



The *Heal SVT Naturally* Approach

A New Way to Empower Yourself Through Your Journey of Healing

By Laura Madrigano

Board Certified Life Coach, Integrative Nutrition Health Coach

The Heal SVT Naturally Approach:

A New Way to Empower Yourself Through Your Journey of Healing

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To contact the author, visit www.healsvtnaturally.com

Heal SVT Naturally, Clark, New Jersey

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

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



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 **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 the first in a series of six guides that I have written with **the intention to EMPOWER you**. I want to give you the knowledge and the tools you need to **take back control of your health and your destiny!**

This is my **foundational e-guide**. It is meant to be read before all the other guides. It will give you **new ways to view SVT**, it will introduce you to **The 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 that healing and now 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.

I will help you **navigate** those 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.

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 guide:

1. The main differences between **traditional cardiology** and an **integrative approach** to SVT.
2. A **New View of SVT**: how to reframe your SVT as the first of many steps to create positive changes in your health.
3. **The Heal SVT Naturally Approach**: the central 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, 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.

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 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.

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.

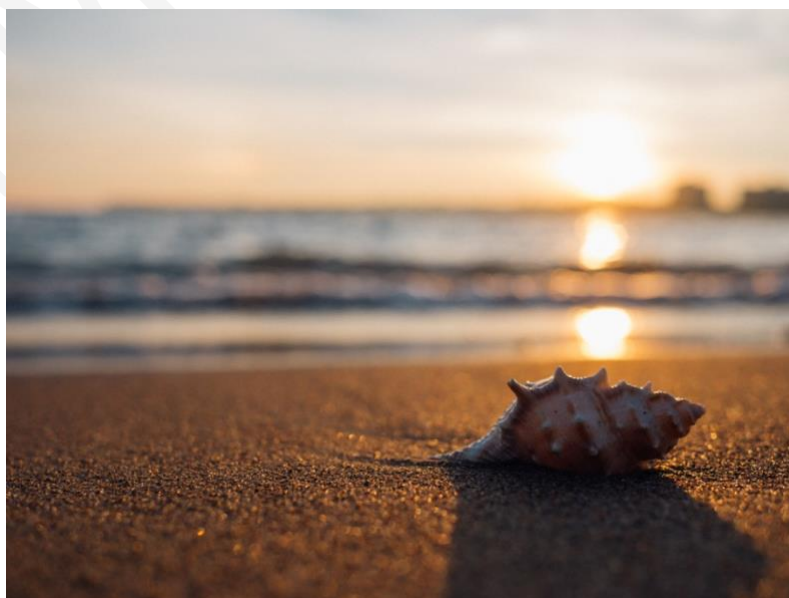
If you are suffering as I described above, are living with growing fear of an unpredictable SVT episode, feel unheard by your doctors, or are confused as to what alternative options are available to you, then this guide will provide new direction on how to help yourself. This guide **teaches you about the integrative treatment options** that are **missing** from traditional protocol so that you can take back control of your health.

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.

The purpose of this guide is to you empower you. I will do so by:

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



Part One:

A New Mindset

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?”

The **first step** in answering those questions is to **change your perception of SVT.**

“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 and strategy of SVT.

In my experience, when a new solution was required, I had to look at the situation from new angles, ask different questions and consider new options. It is only then that something different can emerge, which will set you off in a new direction with new opportunities.

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 making you a victim, you will feel **dis-empowered and limited.**



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*.

I will offer you several NEW VIEWS to redefine how you relate to your SVT.

New perspectives open new possibilities for healing. With new perspective, you can also feel equipped to do **what is within your control** to help yourself. This is an essential step in feeling empowered around your SVT. When you feel empowered you become less afraid and more **proactive** in your SVT management and prevention.

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 assumptions 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, your stress management, your sleep schedule, the amount of self-care you give yourself, and possibly your career and relationships. 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.**

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.** 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 is bringing 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:

Are you willing to invite change into your life?

