

SVT Episode Empowerment E-guide:

Reduce Fear, Stay Calm & Convert your SVT

By Laura Madrigano

Supraventricular Tachycardia: The Path to Episode Empowerment

The acute SVT episode and the anticipatory fear of one occurring is what brought you to this point of wanting to take control of your condition—to know how to convert out of the episode and to move forward without the fear or possibility of recurrence.

Learning how to convert out of an SVT is HALF the battle, and no doubt this guide will help you feel more in control in responding to acute SVT episodes. However, *ultimately* I want you to *learn why you are having SVT's to begin with* and give you **integrative tools** to address the root causes of your SVT.

I want to help you eliminate SVT forever.

SVT is not as random as you are told nor is it necessarily an isolated condition. *More precisely SVT has **both common triggers and root causes** which respond well to lifestyle medicine such as dietary and lifestyle changes.*

1. In the short term, I want to empower you with the **tools and skills to convert out of an episode.**
2. In the long term, I have developed the **Heal SVT Naturally Approach** to guide you in the supplemental treatment options for the SVT condition. When you feel confident that you can convert an acute SVT, and minimize episodes overall, you will be able to refocus your time and effort to do the long-term work of *healing and prevention.*

Short Term: Take Control of an Acute SVT

Is this your current situation?

- Your whole life revolves around worrying when an SVT episode will happen next.
- You don't know how to anticipate or control the frequency of episodes.
- You want to be more confident in your ability to break an SVT when one does occur so that you do not have to rely on Emergency Room intervention.
- You want to learn effective conversion maneuvers that give you the best chance of successfully breaking the SVT.
- You want to reduce your **overall fear** of SVT in general and feel much more empowered and in control of your health.
- You want to reduce your predisposition for SVT's to even occur
- You ultimately want to be SVT-Free.

Formula for an Acute SVT

Understanding SVT Triggers

There is a lot happening **PRIOR** to an SVT that contributes to an acute episode. Episode empowerment **begins** with raising your awareness toward what is transpiring *preceding the actual episodes*.

SVT happens when your body is taxed and pushed past your limits. The underlying root causes of SVT are **not being addressed** and thus you are susceptible to **SVT TRIGGERS** that make you vulnerable to an acute episode. Triggers are what push you over the edge, but they are not the sole cause of SVT. They are the “straws that break the camel’s back”.

SVT Triggers + Unaddressed Root Causes = Acute SVT

What you ate, drank, thought, felt and did 24-48 hours prior to an episode matters. This is a major point of power and **where you exercise control to influence the probability of an episode**.

SVT’s are **triggered** at vulnerable times in your life such as when you:

- push yourself past your limits (stay up late, work chronically late, ignore your biological clock, push through your body’s cues for sleep or rest, etc)
- ignore your needs
- are chronically sleep-deprived or even had just one poor night’s sleep
- are nutritionally, emotionally or physically depleted
- are exhausted
- are dehydrated
- are angry, nervous, stressed
- are constipated
- overate
- suffer digestive disturbances
- have undiagnosed food sensitivities and ate a trigger food

What specifically tips the scales for you and brings on an acute SVT is what you need to track and identify. While I listed some common SVT triggers above, each of you also have your own specific triggers. Paying more attention to hydration, adequate sleep, daily rest, nutritional intake, digestion, and your body’s needs is a prerequisite in being able to respond to the cues that lead to being triggered.

Raising your awareness, tending to your needs and increasing self-care, decreases the likelihood of episodes from common triggers.

Trigger awareness + your responsiveness = Episode Empowerment

SVT detective work is when you diligently analyze and record the things that you think contribute to your episodes. Designating a notebook to this will help you to determine the common denominators that influence the likelihood of an episode for you. **Detective work allows you to raise your trigger awareness and recognize when you are at risk.**

The actions that you take in these vulnerable moments is part of the **SVT prevention** that leads to episode avoidance and empowerment. In other words, identifying your SVT triggers and then managing them **decreases the chance** of an episode. Your power is in the action steps you take in prevention and responsiveness to your vulnerabilities.

Root Causes

Avoiding your SVT triggers is only *part of the process* of reducing episodes overall. The real work is to address the **underlying causes** of what predisposes you or sets you up for an SVT to occur.

According to my SVT-GUT connection theory, which is a major aspect of the *Heal SVT naturally* approach, is that on a physical + nutritional level SVT's stem from deeper unresolved issues such as long-standing depletion, leaky gut syndrome, malabsorption of vital vitamins and minerals, undiagnosed food sensitivities, hormone fluctuations, overburdened or high body burden and stress.

You need to investigate and heal the issues that are creating these problems that lead to SVT. Working on these deeper level issues is how you address the root causes of SVT. **This is what requires your true attention for long term SVT freedom.**

My Heal SVT Naturally Approach believes that there are **physical + nutritional**, emotional, spiritual and energetic causes of SVT. I have covered the topics of physical + nutritional, (which I recommend as the first layer to look for root causes), in in my e-guide, *The SVT Prevention Diet*. You can get it [HERE](#).

Please refer to my foundational e-guide, *The SVT Prevention Diet* to learn the 3 Pillars of SVT Prevention. DIET is an essential tool in your long-term healing.



Learn more [HERE](#).

