of taking responsibility for my health

I am on the path to a better life

My SVT is helping me to take better care of myself

My heart beats to the rhythm of LOVE

I am safe





The Healing Spectrum Stage #2:

Identify your SVT Triggers

The Key to Management and Awareness

A bit of my SVT story: *One morning after eating a cheesesteak sandwich the previous evening, I experienced a long and difficult SVT that made me question my survival. When I woke up that morning I didn't feel right as per usual. I felt congested and a little like I had a hangover but without the alcohol. My eyes felt puffy and I just felt sort of stuffed. Around 1 pm after I ate a pumpkin muffin, I moved from bending to standing and was in an SVT. I felt fed-up and scared for my life. I intuitively knew that what I ate, in conjunction with my lack of a bowel movement triggered my SVT. After a long trip to the ER, I was more determined than ever to trust my tracking and commit to defining and avoiding my **SVT triggers**.*

*Other questions that constantly swirled around me were, "Was there a link between SVT and POTS? **Why was I more likely to get an SVT when I was hot, or had sugar for breakfast or got run down?** While I understood that I had an extra accessory pathway allowing the SVT to occur, I started to notice connections to SVT when **I was sleep-deprived, stressed or constipated**.*

The only medical advice I consistently received was to avoid caffeine. I knew that my doctors were well-intentioned but there just had to be more ways to help myself. If caffeine should be avoided, then why wasn't there a long list of other foods that could help or hurt my situation? I committed to figuring this out.

My "ah-ha" moment was when I trusted myself to question traditional advice: Not only was it okay for me to explore natural treatments and attempt to change my diet or lifestyle as a way of avoiding episodes but I had nothing to lose by revising my diet, reducing my work commitments and resolving my constipation. I felt confident to experiment because it made sense to me.

I was determined to research these questions and figure out my triggers even though it felt like I was embarking in uncharted territory!

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

SVT episodes are not as random as you think...

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

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

Triggers are the point at which your body is **no longer able to tolerate some kind of abuse**—such as overworking, feeling angry or arguing, too little sleep, or consuming unhealthy food. It could even be subtler than that such as talking for too long on the phone and feeling drained from it, or seeing your child almost get hurt and getting a nervous adrenaline rush. *You are sensitive* and it's your job to honor your sensitivity no matter when it shows up. Triggers are compounded by underlying unaddressed issues that over time create a condition of depletion (nutritional, emotional, energetic or otherwise). Triggers are an important point to study on the healing spectrum because **attention and modifications here result in fewer episodes.**

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

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

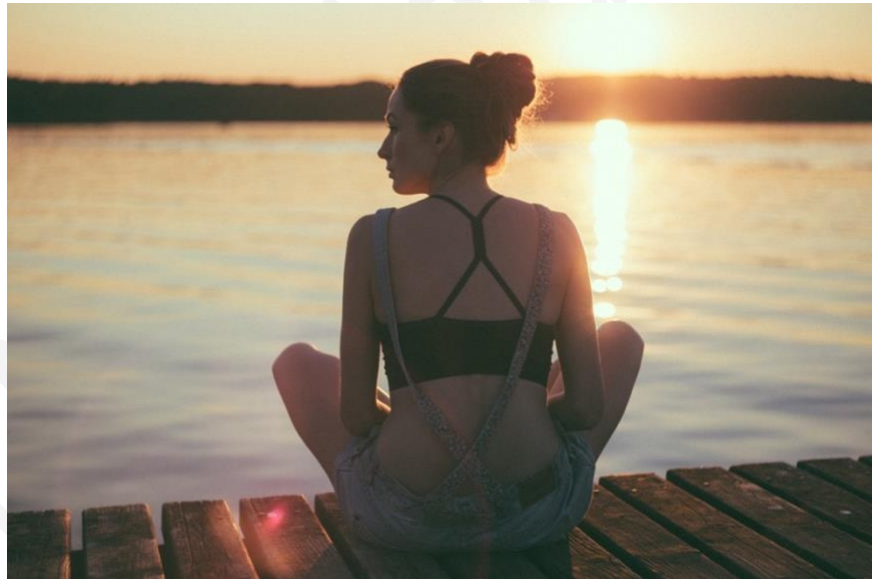
- Lack of sleep or intense fatigue, exhaustion
- Eating too much in one sitting, carb heavy meals, overeating, eating white sugar, eating foods you are unknowingly allergic to such as gluten
- Dehydration
- Intense stress or anger
- Constipation or bowel issues in general

- Acute digestive distress such as gas, bloating, pressure on your diaphragm, pain or a gas bout as a reaction to a food combination that didn't agree with you or the like.
- Certain positions, such as bending, lifting, or arms over head
- Excess heat or humidity, being too hot, unable to cool down
- Being sick, having the flu or other bug
- Many others these are just a few...

The good news is that triggers are usually controllable and preventable through self-awareness, tracking, self-care, dietary and lifestyle changes.

Once identified, triggers can be modified, managed, and avoided.

Alleviating daily triggers and avoiding episodes builds endurance, confidence and commitment to continue healing which motivates you to do the deeper work of uncovering and addressing your root causes, the



beginning points of the problems. Remember, the things that **push you into an episode** will eventually diminish or stop as you deal with and **heal the root causes**.

Please note, that *only* addressing the triggers is not a long-term solution; but it is an important and necessary stage in working your way towards prevention. Many people think that if they avoid their triggers that they are in the clear, but think of it as a volcano simmering and you are just tippy toeing around to make sure it doesn't erupt. We want to calm the volcano and make sure that you go deep, to the core, to cool it off. (no pun intended)

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



ACTION STEPS for Stage 2: SVT Trigger Management

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

1. **Do a Body Scan regularly.** It is a beneficial habit to frequently scan your body head to toe for signs of distress, unease, discomfort. As you mentally move through each part, ask yourself **How am I (really) feeling?** Be honest and open to what answers come into focus. You might be surprised what you experience because it can be easy to suppress your aches and pains, as well as your emotional state. Then ask yourself if you're not feeling your best, **why or what caused the weakness or unhappiness?** Or ask yourself What do I need? By doing this you will raise your awareness about how you are feeling so that if you do have an episode, you can **connect the dots back to how you were feeling prior** such as; *I noticed I was feeling thirsty and didn't get up to get water. Or I noticed I was feeling sad, but was about to go into a meeting and couldn't deal with it then.* Pay attention to the information that you receive and write it in your journal. Try to change your habits and be more responsive to yourself. if you usually ignore a need, try to learn to pause and give yourself and go get that water right away. You are putting yourself at risk if you don't! When you are thirsty drink, when you feel the sensation to go to the bathroom, go etc.!