What aspects of your life feel out of balance?

What changes might SVT prompting you to consider?

Is your life set up so that your health is a priority?

What changes are you resisting?

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.

Since most health conditions are not a stand-alone condition, you likely have had other, more-subtle, “wake-up” calls prior to SVT. In my own life, my body was sending me minor warning signals for years prior to my SVT. 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), eating poorly, 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 a tremendous amount of 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 use the term SVT condition to refer to SVT and the related symptoms that coincide with it such as digestive disturbances, and anxiety to name the top two).*

I suffered for years 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**. In our case, **SVT is our LOUD wake-up call and one that we cannot ignore.**

Is your SVT your wake-up call? 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?

SVT is here to wake you up to conditions that are no longer tolerable in some aspect of your life. This could mean being out of balance either physically, emotionally, spiritually and/or energetically. Later in the guide, I describe the areas to examine for root causes of SVT in the **Core Four Healing Layers**. Examining the causes of SVT is a fundamental concept in **The Heal SVT Naturally Approach**. This guide will direct you to some of the aspects of life 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. 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:

For years, I ignored some of my less serious health issues. I learned to live with headaches, migraines, constipation, stomach aches, and anxiety.

SVT 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 simply are out of alignment within your life?

What is your SVT waking you up to?

What are the unsatisfactory situations or conditions in your life?

Have you been burning out your adrenals?

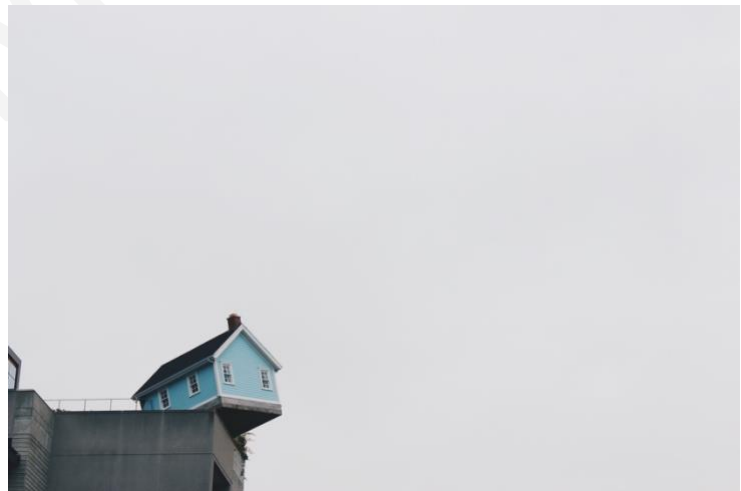
What have you been ignoring that has been trying to get your attention?

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

One of the central concepts that I introduce later in the guide is that **SVT thrives on depletion**. This depletion begins somewhere within **the Core Four Healing Layers** which can include nutritional, emotional, and energetic forms of weakening. Since SVT episodes are more likely to happen when you are tired, stressed, dehydrated, or over-extended, (those are your SVT triggers and you will learn more about those later in the guide), it is a sign that you are in a **heightened state of depletion**.

In this way **SVT is like a barometer**, warning you that that you have not been paying attention while you pushed yourself deep into a depleted state. Your SVT is telling you that you have gone beyond your limits for too long and you've been living on the edge of imminent danger!



Consider viewing SVT not as something to despise and fear but to respect as a safeguard watching over you? Understand it to be an attempt to protect you from the habits and activities that you are engaging in that pose a threat to you. What if you actually applauded SVT for 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 retreat from the edge, and value living in the

safe zone which I later explain as living a **life of SVT Prevention**. When you learn how to rebuild a **foundation of health** and take daily steps to do so, you will become **free** from the constant worry of imminent SVT episodes!

Some 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 continually?

In what areas of life do you feel depleted?

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

Do you think your threshold for stress has 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 like 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.



I believed there was at least one reason, if not more, 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 knew that I was more likely to have SVT when I was tired, constipated or stressed and I became diligent about documenting my hypothesis to see where it would lead.