There are issues and imbalances going on at the ROOT level that need to be identified and addressed for long-term SVT relief. Solutions to alleviate both your SVT triggers and root causes lie in **integrative action steps such as dietary changes, stress reduction, lifestyle modifications and **vagal toning**.**

My entire Heal SVT Naturally Approach is to help you learn how to use all of these methods to eliminate SVT, however the focus of this e-guide, *SVT Episode Empowerment*, is on **reducing fear, staying calm and converting out of an SVT**. Here, I provide you with **effective maneuvers to break an SVT, useful conversion tools, and the means to mentally calm yourself during the process**. I also discuss how to extract the most valuable information from the episode to inform your self-care and SVT prevention for the future.

Here is what you will learn in this guide:

- Conversion tools and how to create an SVT Episode Empowerment Kit.
- Effective SVT conversion methods.
- How to engage the parasympathetic nervous system during an SVT episode.
- Techniques for breathing and staying calm during the conversion process.
- How to rest, reflect and recommit after an episode.

The DREADED SVT Episode: *oh no, here it comes!*

You know the scene: you feel your heart stop and then maybe there is a thump. After a brief pause, your heart starts beating again as though it is revving up **like a race car**, as if someone is **stepping on a gas pedal accelerating your heartbeat** faster than you ever knew possible. Your SVT is starting, the dreaded episode is here! You may feel light headed, hot, dizzy and scared. You are alone or in a public place, and you don't know what to do...

Is this really happening?

Anticipatory FEAR of SVT

No doubt your SVT condition makes you feel vulnerable, scared and out of control. You may feel unprepared and unskilled to stop episodes and overwhelmed by the constant anticipatory fear of the next episode. This can create chronic anxiety and a feeling of general powerlessness that no one but a fellow SVT sufferer can understand.

This chronic SVT fear can spill over into other areas of life and become all-consuming. The overall impact of chronic SVT episodes may make it difficult to make plans, go to work, travel and live your life the way you imagine.

Given the intense fear surrounding the actual episode, and the constant expectation of one, begs for alternative treatment options in addition to medication at the Emergency Room. To only have hospital-administered adenosine is both inconvenient and disempowering.

The optimal choice is to feel prepared and empowered to break an SVT quickly and on your own, and ultimately to use root cause medicine to manage the condition and rebuild your confidence in the long-term.

The following are steps to feel EMPOWERED to break the SVT episode *as well as the SVT cycle of fear.*



BE PREPARED!

Being prepared is a strategy in life to reduce anticipatory fear *in general*.

Action Alleviates Anxiety!

This is especially useful when it comes to SVT. Advance preparation for an imminent SVT will reduce the endless anticipatory anxiety by **exercising control where you can** through being organized and ready.

This step is important for several reasons. You want to have effective SVT conversion tools that are accessible, and maneuvers rehearsed. Just like anything in life, the more prepared you feel, the more confident you will be when the time comes to take action. Preparing and SVT emergency kit and practicing the maneuvers gives you the best chance to break the SVT with speed and confidence.

The protocols outlined in this e-guide allow you to target your energy on converting instead of panicking which only worsens the whole situation.

1. Assemble an SVT Emergency Kit

The first step I recommend in being prepared is to assemble an SVT Emergency Kit. **You kit will contain several key SVT episode empowerment tools.** Some tools keep you relaxed, some keep you mentally focused and some are used to assist in converting the SVT. Assembling these tools together, in one convenient place, is what I refer to as your **SVT Emergency Kit**.

Plan to keep an **SVT Emergency Kit** wherever you go, so you may need to create at least two or three of them. Store each kit in a container or travel zip case that you can leave in your car, at the office, in your handbag and next to your bed, as well as a mini version in your wallet. You will feel prepared and safe if you have multiple kits readily stocked and accessible in all the places that you frequent.

You will have *what you need*, when you need it.

SVT Emergency Kit Contents

1. **Conversion Tools:** SVT conversion tools help you **convert out of an SVT** and **stay calm during the process**. A conversion tool is anything that you can **blow into** to create resistance with your breathe that could stop an SVT. If you have not yet heard of this, it is explained later in the guide under the modified Valsalva section or you can read about it and watch this [video HERE](#).

Conversion tools will assist your own ability to stop the SVT by giving you greater resistance when blowing which helps to break the SVT. Conversion tools include **straws, balloons and a needleless syringe**. You will BLOW into these devices at the immediate onset of an SVT as well as at any point during the conversion process.