Some of the things I noticed when I first started scanning was that I always felt hot or **craved water prior to an SVT**. Other pre-SVT symptoms were that I felt “off”--as though I needed something like a certain vitamin only I wasn’t sure which one. I usually felt anxious, drained, or sometimes angry. I also felt constipated, like I didn’t move my bowels enough for the amount I was eating or at all. I have subsequently thoroughly addressed my obvious triggers such as to increase my fiber consumption, become gluten-free etc and get seven or more hours of sleep for example, in order to steer clear of triggering an episode. You too can manage your SVT by tuning in to your body and protecting yourself if possible. For now, just begin to connect the dots and listen to your body.

- 2. Keep a Food Tracker.** Food tracking is a way for you to **draw connections between your diet and SVT**. The food-SVT-gut connection is a complex topic and I will only touch on it here, but this is a step not to be missed. Keep a daily list or journal of your food and activities for a month or until an SVT occurs. Then, look for patterns of what triggers the next episode. Specific things to watch out for are, wheat/gluten, sugar, dairy, caffeine, dehydration, and digestive consequences of stomach pain, bloating, acid reflux, constipation or diarrhea. Then **remove** the suspected food or behavior (over-eating, under-eating) from your routine and keep track if SVT’s are less frequent without it. When I work with a SVT client privately I send them a very detailed food and lifestyle tracker that they fill out for 7 days prior to our initial session. I analyze the trackers and perform an analysis of their whole health history intake. I usually find more than several obvious SVT triggers and make recommendations based on my findings. **Clearing up and cleaning up the diet is a very effective form of SVT prevention.** This topic is covered in depth in my second e-guide, **The SVT Prevention Diet E-guide**, due out Spring 2018. Until then, start tracking and be open to anything you find that you think is a food related SVT trigger. These can be unique to each of us as well as some that are common to all of us.
- 3. Use Back-tracking** if necessary. Similar to food-tracking, back-tracking is useful if you have not been tracking your diet and activities prior to an SVT episode. **Immediately after you have an episode, write down what you were doing, eating and feeling 24-48 hours prior to the SVT.** **This is a powerful window of opportunity to capture valuable clues into what tipped the scales for you.** Were you tired? Didn’t drink water? Stayed up late? Drank alcohol? Didn’t have a bowel movement? Were you hot, thirsty? Needed to rest but didn’t? Were you angry, depleted or stressed? Back tracking is an important window of opportunity to capture extremely valuable information and an important commitment when being a competent SVT detective! Although this is not ideal, its way better than not capturing anything at all.

Take Action when you know you are at risk; you have the power to prevent episodes.

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

As you will learn, anticipating and averting SVTs by managing your triggers is a strategy, but still not the finish line. **For long-term control and prevention of SVT**, I will guide you to discover what predisposes you to SVT episodes on a deeper level in stage 3, the **Core Four** Healing layers.

Heal SVT Naturally Stage 2 Reflection:

SVT Triggers

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

It entails a little bit of detective work and a lot of honesty, but it can be done.

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

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

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

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

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

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



Useful Affirmations for Healing Stage # 2:

SVT has my attention and I am listening

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

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

I am learning to respect my limits

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

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

I make sleep and rest an absolute priority in my life

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

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

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

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

I am willing to release negative emotions

I am in tune with my needs



The Healing Spectrum Stage #3:

The CORE FOUR Healing Layers

Examine your Root Causes

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

*I wanted a whole new level of strength and well-being. I wanted to get to the root causes of all the “dis-ease” I was experiencing. Not just in my body, but also in my life. **When I was honest, I was also struggling with relationships, money, home environment and career. I needed improvement and healing in all of these areas.***

Maybe my SVT was, in fact, the catalyst that finally got my attention to make changes that were long overdue.

I was ready to do whatever it took to change my circumstances and my health even if it required transforming my thinking, eating and unproductive and negative behaviors.

*In short, I had to become my strongest advocate and seek my own answers. **It was up to me to find the underlying issues that were the real root of my ill-health.** This required me to trust my intuition, commit to examining my gut health and integrity, and be very open-minded and truthful about the things in my life that were making me unhappy. I also had to confront habits that were self-sabotaging and disguised as comforting such as stress eating or procrastinating.*

*This process of personal growth started with taking an honest look at all the potential underlying contributors to my ill health. I began with diet and moved on from there. I uncovered that SVT was not just propelled by diet, but once that preliminary layer was tended to, lots of emotional, issues, energetic and spiritual issues also seemed to influence my episodes. Engaging with people that I felt were toxic, doing things I didn't want to do, or not listening to my heart were beginning to show me other deep and real SVT connections. I began to believe that SVT, just like many other health issues really does have **body-mind-spirit component.***

I had to be willing to examine my life.

I had to be willing to be truthful.

*I had to be willing to **do the hard work of changing whatever needed to be changed.***

Doesn't it make sense to seek out the root cause of a problem and remove it rather than put a Band-Aid on a symptom?

One of the most important and fundamental differences in using an integrative approach is that you aim to find out what is going on, on a deeper level. You need to ask why an illness is occurring and address the underlying causes.

Root causes are the underlying issues within your body or life, that if addressed and resolved will restore balance, optimal absorption of nutrients, harmony, peace, and potentially SVT relief. **Root causes are the most important place that I guide people to** and where we spend the most time in my private SVT coaching. Root causes can be physical (including nutritional), emotional, spiritual or energetic or any combination of several.

