

Recommendations for A Fib

Dietary recommendations:

- Mediterranean type diet.
- Garlic and ginger are great if you can tolerate them, as they decrease platelet stickiness which reduces risk of clotting.
- Limit coffee and wine to one drink daily.
- Keep up electrolytes with coconut water, Emergen C and high potassium broths such as Bieler Broth daily:

Bieler Broth - daily:

Supplies needed:

- 1 + cup daily
- 3 stalks of celery
- 3 whole zucchini
- 2 cups of string beans
- 1 cup of (Italian) parsley

Instructions:

- Chop coarsely and cover with water.
- Bring to a simmer and heat until vegetables are soft - 20 minutes or so.
- Use an immersion blender.
- Add sea salt to taste.

Supplements: *Can purchase most of these through Fullscript/Wellevate.*

- CoQ10 (ubiquinol) (Vitanica is good): 100 mg 2x day.
- L-carnitine (Thorne/Pure): 1 gram daily.
- Perfusia Plus (Thorne): 1 cap 2x daily, to increase blood flow to the heart.
- Magnesium/Natural Calm: 1 tsp 2x day - or more - to bowel tolerance.
- B-12 methylcobalamin (Karuna): 1000 mcg daily.
- Rescue Remedy: 4 drops under tongue or in water 3-4x daily, for stress/worry.