



LISA M. WHITE

Conquer Your A-Fib

How To Beat Atrial Fibrillation

Conquer Your A Fib How To Beat Atrial Fibrillation

**John D. Day,T. Jared Bunch,Matthew
LaPlante**



Conquer Your A Fib How To Beat Atrial Fibrillation:

Conquer Your A-Fib Lisa M. White, 2016-08-29 Conquer your a fib is a comprehensive guidebook for this very common arrhythmia. Containing a wealth of information and strategies for overcoming a fib, it covers an introduction to a fib, what it is, and how it can be treated. Several causes of atrial fibrillation that you may not be aware of: Dietary and chemical triggers for a fib, Nutritional deficiencies as a potential trigger for episodes, Modifiable risk factors for a fib which can reduce and even cure your arrhythmia. Real life cases of people who have beaten a fib.

Beat A-Fib Lisa White, 2016-08-27 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 its 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.

Your Complete Guide To AFib Percy Morales, MD, 2020-09-11 Dr. Percy F. Morales, MD, is here to answer all your questions about atrial fibrillation, help you find better treatment options, and teach you how to create your own AFib Action Plan. Unlike other atrial fibrillation books written by patients, this comprehensive heart disease book is written by a board-certified cardiologist, electrophysiologist, and pioneer in the treatment of atrial fibrillation. For many people who have been diagnosed with AFib or continue to struggle with AFib symptoms. Now, What Have you or one of your loved ones been diagnosed with atrial fibrillation? You are not alone. Thousands of people are diagnosed with AFib every single day. But how much do you really know about atrial fibrillation, AFib treatments, and heart health? Top 5 Key Takeaways From This Thorough Atrial Fibrillation Book. Understand. When it comes to understanding atrial fibrillation, Dr. Percy F. Morales leaves no stone unturned. His mission is to educate you on the symptoms, risks, and treatment options as comprehensively as possible. Learn, Discover alternative AFib treatment options, find out how AFib progresses, and how to reduce the risk of stroke. Improve. This AFib book will broaden your horizons and help you discover lifestyle modifications that may lead to drastic improvement. Create. Living with AFib can be easier if you have a plan.

By the end of this all in one book about AFib you will be able to create your own AFib Action Plan that may improve your symptoms Know When it comes to living with atrial fibrillation knowledge is your one true ally Dr Percy F Morales is here to offer you his years of experience in this easy to understand guide that will allow you to conquer your AFib Why Choose This AFib Book Because you want to feel empowered ready to deal with your heart arrhythmia and confident that you can overcome AFib Click Buy Now Learn Everything You Need About AFib Today [Your Complete Guide to AFib](#) Dr. Percy F. Morales MD,2020-09-26 After reading this book I am now ready to overcome atrial fibrillation This is the kind of book patients need to be given when diagnosed with atrial fibrillation This is the blueprint for overcoming atrial fibrillation in one concise book No more piecing together bits and pieces of information about atrial fibrillation This complete guide on Atrial Fibrillation breaks down a complex and seemingly unsolvable issue how to cure atrial fibrillation Is it curable We ve often been told it is not it s something you live with and it will get worse over time That s not entirely true There is a lot you can do to potentially put your atrial fibrillation in remission including lifestyle optimization choices such as losing weight eating right getting therapeutic sleep and exercising just to name a few If you want peace of mind and to better understand your doctor Your Complete Guide To Atrial Fibrillation by Dr Percy F Morales is a must read Top 5 Key Takeaways From This Thorough Atrial Fibrillation Book Educate yourself on the symptoms risks and treatment options as comprehensively as possible in an easy to read and concise format designed for every patient with atrial fibrillation Discover new and alternative Atrial Fibrillation treatment options find out how this disease progresses and how to reduce risk of stroke Broaden your horizons and discover lifestyle modifications that may lead to drastic health improvements Create your own Action Plan by identifying eliminating triggers help improve your symptoms and allow you to live life safely on your own terms with less medications Arm yourself with expert approved easy to understand knowledge and overcome daily atrial fibrillation struggles Dr Percy F Morales M D has compiled his years of expertise in the fields of cardiology and electrophysiology to share the realities of this dangerous disease but then counter it with this silver lining you can reverse and potentially stop the progression of atrial fibrillation in your life The power to regain control over your atrial fibrillation is in your hands Discover the answers and get your copy today **Atrial Fibrillation** Dr Givens Bestman,2023-07-30 Unlock the Secrets to a Healthier Heart and Transform Your Life with Atrial Fibrillation Unveiling The Causes Prevention And Treatment Options the ultimate guidebook to conquering your AFib Bursting with expert insights and groundbreaking research this must have resource uncovers the hidden truths about this challenging condition Uncover proven strategies cutting edge treatments and actionable steps to restore heart harmony and live a thriving vibrant life Don t let Atrial Fibrillation hold you back any longer BUY your copy today and take control of your heart health journey [Afib Goodbye](#) Jackie Hank,2021-08-08 Atrial fibrillation is the most common type of heart arrhythmia irregular heartbeat that can interrupt the normal flow of blood This interruption means the conditions puts you at risk of blood clots and stroke Between 2.7 and 6.1 million U S people have