Conversion tools:

- *Straws*
- *Needleless syringes*
- *Balloons (which can be easily placed in wallets)*
- *Your Thumb*
- *Anything you can blow into that will create resistance. Feel free to be creative here: I have found several effective SVT conversion tools in my children's toy box that can be used as resistance devices. See [pictures below](#) for ideas. One came from a race car set and another is a pump without the tube.*



2. **Travel Ice Packs.** *Travel Ice Packs or Instant Cold Packs that can be activated as needed are helpful in emergency situations when real ice is not accessible.* They are called Instant Cold Compresses or Single Use Cold Packs. I recommend using ICE in addition to whatever maneuvers you try for acute SVT. For travel and emergencies you can fill your emergency kit with these cold packs [HERE](#)
3. **Electrolyte Packets and/or CAL MAG CITRATE.** I like this one [HERE](#) and [HERE](#)
4. **Cold Water Bottle:** It is so important to have COLD water when you need it when you are living a life of SVT prevention. Sometimes a few sips of ice cold water is all you need and this [water bottle HERE](#) is a life saver. I carry mine with me everywhere and it is super comforting to know that no matter what temperature it is outside or anywhere I am, my water is ICE cold in my swell bottle. I LOVE this bottle! The water and ICE stays super cold ALL day for up to and even over 24 hours.
5. **Printable page of conversion methods** ([Print pages 12-19 and keep it in your emergency kit](#)) and also PRINT the RE-cap CHECKLIST page on **page 27**
6. List of **people** with their phone numbers so that someone can call them for you if necessary.
7. **Calming tools:** Calming tools relax and support your parasympathetic nervous system which is essential during episodes.
 - Essential Oils. I like Young Living brand and recommend these powerful calming combinations: *Sacred Mountain, Gentle Baby or Peace and Calming.*
 - Lavender roll-on lotion or spray.
 - **Affirmation cards.** Affirmations are words of inspiration and encouragement that you pre-write on index cards that make you feel safe and focus on a positive mindset. I created printable affirmations for you on [page 19](#) or you can create your own. Have these handy to provide you with mental focus and calming reinforcement.
8. Mini **Journal** or Notes in iPhone. Browse journals [HERE](#)

These are just some of the things that I highly recommend having in your SVT Emergency Kit. Obviously you can include anything else that you find useful. I advise purchasing and preparing all of these tools in advance, today!

You can shop for some these tools on the *Heal SVT Naturally* website [HERE](#) or search for them on Amazon. I also have some zip cases to store your SVT emergency kits in available on the Heal SVT Naturally website as well. View them [HERE](#).



SVT CONVERSION METHODS

As you know, an SVT needs to be converted back to a normal heartbeat as quickly as possible at the onset of its occurrence. The first-response treatment for doing so is vagal maneuvers. Vagal maneuvers are used to slow down a fast heart rate. This includes Valsalva maneuvers or the 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. Please seek medical guidance if you choose to perform this method. You should only do this if you are with another person who can assist you or a medical professional. Carotid massage is not discussed in this guide and I recommend that you seek advice from your medical doctor as to if and how you should perform this.

SVT conversion methods are the **physical maneuvers and efforts that you will engage in to CONVERT out of your SVT**. If you attempt to convert on your own, you may be able to avoid a visit to the Emergency Room for the staff to perform the maneuver or administer medication called adenosine.

Conversion methods should be used the minute you feel an SVT coming on and engaged in until the SVT converts. *Do not wait* until your heart revs up to 250+ beats per minute to begin these efforts. Begin converting the second you feel an SVT ramping up for the most efficient outcome. And continue performing them UNTIL you BREAK IT, even if you decide to go to the hospital or call an ambulance. You can convert out of SVT just as fast as it began and its important to KEEP TRYING.

The following are examples of the steps you can take at the onset of an acute SVT.

I recommend printing out the following pages for your SVT emergency kit to refer to during an acute episode. This is useful to guide you through conversion methods until one works.

Step 1: At the immediate onset of an electrical miss-fire, SVT “attempt” or actual SVT:

- Hold your breath, bear down, and try to “push” the SVT out of your heart.
- While you either hold your breath or start blowing into your thumb, immediately grab your **SVT emergency kit or conversion tool like a needleless syringe or balloon.**
- Take out one of your conversion tools, preferably the needleless syringe and begin BLOWING into the straw, balloon or syringe immediately. If you choose a straw, blow into one end and then cover the other end with your hand to create resistance.
- Find a comfortable place to sit or lay down. If at home, use your bed; if at the office, shut the door and use the floor or a chair or couch. If in a public place, find a corner or the place where you will feel the most comfortable. While sitting start blowing. If in a car, recline the seat so you can also lift your legs to engage the modified Valsalva maneuver.
- If someone is home or with you or at work etc, calmly tell them that you are in an SVT, and that you may need their support. Tell them you will be directing them in how to help you and ask that they stay calm and follow your directions. Explain in advance to family members, friends or trusted co-worker that if you do go into an SVT in their presence, that the BEST way they can support is to stay calm and assist you as directed.
- Apply ice packs from your freezer or activate travel ice packs from your kit by yourself or with someone’s help.

Remember: the second you feel an episode coming on, start blowing into your thumb, straw, balloon or needleless syringe and begin trying to convert. DO NOT WAIT!

Step 2: Apply ICE PACKS to your face, cheeks, eyes or

neck. Ice packs cool down the body and have the effect of a vagal maneuver. Apply the ice bags to your face and neck while you engage in your vagal maneuvers. I recommend using the ice in conjunction with your conversion tools and maneuvers.