Root causes are different for everyone and there is usually not just one root cause of SVT. They are unique and individualized. Just like SVT triggers, there are some **common root causes** that many SVT sufferers share such as some kind of depletion, nutritional deficiencies, leaky gut syndrome, and compromised gut integrity.

To find your root causes, use the principal of functional medicine known as “the rule of the tack”. If you are sitting on a tack, you don't take aspirin for the pain, you find the tack and remove it.

In my opinion, ablating the accessory pathway, or taking beta blockers, is like taking aspirin for a tack. While those measures sometimes help, they come with side effects, temporary relief, less than promised results and most importantly, they do not address the underlying root causes of SVT. Unaddressed root causes, sets you up for potential further harm as those root issues may reveal themselves in another form, maybe even worse than SVT, later in time.

The Core Four Healing Layers are the human qualities that can weaken your health or restore it depending on lifestyle choices, diet, emotional well-being, environment, and other influencers.

They represent the vast and complex internal tapestry that requires our attention. The Core Four are central to the discussion of the status of our body's foundation of health. **This is where the source of our illness and disharmony resides and where we find opportunity to restore** balance and rebuild health. These are the key areas that impact your health and plant the seeds for your susceptibility to



SVT. To help facilitate and organize the process of investigating root causes, I have categorized them into four main areas and define them as: **the physical, emotional, spiritual and energetic layers.**

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

Are you ready to investigate your root causes?



The CORE FOUR Healing Layers: The Physical Layer

The first layer to dissect for root causes is the Physical Layer. This layer includes all of the diet, nutrition and gut integrity work. It is both the easiest and hardest place to start since there is so much that can be manipulated here for positive results.

The root causes that influence the physical layer and require investigation are **DIET, undiagnosed food sensitivities**, nutrition, hydration, digestion, **absorption**, elimination, detoxification, body burden (accumulation of toxins within you), hormones, sleep, rest and relaxation, exercise and movement, the central nervous system, and of course **gut integrity, the microbiome and calming the Vagus nerve**.

Diet: The Starting Point

Your gut health and the integrity of your digestive system is inextricably connected to your health. Every physiological function is rooted in the gut. It is responsible for 90% of your entire immunity. Therefore, it is the first place to address when searching for root causes to SVT as well as almost every other health issue you might be facing. This topic is so large, that I devoted an entire separate e-guide to it called, ***The SVT Prevention Diet*** E-guide. That e-guide is over 130 pages and is due out in Spring 2018. It provides intricate details on what to eat, what to avoid and how to use diet and gut health as the foundation of your SVT prevention.

For now, I will explain that your **food, the quality of your diet, your ability to digest and absorb essential vitamins and minerals, the integrity of your gut lining, and your consumption of foods that you are sensitive to is impacting every cell and every function of your entire body.** Everything begins with your food choices.



In my own life and struggle with SVT, elevating my diet played a very large role in successfully

reducing my SVT episodes. The emphasis on the value of examining your diet cannot be understated. Being an SVT detective, food tracking and working with a qualified health coach is what helped me to identify that my SVT episodes were frequently related to carbohydrate consumption, specifically wheat/gluten, white sugar and nutritional depletion (essential vitamins, minerals and macro minerals).

Removing gluten is my number one recommendation for those of you that want to begin making a major impact in how you feel right away. Gluten is a protein found in wheat, rye, barley and many processed foods. Gluten contains a lot of pesticides and more and more people are learning that it is a root cause of digestive disturbances such as leaky gut syndrome which effects your body's ability to absorb vital nutrients and minerals.

First suspecting and then officially diagnosing a severe gluten intolerance forced me to eliminate it completely from my diet and gave my gut a chance to heal. **This was one off the most important initial steps in healing my SVT naturally.** It is the one, most significant thing that you can try immediately if you are serious about healing your SVT. Food tracking, studying bowel movements, and eventually performing a stool sample to diagnose any food allergies and inflammation are good steps and indicators if gluten is a consideration for you as well. Since many people with food sensitivities and intolerances do not have immediate reactions, but more long-term ones, (like low-grade inflammation, invisible leaky –gut syndrome etc.), food sensitivity testing can be very valuable here. I always recommend to my clients that they seek reliable lab testing to identify what exactly is making them sick.

In the United States that lab I used is called www.enterolab.com and is located in TX. You do it through the mail and do not need a prescription from a doctor.

The root of the trouble...

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

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

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

As you begin to review your diet, I recommend 3 essentials right away:

- **Increase your water intake**
- **Layer in a high-quality probiotic and**
- **Eliminate gluten from your diet.**

Next on the list is reducing sugar consumption. **Sugar robs the body of essential minerals and vitamins just to digest it. One teaspoon of sugar represses the immune system for up to 4-5 hours.** Sugar leads to mineral depletion and proper mineral balance is essential for healthy heart rhythm function. In the case of SVT, we need to stop robbing our bodies of magnesium! White sugar depletes your magnesium and magnesium deficiency is a major factor in irregular heartbeats. Sugar also leads to anxiety, mood issues, constipation and more. All of which are common co-symptoms for people with SVT. **All White sugar has to go!** If you rely on or consume white sugar daily, this is a direct example of what I am referring to when I say that the you have to be honest with yourself about your habits and WILLING to do the work of changing. You must reevaluate your relationship with sugar if you are serious about healing SVT naturally.

