



How to Stop Heart Palpitations (2019 Edition)

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How to Prevent Heart Palpitations

Introduction

You are here because you are suffering from heart palpitations, or atrial fibrillation, and want to find out how others are dealing with these issues. You've come to the right place. This small report exists only because so many people who suffer from heart palpitations all over the world, have been kind enough to share their experiences and successes.

Sometimes health issues arise as a result of persistent low-grade trauma, and other times they happen due to long-term dietary habits. **The first step in finding answers is always to see your doctor and determine whether or not he or she can help you.** Self-diagnosis is a dangerous game. That said, once the diagnosis is rendered, the path to getting healthy again can still be difficult. I believe there are interests in the medical community that don't want everyone to be healthy. There is no money in healthy people - Only sick people.

I have been studying heart palpitations for more than 18 years, and I have done so with a strong self-interest to get well. Getting well is my only concern. Along the way, hundreds of people from all over the world have kept in contact with me to discuss their successes.

Brief History of the Report

In 2002, I used to answer emails about heart palpitations one at a time. By 2005 I could no longer keep up with the volume. It really surprised me how many people all over the world suffered from this problem. What surprised me, even more, was how many people would go to their doctors and get exactly the same diagnosis, and the same recommendations! I'm sure you have heard it all before.

Your doctor might say "You are fine. There is nothing wrong with your heart. Your echo-cardiogram is fine. Your Holter monitor results are good. Your treadmill test is also good. You need to reduce your stress. Cut back on caffeine and alcohol and get some exercise!"

This was the main thing that raised "red flags" for me. There is no way that doctors from 21 different countries could all come up with practically identical diagnoses and then write similar prescriptions!

Why is it that in every case the doctor advises the client to do the same things? Clearly, **they are reading from a script**. I smelled this "rat" long ago and I wasn't going to sit back and take it. Just ask yourself: "What is my doctor doing to find the source or cause of my palpitations?" In fact, I've never seen a doctor go looking for the cause.

At the same time, I knew that I could not go on living my life in fear of heart palpitations or atrial fibrillation. You know that feeling! It is not pleasant.

My first break came in late 2002 when I discovered a website called "**The Irish Health Blog**". They had a forum just for people who suffered from palpitations. It was there that I got to experience interacting with others who had palps. Late in 2002, I met a fellow in the forum, by the name of George. George had experienced success using [Aloe Gel capsules](#).

I put about 200 hours into Aloe Gel research, including trips to the US patent office online and to the Duke Phytochemical Database. I quickly learned of the alkalizing properties of aloe gel. This is why aloe is so good for so many things, including sunburns. **As time passed, I started using either aloe vera gel capsules and "Lilly of the Desert Brand" Aloe Vera Gel! I got mine from amazon at [this link here](#).** For those readers in Europe where the Lilly brand is not available, my sources in England and Australia tell me that the [Forever Living Brand](#) works very well for them!

My research into why aloe gel proved productive and led to the connection to alkalinity. And the subject of alkalinity led me down a very large rabbit hole. Two years later, I had discovered the world of **Ayurvedic medicine**. For nearly 4,000 years Ayurvedic practitioners have been plying their knowledge to keep the human body in health and harmony. It is only in the

last 150 years, that these new age "doctors" have come along with their science and chemicals. That is not to say they are bad. Anyone suffering from the results of a car accident is going to need a good doctor! **But when these doctors offer drugs as the solution to 98% of human ailments, then we have a problem.**

As I mentioned earlier, I learned a number of things from talking with people all over the world about their experiences with doctors.

Doctors don't fully understand the digestive system, or how it works in sync with the rest of your body, and so they often fail to identify some key issues. Sadly, doctors just don't get enough training about the digestive system to know what to look for and how to remedy a given situation. If you want to test the credibility of your own doctor, just ask him/her when was the last time they prescribed Cannabidiol, CBD, serrapeptase or nattokinase for any given ailment? Ask them when was the last time they prescribed Wild Oil of Oregano for lung infections and lung damage?

You'll find that most doctors will either throw you out of their office, or at best they will tell you that they've never prescribed this medication. The ones who are blatant affiliates for big pharma will try to tell you that there is no evidence about the efficacy of these products. You could then ask them why doctors widely prescribed cannabis and CBD up until 1937? In 1937, big pharma did a study that showed the power of cannabis and hemp plants was crushing the sales of their toxic pharmaceutical chemicals! It is not in the best interest of big pharma that you or anyone in your family ever gets well and stays well!