Additionally:

- Direct the person assisting you to bring you a large glass of ice water and to deposit the electrolyte packets or cal-mag citrate into the water (the brands I use are [HERE](#)). Use a straw to drink out of so it's easy to sip out of in case you are lying down. Again, a straw can also be used as your conversion tool.
- Sipping on cal-mag citrate or electrolyte packets while you are attempting your conversion methods will maintain your electrolyte balance while you are in an SVT and may hasten your recovery. It is normal for your potassium to decrease during or just after an episode. Therefore consuming electrolytes will be a proactive measure to help regulate your minerals and restore balance quickly.
- If you feel HOT ask your friend to open a window if it is cold outside. **Fresh cold air** may feel good and help you to cool off and convert faster.
- You can also ask a friend or family member to get you a cold washcloth to place on your head, neck and wrists. You can place ice cubes in the washcloth if this is comfortable for you.

Being hot or feeling like the air is stuffy, or humid weather in general can be an SVT trigger. Hot, humid air quality can contribute to general anxiety, breathing discomfort and SVT risk. As part of your overall SVT prevention, you want to take steps to reduce internal heat using cooling food choices, fostering daily bowel movements and managing air quality and temperature as your tools. Well circulated rooms, air conditioning, and cool temperatures in general are helpful for reducing internal "excess heat" which is an SVT risk factor. As I explain in [The SVT Prevention Diet HERE](#), **Internal heat is a common symptom that indicates deeper root causes that can be managed with diet and supplements.*

Example of How to Apply Trigger Awareness...

If you felt HOT or thirsty prior to an episode, pay attention! Feeling overly hot can precipitate an SVT and will be useful information for you in your SVT prevention planning. If you do catch this clue, immediately drink a full glass of ice water with electrolytes or Cal-mag citrate effervescent powder such as [this one](#) to become proactive about your prevention.

Always make note of your symptoms and feelings prior to any SVT episode in your journal. This information will provide critical clues for SVT prevention!

Step 3: Engage the Valsalva Maneuvers

Below is a list of popular Valsalva maneuvers. I recommend printing this page so you can run through the list and alternate methods during an SVT episode. Try each one repeatedly until you achieve success.

- Bear down, crouch on the floor as if you are going to have a bowel movement.
- Actually go to the bathroom and push to have a bowel movement if possible.
- Use blowing methods:
 - **A Plastic Straw:** blow HARD into a straw for 15+ seconds until you are completely out of breath in one long exhalation. Place your hand on the open end of the straw creating resistance with your hand as you blow. Straws are easy to keep around your house, desk drawer, car, pocketbook, briefcase etc.
 - **Put your thumb in your mouth** in place of a straw or when you don't have any tools on hand, applying the same method above.
 - Keep a **needleless syringe** within easy access. Blowing into a needleless syringe creates a high amount of resistance which gives you a good chance of converting and are part of the effective "modified Valsalva maneuver". Needleless syringes can be ordered [HERE](#)
 - **Balloons:** Blowing into a small balloon is another simple and effective accessory to keep handy around the house, at the office or in your wallet.
- **Bend backward** off the side of a chair, hyper-extending your chest in order to open up your heart area. Quickly return to normal position.
- **Bend forward**, crunching down for a few seconds and then lifting your torso up quickly (useful in the car).
- **Ice Bath:** The ice bath method is performed by either applying an ice bag to the face for 15 second intervals or dipping your entire face into an ice bath in the sink. If you are using the

ice bag on your face you can alternate this position to your neck or eyes or where it is most effective. The intervals can be 15 seconds on the face, 15 seconds on the side of the neck or eyes, 15 seconds back to the face, repeat. OR just dip your face into a sink or bowl filled with ice water.

- Force yourself to gag and/or cough.
- **Yoga Postures:** Get into a Yoga posture such as a **shoulder stand or child's pose**.
- **Massage your eye balls** with the lids closed. Press gently and release. While you are there, massage your eyebrows, third eye (the area between your eyebrows), and face. Also place ice on all these areas.
- If you do decide to transition to the Emergency Room keep practicing all of these maneuvers while you are in transit.
- You can ask for someone to perform a **carotid massage** on your side neck as a last effort at the hospital prior to adenosine if vagal maneuvers are not working. (*Disclaimer: An incorrectly performed CSM can cause serious health repercussions! It is only advised to have a medical professional perform this on you.*)

***STEP 4: Try the modified Valsalva Maneuver.** Of all the steps this is the one I recommend MOST! Of all the Valsalva maneuvers to employ, ADD this one to your ROTATION first! Research has shown that the **Modified Valsalva Maneuver has the highest conversion rate** for people who respond well to vagal maneuvers.

How to Perform the Modified Valsalva Maneuver

The **Modified Valsalva Maneuver** can be highly effective, especially if vagal maneuvers have worked for you in the past. I recommend that you view and practice the newest and highly-rated Modified Valsalva Maneuver using the video link below.

“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. Raising the legs generates increased pressure within the chest cavity so that when you lower the legs it triggers a slowing of the heart rate that may aid in stopping the abnormal rhythm.”

Familiarize yourself with this method using the [video link here](#) or diagram provided since not all hospitals and cardiologists are practicing it yet. *If you do transition to the ER, ask your doctor or emergency staff about it and

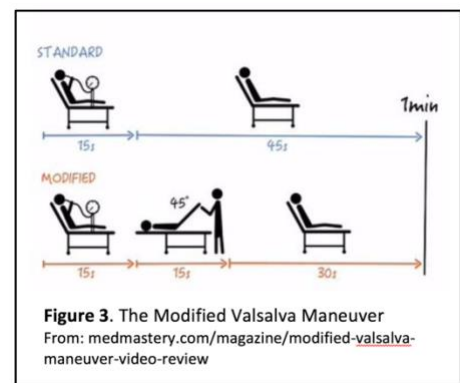


Photo Courtesy of:
<http://www.emdocs.net/treatment-refractory-svt-pearls-pitfalls/>

request that it be performed on you. You may safely try this at home and possibly save yourself a trip to the Emergency Room.