I was determined to solve my SVT mystery!

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. Become curious about it. Search for and document the connections you notice and then trust your findings.

Some of the insight that I gained as a result of tracking how I felt after consuming certain foods, my elimination, my mood and anxiety levels, and other symptoms revealed **that self-care wasn't optional for me anymore**. My body could not tolerate the pressure I was putting it under, that my demands were too much and **I wasn't allowing time** for needed rest to take place. **Other discoveries related to nutrition**; I had a longstanding undiagnosed gluten sensitivity that was at the root of much of my ill health. It also became apparent that my SVT represented sadness that wanted to be expressed from my heart and even a job shift that I longed to make.

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 investigate what may be driving your SVT?

Are you taking the time to track and document episodes along with what you felt, ate and did prior to episodes?

Are you your own SVT detective or are you relying on other people to give you the answers?

NEW VIEW # 5: From Victim to Empowered.

It's quite common for SVT sufferers to acquire an identity of being a victim of their circumstances. In my work as a Life and Health Coach, I have frequently observed that many people need to move from victimhood to empowerment. 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.

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 empowering. 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.

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.

“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 new ways of phrasing questions to help you with this challenge:

Why is this happening for me (not to me)?

When do I feel 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 am I ready to take responsibility for?



New View # 6: Explore Your Options Outside of Conventional Medicine

Traditional Cardiology

Most of us were raised in a traditional health care system with **symptom based treatment**. Your cardiologist and electrophysiologist do 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: 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**, 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 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, and your sympathetic and

parasympathetic nervous system as important factors.

An integrative approach views your entire health picture as **interconnected**. You cannot completely separate mental 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 complements 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 because of how *perfect* my blood work results were! If only they knew....

At my worst, I had daily electrical misfires, constant 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.



My realization that I needed to reconceive my approach to healing was a result of **utter desperation** and of my disappointment with conventional thinking. 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 use alternative approaches. **What I longed for was someone who would view my health as many interconnected parts of a whole picture**. I wanted someone to help me link symptoms that I knew were connected such as constipation and an increased risk of an SVT

and many other associations that I was formulating through my SVT detective work.

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. 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# 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 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 a 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.

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 about helping you to realize that it is okay **to trust yourself**, and to learn how to incorporate any unique, valuable SVT connections into your healing plan. Don't let other people dictate what is right for you.

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 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 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?

Have you discussed this 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?

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 took years of compounding contributors to create imbalances in the body and so it takes time to change thoughts, undo habits 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.

Where could your journey take you?

Healing is a work in progress with many opportunities to go further and further. It's been seven 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 and are a part of this **ongoing process**.



When you consider your own healing journey, allow yourself to focus on what is coming up for you in the present. Whatever issues are at hand are the ones that need your attention. Don't try to address everything all at once, just be patient with yourself and accept that this will be a process. **What you do today is creating your health picture of tomorrow!**

Am I willing to view my healing as a journey?

What are the first steps that I can take to begin my journey back to health?

Do I believe that the choices that I make today are recreating my health for tomorrow?

Can I be patient with myself in the process of making changes to heal

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 a **new perspective**. I hope that some of these **new views** have helped you to reframe the way you feel about your SVT. I want you to decrease the power it 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 perspective, 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