atrial fibrillation AFib or AF With AFib the two upper chambers of your heart atria are affected This disrupts blood flow to the ventricles or the lower chambers and then throughout the rest of your body If left untreated AFib can be deadly Atrial fibrillation may be temporary may come and go or may be permanent It s also most common in adults over the age of 65 But with proper medical care you can live a normal active life This guide will show you step by step guide on how to diagnose and treat atrial fibrillation you will also be shown natural remedies and supplements to take so as to be able to live a healthy longer life GET YOUR COPY TODAY BY SCROLLING UP AND CLICKING BUY NOW IN ONE CLICK **Overcome A-Fib**

Clinton Williford,2021-02-16 Atrial fibrillation is an irregular and often rapid heart rate that can increase your risk of strokes heart failure and other heart related complications Contents 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 **Beat Your A-Fib: The Essential Guide to Finding Your**

Cure Steve S. Ryan,2012-03 Atrial fibrillation is emerging as the new epidemic in cardiovascular disease This book helps patients research their best treatment options steps through how to find the right doctor for their type of A Fib and treatment goals gives patients hope and empowers them to develop a plan for finding the A Fib cure or best outcome **Lose Weight**

Lose A-Fib Lisa White,2018-07-11 Do you or a loved one suffer from atrial fibrillation Did you know that just dropping a few pounds could help you reverse this chronic heart condition The results of a ground breaking study show that you could beat a fib for good lower your stroke risk and cure diabetes Easy to read and packed with useful information Lose Weight Lose A fib could change your life forever This book is simple and easy to follow yet backed by scientific research Did you know How Carrying Excess Weight Aggravates A fib Why What You Eat Matters The Ground Breaking Study On How To Beat Atrial Fibrillation Other Benefits Of Losing Weight For Your Heart How To Reduce Your Risk Of Stroke How What You Eat Could Be Triggering A fib Learn how you could reverse this devastating condition and regain control of your life **The AFib**

Cure John D. Day,T. Jared Bunch,Matthew LaPlante,2021-02-16 Most doctors will tell you that there isn t much you can do to treat atrial fibrillation aside from taking medications for the rest of your life Cardiologists and a fib specialists John D Day and T Jared Bunch disagree Atrial fibrillation strikes one in four American adults Not only do people suffering from this condition suffer from shortness of breath fatigue chest discomfort decreased ability to exercise and do activities of daily living arrhythmia and palpitations but their risk of a stroke cognitive decline and dementia heart failure or premature death also shoots way up Today a whole new body of research one most physicians are unaware of shows that biomarker and