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 shown in the picture). Lastly, sit upright for 30 seconds to allow the blood in the chest cavity to quickly flow down, increasing your chances of converting.

Repeat this maneuver as needed. To learn more about this maneuver watch the video below.

[View the VIDEO HERE](#)

Keep trying until you CONVERT! Don't give up!

Step 5: Call or engage a family member, officemate or even a friendly stranger to stay with you and support you during the process of breaking the SVT if this would be comfortable for you. Ideally this would be someone who can help you stay calm and who you trust. The safer and more relaxed you feel, the easier it is to convert.

Step 6: Keep Repeating maneuvers until you break your

SVT. If at first you don't succeed, try and try again! The most important thing to realize when you get an SVT, is that you must continuously try to BREAK it until you convert. 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. Using tools and conversion methods is not a one-time effort; it is something that you do over and over and over until you are successful. Even if you choose to go to the hospital, you need to be attempting to convert during the ride there. You should actively be attempting to convert out of an SVT the entire time you are in an acute state.

An SVT STOPS just as QUICKLY as it began. You never know which attempt will be the ONE that breaks it, so from the second it starts, consider yourself to be in "full blown conversion mode" until you convert. It is your only goal. Try not to panic or log into Facebook to broadcast that you are in SVT and can't break it. If you are doing that, you are not

really putting all your energy in the best place. Repeat whatever method(s) you select and try as many times as necessary. **You can also switch methods, no need to stick to just one.**

Continue to convert until you are successful!

Step 7: Engage the Parasympathetic Nervous System During the Conversion Process.

Staying calm is critical to stopping an episode and reducing the amount of adrenaline rushing through your body. A conscious effort to stay relaxed and focused during episodes will more quickly take you **out of the sympathetic nervous system response** and into the **parasympathetic response**.

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

Employ one or more of the methods listed below at the onset of an SVT or in-between attempting conversion methods. These pro-active steps can **decrease your heart rate** and adrenaline during this critical time of conversion.



1. Try any **forward-bending yoga posture such as *child's pose*** to stimulate the parasympathetic nervous system. **The parasympathetic nervous system is what restores the body to a state of calm** also known as rest-digest-recover. It produces a state of equilibrium. Any forward bending yoga posture will help with this. This pose is useful to use in-between vagal maneuvers or while you are waiting for a family member to grab your emergency kit.

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

2. **Use Acupressure:** Press your thumb into the center of the palm of your opposite hand using firm pressure to **bring your energy down to reduce immediate anxiety**. Hold it there for a count of 15 seconds, release and repeat. This is a Chinese medicine technique used frequently

in acupuncture to calm your overall energy and bring energy back down and away from your heart. You may continue to do this in-between conversion methods and blowing. You can also do this anytime you feel anxious or ungrounded in general or if an SVT feels imminent.

3. Breathe! Your breath is always your most valuable tool even though it may feel like your breath is disconnected from your heartbeat during an SVT episode. Inhale and exhale slowly to get oxygen into your brain and body. Breathe in for **three** seconds, hold for **three** seconds and then exhale for **six** seconds. Continue this rhythm. Slow, deep belly breathing can also engage the parasympathetic nervous system for this purpose. If you practice breath work every day you will be proficient when you need it the most!

4. Apply your essential oils. Dot it on your neck, wrists, under your nose or anywhere that soothes you. Inhale the oils for three seconds and exhale for three seconds. I like lavender, sacred mountain and peace and calming by Young Living brand.

5. Use Affirmations: Repeat positive affirmations (such as the ones listed on the next page) to yourself as you convert such as, ***I am okay; I can do this; I can break my SVT; I am safe.*** My favorite affirmation is ***“My heart beats to the rhythm of love”*** by Louise Hay. Affirmations provide a focus during an episode instead of allowing racing fearful thoughts to take over. Your intention is to stay focused and optimistic. Make a list of positive affirmations and keep them on an index card in your episode empowerment kit or print the ones I created for you on the next page.



These suggestions to stay calm during episodes are just a few ways to elicit the benefits of engaging the parasympathetic nervous system when you need it most! I highly recommend creating a self-care practice using these calming methods on a daily basis so that when confronted with common stressors or an extreme situation like SVT, you will be ready and proficient to tap into your parasympathetic nervous system.

During the entire conversion process apply ice, breathe, blow, recite your affirmations, and continue using the modified Valsalva maneuver until you break the SVT.

Recite Affirmations to Yourself

Affirmations are statements that you say to yourself (or write out) in present tense as though they already exist. They are a powerful tool in your self-care tool box **during an acute episode** and also on a daily basis. While I focus on dietary changes as a major SVT prevention tool, your thoughts and mindset are equally as potent in self-healing. Affirmations calm the mind and create space for new outcomes. Use them during SVT episodes to stay grounded and focused, afterwards to recover and going forward, to inspire journal writing in creating a vision for health and well-being.