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

Some of my recommendations to consider within the physical layer and the topics that we explore much deeper in the on-line course/group coaching mastermind program (beginning in January 2019):

- **A low inflammation diet:** Reduce wheat, gluten, refined grains, dairy, meat, sugar, coffee, soda, energy drinks, alcohol, processed foods, white flour, trans fats and boxed or “Dead” foods. Increase foods that reduce inflammation like **organic vegetables**, green drinks, naturally gluten free whole grains, legumes, wild fish, healthy fats like nuts, flax, hemp seeds and chia seeds. You can also add in super foods like turmeric, replace all sugar with occasional cacao (if you can tolerate it), and learn to make sweet smoothies instead of



processed sweet treats. **Eat a nutrient-dense, naturally gluten-free, plant-focused diet. Opt for organic as much as possible.**

- **Eliminate all white sugar**, and any processed food stripped of fiber. Natural sugars are okay such as low glycemic fruit (such as berries, apples, pears, cherries) and local honey.
- Identify and eliminate allergic or sensitive foods from your diet. Gluten and white sugar are the first to go.
- Improve digestion, absorption, and detoxification through gut repair, including probiotics and super foods.
- Slow down eating your meals, de-stress and thoroughly chew your food.
- **A low inflammation lifestyle:** Other ways to reduce Inflammation in the body is through, sleep, stress reduction, emotional release work (releasing anger) and **engaging the parasympathetic nervous system every day**. Walking, yoga, meditation, slowing down, resting, and working on hobbies you enjoy all help with this.
- Address emotional eating and other-self-sabotaging behaviors. It's time to deal with why these are present in your life, what you are avoiding, suppressing or need relief from. It's hard to really elevate your diet if you are using food for relief or stress reduction.
- Implement body-work, yoga, meditation, and any alternative healing forms you enjoy such as massage, walking in nature, reiki energy healing, acupuncture etc.
- Learn more about my **Heal SVT Naturally Membership coming in late 2018** in the resource page at the end of this guide. If you need support, nutrition coaching, health coaching, life coaching, recipes, cooking demo's, journaling exercises, classes and guidance to help support you in the process of upgrading your diet & self-care, I am creating a community to help you do so. I also work with people privately from all over the world via video skype if you are would like to work with me directly. (See my appointments page on my website, linked at the end of the guide)

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

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

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

Your nutritional healing and gut health remain two of the largest SVT Root causes within the physical layer. There are many other factors in addition to diet, undiagnosed food sensitivities and digestive health that fall under the physical layer such as hormones, sleep quality, exercise, the nervous system, calming the vagus nerve, and more. This section is meant to prompt you into your own detective work of examining all the aspects within the physical layer. All of my future work and e-guides will continue to explore these vast topics and share them with you, but its ultimately up to you to use this information as a launching pad into your own journey of investigation and discovery.





The CORE FOUR Healing Layers: The Emotional Layer

After you address your diet, emotional well-being is next on the list. Louise Hay, who was a renowned spiritual and self-help teacher, explained that all “dis-ease” stems from **emotional “dis-ease” within the body**. This was something I really latched onto when I was trying to figure out why I had SVT and what I could do about it from an alternative standpoint. If all dis-ease stemmed

from emotional dis-ease then SVT would not be excluded. **What was my heart trying to tell me?**

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

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

This means that resentments, unexpressed anger, sadness, heartbreak, unhealed emotional wounds from the past, childhood traumas, any stressful events leading up to SVT, ongoing worry, emotional daily stress, self-neglect, feeling taken advantage of, and tolerating difficult circumstances or relationships **are all worth exploring and processing to find advanced healing.**

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

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

Honoring your story (your life story, family story, past experiences, health story) helps you engage with your illness from a new perspective and is part of the process of healing. Sometimes attention, validation, and self-forgiveness are all your emotional wounds need. But they need this attention from you and only you to properly be released.

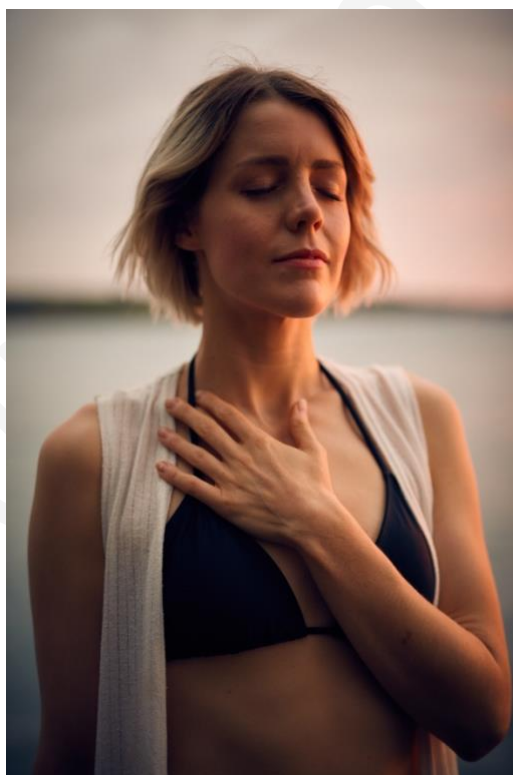
Your story is an important aspect of the integrative healing journey.

Listen to your heart

If you have emotional wounds from the past that need your attention, you can **show up for yourself today** in ways that you were maybe not able to in the past. Some of the answers to healing your heart are inside of you and **waiting for you** to shine a light on your inner voice. The willingness to honestly look within yourself and find your truth is an essential ingredient in an integrative approach and will help to move the whole process along quickly.

Our thoughts and feelings can show up in physical form when we suppress them. Our body won't need to alert us with physical symptoms when we tend to our emotions.

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



As a qualified Board-Certified Life Coach, when these issues come up, I guide the conversation to see what those unhealed emotional wounds need right now and how they might be impacting our heart health. **Your heart is talking to you all the time! We have to learn to listen to it!**

My specialty is using self-care, journaling, guided questions, meditation, and dis-entanglement exercises to help people allow those old wounds to surface for healing purposes. When you feel and deal with your feelings, past hurts and old pain, you can **invite in true and lasting healing**. Many people resist this step, you might feel scared or don't want to re-live something painful but those that are willing to go deep really find tremendous relief by working through this layer.

There are many *healing arts* to support you in the area of emotional healing such as journaling, reiki, yoga, talk therapy, tapping, acupuncture, anger management, meditation, sound therapy, massage, self-help workshops, working with a life coach, release writing, healing rituals and more. Explore all

types of therapies and healing sciences that sound interesting or feel comfortable; you may be pleasantly surprised what benefits and relief can come from the experience.