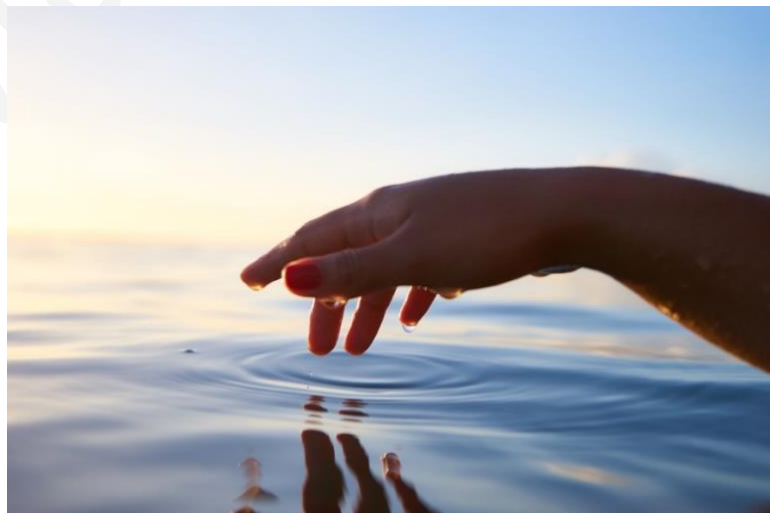
Armed with a new mindset, you are ready to apply those new views to doing the work of introspection and action.

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 all of the 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 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**.





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 an episode, but you also need support in reducing fear around the anticipation of episodes. Stage 1 provides tips to stay calm and helpful ways to convert out of episodes. It introduces the parasympathetic nervous system as a tool to help you.



Stage 2: Identify your SVT Triggers: The Key to Management and Awareness. Things are happening prior to episodes that need your attention. This stage will help you raise your awareness and learn to tune into and listen to your body before an episode even occurs. Discover what **“tips the scales for you”** and brings on acute SVT episodes. Learn ways to notice and manage triggers. 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.



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, Emotional, Spiritual and Energetic root causes. I give a solid overview on how to search for your unique causes, and suggestions on what you can do about them. This is a vast stage and as such, supplemental e-guides will be available in 2018 for each one.



Stage 4: Integration. Connecting the 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 and reduce or eliminate SVT episodes from your life.



The Healing Spectrum Stage 1:

Episode Empowerment

Be Prepared and Reduce the Fear!

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 episodes but was resistant to going on medication or to have ablation. The anticipatory anxiety of future SVT episodes left me afraid to leave my house, to drive alone, and to make plans for my future.*

All of my symptoms seemed to worsen in my 30's and after my first pregnancy. Instead of the occasional SVT, I now had it much more frequently, along with constant mis-fires, 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 a health breakdown. 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.

Every day I felt threatened that another SVT was imminent.

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

*I had to begin by **taking back control of health where I could.** This encompassed 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. 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 FEAR you feel DURING an episode? Either way, we need more tangible treatment options in addition to the emergency room option, **to feel prepared with a renewed sense of empowerment**. While the ultimate relief you long for comes in the form of SVT PREVENTION, there is a lot that you can learn how to do in the meantime in the episode empowerment stage.

As mentioned, traditional cardiology treats acute episodes in an emergency room with adenosine and gives you the choices of beta blockers and ablation. We are grateful for that, but those aren't **empowering options** and are certainly not **preventative**. They rid you of an acute episode and that is all. **They don't give you a road map to avoid future episodes by directing you to uncover the deeper causes, or long-term solutions.** *Traditional treatment also does not offer any support for the severe mental anxiety that comes along with an SVT diagnosis.*

The way to alleviate both your anxiety during episodes and your anticipatory anxiety you face is **to learn about and take action steps that are within your control**. 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 guide.**

Learning what you can do that is within your control is what leads to SVT freedom.

“ACTION ALLIEVIATES ANXIETY”

-- Marie Forleo



ACTION STEPS for Stage 1: Episode Empowerment

1. 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. Use your notebook to list what resonates for 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.



What should you do when you get an actual SVT episode?

Learn how to stop an SVT episode: The first thing you need to know is that when you get an SVT episode, there are 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.

What to Do During an Episode

2. **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 actions steps to counter your increased heart rate.

- 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 on page 31.)



“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

- 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 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 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.

- 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, help you build confidence and keep you from having racing thoughts that lead to more fear.