Acute Episode Affirmations:

- *I am calm, I am SAFE*
- *I am centered*
- *I know how to convert my SVT*
- *My heart converts easily back to normal rhythm*
- *My heart responds to my efforts to restore balance*
- *My body responds to the care I am giving it*
- *I don't have to go into an SVT to listen to my heart*
- *I am present and able to nurture myself*
- *My heart beats to the rhythm of LOVE*
- *I listen to my heart*
- *I release my need for emergencies to get my attention*
- *I don't have to be sick to be seen*
- *I am listening to my heart and here for myself*

Daily Affirmations for SVT Prevention:

- *I love listening to my heart*
- *I easily hear my heart messages*
- *I enjoy caring for myself*
- *I make room for self-love and self-care*
- *I do not have to go into an SVT episode to pay attention to my needs*
- *I am committed to taking care of myself*
- *I am healing and getting healthier every day*
- *I love listening to my heart*
- *I easily hear my intuition*
- *I love listening to myself*

POST Episode Empowerment

Apply the 3 R's of Post Episode Recovery: **Rest, Reflect & Recommit**

Rest

What should you do after an acute episode?

1. Immediately after an acute episode you need to rest and recover! Lay down, breathe, stay calm, relax and cover yourself if you are shivering. Take the rest of the day off from work. Do whatever you need to feel safe. You have just experienced a physical ordeal and you need to let your body take time to restore itself back to balance. Allow yourself to fully recover.
2. Sip a glass of water with electrolytes or Cal -mag citrate if you have not already done so. This is the magnesium brand that I use [HERE](#).
3. Speak encouragingly and lovingly to yourself during this time. It is not productive to scare or be mad at yourself. Be nurturing to yourself like you would with anyone who you love.
4. Take any other vitamins from your daily regimen such as potassium or iron with plenty of water.
5. Take an Epsom salt bath if this would feel soothing and relaxing for you.
6. Eat lightly if hungry. Tune in to your body and ask what you physically need. Do not eat any wheat/gluten or sugar, but choose healthy food such as a green juice, smoothie, grilled or steamed vegetables and protein, or vegetable soups. Keep meals simple and nutrient dense. You may opt for a plain apple or a bowl of sautéed broccoli with pink Himalayan salt.
7. Clear anything off your plate that you can. An SVT is a sign that you are pushing yourself too hard. Re-evaluate your to-do list and clear some space for yourself for the next few days. You need time and space to rest so you can reflect on what you have been through.



REFLECT

1. Use the time after an episode to **process your experience**. Sit in silence, meditation or in nature and think about your experience and what you learned or noticed. Make notes in your SVT journal as to which of the conversion methods and tools worked the best for you and what did not work. List anything else that is important for you to remember from the experience. The notes you take in these moments become invaluable as you piece together your overall SVT puzzle later on.



2. Food Track: **Use the BACK-TRACKING method to list everything that you ate in the 24-48 hours prior to the last episode**. Include what you drank, when or if you had a bowel movement, and the supplements, teas and herbs that you consumed. List everything you can recall! Try to use your intuition to see if you can identify a food that you feel was a trigger for you. Did you have enough water? Did you slack on your magnesium? Did you have sugar for breakfast? It could also be the amount of food you ate, so take note. Over time you may see a **pattern emerging** that could be very telling in identifying SVT food triggers or other SVT triggers.
3. Record important facts such as **how you felt prior to the episode, and what activities you were doing** and any other relevant information. In hindsight you may see that you were thirsty and didn't drink water, or that you were exhausted, yet pushed yourself anyway. Maybe you had to deal with an unpleasant family situation or couldn't assert your needs or set protective boundaries. Maybe you have been ignoring your need for rest for a few days or have a commitment you didn't want to keep but didn't cancel. Consider whether there were **signs that you missed**, no matter how subtle, that could predict what leads to an episode. Your heart is talking to you and now is the time to listen! These details could provide valuable insight into what triggers an SVT for you and **what changes in behavior could help you avoid a recurrence**. Anything and everything is useful to note when you have just experienced an episode and are using hindsight tracking. Devote a specific notebook for this data.
4. What else did you learn from this SVT? What new insights did you gain? What, if anything, will you do differently next time?

5. How can you extract something positive from this experience? This is an important step in your reflection. Learning to take something helpful from this experience will help you in the future. Even if you realize that you were dehydrated or didn't listen to your heart messages, it's OK, because you will take that information and apply it for next time. The process of Healing SVT Naturally is about re-awakening self-nurturance and it begins by being gentle with yourself, and listening and responding to your needs.

Recommit

Let your ACUTE SVT episodes inspire you to **recommit to your health, self-care and healing journey**. Below are some immediate steps to take as you re-commit to the *Heal SVT Naturally* way of life.