Furthermore, your pain can become your purpose if you are able to find a way to create something positive from your suffering. Healing work allows you to resolve long standing issues and clear the pathway to feeling vibrant to do the things in life that you love to do. Often you hear about people that experience suffering and then turn it into helping others such as the newlywed couple who lost their legs in the Boston marathon terrorist attack, and spend years recovering. They later wrote a children's book about the relationship between their service dog named Rescue who helped them to find beauty, friendship and meaning to life again. The book shares the story of a young girl adjusting to life with prostheses, wheelchairs and crutches with her service dog by her side.



These are beautiful healing ways to make the most out of your suffering and painful experiences and the world is cheering for you to do so, (as am I). It is only through what can sometimes feel like a long and painful healing journey that we can find strength we didn't realize, and concentrate on using our suffering for service.

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

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

Here are some questions to consider for the emotional layer and the topics that we explore much deeper in the on-line course/group coaching mastermind program (beginning in January 2019):

- Do you have old heartbreaks or grief that need your attention right now?
- Do you have anger from past pain or hurts that you need to process, express and release? Why might they be coming up for you now?
- Do you have satisfying, healthy relationships? What relationship have you outgrown? What relationships feel toxic or are you just enduring?
- What are you tolerating in relationships that no longer feels right? Are you able to let go of relationships that no longer are in alignment with you?
- Do you use mindful practices in your life such as journaling, yoga or meditating? Do you exercise and move your body to help with emotional release? How do your emotions move up and out of your body? How do you connect with your emotions and let them flow?
- When was the last time you felt truly joyful? Do you engage in work or service that brings you satisfaction and joy?
- Do you suppress your feelings with food, sugar reliance or addictions?
- **What emotions do you think might relate to your SVT?**
- What holds you back from moving towards happiness or fulfillment in your life?
- Do you listen to your heart?

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



The CORE FOUR Healing Layers: The Energetic Layer

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

heart are energy. The thoughts you think are energy.

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

What are you giving your energy and attention to?

It is your choice and free will to choose what you give your energy to. **Your energy is flowing and is directed by your thoughts and feelings.** Although you may not have thought to link the invisible nature of energy to be an important factor in the complex equation of SVT management, it is worthy of including it here. If energy is so present and powerful in our body, then we need to tune into it, acknowledge it, learn to protect it and guide it. People with SVT are energy sensitive and I want to help you learn how to become more aware of your energy and respect it, guide it and clear it when necessary.

The energy you absorb and create can impact your mood and emotions, digestion, sleep, concentration, spirituality, and health. Energy surrounds your heart at every moment and many things, outside sources, experiences and people can impact that delicate, invisible layer.

“The heart has an electromagnetic field that is 60 times larger than the electromagnetic field of the brain”



-Dr. Christiane Northrup

Electro-Magnetic Fields

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

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



Internal Energy Centers

Another consideration is of course, the actual heart energy center. There are seven main energy centers within the body called the *Chakras*. **The Heart Chakra is the fourth chakra and located in your heart center.** It governs emotions, intimacy, nurturance, partnership, giving vs getting help, trust issues in relationships, and care of others. The areas of the body it affects are the heart, lungs, blood pressure, cholesterol, and breasts. **Your heart center is your capacity to give and receive love, to heal, to forgive, to feel, to take risks, and to live as fully as possible.** Your heart is a place of decision making, of fulfilling your purposes here on earth, and of **sharing your gifts and talents with the world.** (Healing your SVT helps make room for you to share your beautiful gifts with the world! And the world desperately needs them!)

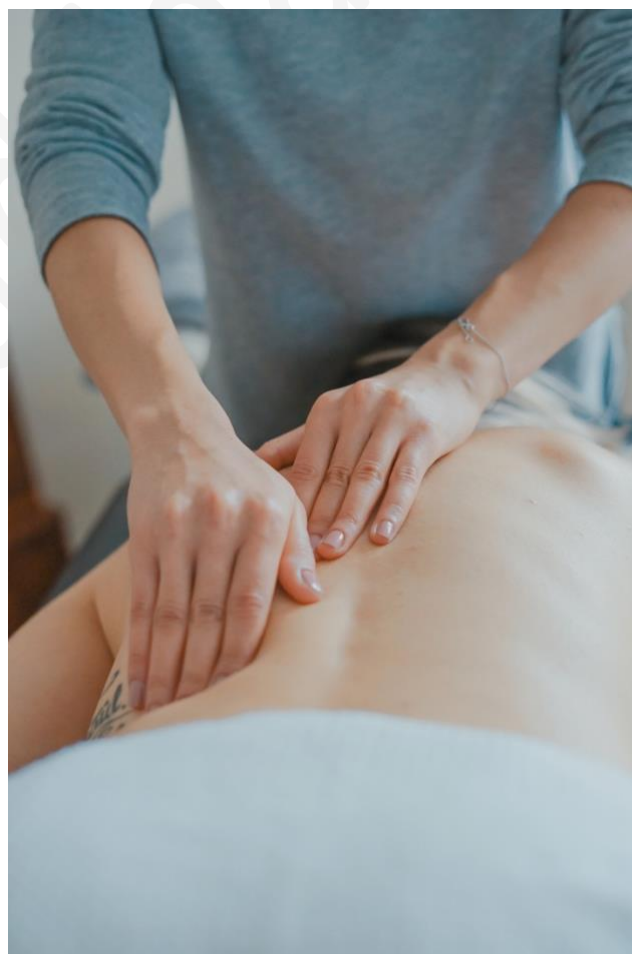
It makes sense to look at the heart, not just structurally and nutritionally, but also through the heart chakra energy center to see how correlating emotions are impacting your health and SVT and how resisting change or transformation may be leading to stagnation in that energy center.

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

integrative perspective as well.