lifestyle optimization may put half the cases of atrial fibrillation into remission without drugs or procedures And for those in whom these remedies are insufficient or not tolerated new procedures in combination with biomarker and lifestyle optimization may offer lifetime remission from atrial fibrillation and its devastating consequences In clear accessible patient centric language Drs Day and Bunch share their revolutionary approach to treating atrial fibrillation developed through a combined 53 years working with a fib patients The effectiveness of their plan has been proven through countless medical studies And now in *The AFib Cure Get Off Your Medications Take Control of Your Health and Add Years to Your Life* they share that plan with you If you re looking for a drug free solution to your atrial fibrillation or have a family history of atrial fibrillation and don t want to suffer the same fate The AFib Cure is for you Let The AFib Cure show you how to live longer healthier free from medications and free from the fear of atrial fibrillation overshadowing your life *Atrial Fibrillation* Jong-Il Choi,2012-01-11 *Atrial Fibrillation Basic Research and Clinical Applications* is designed to provide a comprehensive review and to introduce outstanding and novel researches This book contains 22 polished chapters and consists of five sections 1 Basic mechanisms of initiation and maintenance of atrial fibrillation and its pathophysiology 2 Mapping of atrial fibrillation and novel methods of signal detection 3 Clinical prognostic predictors of atrial fibrillation and remodeling 4 Systemic reviews of catheter based surgical treatment and novel targets for treatment of atrial fibrillation and 5 Atrial fibrillation in specific conditions and its complications Each chapter updates the knowledge of atrial fibrillation providing state of the art for not only scientists and clinicians who are interested in electrophysiology but also general cardiologists

Lone Atrial Fibrillation Towards a Cure Hans R. Larsen,2015-12-07 Atrial fibrillation AF has been called the arrhythmia of the millennium Millions of people suffer from lone atrial fibrillation AF without underlying heart disease and many don t even know they have it There is no universally effective pharmacological treatment for lone atrial fibrillation LAF and relevant surgical procedures are expensive and not always successful I experienced my first LAF episode in 1989 and fairly early on in my afib career I realized that if anyone was going to help me it would have to be myself So I embarked on an intensive study to find out everything I could about LAF and to come up with effective ways of dealing with it I perused several weighty tomes on cardiac arrhythmias located and read over 600 peer reviewed medical articles dealing with the subject and gained much valuable insight from the more than 15 000 postings on my web site bulletin board and the responses from hundreds of afibbers who participated in four major LAF surveys The results of my research are presented in *Lone Atrial Fibrillation Towards a Cure* The book is a useful manual for novice and veteran afibber alike it debunks the mystery myths and confusion surrounding LAF by providing the facts about the disorder liberally interspersed with personal journeys of fellow afibbers *Lone Atrial Fibrillation Towards a Cure* clearly describes the mechanism and known and potential causes of LAF it discusses and assesses the various medical treatment options both drug based and surgical and also covers alternative ways of dealing with LAF It delves into the vital importance of diet in controlling episode severity and provides a