Doctors have been trained to tell you that your heart palpitations or afib is caused by problems with your heart's electrical system. With this false premise, they proceed in the wrong direction regardless of the evidence. Eventually, they have to prescribe **beta blockers** and other **toxic pharmaceuticals** to brute force some sort of **symptomatic relief**.

That said, I have to be fair to doctors as well. **They realize that 99% of people, and by "people" I probably mean "Populations", are not ever going to change their unhealthy living habits.** When things go wrong, people will always want the **magic pill**. They are just not change old habits to create new states of well-being. Will you be the exception?

This is often why doctors will tell you that "it's all in your head." Then they give you the diagnosis that I talked about earlier. **One doctor told me, "we don't treat people, we treat populations."** From their perspective, it is more effective to prescribe bisoprolol for rapid heart rates, than to try to get the patient to radically change their diet and lifestyle. In the short term, the bisoprolol is going to work faster and more effectively. But you and I know that the underlying problem still exists.

DISCLAIMER

Before I get into the nitty gritty of this paper, there are some things I want to reinforce. **I am not a doctor.** I am a health care activist. You should make sure that your own doctor is fully apprised of what you are doing regarding your own health. Nothing I say has been evaluated by the US FDA or any other medical service agency. Everything you read here is just the result of 18 years of personal research and personal testing. You should always do your own research before you just adopt any regimen that just happens to be working for someone else.

You should also take a critical look at a health care system where doctors have no professional incentive to find cures. Imagine the financial catastrophe that would ensue if they did find cures? What business person develops a system to put themselves out of business? The world economy is based on people buying stuff from other people. **There is no money in healthy people. Everything flows from this point.**

Medical compendiums and **Physician's Desk References** are the medical reference books that doctors always refer to for guidance when a patient presents with an ailment. Doctors take notes, then refer to these books to see what is indicated for a remedy. But since the books are produced and compiled by Big Pharma, there is no chance they will ever prescribe based on your need as a patient. They will be prescribed based on what they have in their arsenal that can mask or hide the symptom. Remember, actually curing you is not their concern. They only want you to "not feel" the symptom.

If a doctor can prescribe a drug to prevent you from feeling your palpitations, then you are most likely going to be on that drug for life. Like

drugs for those with blood pressure. They get you onto that drug by age 40, and you will have to pay \$60 per month for the next 40 years that you live! Everyone in business loves the “continuity model”. That is where the customer pays monthly. We do it with everything we consume. You pay for your car one month at a time, and by the time your car is paid off, it is worn out and they are marketing to you to buy the next car.

No matter what they tell you, Big Pharma is not your friend. In fact, just this past July 2018, a major manufacturer of blood pressure medication was forced to take the drug off the market due to ingredients in the drug that are proven to be highly carcinogenic. Apparently, the drug **Valsartan** was recently found to contain carcinogens and has been quickly taken off the market. [Read all about it here.](#)

Those same mega corporations are also the ones who drove Nicola Tesla into bankruptcy because he invented free electricity for the world! The big bankers could NOT have people getting free electricity when they had another method where they could meter it and deliver it to customers along power lines! This would mean that customers would have to pay for power for their entire lives! It’s how the world works. But I digress.

Background - Defining the Issue

Does your heart seem to keep having extra beats? Does it sometimes have some really "**heavy**" **beats**, followed by long gaps between beats? Does this scare you a lot? Can you feel your heart beating in your throat? Do you sometimes feel dizzy? **How about when you go to bed at night?** When you lay on your left side, do your palpitations start up almost right away? Do you feel like the extra beats are taking your breath away? You are afraid to go to bed at night because the minute you lay down, "it starts"

It starts to take over your life, and you really don't like that!

Going to bed at night can be problematic for most people who suffer from palpitations. Your heart is likely to feel like it is skipping and fluttering, especially if you lay on your left side. **If you didn't have anxiety before, you certainly will have it now!**

Even when you bend over to pick things up, your heart can start acting up. **The anxiety builds with every episode.** You go to a restaurant and have a nice cold beer. In minutes, you have palpitations. You feel like you have a "buzz" going on in your chest.

You find it hard to explain to people. It doesn't feel right and you know it. Eventually, you realize that you really can't live with this feeling, so your quest for solutions begins by going to your doctor. You want your life back!

If your "attacks" are bad enough, you might even check into the "ER" for some emergency care. And if you don't have medical coverage, you might be as unlucky as one young lady that I spoke with not too long ago. She thought she was dying. Her ER bill was \$6,100.

A Dose of Reality

In reality, we spent many years creating the conditions inside our bodies where PALPITATIONS can exist! They are NOT going to go away on their own, and there is no MAGIC PILL to stop them permanently.