Here are some areas to investigate and act on within the energetic layer and the topics that we explore much deeper in the on-line course/group coaching mastermind program (beginning in January 2019):

- Pay attention to the energy you create and what you unknowingly are attracting.
- Avoid absorbing other people's energy, especially if it is toxic. This means consciously saying no to invitations that you know will leave you feeling depleted, unsatisfied or drained. It also means practicing boundaries and learning the art of saying NO.
- Learn how to protect and clear your energy field. You can work with a practitioner for this, learn about grounding, take showers and baths at night, and do visual clearings to clear your energy field at night.
- Modify your reactions to other people's issues or actions. How you react matters and is one this that is within your control. For example, you don't have to yell back, you can just remove yourself from situations or toxic conversations.
- Limit your exposure to EMF's from sleeping with your phone or computer near or on your head or chest. No computers anywhere near your heart area!
- Be aware of sensitivity to noise or temperature; limit exposure to stressful newscasts or conversations especially at night.
- Learn about the Law of Attraction and how to use feelings and energy to design the life you want.
- Help harness and direct your energy into healing opportunity by using **manifesting tools** such as Vision Boards, Vision Journaling and Creative Visualization.
- Learn about energy healing and consider going to a reiki practitioner or energy worker.





The CORE FOUR Healing Layers: The Spiritual Layer

The Spiritual Layer of *Healing SVT Naturally* considers many things that most people wouldn't normally relate to SVT. It's the most difficult layer to describe because all of it is intangible and has a very different meaning and impact for each person. Yet, it cannot be ignored because spiritual qualities can be both a deep salve to the soul as well as the

"final touches" to one's healing journey.

I draw on my own healing experience to relay to you what this area means to me and how it relates back to the *Heal SVT Naturally* approach. **Spirituality means so many different things to different people.** For some it might mean religion, for others, it might mean your connection to the Universe, or your belief in a higher power.

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



This is what my SVT ultimately represented to me. SVT can be a wonderful opportunity to re-evaluate the very core of how you spend your days, what you devote your life to, with whom you choose to spend your time, and how well you are using your intuition to guide your life. **Your heart represents life itself, and therefore, your life purpose and connection to your higher self is a part of the *Heal SVT Naturally* exploration.**

When I reflect back upon my life, the times when I was the most disconnected from my intuition were some of the times of my greatest ill-health. Often times, I wonder if illness is a way of our body-mind and spirit redirecting us back to our highest truth, purpose and path in life. Healing, is what allows that pathway to become clearer and more achievable. Poor diet, unhealed toxic emotions, struggle in relationships, job, debt, etc. are all challenges that when worked through, can open the

door to our greatest vision, ideas and purpose. This is after all why we are here. **To meet our potential, expand our compassion and love and enjoy life!**

SVT helped me to re-connect with and forgive God for childhood losses that I blamed him for. This was deep heart healing work that was essential for me to expand and grow. Most importantly, SVT helped me to forgive myself, the ultimate act of self-love and honoring the type of energy you want your flowing through your heart. Since healing is a journey, not a destination, sometimes this type of healing work needs to be done again, and again. Just when you think you are done, there is another layer to address, and more wounds that need your loving attention.

As I mentioned earlier in the guide, turning your pain into your purpose is an opportunity for healing that I strongly advocate and can be a wonderful way to invite in deep heart healing. I learned how to use my SVT to become of service to others and this alone has changed the direction of my life and to never have another SVT again.

Your heart is speaking to you and it's your job to listen and let it direct us!

My past pains, childhood wounds, and path to healing has ultimately become part of my life purpose in that I enjoy helping others to do the same. On a spiritual level, I gain fulfillment and purpose by helping others to heal, redirect what they focus on, move from suffering to empowerment and ultimately deepen their ability to live out their potential.

So, while your spiritual journey is obviously personal and complex, these are just a few examples of the reflection and introspection that SVT can lead to in your own life.

Here are some questions to consider within the Spiritual layer and the topics that we explore much deeper in the on-line course (beginning in January 2019):

- Are you living in alignment with your values? When was the last time that you re-defined your values? Is your life or relationships built on your value system? If not, is it time to clarify your values and align your life to them? Take some to journal about what you value...What are your sacred values?
- Are you guided by a purpose or a mission?
- Do you do work that you love, feel inspired by it and feel like you make a difference?
- Do you have a "give back" that you are passionate about or a way that you serve others?
- Are you living a life that is true to yourself, true to your needs and your heart's desires?
- Do you feel connected to your intuition and allow it to guide your decisions? Do you listen to your intuition and feel like you can clearly hear it?
- Do you have a connection with a religious source or community or God?
- Do you have a self-care daily practice that you honor and look forward to?

- Do you feel joy? Do you pursue what brings you joy?
- Do you hunger for more spirituality in your life? Do you have a daily spiritual practice?
- Do you meditate? Do you spend sacred time connecting with your heart?
- Do you feel like you know your life purpose?
- Do you feel like you are meeting your potential?

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

- Brenda-UK



ACTION STEPS for Stage 3: THE CORE FOUR HEALING LAYERS

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

The Core Four Healing Layers provide many areas to examine for change. Below are just a few of **many** possible action steps that you can take to get started.

1. Repairing the Foundation through Nutrition + Gut Repair

Many people have damaged guts from years of poor eating and exposure to unknown food sensitivities, and artificial ingredients, pesticides and more. Pay attention to any digestive side effects caused by your food, such as gas, pain, bloating, constipation, diarrhea, acid reflux as the most obvious. This will give you some feedback that your gut health is in need of repair. Other reactions that indicate a leaky gut condition include skin rashes, migraines, fatigue, depression, auto-immune conditions to name a few of several hundred symptoms.

Healing your digestive tract is no small feat as there is a lot to figure out and do. For our purposes, you can begin with small steps such

as **eliminating the common allergens such as gluten/wheat**, soy or dairy, one at a time, to see if you feel better. This step takes a minimum of a 3-month commitment and is a strict 100% commitment. There is no such thing as 80% gluten-free. I always recommend a gluten free diet to anyone serious



about ridding themselves of SVT. Gluten, and other top allergens are highly inflammatory and my dietary recommendation is for a low inflammation diet. Please refer to The SVT Prevention Diet for all the details. This is the second “must read” guide and it is linked below.

