



# ARRHYTHMIA

An abnormal heart rhythm—beating too quickly (tachycardia), too slowly (bradycardia), or irregularly, affecting the heart's ability to pump blood effectively leading to various symptoms and complications.



## Possible Contributing Factors



- High blood pressure (see Symptom Dictionary handout)
- Blood sugar dysregulation / insulin resistance
- Magnesium deficiency (test RBC magnesium)
- A lack or imbalance of other electrolytes, especially potassium
- Other nutrient deficiencies: copper, thiamine (vitamin B1)
- High levels and/or surges of stress hormones leading to cortisol imbalance
- Genetic impairment (COMT SNP) – can't properly break down adrenaline hormones
- Adrenaline surges in response to: food sensitivities, blood sugar dips, mold/EMF/toxin exposure
- Stimulating foods/beverages: caffeine (e.g. coffee, soda, tea), chocolate, MSG, and sugars/sweeteners

## Lifestyle & Dietary Recommendations



- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats. Limit starchy carbs to ½ cup per day or 1 cup of root vegetables per day. 1-2 whole fruits only per day
- Hydrate well with filtered or spring water. Urine should be light/pale yellow
- Avoid flour-based products, hydrogenated fats and oils, fried foods
- Avoid caffeine and other stimulants (see list above)
- Consider an elimination diet starting with dairy and gluten. Consider a KBMO food sensitivity test
- Stress reduction measures: grounding, spend more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, Epsom salt bath
- Consider stinging nettle tea for HPA axis (brain-adrenal) support

## Supplement Considerations



- Omega-3s: 1 to 3 grams daily
- Coenzyme Q10 (CoQ10): 100 to 300 mg daily in divided doses
- L-carnitine: 500 to 1,000 mg daily
- D-ribose: 5 to 15 grams daily
- Magnesium: 400 to 800 mg daily
- Potassium: 500 to 1,000 mg daily

\*by Dr. Stephen Sinatra