These four 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 controls and influences the way that our internal organs function. 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 affects 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. Over time **chronically elevated stress levels lead to your internal organs becoming depleted.** Depletion is one of the things to address to help you *Heal SVT Naturally*. Engaging the parasympathetic nervous system is an important part of **stress management**, reducing anxiety, and countering the amount of cortisol (a stress hormone) 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 stress are important habits to cultivate.

3. Learn about Conversion Methods: The first-response treatment for SVT is vagal maneuvers, such as Valsalva or carotid sinus massage.

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) First, 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 exhalation. You can use your cupped hands or put your thumb in your mouth and blow into your thumb. Use your hands 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.

- 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.
 - You can also **place your thumb into your mouth** and try the same method.
 - Keep a **needleless syringe** within easy access. Blowing into a needless syringe creates a high amount of resistance which gives you a good chance of converting.
 - Bend backward off the side of a chair, hyper-extending your chest, opening up your heart area.
 - Bend forward, crunching down and lift your torso up quickly (useful in the car).
 - 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.
 - In between vagal maneuvers, try **yoga postures** such as a shoulder stand or child's pose
 - 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.
 - 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. An incorrectly performed CSM can cause serious health repercussions.

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

Repeat whatever method(s) you select, as many times as necessary—Remember, you never know which method will convert you out of an SVT. They can end just as quickly as they begin. **You can also switch and try various methods. No need to stick to just one.**

*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!

C) Try the Modified Valsalva maneuver! While there are many conversion methods that can be effective for you, learn about and practice the newest and highly-rated **Modified Valsalva Maneuver**. "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. It is highly effective.

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).

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.

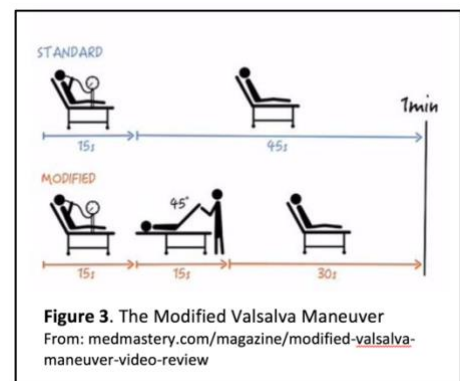


Photo Courtesy of:
<http://www.emdocs.net/treatment-refractory-svt-pearls-pitfalls/>

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.

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 information that will be helpful later in hindsight as you continue to piece together your SVT puzzle.

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 for your need to make your health an absolute priority in your life.

G. If you want additional support to feel empowered during episodes, you may be interested in the



fourth e-guide in the *Heal SVT Naturally Empowerment Series* called **The Episode Empowerment Guide**. It will be released in 2018. This guide is focused on explaining conversion methods, more tips to stay calm, and greater depth of information on the parasympathetic nervous system. It will also instruct you on how to create an **SVT episode empowerment kit**, that would be a very useful tool to use if needed.

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

Heal SVT Naturally 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 SVT’s you have not yet gotten to the bottom of the issue. 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.

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 can you learn from this for next time?

What does your body need?



Affirmations are a powerful tool in my 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) repeatedly. They reflect how you want to feel or what you want to create. You express them as though they already exist.

Useful Affirmations for Healing 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 love learning new ways to be healthy

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

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. I intuitively knew that if I didn't figure out why I was getting SVT's, that I was in serious trouble.*

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

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

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

The only medical advice I consistently received was to avoid caffeine. I knew that my doctors were well-intentioned 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?

My "ah-ha" moment was when I trusted myself to question traditional advice: It was okay for me to explore natural treatments. 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 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. 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.**

This is one of your 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
- Dehydration
- Intense stress or anger
- Constipation or bowel issues in general
- Acute digestive distress such as gas, bloating, pressure on your diaphragm or pain
- Certain positions, such as bending, lifting, or arms over head
- Excess heat or humidity, being too hot, unable to cool down

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.

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.** 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?** By doing this you will raise your awareness about potential triggers so that you can address your needs before they get worse. Pay attention to the information that you receive and write it in your journal. Pause and give yourself what you need!

