

LET'S LOOK AT STRESS AND CARDIAC ARRHYTHMIAS

What Is an Irregular Heartbeat?

An irregular heartbeat is diagnosed if the heart beats too fast, too slow or with an irregular rhythm. This is called cardiac arrhythmia. There are different types of arrhythmias. Some that are constant or normal to that person, and others are intermittent. Either way, it usually feels like a fluttering in the chest or a feeling of a skipped heartbeat. Sometimes intermittent arrhythmias can develop in cases of chronic stress. CardioCalm soothes the central nervous system.

When a heartbeat is too fast it is called tachycardia. Bradycardia is when the heartbeat is too slow. An electrical signal spreads from the top of the heart to the bottom, causing it to contract and pump blood. If there is a problem with this electrical process, such as it being delayed or blocked as it travels down into the lower branches of the heart, it can cause an irregular heartbeat. CardioCalm addresses this issue.

Occasional episodes of irregular heartbeat are typically harmless, but when arrhythmias occur more often and/or interfere with lifestyle, it is time to go back to your healthcare provider for reassessment.

Here is a list of symptoms that may develop, including:

- Fatigue
- Dizziness
- Lightheadedness
- Fainting or nearly fainting
- Rapid heartbeat or pounding
- Anxiety
- Shortness of breath
- Sweating
- Chest pain
- Collapse and cardiac arrest (in extreme cases)

Strauss Heartdrops along with CardioCalm can aid in alleviating some of the above symptoms. (Always check with your healthcare provider before beginning a new supplement.)



NATURAL TREATMENTS FOR IRREGULAR HEARTBEAT

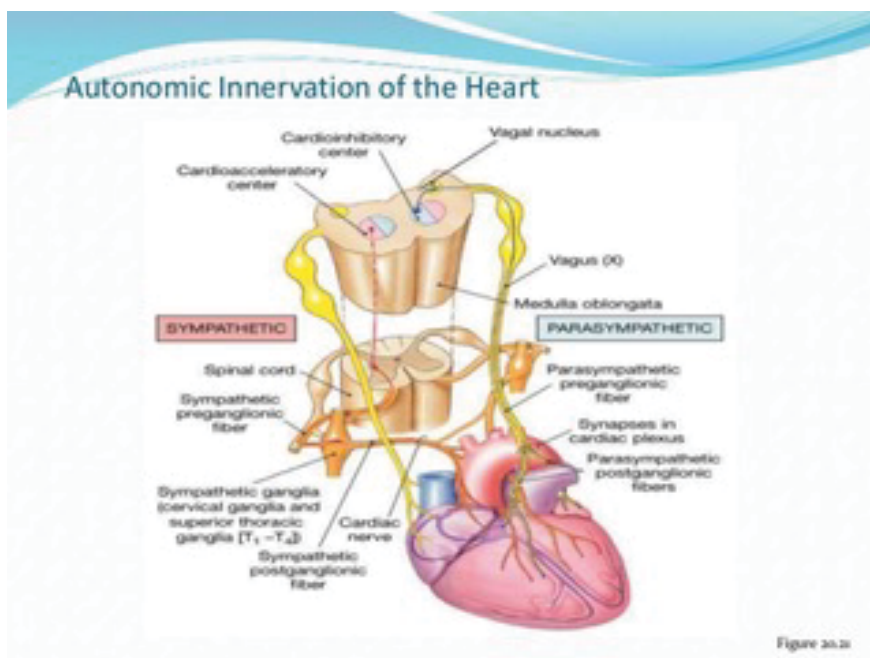
THERE IS A LINK BETWEEN STRESS, INFLAMMATION AND THE IMMUNE SYSTEM, WHEREBY THE VAGUS NERVE IS INVOLVED

The vagus nerve is the 10th cranial nerve and is the main nerve of the parasympathetic division of the autonomic nervous system. It is responsible for numerous signals and communication in the body. Specifically, it communicates between the brain, cardiovascular system and the immune system. It coordinates signals and reactions to aid in control of inflammation. The vagus nerve plays a role in slowing down breathing and heart rate, promoting relaxation. Researchers have studied the effects on rapid heartbeats using vagal maneuvers.

Vagal maneuvers are typically used to slow down a rapid heartbeat. People who practice yoga utilize this method through breathing techniques. Vagal maneuvers stimulate receptors in carotid arteries which release a neurotransmitter that can slow down the electrical impulses of the heart. This is a non-invasive method of calming down the heart rate. Other vagal maneuvers sometimes used to slow a rapid heartbeat include, coughing, bearing down, and blowing through a straw, to name a few.

We know that inflammation is at the root of most chronic diseases and reducing stress can help with this.

Chronic stress causes acids in the body and therefore gives rise to inflammation and premature aging. Implementing stress-reducing methods into daily life is paramount in reducing this inflammation. Adding CardioCalm and Strauss Heartdrops can also soothe and de-stress the system.



Research has been shown that people with low vagal tone have chronic systemic inflammation. Strauss Heartdrops help to reduce systemic inflammation.

References available upon request. © Copyright 2021 Strauss Naturals Ltd. All Rights Reserved.

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