detailed 10 step plan for managing LAF It is my sincere hope that the book will help instill a feeling of hope and solidarity in the reader You are no longer alone in the battle with the beast **A Life on Hold** Kevin J. Kauffman,2014-08-23 You're going about your daily routine when you suddenly feel an odd squirming in your chest You quickly realize that it is your heart flopping around like a fish out of water What do you do You probably panic Maybe you also experience dizziness nausea or shortness of breath or maybe you have no other symptoms at all But it's still very scary because it's your heart This is how chronic atrial fibrillation starts for many of us and those who develop it often have little to no prior medical history to speak of Once the demon a fib has set in though we soon find our lives redirected down a dark uncharted path our days consumed by vain attempts to divine the elusive origins of this mysterious malady as we desperately seek a panacea that can give us back our normal or at least some way to weaken the grasp that this unwelcome beast now has on our lives Through it all we put on performances of a lifetime for the rest of the world acting as though all is well while coping as best we can with this invisible disorder one that he who has never suffered through it cannot possibly understand Try as we might though our lives and relationships will surely end up the worse for wear Within the pages of this book lies one man's personal account of how this condition impacted his life how he managed to overcome it the valuable knowledge that was acquired along the way and the permanent marks that the journey has left on his subsequent existence This medical autobiography is written in an informal first person conversational style with accounts and information presented in such a way that it should be easy for just about everyone to understand and relate to *Conquering AFib Naturally* Susan Tolliver,2024-11-11 *Conquering AFib Naturally* is your go to guide for reversing atrial fibrillation and achieving heart health without the use of medication or invasive treatments If you're tired of relying on Big Pharma and are looking for natural remedies to prevent and manage AFib this book is for you In this empowering guide you'll learn how to Heal your heart naturally with proven lifestyle changes Regain control of your rhythm and prevent future AFib episodes Use simple yet effective natural remedies like nutrition supplements exercise and stress management to optimize your heart health Understand the connection between hydration magnesium and overall heart function Discover powerful scientifically backed methods to reverse AFib and live a vibrant heart healthy life With easy to follow advice and a step by step approach *Conquering AFib Naturally* is more than just a book it's a heart health revolution Whether you're newly diagnosed with AFib or have been living with it for years you'll find practical solutions that help you take control of your health and heal from within Susan Tolliver is a naturopathic and holistic health expert specializing in natural remedies for heart health including the prevention and management of atrial fibrillation AFib With many years of helping individuals restore balance and vitality through nutrition lifestyle changes and natural healing Susan is passionate about empowering her clients to take control of their health without relying on pharmaceutical drugs or invasive treatments As an advocate for holistic health Susan has worked with people to reverse AFib improve cardiovascular function and achieve optimal wellness using safe effective and scientifically backed natural solutions She is

committed to providing people with the tools they need to make lasting changes in their lives whether they are dealing with chronic conditions like AFib or simply want to enhance their overall heart health This book is used for AFib prevention how to stop AFib naturally AFib heart treatment natural treatment for AFib reverse AFib naturally AFib management AFib cure without medicine Atrial Fibrillation treatment AFib remedies reduce AFib naturally prevent AFib recurrence AFib causes and treatment AFib heart condition Atrial Fibrillation natural remedies AFib heart healing how to reverse AFib naturally without medication natural ways to prevent atrial fibrillation reversing heart disease without medicine how to manage AFib naturally through diet reduce AFib symptoms with natural treatments best foods for heart health and preventing AFib holistic remedies for AFib and heart disease how to lower heart rate naturally to prevent AFib healing heart arrhythmia with diet and lifestyle how to control AFib naturally and avoid medications *AFIB Cure* Leonard Jansen,2021-11-16 AFIB is it curable We ve often been told it is not it s something you live with and it will get worse over time **The AFib Cure, Updated Editon** John D. Day,T. Jared Brunch,2025-05-20 Most doctors will tell you that there isn t much you can do to treat atrial fibrillation aside from taking medications for the rest of your life Cardiologists and a fib specialists John D Day and T Jared Bunch disagree Atrial fibrillation strikes one in four American adults Not only do people suffering from this condition suffer from shortness of breath fatigue chest discomfort decreased ability to exercise and do activities of daily living arrhythmia and palpitations but their risk of a stroke cognitive decline and dementia heart failure or premature death also shoots way up Today a whole new body of research one most physicians are unaware of shows that biomarker and lifestyle optimization may put half the cases of atrial fibrillation into remission without drugs or procedures And for those in whom these remedies are insufficient or not tolerated new procedures in combination with biomarker and lifestyle optimization may offer lifetime remission from atrial fibrillation and its devastating consequences In clear accessible patient centric language Drs Day and Bunch share their revolutionary approach to treating atrial fibrillation developed through a combined 53 years working with a fib patients The effectiveness of their plan has been proven through countless medical studies And now in *The AFib Cure Get Off Your Medications Take Control of Your Health and Add Years to Your Life* they share that plan with you If you re looking for a drug free solution to your atrial fibrillation or have a family history of atrial fibrillation and don t want to suffer the same fate *The AFib Cure* is for you Let *The AFib Cure* show you how to live longer healthier free from medications and free from the fear of atrial fibrillation overshadowing your life *The AFib Cure, Updated Edition* John D. Day,T. Jared Brunch,2025-05-20 Most doctors will tell you that there isn t much you can do to treat atrial fibrillation aside from taking medications for the rest of your life Cardiologists and a fib specialists John D Day and T Jared Bunch disagree Atrial fibrillation strikes one in four American adults Not only do people suffering from this condition suffer from shortness of breath fatigue chest discomfort decreased ability to exercise and do activities of daily living arrhythmia and palpitations but their risk of a stroke cognitive decline and dementia heart failure or premature death also shoots way up Today a whole new