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 vitamin or a boost of energy. I 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 tried to increase my fiber consumption 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.

- 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. Keep a daily list of your food and activities for a month or until an SVT occurs. Then, look for patterns of what triggers the next episode. 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. 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. This topic is covered in depth in the second e-guide, The SVT Prevention Diet. Links to that guide are available in the resource section at the end of this guide.
- 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?

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

Once you identify some of your risk factors and triggers, you can go into prevention mode as needed. If you know that you missed a good night's sleep, then the next day you want to be extra gentle with yourself. 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 last defense strategy. 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 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 requires a little bit of detective work and a lot of honesty, but it can be done. Use the common list that I provided 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 where it is leading me

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

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.

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 be very open-minded and truthful about the things in my life that were making me unhappy, and also about my habits that were self-sabotaging or just not healthy for me anymore.

This process of personal growth started with taking an honest look at all the potential underlying contributors to my ill health.

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?

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. Root causes can be physical, emotional, spiritual or energetic or any combination of several.

Root causes are different for everyone and there is NOT one root cause of SVT. They are unique for different people but like SVT triggers, there are some **common root causes** that many SVT sufferers share.



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, 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* 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.

The root causes that influence the physical layer and require investigation are **diet, food sensitivities**, nutrition, hydration, digestion, **absorption**, elimination, detoxification, body burden (accumulation of toxins within you), hormones, sleep, rest and relaxation, exercise and movement, cellular intelligence, stress and constriction, body signals, the central nervous system, and other biological factors.

Diet: The Starting Point

Whenever I work with someone with SVT, I always start with diet, digestion and gut health. **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.

Your food, the quality of your diet, your ability to digest and absorb essential vitamins and minerals, is a logical and tangible starting point. Many people ask how important diet is and the answer is that it is **CRUCIAL!**



To get started, the first step I recommend is to track your food consumption, a task that is outlined in the “Episode Management Action Steps” on page 38. Doing so, will provide valuable insight into your diet, elimination habits, water intake, digestive symptoms, etc. and their possible connection to your SVT. Collecting this data becomes extremely useful in identifying and avoiding your food triggers, **and to ultimately eliminate the foods that are making you sick.** This would also serve as useful information if you plan to visit an Integrative Nutrition Health Coach to assist you in this process. You

may need support with changing your diet, reducing sugar, adding in whole grains and learning ways to incorporate more vegetables.

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

Diagnosing a severe gluten intolerance forced me to eliminate it completely from my diet and gave my gut a chance to heal. (Gluten is a protein found in wheat, rye, barley and many processed foods). Many people with SVT have undiagnosed sensitivities to both gluten and dairy. Eliminating Gluten was initially the single most beneficial dietary change that I made that directly correlated with a drastic decrease in SVT episodes.

Since many people with food sensitivities and intolerances do not have immediate reactions, 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. There are different types of reactions to food that you could have; some are immediate and some are long-term. I explain these differences as well as the types of testing to consider in much more depth in my second e-guide, **The SVT Prevention Diet**. It is a must read for anyone serious about digestive health and its relationship with SVT.

Finally, **reducing sugar consumption** is always recommended as well, because 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 is likely also one of the root causes of SVT because it leads to mineral depletion

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 else I could do to help myself. 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.*

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

(proper mineral balance is essential for healthy heart rhythm function). Sugar leads to anxiety, mood issues, constipation and more. 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 are:

- A low inflammation diet and lifestyle: Reduce Inflammation in the body through diet, sleep, stress reduction, emotional release work and engaging the parasympathetic nervous system every day.
- Eat a nutrient-dense, **naturally gluten-free**, plant-focused diet.
- 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.
- 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 honey.
- Identify and eliminate allergic or sensitive foods from your diet.
- Improve digestion, absorption, and detoxification
- Slow down eating your meals, de-stress and thoroughly chew your food
- 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 in the resource page at the end of this guide. I provide 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 and self-care.



