

## Beat A-Fib: A Natural Approach to Atrial Fibrillation (Paperback)

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## Reviews

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(Mekhi Crona)

## BEAT A-FIB: A NATURAL APPROACH TO ATRIAL FIBRILLATION (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do you suffer from this common but debilitating arrhythmia or know someone who does? Did you know that one in ten of us will experience at least one episode of atrial fibrillation in our lifetime? Beat A-Fib - A Natural Approach contains a wealth of information and natural strategies which have helped real patients overcome this challenging condition. Written by a former a-fib patient, the book is a reassuring and simple guide to living with and conquering atrial fibrillation. An introduction to atrial fibrillation, what it is and what causes it. How the medical community traditionally treats a-fib A comprehensive list of the most common causes for the condition. How inflammation in the body may be a trigger for a-fib Diet and food intolerance and its role in arrhythmia Mineral Deficiency - could a simple deficiency in a common mineral be causing your symptoms? H Pylori and low level inflammation and the link to atrial fibrillation. Sleep apnea and it s indisputable connection with a-fib Stress and how it affects the heart. Alternative therapies which may be beneficial to a-fib - acupuncture, yoga, chiropractic adjustment and the research backing their benefit. The story of how the author cured her own a-fib naturally. This book helps to allay much of the fear and uncertainty which often accompanies a diagnosis of atrial fibrillation. It is certainly not designed to be an alternative to proper medical treatment but to educate and empower patients to understand the condition so that they can work with their own physicians to find the best strategy to manage and overcome it.

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