

TACHYCARDIA

*Including:
Hypoglycaemia as a cause
of Tachycardia*

Compiled by

Campbell M Gold

CMG Archives
<http://www.campbellmgold.com>

(2013)

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IMPORTANT

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Introduction

The heart normally beats at a resting rate of about 60 to 100 beats per minute. In an adult, a rate faster than 100 beats a minute is called tachycardia. Most people experience transient rapid heartbeats (sinus tachycardia) as a normal response to anxiety, stress, excitement, or exercise. If tachycardia occurs at rest, or without a logical cause, it is considered abnormal.

When the heart beats too rapidly, it may pump blood less efficiently as there is less time for the myocardium to relax between contractions. Additionally, as the heart beats faster, more oxygen and nutrients are required by the body. This, in turn, can cause you to feel out of breath or cause angina.

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Types and forms of Tachycardia

There are two main types of tachycardia: a) supraventricular tachycardia (which originates in the upper chambers of the heart, the atria); and b) ventricular tachycardia (which originates in the lower chambers of the heart, the ventricles).

The common forms of tachycardia include:

- 1) Paroxysmal supraventricular tachycardia, which generally has a rate of 140 to 200 beats per minute, develops spontaneously, and stops and starts suddenly, but may recur.
- 2) Atrial flutter, in which the atria beat at 240 to 300 beats per minute, although the actual pulse rate is much slower, because not all of these impulses are translated into actual contractions of the ventricles

- 3) Ventricular tachycardia, which is a very serious arrhythmia initiated in the ventricles, and where the heart rate is usually between 150 and 250
- 4) Atrial fibrillation, where the heart rate may be over 140 beats a minute. Atrial fibrillation may be defined in various ways, depending on its effects:
 - Paroxysmal atrial fibrillation - this comes and goes and usually stops within 48 hours without any treatment.
 - Persistent atrial fibrillation - this lasts for longer than seven days (or less when it is treated).
 - Longstanding persistent atrial fibrillation - this usually lasts for longer than a year.
 - Permanent atrial fibrillation - this is present all the time and there are no more attempts to restore normal heart rhythm.

** Atrial fibrillation occurs when abnormal electrical impulses suddenly start firing in the atria. These impulses override the heart's natural pacemaker, which can no longer control the rhythm of the heart, and a highly irregular pulse rate manifests. The cause is not fully understood, but it can affect adults of any age (it is not so common in younger people) and may be triggered by certain situations, such as excessive drinking of alcohol, smoking, or an existing cardiovascular or congenital condition.*

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Tachycardia Symptoms

The main symptom of tachycardia is an awareness of a rapid heartbeat, commonly called "palpitations." Depending on the cause and extent of the tachycardia, other symptoms may include shortness of breath, dizziness, actual fainting, chest pain, and severe anxiety.

Heart rate may increase sharply without warning, and then, just as abruptly, slow down. Tachycardia episodes may last from a few seconds to several hours. They may occur on a regular basis, or they may be as infrequent as several times a year. It has been noted that in some cases the heart rate rose as high as 300 beats per minute; however, this magnitude of elevation is rare.

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Tachycardia Causes

Undiagnosed sinus tachycardia is most likely to occur in people who are easily excitable, suffer anxiety, or drink a lot of caffeine/alcohol containing beverages. It may also be seen in people with thyroid disease, fever, or with certain drugs (especially asthma, heart, vascular, and allergy medications).

The occurrence of tachycardia under any of these circumstances does not necessarily imply an underlying heart or vascular condition; however, it must be investigated.

More severe types of tachycardia tend to manifest in people who have underlying cardiovascular disease. Tachycardia may be caused by an electrical disturbance within the heart without an anatomic deformity; or it may be caused by congenital defects, coronary artery disease, chronic disease of the heart valves, or chronic lung disease, etc.

Tachycardia may also appear in the course of a heart attack (or myocardial infarction).

Many authorities believe that hypoglycaemia is a common cause of Tachycardia.

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Hypoglycaemia as a cause of Tachycardia

When the body senses low blood sugar, it stimulates the release of adrenaline from the adrenal glands. Adrenaline is a very quick-acting hormone that signals the liver and skeletal muscles to release glucose into the blood (it is even faster than glucagon).