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

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



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

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

The SVT Prevention Diet, The Power of Food and Self-Care to Control Your SVT and Transform Your Health e-guide gives you a roadmap to

understand the connection between SVT and diet and lifestyle, and the action steps to manage your SVT and feel better overall.

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

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

prevention.

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

Health practitioners like Health Coaches, Life Coaches, dieticians, and therapists are examples of people who can guide you in this process. Some of the practitioners who helped me were a Health Coach, Naturopath, Life Coach, Reiki Practitioner, Massage therapist and an Acupuncturist. You can also opt to work with me if you feel called to do so. In January of 2019 I am opening up a yearlong on-line course and group coaching program. Learn more about that on the on my website, www.HealSVTnaturally.com



6. **Create a Vision Board.** It is so important to hold a **vision** for yourself and your health. Making a **vision board** is a fun and creative exercise and will supply you with a powerful manifestation tool. Remember what you focus your attention on grows. What does a fulfilling and healthy life *look* like for you? Make a vision board with pictures of healthy foods, relaxing activities, happy people, and various symbols of your ideal life. Your Vision Board will help to ignite the feelings in you that you want to FEEL. Feelings are energy that attracts more of what you radiate or transmit. In sum, a vision board can help you to visualize, feel and draw in exactly what you want to create in your life.
7. **Protect your precious energy field.** Each morning or especially before you go out in public or to work, put an imaginary protective bubble around your body. Visualize it and even wave your arm around you as if you are drawing it. Give it a color such as white or golden yellow or blue. Affirm that nothing can pass through your protective bubble without your permission. If and when something or someone feels like a threat (including a stressful conversation or an

angry encounter), reimagine the bubble and feel protected.

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

Vagal tone, defines the functional status of the Vagus nerve. This fluctuates based on our lifestyle food and moods diet and more. Learning more about and creating optimal vagal tone is a powerful form of treatment that is only just beginning to be explored. When we do vagal maneuvers to convert an SVT we are tapping into the Vagus nerve. It makes logical sense to tend to this vast and complicated nerve and its implications on our overall health. As such, you can engage in calming the Vagus nerve techniques to help you as we wait for traditional cardiology to catch up on the importance of incorporating **calming the Vagus nerve as a form of SVT prevention** and management. **Calming this nerve is achieved through daily habits like yoga, meditation, breathing, intermittent fasting, laughter and massage to name a few.**

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

Heal SVT Naturally Reflection:

The CORE FOUR Healing Layers

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

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

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

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

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

-Marianne Williamson



Useful Affirmations for Healing Stage #3:

I am open to finding root causes of my SVT

I love exploring new foods that completely nourish me

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

I am open to understanding my body on a deeper level

I am willing to get to the root of the matter

My self-care is my priority

I am willing to let go of past pain and anger

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

My SVT is leading to better quality of life

I am open to explore my values and spirituality

I know how to nourish my needs

I enjoy doing the work of being well

Taking care of myself is worth it

I am worth it

I love myself

I am ready to meet my potential

Integration

Stage 4: Integration

Integration is the process of creating balance to become whole.

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

Understanding the Interconnections

We are learning that the body and everything that we have been doing, thinking, eating and feeling are all interconnected. This is the integrative perspective. What you do in one area effects all the other areas.

Use the new views and what you've discovered about yourself to understand how the causes within the Core Four Healing Layers are *interconnected* and manifest weakness and illness in your body. Your healing journey is defined as applying this new knowledge to transform your health. **Your body can heal** but it takes time and patience to integrate what needs to change in your habits, behavior and way of thinking.



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

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

Usually it is NOT one thing that you do that results in an SVT episode. It is a combination of root causes from the Core Four Healing Layers, topped off with one or two triggers that pushes your body into an SVT episode.

Can you apply the principals of **The SVT Healing Spectrum** to this example to identify the stages where Julia can look for healing opportunity? Can you see how examining them and addressing them one by one, will reverse the impact and create a cascading effect of healing and reduce the likelihood of an SVT? What are three things Julia could have done differently to avoid setting herself up for an SVT that day?

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

Acknowledging these connections and applying them takes time, but doing so allows you to move into the most important and final stage of SVT Prevention.



Stage #5:

Long Term Prevention

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

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

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

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

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

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

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

We all want to feel healthy, vital, energetic and alive and meet our full potential. You can't do that when you don't feel well and are suffering with SVT. There is a better way and it begins with new ways of caring for yourself.

***Healing SVT Naturally* is ultimately about living a lifestyle of PREVENTION.**

Prevention is the act of protecting and avoiding something. That is exactly what we want to do with our SVT condition. We protect ourselves by addressing the SVT root causes and triggers and by integrating self-care steps into our daily life. A new diet, and self-care become non-negotiable aspects of our SVT prevention.

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

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

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

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

Be Vigilant!

Prevention is your investment to have a life of SVT freedom.

You can do this!



ACTION STEPS for Stage 4 & 5 Integration and Prevention:

Self-care is the new Health-care!

- 1. Self-care is the foundation for the quality of your life.** After diet, self-care is the single most important aspect to completely re-evaluate in your life. Self-care can also take the form of any activity that makes you feel whole or gives you peace.

Schedule specific self-care time just for you each day, such as exercise, walking, resting, meditation, yoga, stretching, cooking, favorite pastimes or simply time spent in solitude.

Self-care is an integral form of practicing prevention and a wonderful gift to give yourself on a daily basis.