To stop having heart palpitations, you have to stop creating conditions that allow them to exist.

You are going to have to think outside the box. You are going to have to go against what TV and mainstream media train you to believe. You'll need to see the world for what it is and you'll need to learn to think critically. You will need to be "red-pilled" as they say in political punditry. You need to be able to see reality.

The Matrix

I just referenced being "red pillled". That is from the movie "The Matrix". In The Matrix, Morpheus offered Neo the choice between the red pill and the blue pill. If you take the "**blue pill**", you drink the "corporate cool-aid." You believe whatever they throw at you. If you take the "**red pill**" you see things as they are. You see through the propaganda and corporate narrative. As a 'blue piller' you'll take the toxic drugs or go for ablation therapy. You'll need more drugs and stronger drugs every few years, and you'll slowly build up a massively acidic subcutaneous fat layer. Your

palpitations will keep coming back because you never addressed the underlying conditions. Your risk of dying many years too soon increases significantly.

Taking Action

What if I told you that my own fix was as easy as making some small changes to my lifestyle and environment? I've been palpitation free now for many years! I will do whatever it takes to stay this way. **WHATEVER IT TAKES!** That said, you are only ever a week or two of bad eating habits away from the return of palpitations. When they come back to bite you once again, you are quickly reminded about the importance of this mission.

Chronic Inflammatory Palpitations (CIP)

I call it "**chronic Inflammatory Palpitations**" because those words describe it perfectly. It is all about inflammation. It is definitely a chronic condition, and of course, it manifests in you and I as palpitations.

At birth the human body is alkaline. Our mothers transfer alkalinity to us as babies throughout the pregnancy. This is why pregnant women experience morning sickness and why they experience special food cravings. The body is reacting to the loss of alkaline material and the mind makes women crave food substances that are likely to be alkaline. There are numerous tests where pregnant women were given high alkaline water to drink during pregnancy. In most cases, they suffered NO morning sickness. I have personal experience with this fact in my own family.

From birth forward, nearly everything we do tends to deplete our mineral stores (in our bones) that helps to keep us alkaline. The body must maintain a pH of 7.365 in the blood, give or take a very small margin.

So, when you drink any carbonated beverage (cola, beer, cider etc.), unless you drink 32 eight-ounce glasses of high alkaline water, then you will not have neutralized the damage done by that single carbonated beverage.

That said, the human body is incredibly strong and adaptive. It can take 40 years to wear yourself down through self-abusive dietary habits. You might have four or five colas per week and feel just fine. However, in the long run, you are going to be looking for help when suddenly you find your body begins to give up.

You will begin to notice things like arthritis and joint pain. These are the early warning signs. You might also notice IBS or Crohn's disease. You might have heartburn and difficulty digesting certain foods. You might find yourself allergic to a growing number of foods. You are well on the way to having palpitations.

Our bones are constantly losing minerals and this can be a bit complex since there is a cascading effect to depleting your mineral base. When you are deficient in just one mineral, then there will be a process in your body that suffers. It will mean that you don't get to make that enzyme or hormone that you really need - and so the first domino falls.

A great doctor named, Jim LaValle, wrote a wonderful book called "[Cracking the Metabolic Code](#)". I highly recommend it if you really want a good insight into the human digestive and endocrine system.

Dr. LaValle calls the process that I am talking about - "**Dysbiosis**". If you go to YouTube and search his name, you will find a lot of videos that he has done. He teaches other doctors and lectures all over the world.

By the time you reach my [palpitations website](#), who knows where you are in terms of a dysbiosis? You really have to study the material and work with your doctor to determine exactly where you are on this road.

The 8,000 hours that I had researched over the years began to show results very early. In 2006 I had tamed the raging bull. I had a working list of "**risk factors**" that I could positively say acted to create my heart palpitations.

The Primary Risk Factors

[Note:] This report is NOT intended to be a doctoral thesis, nor is it designed to be a peer-reviewed journal. I document here my own

experiences in the event that something I found to work might help you in your own journey to defeat palpitations.

- **Mercury** - Mercury from amalgam fillings is something to avoid! I had all of my amalgam fillings taken out. See this [YouTube video](#) on Mercury in Teeth. Then think about your amalgam fillings!
- **Consumption of Fish** - Watch your intake of fish, and when you do eat fish, eat surface fish or Krill. There is a lot of mercury in the oceans now and many fish species and fish oils are just too risky to consume. You could research Dr. David Duncan and access his study of the north Atlantic ocean where he found record levels of mercury in fish. I'll recommend fish oil replacement later in this report.
- **Flossing Teeth** - the bacteria between teeth is critical. You must floss regularly to prevent the bacteria from creating toxins that affect the heart. Any dentist will tell you this. It is very important.

