

# Natural Ways to Help Afib

DISCLAIMER

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The information provided herein is intended for a general knowledge only and is not a substitute for medical advice or a treatment for specific medical conditions. You assume full responsibility for how you choose to use this information. Always consult with your doctor or other professional healthcare provider for a medical advice.

1. [Atrial Fibrillation \(+ 6 Natural Ways to Help Treat 'A-Fib' Symptoms\)](#) – Dr. Josh Axe
2. [Top Natural Remedies for Coronary Heart Disease](#) – Dr. Josh Axe
3. [SCAD: Yes, Young Women Can Suffer a Heart Attack](#) – Dr. Josh Axe
4. [Angina + 8 Natural Ways to Help Relieve Mild Chest Pain](#) – Dr. Josh Axe
5. [Arrhythmias](#) by Life Extension
6. [These 5 Heart Disease Tests Could Save Your Life \(And Your Doctor Probably Isn't Ordering Them\)](#)
7. [Cardiomyopathy Reversible with CoQ10 and Selenium](#)
8. [Natural Home Remedies For Heart Palpitations](#)
9. [Natural Remedies and Alternate Therapies for Atrial Fibrillation](#)
10. [Total Body Reset for AFib – use of magnesium to restore normal heartbeat and \[this link\]\(#\)](#)
11. [86 Abstracts with Cardiac Arrhythmias Research](#) – Green Med Info (below are some of the 86)
  - a. [Omega-3, vitamins C and E together are effective in the prevention of postoperative atrial fibrillation](#)
  - b. [An increased concentration of omega-3 fatty acids in serum \(especially DHA\), a marker of fish or fish oil consumption, may protect against atrial fibrillation in men.](#)
  - c. [Beans Vs. Exercise for Heart Health](#)
  - d. [Consumption of tuna or other broiled or baked fish, but not fried fish or fish sandwiches, is associated with lower incidence of atrial fibrillation.](#)
  - e. [Magnesium supplementation may reduce the incidence of postoperative arrhythmias in pediatric patients undergoing cardiopulmonary bypass.](#)
  - f. [Vitamin C is effective as prophylaxis for the prevention of postoperative atrial fibrillation.](#)
  - g. [A low plasma vitamin D concentration was strongly associated with atrial fibrillation in patients with chronic heart failure.](#)
  - h. [Acupuncture has therapeutic value in the treatment of atrial fibrillation and post-herpetic neuralgia.](#)
  - i. [80 percent of patients who undergo cardioversion for persistent atrial fibrillation or atrial flutter after AF ablation have recurrence.](#)
  - j. [Exercise training has therapeutic value in patients with chronic atrial fibrillation.](#)
  - k. [L-carnitine has significant antiarrhythmia activity.](#)
  - l. [Magnesium administration prevents atrial fibrillation after coronary artery bypass graft surgery.](#)
  - m. [Magnesium is safe and effective for acute atrial fibrillation.](#)
  - n. [Magnesium is superior to Verapamil in treating supraventricular arrhythmias.](#)

- o. [Nut consumption may play a role in reducing the risk of atrial fibrillation and possibly heart failure.](#)
- p. [Repeated sauna treatment improves ventricular arrhythmias in patients with chronic heart failure.](#)
- q. [Resveratrol reduces sympathetic neural remodeling \(and associated ventricular arrhythmias\) in rats following myocardial infarction.](#)
- r. [Green tea may be benefit to the therapy of atrial fibrillation.](#)

## Summary of key points

### Short summary:

To naturally treat AF, make sure to get your yearly checkups; eat an anti-inflammatory diet (and not too much at one time; lower stress; exercise; reduce intake of chemicals, toxins and air pollution; and use an over-the-counter anti-inflammatory.

- Sauna, Resveratrol, Green Tea, Omega-3 fish oil, Curcumin and garlic supplements, [Coenzyme Q10](#), [Carotenoids](#), Selenium, Vitamins C, D and E, 1,000 milligrams of L-carnitine, Wenxin Keli, a Chinese herb, Olive oil, [avocado](#) oil, grape seed oil, Dark chocolate (or products with 70 percent or more cocoa), Garlic, . [Nuts](#) – choose a variety such as walnuts, sunflower seeds, almonds, pecans, Fruits – choose a variety such blueberries, cherries, raspberries, strawberries, pineapple, or apples. Reduce how much red meat you eat
- [Essential Oils](#): like lemongrass oil, frankincense, ginger oil, and helichrysum oil (which double as anti-inflammatories. **Soothe yourself with aromatherapy**. Sprinkle a few drops of relaxing lavender oil onto a handkerchief, and inhale the pleasant aroma. Or try rubbing two drops of bitter orange oil on your chest.

### To calm a flutter

- As soon as you notice an irregular heartbeat, sit down and prop up your feet. **Breathe slowly and deeply**, letting your belly expand with each inhalation. If you focus on **slow, steady breathing**, your heartbeat will probably return to its normal rhythm right away.
- If the fluttering continues, do the **Valsalva maneuver**: Pinch your nose, close your mouth, then try to exhale. Since you can't, because your nose and mouth are closed, you'll bear down as if you were forcing a bowel movement (or pushing out a baby during childbirth). The brief rise in blood pressure that results should help reset your heart. The Valsalva technique is named after seventeenth-century Italian anatomist Antonio Maria Valsalva.
- [Cough forcefully](#). Like the Valsalva maneuver, coughing increases pressure inside your chest. Sometimes that's all you need to restore your heart to its regular rhythm.

### Get some water

- Take a few **gulps of cold water**. No one knows exactly why this helps, but some people get instant results. One theory is that the swallowed water causes your esophagus to press against your heart, and that nudge restores the rhythm.

- Alternatively, **splash ice-cold water** on your face. The shock might be enough to do the trick.