



WHEN YOUR HEART FLUTTERS FOR NO GOOD REASON.

Many people will identify with the feeling of heart palpitations but are often unaware of what they are or even take them seriously. I often need to clarify what they are with patients as they can be experienced as a quickening of the heart when at rest, an acute awareness of feeling your heart beat or even full blown anxiety with the heart racing, shortness of breath and panic, even dizziness and acute fatigue.

Atrial Fibrillation, the medical term, is when the upper chambers of the heart beat out of sync with the ventricles (that move the blood through the body) as the electrical signals misfire they cause an arrhythmia that cause the palpitations.

They are symptoms of things not being well and can be the result of long term stresses on the body and mind, and most of the time do not pose a threat in themselves, however if you experience them frequently they should be investigated as untreated can result in blood clots leading to stroke as well as fatigue of the heart muscle leading to other potentially more serious heart conditions.

It is important to take signs of repeated heart arrhythmia seriously and it is recommended you see your G.P. for tests to ensure there is no underlying issue that needs treatment. There are a number of treatments that include drugs such as digoxin that was isolated from the plant genus Digitalis such as Foxglove and used to assist in the normalization of heart rhythm. Electric shock treatment can be used in serious conditions or beta-blockers that slow heartbeat. All of these can be toxic or invasive and for all but the most serious cases, new research shows Acupuncture is very effective.

A recent article in the Heart Rhythm Journal authored by Dr Robert M Califf (US FDA Commissioner) et al, with Harvard Medical School conducted a series of forums and studies that concluded that PC6 along with other points not only normalize heart rhythm but also assist in preventing atrial fibrillation and the long term problems associated with the condition. "The results suggest that the anti-arrhythmic effect of acupuncture may be mediated through the restoration and modification of remodelling of the right atrial appendage"

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Practical Preventable Medicine

My own experience has repeatedly demonstrated long term regulation of heart beat with sufferers and the treatments are of benefit in the short and long term, which is wonderful to see confirmed in the various Universities. With the Heart being the 'monarch' of the body, we need to ensure that a warning that all is not well is investigated and in most cases can be easily treated.

That way you can enjoy your heart fluttering for joy or excitement, as it should!

Until next time, Stay Well

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