- 1. Allow your episode to motivate you.** Instead of feeling discouraged after an episode, use it as fuel to **renew your commitment to your health and well-being**. There is nothing like an acute SVT to re-inspire your health vows. What do you need to recommit to? Be truthful with yourself. Make time for yourself and your needs. Take things off your plate to make room for your self-care practices. You do not need to make excuses to anyone regarding your need to make your health and self-care an absolute priority in your life. Let your acute SVT motivate you to say NO to people or commitments and make yourself a priority!
- 2. Read or reread [The SVT Prevention Diet](#).** Memorize the rules! No consuming gluten or white sugar and reduce dairy and processed foods. The e-guide explains how undiagnosed food sensitivities and gut imbalances are impacting your overall susceptibility to episodes and exactly how to change your diet to optimize nutritional absorption and lymphatic detoxification as strategies to manage your SVT episodes. Is it time for a diet overhaul?
- 3. Perhaps it is time to **engage a professional to support you**** in the healing process. Consider hiring an Integrative Nutrition Health Coach who can support your next steps or check out my *Heal SVT Naturally* on-line self-healing course on the Heal SVT Naturally website. Most people need guidance and support when making changes to their health and self-care routines. If you cannot afford a private experience or course, be sure to read over the *Heal SVT Naturally* website for many of the free articles and information there or download the affordable *Heal SVT Naturally* e-guides priced under US \$20.00 from the *Heal SVT Naturally* Empowerment Series. Browse them [HERE](#). I am always here for you! If you want to work with me please reach out, I used all of the methods I explain in my own SVT healing and became a Board Certified Coach and Integrative Nutrition Health Coach to help others do the same!

4. Make a list of your **health goals in your journal** and three action steps that you can take for each one. Then schedule those action steps into your diary or calendar. Healthy Self-care routines are the foundation for SVT prevention.

5. Make time to journal daily. Follow the Heal SVT Naturally Instagram page [HERE](#) for daily journaling guidance, prompts and inspiration.

5. **Engage the Law of Attraction.** The law of attraction states that “like attracts like”. Use this time to create a **crystal-clear vision** of the healthy body, food and lifestyle you desire. Create a vision board with pictures that represent how the FEELINGS of being healthy, vibrant, and SVT-free will feel. Read this article [HERE](#) on how to make a Vision Board and engage the law of attraction to manifest your health and SVT prevention goals.

How I took Responsibility for my Health and became SVT FREE.

I hated my SVT and feared for my life. I was a new mom and SVT plagued me. I desperately wanted to be healthy for my child and to FEEL BETTER. I did not want to be on lifelong medication, and I gravitated toward a more holistic approach to my SVT. It was time for me to **take responsibility for my health**. I needed to find my path to SVT freedom.

The truth about my state of Health:

Over a period of years, I tracked and analyzed the details of my diet, lifestyle habits, stressors, bowel movements and other symptoms that impacted the frequency of my SVT episodes. I realized that they occurred specifically when I was, *sleep-deprived, dehydrated, constipated, angry or bloated from eating gluten or overeating in one sitting. I was also not listening to my heart’s desires for personal fulfillment, nor giving myself the means to revive and rejuvenate. I was ignoring the self-care I craved.*

The depletion I experienced was compounded by an unbalanced diet, undiagnosed food sensitivities, adrenal fatigue, high body burden, and chronic stress. All of which are root causes of SVT. **From an integrative perspective, this process of self-reflection is called collecting data and identifying mediators.**

It was finally time for a change:

I used my findings from all of my **SVT Detective work** to design a new health plan. I allowed my fear of SVT to motivate me into practical action steps that helped me reclaim my life. I worked with a health coach, I took a stool sample test to get accurate results on undiagnosed food sensitivities and I developed a plan on how to heal my gut and optimize my food choices.

- I committed to a gluten free diet.
- I hired a health coach.
- I removed all white sugar and processed foods from my diet.
- I loaded up on nutrient-dense organic food and
- made my health and self-care a non-negotiable part of my life
- I journaled
- I made self-care practices a non-negotiable part of my life
- I changed careers
- And more...

I instinctively knew that my SVT (like other health challenges) was also related to my emotions, thoughts and stress. I was very willing to look at heart wounds (sadness, disappointments and loss) from the past and finally give them the compassion, attention and love they deserved. I faced my lack of self-care and emotional eating by examining my need for relief and where it stemmed from. I **used journaling** to express parts of myself that longed to be nurtured and heard. I also used writing as a way to help me communicate with my SVT, to give it a voice and see what it needed to tell me. I listened to my heart in a way like never before.

**If you are interested in journaling with YOUR SVT, check out my guided journaling prompts [HERE](#)*

SVT is a Wake-Up Call

I have come to believe that acute SVT Episodes are a wake-up call. **They are here to inform** you that some of the things that you are eating, doing, thinking, ignoring or are tolerating are no longer in balance with your best interests.

Your body simply has become over-extended, depleted, or cannot endure some type of behavior or abuse any longer. It is up to you to collect and analyze the data from your diet and personal circumstances that is driving this response in your body. SVT is not here to ruin your life, but to help you take better care of yourself so that you can in fact reclaim your life and manifest your potential.

The more time and energy you spend dreading the next episode, the less energy you have to be proactive about your self-care and SVT prevention. It's time to look deeper and find the root of the imbalances that lead you to SVT.



Consider viewing SVT **not** as something to hate, fear or let dominate your life but **rather to respect as a safeguard watching over you, sharing important information that only you can decipher.**

Your body is communicating with you, and it's your job to pay close attention and LISTEN.