Hypoglycaemia (low blood sugar) is defined as low blood sugar with many authorities considering 3.3 mmols to be low (Farrell, 2005), others accept 4.0 mmols/L to be on the lower side. However, there is consensus that the normal range of blood sugar is between 4.0 and 8.0 mmols per/L.

Hyperglycaemia (high blood sugar) is said to occur when the blood sugar is more than 10 mmols per litre.

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Treatment

Tachycardia should always be investigated by your health professional and treated accordingly.

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General Considerations

The following considerations can be very beneficial in cases of tachycardia

Avoid Stimulants

This includes some medications, salty/sugary foods/snacks/sweets, smoking, coffee, teas, caffeinated energy and soft drinks, diet aids, etc.

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Lifestyle

Anything that can be done in your lifestyle to strengthen your heart is a big plus where tachycardia is concerned.

This includes:

- A high carbohydrate/fibre diet with a low saturated fat intake
- Limiting your salt intake
- Limit your sugar intake - the adrenaline provided by sugary snacks can easily stimulate an increased heart rate
- Having regular and moderate aerobic exercise (brisk walking, jogging, swimming, etc - minimum of 20 minutes activity 3 x week)
- Maintaining an ideal weight
- Controlling blood pressure
- Controlling cholesterol
- No smoking
- Extreme moderation or abstinence regarding the consumption of alcohol

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Recommendations

Magnesium - One benefit of magnesium is its ability to create rhythmic contraction and relaxation. Additionally, magnesium can also make the heart much less likely to become irritated. Foods such as soybeans, spinach, bran, nuts, whole grains, and beans contain high amounts of magnesium. A good quality magnesium/calcium/vit D supplement can be used.

Potassium - Potassium is beneficial as it has the ability to slow down the heart and reduce irritation of the muscle fibres. Potassium is also depleted by diets high in sodium (salt) and by the overuse of laxatives. Sources of potassium include potatoes, bananas, avocados, figs, apricots, and raisins whole grains and fresh vegetables. A good quality potassium supplement can be used.

Calcium - Ensure that you are taking sufficient levels of calcium - supplement if necessary. Dairy products that are rich in calcium are a good natural source.

Valerian - This is a powerful herbal medicine that can be considered for the treatment of tachycardia and other heart arrhythmias. Authorities suggest that valerian helps to relax the smooth muscle throughout the body. Additionally it may help regulate or normalize heart function, slow the heart rate, treat stress, relieve anxiety, and ease nervousness. Valerian is also a relaxing sedative that may boost blood flow to the brain.

Other herbs that may be beneficial for treating or regulating heart arrhythmias include oat straw, passionflower, wood betony, black cohosh, skullcap, and valerian root.

Supplements

- Vit C - 1 to 3 (Linus Pauling suggests 4 to 6 grams) daily with the amino acid L-Lysine
- Magnesium - 300-400 mg daily
- B-Complex - 100 mg daily
- Coenzyme Q10 - 120 mg daily

Tissue Salts

Mag Phos - For a spasmodic or nervous attack of palpitations and tachycardia

Hydrogen Peroxide Oral Therapy

Discuss this with your complementary therapist, and review the Hydrogen Peroxide materials in our health archive at <http://www.campbellmgold.com>.

Water Cure

Drink plenty of water (at least 1.5 to 2 litres daily). Review "water cures" and apply the one that you vibrate with. Check out the recommended water cures in our health archive at <http://www.campbellmgold.com>.

Elemental Iodine

Some authorities recommend elemental iodine for arrhythmia and tachycardia.

1 x drop of elemental iodine in 250 ml water or juice daily

Selenium - 50-200 ug (mcg) daily - this should be taken to assist with absorption

This treatment should be discussed with your complementary therapist prior to application. Additionally, it is very difficult to obtain Elemental Iodine.

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Relaxation and Hypnosis Techniques

Stress and anxiety are two factors that can cause and seriously exacerbate tachycardia. Consequently, take all possible steps to reduce stress in your life.

It is believed that relaxation, autosuggestion, and hypnosis with positive visualisation can help to augment the body's natural healing processes and can be beneficial in cases of tachycardia. If you would like a recording to assist you with your relaxation, visualisation, affirmations, and healing etc., then visit, <http://www.campbellmgold.com> and choose from a comprehensive list of titles.

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