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. It would have continued to cause a variety of symptoms such as those I mentioned like hemorrhoids, gastrointestinal issues, anxiety, 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 in the physical layer. To learn more about this in-depth subject, please check out my 120+ page e-guide, **The SVT Prevention Diet**, an absolute must read. Details will follow in the Resource section.

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, exercise, weight and more. This list and 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 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 and the physical root causes, your 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.**

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

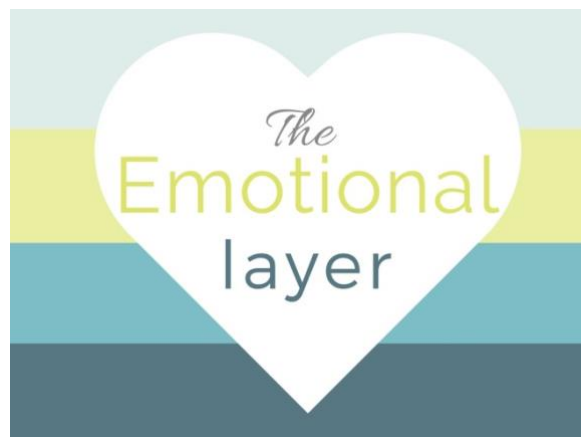
Unexpressed or repressed emotions stop the energy movement and clog the pathways to health. Some healers describe it as E-motions, or energy in motion. **Repressing emotions cause disharmony in the body and can lead to illness.** Releasing emotion, feeling emotion, addressing stuck emotions, and expressing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

Resentments, unexpressed anger, sadness, heartbreak, unhealed emotional wounds from the past, childhood traumas, any stressful events leading up to SVT, ongoing worry, 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 a story. **Honoring your 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.

If you have emotional wounds from the past that need your attention, you can **show up for yourself today** in ways that you were not able to in the past. Some of the answers to healing are inside of you and **waiting for you** to shine a light on your inner voice. The willingness to honestly look within yourself and tell 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, we always discuss the emotional side of SVT. More often than not, old issues from childhood arise such as abuse, neglect, death, divorce, poor decisions, hurts and old heartbreaks. These are very important aspects of heart healing. 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. When you feel and deal with your feelings, past hurts and old pain, you can **invite in true and lasting healing.**

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 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. I am grateful that I can support and enlighten others as a result of 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 benefit of doing what I call “the Work of Being Well” and the work of *Healing your SVT Naturally*.

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

Here are some questions to consider for this self-analysis process.

- 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 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? 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?





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. The energy you absorb and create can impact your mood and emotions, digestion, sleep, concentration, spirituality, and of course, your physical productivity. For now, just begin to raise your awareness to how your energy is a part of the SVT equation, and that **people with SVT are energy sensitive**.

“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 from EMF exposure is particularly useful in SVT prevention since the heart has one of the largest electromagnetic fields in your body.

Internal Energy Centers

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

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.

Here are some areas to investigate and act on within the energetic layer:

- Pay attention to the energy you create and what you unknowingly are attracting.
- Avoid absorbing other people's energy, especially if it is toxic.
- Learn how to protect and clear your energy field.
- Modify your reactions to other people's issues or actions.
- Limit your exposure to EMF's from sleeping with your phone or computer near or on your head or chest.
- Be aware of sensitivity to noise or temperature; limit exposure to stressful newscasts or conversations especially at night.
- Learn about the Law of Attraction.
- Help harness and direct your energy into healing opportunity by using manifesting tools such as Vision Boards, Vision Journaling and Creative Visualization.



The CORE FOUR Healing Layers: The Spiritual Layer

The Spiritual Layer of *Heal 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 and being of service to God.***

SVT can be a wonderful opportunity to re-evaluate the very core of how you spend your days, what you devote your life to, and with whom you choose to spend your time. Your heart represents life itself, and therefore, your life purpose is a part of the *Heal SVT Naturally* discussion.