Use SVT as a force for positive change

Once you have tools to manage acute SVT episodes, you can engage with your SVT in a NEW way.

When you are triggered into an episode, it is time to **consider** all the aspects that drove you there. SVT is demanding that you figure out what is weakening you and make changes accordingly. This process requires honesty, time, dedication, commitment and SELF-LOVE.

Long Term: The *Heal SVT Naturally Approach*

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 identifying and treating the root causes of SVT as opposed to just treating the acute episodes with symptom suppressors as solutions. In order to rid yourself of chronic acute SVT, you need to take a multi-layered approach. When you do, you will get to the point of knowing when your body, mind or spirit can no longer endure physical or emotional stress, a deficient diet or lack of self-care. You will have clues and awareness to know when **an SVT is imminent**, and how to navigate your health going forward.

SVT Freedom

If your life has been defined by the cycle of managing an acute episode, recovering and waiting in fear for the next one, isn't time for change? If you are experiencing any SVT episodes, I believe it is NOT random or unexplainable. You CAN work towards reducing or eliminating future SVT episodes by learning how SVT is connected to the GUT and how to use DIET, lifestyle and Vagal toning to help yourself.

Therefore, it has been my goal and mission to develop alternative solutions to enable you to feel confident to convert an SVT as I have outlined, but most importantly, **to empower SVT sufferers to take control of their long-term health.**

The focus of my professional work has been to create the *Heal SVT Naturally Approach*, which encompasses the integrative approach to healing SVT naturally, to support the healing and prevention of the SVT condition. Imagine how FREEing it would be to let go of your SVT fear and feel in control of your health. To wake up and feel strong, vibrant, well and positive about your future. Imagine a life where your heart does not have to go into an SVT to get your attention! Imagine the ability to connect with your intuition and your physical body so well that you know what you need nutritionally and physically and are easily able to respond to it.

If you are willing to follow the action steps in my *Heal SVT Naturally Approach*, and dive into the CORE-FOUR healing layers (the physical + nutritional, emotional, spiritual and energetic SVT

contributors that I define in the first e-guide, [Heal SVT Naturally: The Basics](#)), then a **transformative healing opportunity awaits you!**

There is a lot to assess and decipher in any healing journey, but I believe it is possible to heal your SVT naturally and reduce or eliminate acute SVT episodes as I did. I have done a lot of the work for you by carving out the path that leads to fewer episodes and long-term healing through episode empowerment, SVT trigger management, diet and lifestyle strategies and more. I have created logical and manageable action steps that any member of the SVT community can follow and find success.

I AIM to Support you on your Healing Journey

I have provided all the details and support for this healing journey in the *Heal SVT Naturally* e-guide series, supplemented by weekly blogs and on-line learning opportunities. I enjoy guiding you and I hope that you will utilize these resources (all listed on the next page) for your continued self-healing. Once you feel empowered to handle an SVT episode with the steps outlined in this guide, you can devote your precious time and energy to the more pressing work of identifying and addressing the **root causes of your SVT triggers and to create a life of SVT prevention**. That was my path to complete SVT freedom and the path I share with you.

Let the real work begin!

Heal SVT Naturally Resource List:

- Free articles from the *Heal SVT Naturally* Blog (read them [HERE](#))
- *Heal SVT Naturally* **THE BASICS** e-guide (get it [HERE](#))
- The **SVT PREVENTION Diet** E-guide (get it [HERE](#))
- **SVT & Gluten-Free** E-guide (get it [HERE](#))
- *Heal SVT Naturally* Peer support **Facebook Group** (Join [HERE](#))
- *Heal SVT Naturally-Group Coaching* ([Learn More HERE](#))
- *Heal SVT Naturally: THE COURSE*, Coming Soon (Learn more [HERE](#))
- Private Integrative Nutrition Coaching for SVT with Laura Madrigano (Learn more [HERE](#))
- *Heal SVT Naturally* Website ([HERE](#))
- Journaling with your Intuition Free e-guide download (get it [HERE](#))
- *Heal SVT Naturally* Instagram (follow it [HERE](#))
- Journaling for SVT ([HERE](#))

SVT Episode Empowerment Re-cap Checklist

- The second you feel an SVT coming on hold your breath or start blowing immediately.
- Find a safe and comfortable place to sit and lie down.
- Grab your SVT Emergency Kit
- Get your tools out (use your thumb until you get your needleless syringe)
- Start BLOWING immediately into one of your conversion devices
- Contact a family member or friend to rub your back, get an ice-pack, read your lists from the kit, and provide whatever support you need.
- Integrate calming steps and engage the Parasympathetic Nervous System using yoga and bending positions.
- Apply Ice Packs to your face and neck.
- Take your Cal-mag citrate, electrolytes, or magnesium spray.
- Perform the Modified Valsalva Maneuver if you have not already begun to do so.
- Rotate maneuvers if needed.
- Continue to apply ice to your face during conversion attempts, and keep blowing.
- Think positive; repeat your affirmations; breathe; stay calm. You can do this!
- Do not give up; keep trying until you convert.
- Once converting, remain seated or lying down and try to relax.
- Drink water
- Apply calming essentials oils.
- Rest, reflect and recommit.