- 2. Rethink your schedule.** You are the one that is in control of your calendar. Use the integration stage to reflect on your time management. Take everything off your calendar and look at it like a clean slate. Then the very first thing to add back is family and then you and your self-care. Think about adding in daily time to cook, rest, read, exercise, write, or whatever it is that you need and crave. Then, after you have blocked time out for yourself, add in your “must do’s” with work and other obligations. This way you make sure that your schedule has room for the things that your heart desires to do. There will surely be things that don’t fit into your calendar using this new approach and they may actually be the very things you need to let go of or say no to. There is only so much time in the day and YOU are your new priority.
- 3. Surround yourself with people and mentors who inspire you.** It is essential to stay on track and motivated. Scrutinize with whom you share your time in person and on social media. Your

time and energy are limited and precious! Re-assess the things that are worthy of your attention and energy. There will be people or things that are no longer aligned with your new vision that will have to get phased out. It is okay to let go and politely learn how to say No to the things that are not serving your new plan and way of life. Consider aligning with other SVT members to help you stay motivated and on track.

4. **Make room for meditation.** Healing and the maintenance of prevention require time. With new priorities of a balanced life consisting of a wholesome diet, cultivating nurturing relationships, exercising, relaxation, spiritual time and taking care of your well-being will result in a new schedule and flow to your life. Meditation is an effective way to engage your parasympathetic nervous system, to calm your mind, and experience clarity and direction for your new priorities.



Meditation promotes relaxation, lowers blood pressure and improves immunity. Take time for this, even just a few minutes per day.

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

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



Heal SVT Naturally Reflection:

Integration and Prevention

Prevention is not a cure, it is a way of life.

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

Self-love is the main ingredient in your recipe for prevention.

When you love yourself, you enjoy taking time to exercise and de-stress or prepare food that is nutritious and delicious. When you love yourself, you have no room to tolerate people or behaviors that feel toxic to you.

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

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



Useful Affirmations for Healing Stages # 4 & 5:

I see the value of self-care as prevention

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

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

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

I can manifest anything I want

I love taking care of myself

I am healthy

I WANT to take care of myself

I love myself

I am SVT free

Part Three:

The Work of Being Well

A New You

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

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

My health picture today is very different than what it used to be and is a direct result of having the courage to be my own health care advocate, address old emotional wounds, and make self-care a priority.

I no longer live with debilitating fear of SVT or even worry about one occurring. My overall health

has improved dramatically. My POTS is completely gone, and I no longer suffer from daily weekly, monthly or yearly episodes. I crave nutritious food and exercise, I don't wake in the middle of the night with palpitations, and have significantly reduced my anxiety.

Perhaps just as important, I have devoted my life to helping others heal and find their own meaning and purpose out of their pain. This has helped me align with my own purpose, find fulfillment, and gain sustained healing. **SVT has helped me have many good things in my life.** Improved health, connection to my intuition, devotion to self-care, relief from old anger and emotional wounds from the past. I am also mindful of my physical, emotional, spiritual and energetic boundaries and changes that I have made that maintain my SVT freedom.



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

New View #9: Gratefulness is the Doorway.

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

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

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

In order to ease the pain and suffering we feel around SVT, you can decide to be grateful for it. **Your SVT is a teacher** and I am **grateful to my SVT** for all the things that it has taught me. My SVT helped me learn about the true meaning of self-care. It helps me to diagnose food sensitivities, get rid of sugar, eat more veggies, layer in super foods. Embrace food prep and learn how to nourish myself in ways that satisfy me. It helped me to have the life, health, family, career and abundance that I have now.

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

SVT Success Story...

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

-Sarah

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

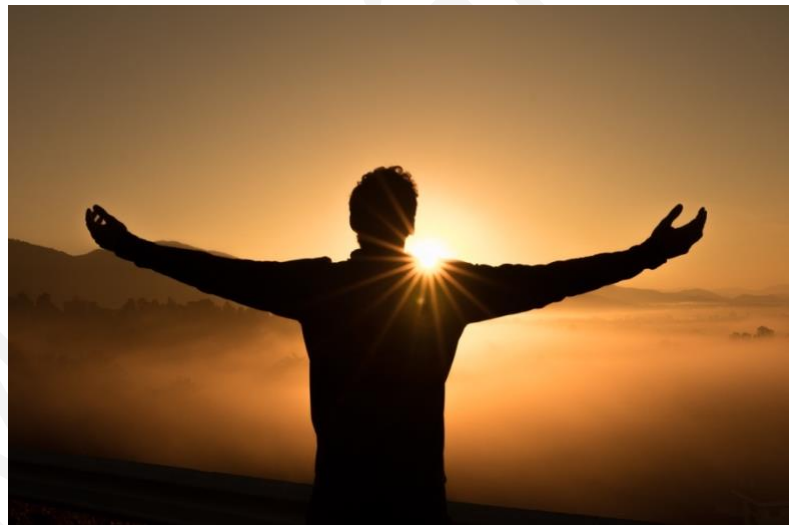
New View # 10: SVT is a Blessing in Disguise.

This last new view that I present to you, is my favorite one. I say this on the home page of my website, and enjoy sharing this message.

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

I am grateful to my SVT for helping me to transform my life. It has been my blessing in disguise.

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



This transformation is available for you as well!

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

How Will You Choose to View and Navigate your SVT?

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

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

Now, the long-term work of integrating these concepts, making behavioral changes, and taking daily inspired action steps begins. This is the Work of being Well, and the work that I LOVE to help people engage in.

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

Take some time to really think about the areas I invited you to explore in this guide. Put your best foot forward, examine your triggers and underlying causes and let **SVT be the catalyst** that brings you to the life you dream of.

Remember the work of being well is the foundation that you are creating for yourself so that you can live the life of your dreams.

Be a Part of the New Paradigm!

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

You are a fellow pioneer in the evolution of the treatment of this



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

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

You will be proof of this possibility and an inspiration to others for generations to come! True empowerment lies in harnessing your healing energy and then *sharing it with others*. Just like I am using my SVT for good, you can too in your own way.

The world needs the gifts that only you have to give! The work and blessing of *healing SVT naturally* can be a model to find empowerment in every area of your life and become a part of the solution that this world so desperately needs. This is the surprise bonus in your journey of *healing SVT naturally!*

Thank you for reading this guide,
xo Laura Madrigano

Resources

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



About the Author, Laura Madrigano

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

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

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

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

www.HealSVTNaturally.com