In my own life, SVT helped me to re-connect with and forgive God for childhood losses that I blamed him for. Most importantly, SVT helped me to forgive myself, the ultimate gift. 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. Sometimes the ultimate purpose of doing all the work of healing is so that we can align more deeply with your purpose and service. *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.*

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 redirect what they focus on, move from suffering to empowerment which enables us all to play a healthy role in spreading love and healing in this world that so desperately needs it.

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:

- Are you living in alignment with 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?
- 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 have a connection with a religious source or community?
- Do you have a self-care 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?



“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. 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. 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.

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.
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. It supplies practical information on how to restore digestive balance, use food as medicine and how to use self-

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

care as a foundation of SVT prevention.

5. **Organize a Support Team.** As you learn about your root causes within the physical layer, 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, and overcome emotional eating habits 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. Learn more about the Heal SVT Naturally Membership for affordable health and life coaching support to support you in your continued healing efforts.



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.

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 over sleeps but still wakes up exhausted and skips her usual breakfast of eggs or oatmeal. Instead she eats a bagel with coffee at work in front of her computer. During the day, she allows her co-workers to chat with her about their problems so that she has to stay in at lunch to catch up on work instead of taking a walk. On the way home from work she purchases a take-out pizza and soda which includes ingredients that she is unknowingly allergic to and also predispose her to further weight gain, 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. Instead she lays on her couch and 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 a full 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.

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 core causes and integrating self-care steps into our daily life. A new diet, and self-care become a 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 help takes time to build. Eventually you will enjoy taking care of yourself and it won't seem like a chore.

Prevention is a way of life. 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. 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 a great deal of 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.



Mediation 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.

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 early 2018 that may be just what you need—see the Resources page for more details.



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. 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.*

I am grateful for my SVT

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

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

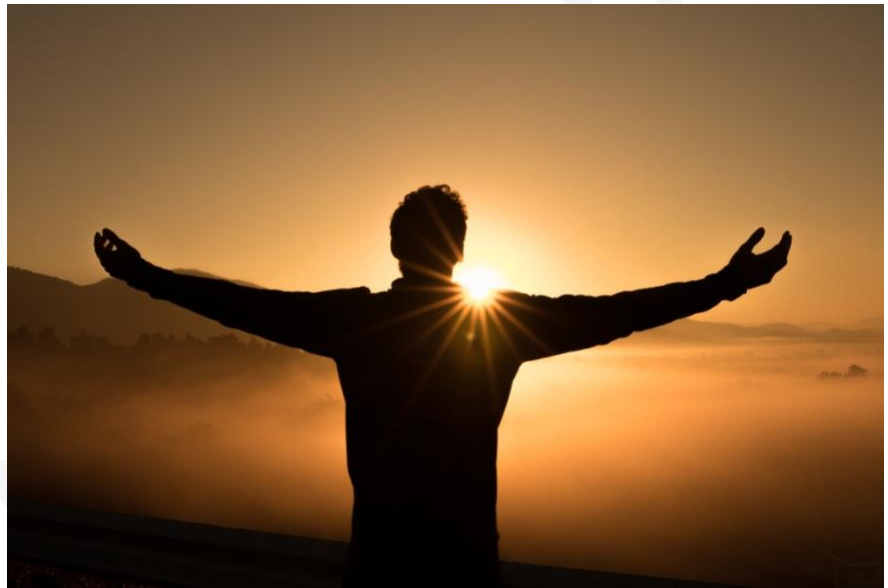
This last new view that I present to you, is my favorite one.

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.

Just as I mentioned, **I am grateful to my SVT for helping me to transform my life.**

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. SVT has changed my life for the better, 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 a blessing in disguise 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 action steps for each of the 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 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.

Have you ever considered that 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

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 and a monthly membership. They include a private website with monthly themes, video classes, PDFs, group coaching, live weekly Q & A, private personalized coaching and so much more. Learn about the Heal SVT Naturally Online offerings, classes, course and membership coming in 2018 [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