body of research one most physicians are unaware of shows that biomarker and lifestyle optimization may put half the cases of atrial fibrillation into remission without drugs or procedures And for those in whom these remedies are insufficient or not tolerated new procedures in combination with biomarker and lifestyle optimization may offer lifetime remission from atrial fibrillation and its devastating consequences In clear accessible patient centric language Drs Day and Bunch share their revolutionary approach to treating atrial fibrillation developed through a combined 53 years working with a fib patients The effectiveness of their plan has been proven through countless medical studies And now in The AFib Cure Get Off Your Medications Take Control of Your Health and Add Years to Your Life they share that plan with you If you re looking for a drug free solution to your atrial fibrillation or have a family history of atrial fibrillation and don t want to suffer the same fate The AFib Cure is for you Let The AFib Cure show you how to live longer healthier free from medications and free from the fear of atrial fibrillation overshadowing your life **Your Complete Cure Guide to Atrial Fibrillation** Goodman

Roberts,2024-07-12 Understanding Atrial Fibrillation AFib Atrial fibrillation or AFib can start with heart palpitations These feel like a fast fluttering pounding in the chest that lasts for seconds or minutes Sometimes the symptoms are more subtle like finding it much harder to walk up stairs or feeling very tired during a usual daily walk Nowadays smartwatches can even alert people to potential AFib AFib is a common heart rhythm problem It happens when the top chambers of the heart beat irregularly About 5 million Americans have AFib and experts think this number will grow to more than 12 million by 2030 AFib is a manageable condition There are various ways to treat it including both contemporary and alternative remedies It s important to find the best treatment plan to prevent more serious health risks in the future **Harmony in the Heart:**

Navigating Atrial Fibrillation - A Comprehensive Guide to Understanding, Managing, and Thriving Dr. Spineanu Eugenia,2024-10-31 Unlock the Mysteries of Atrial Fibrillation and Take Control of Your Heart Health This comprehensive guide delves into the intricacies of atrial fibrillation exploring its causes symptoms and modern treatment options Perfect for both medical professionals and curious readers this book provides invaluable insights to help you understand and manage this common heart arrhythmia effectively CLEAR DEFINITION AND EXPLANATION OF ATRIAL FIBRILLATION DETAILED ANALYSIS OF CAUSES AND TRIGGERS CLASSIFICATIONS AND VARIED PRESENTATIONS OF AFIB FOCUSED DISCUSSION ON DIAGNOSIS AND MONITORING TOOLS RISK ASSESSMENT AND MANAGEMENT STRATEGIES FOR IMPROVED OUTCOMES From prevention tips to state of the art treatment advancements this guide equips you with the knowledge to reduce complications and enhance quality of life Embrace a proactive approach to cardiovascular health with this essential resource **The AFib Cure** John D. Day,T. Jared Bunch,Matthew LaPlante,2021-02-16 In clear accessible patient centric language Drs John D Day author of The Longevity Plan and T Jared Bunch share their revolutionary approach to treating atrial fibrillation developed through a combined 53 years working with a fib patients

The Enigmatic Realm of **Conquer Your A Fib How To Beat Atrial Fibrillation**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Conquer Your A Fib How To Beat Atrial Fibrillation** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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