One thing you can do to effectively kill the bacteria between your teeth is to use food grade hydrogen peroxide mixed down to a 4% solution, then rinse your mouth with it twice daily. This has a number of benefits.

- **White Sugar** - White sugar starts a chain reaction of chemical transactions that the body simply can't recover from. You might not notice the effects quickly, but you will eventually suffer greatly from the use of sugar. **One of the first things that sugar does is deplete the body of magnesium.**

You should invest some time and learn more about magnesium and its effect on the body and the heart! I get a highly bioavailable form of magnesium from Amazon. It is called [ReMag](#). This form of magnesium does not have the laxative effects that most magnesium supplements have. It has a wonderful calming effect on the heart.

According to Dr. Carolyn Dean, more than 80% of the population is deficient in magnesium. Magnesium aids in or controls over 800

enzyme and hormonal reactions in the body! Magnesium is in its highest concentration in the heart!

- **Trans Fats** - Trans fats are not well tolerated by the digestive system. In fact, **canola oil** was first introduced as a pesticide and is still the main ingredient in many pesticides. Avoid trans fats.
- **EPA Fish Oils** - Early on in my research I identified that almost **every single sufferer used fish oils**. They thought that they were doing the healthy thing. I contacted a doctor, who was doing a fish/mercury study in the north Atlantic Ocean (Dr. David Duncan). He found that just two meals of fish raised his blood mercury levels from 4.02 to 11.58! Moreover, there have been some studies in 2014 that suggest the EPA component of fish oil is not as important as the DHA component. This is why now you will find fish oils that are mostly DHA (the good ones are). Watch for this.
- **H. Pylori** - the Helicobacter Pylori bacteria embed themselves in the lining of your stomach. The toxins that they secrete when eating your food cause the body to raise your stomach acid levels in an effort to kill them. The result is more acid and more inflammation. You get heartburn, ulcers and often palpitations. Doctors refuse to acknowledge the connection here, but I tell you with complete confidence - **THERE IS A POSITIVE CORRELATION BETWEEN PALPITATIONS AND H. PYLORI. Everyone should get the simple breath test for it.**

Doctors don't like to give this test normally. It is an easy test to return false negatives. My own first test was negative. I forced a second opinion and the second test proved it. Get tested and if you have H. Pylori, then take the medication the doctors give and get rid of it. And after H. pylori is gone, then use the biggest known natural control of H. Pylori by consuming **sulforaphane glucosinolate** found in [Broccoli Seed Extract](#).

My Personal Regimen

From looking at the risk factors above, you can imagine that I eliminated the "bad foods" that worsen the problem - no more sugar, no soda, no

beer, and no wine - as a general rule! But rules are made to be broken. Life is too short to miss out on all of the fun stuff, right? I will have a beer once in a while. I will have a soda once in a while, but these are not habitual items. I don't buy them and stock them on my shelves at home. And when I have consumed them, I make extra efforts to clean myself up in the following days.

I will also have Pizza and Chinese food occasionally. But once again, right afterward, I am back to keeping clean. Nothing is black and white. I found a nice balance. That said, due to aging, and the accumulation of degenerative conditions, **there is just no way to avoid having to take some supplements.**

The Ideal Dietary Week for Me

- **Breakfast** - five days per week: (Supplements taken here)
- 2 cups of Greek yogurt with frozen fruit, some crushed walnuts, raw pumpkin seeds, chia seeds, and sunflower seeds. Avoid greasy fried foods!
- Coffee with Manuka honey and canned milk.
- **Mid-Morning** - a quart of water, an apple or two.
- **Lunch** - Cabbage and Vegetable Salad with an avocado, roasted almond slices and pickles, sunflower seeds, cashews and three glasses of water, sauerkraut or other fermented food.
- **Mid Afternoon** - protein bar or protein shake and coffee
- **Supper** - 6 ounces of either chicken, turkey, lean wild meat or ground beef with a bed of wild rice, broccoli, cauliflower and a baked yam or sweet potato. Vary your meat. Buffalo is good!
- **Late night Snack** - Cup of frozen yogurt and blueberries

I won't follow this diet like a maniac. Yes, I'll have a pizza sometimes. Yes, I'll have Chinese food occasionally, but I'll always gravitate back to this standard.

My Current Supplement List

I could go on forever about the use and efficacy of each of supplements. As I continue to research and test supplements for their efficacy, my list changes. This is the list most up to date for May 2019.

These are supplements that work for me and my own private health regime. Do your own diligence and see if there is research to support you trying them as well. I'm only saying what I use here.

- [REMAG](#) – I order mine from Amazon. This stuff is not like the normal magnesium supplements you get – which often give you diarrhea. Remag was developed by Dr. Carolyn Dean. You can access her book [here](#).
- [Daily Complete Multiple Vitamins](#) – This one is a liquid multi-vitamin and is only sold through the Puretrim Organization. You can order it to be shipped monthly, or you can join their club and have it shipped monthly and get rebate checks based on the purchase. While I never really like MLM companies, there are some good products at this company. They are not aggressive and will provide top quality products.
- [Spirulina](#) - I use this Every day. The value of spirulina cannot be overstated. If you do some google research on the benefits of spirulina, you will quickly see what I mean. I buy mine from Amazon. It ships fast and it great quality.
- [Aloe Gel](#) – *****This was the life changer for me. I got hold of this "Lily of the Desert" brand Aloe Gel and this single item changed everything and brought me relief from palpitations practically overnight. This is the one thing you can do RIGHT NOW and get immediate relief. I mean within 15 minutes you'll feel better.** On the website, I'll discuss how much aloe gel to use and how to taper back and run it for maintenance.
- [Chlorella](#) – Chlorella is the #1 superfood for detoxification. Just google the benefits of Chlorella and you will be sold. If you want to get your spirulina and chlorella in one capsule, then try [Aqua Greens](#) from amazon.
- [Nicotinamide Riboside](#) - This is the new “fountain of youth”. This stuff is simply amazing. Read my article about it [HERE](#).
- [Ashwagandha](#) - I use ashwagandha and bacopa together for mental alertness and anti-stress benefits.
- [Bacopa](#) - As noted above.
- [N-Acetyl Cysteine](#) - Creates NO2 in your blood stream and help make the arteries more flexible. Reduces blood pressure.

Having disclosed this list of my favorite supplements, I should also point out that from time to time, you need to take a good probiotic to replenish

good gut bacteria. **This is especially true if you have been treated for h. pylori.** The antibiotics they give you for HP will wipe out your gut flora. You need to fix this. Good probiotics are not cheap. And you don't need them every single day. Just for a few weeks to repopulate your gut. You can find good probiotics at any good health food store or at a naturopath office. They are always kept refrigerated.

BONUS Section

All About Grounding!



I started testing my theory about grounding back in 2013, but never go very far with it. In 2018 i got into it seriously at my new home in sunny wine country. I sat out on my easy chair with my feet on my grass while I read a book or used my laptop. My feet were bare.

This procedure is called is “Grounding”. Take a look at an intro video I created [here](#) from a mashup of three other videos.

One of the things that my findings tell me is that the key culprit on nearly every ailment that bothers us is INFLAMMATION! It's all about controlling inflammation. Once you can do that, your world and life changes. The [hardware needed](#) for grounding is cheap and will last for years! Check out my [article on Grounding](#) on the website! Grounding is likely the biggest breakthrough we've had in several years.

Conclusion

Each of us is different. Not all of us will need the same supplementation. You need to work with your doctor to determine your blood levels, and then to determine if you are deficient in any particular area. Don't let the doctor tell you what those levels are. Get the lab results and actually see the numbers for yourself.

If you have muscle cramps or if you suspect that you have neurogenic issues (fluttering eyelid or twitching muscles in your arms or legs) then you might look at magnesium supplementation. Make sure you don't just buy the ordinary magnesium that is found everywhere. That will only act as a laxative and it will not help your issues at all. You need the **Remag** that I mentioned earlier.

Some of you might have blood pressure issues, while others might have more serious health issues. Always make sure you have your bases covered by using modern doctors and their science to scope out the physical defects in your bodies.

By the time you hit 70 years old, your body's warranty is expiring. The secret to longevity is intelligence and perseverance. No one is going to carry you across the finish line. You must take those steps yourself.

The health decisions you make this year, and beyond, might run counter to the healthcare propaganda of the day, but only you can decide what's right for you.

Take charge of your life and make the small changes necessary to eliminate the conditions that can lead to heart palpitations. As you do, you

will be empowered. You might even become an ambassador for the cause. This happens when people get their lives back.

Live in Peace and Prosper

Resources:

Follow us on Facebook @ <https://www.facebook.com/groups/233676047160596/>

Find us @ <https://stopheartpalpitations.com>