

Atrial Fibrillation

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Preventive Medicine

In young people, atrial fibrillation is often associated with predisposing conditions such as hypertrophic, subaortic stenosis; Wolf-Parkinson-White syndrome; congenital heart disease; hyperthyroidism; excess alcohol, caffeine, or other drug use; and exercise induced catecholamine release. Prevalence is estimated at 2.3 percent in those over 40; 5.9 percent in those over 65. Seventy percent of people who have atrial fibrillation are between 65 and 85 years old. Most have hypertension, ischemic heart disease, congestive heart failure, or other underlying conditions such as mitral valve disease, hyperthyroidism, and pulmonary disease. Under 40 years of age, AF is less than 0.004 percent (*The Physician and Sports Medicine*. 27(3):73, March 1999).

The heavy use of coffee or tea—nine or more cups daily—has been associated with nearly twice the incidence of premature beats of the heart as compared to those who consume two or fewer cups daily (*Journal of Chronic Disease*. 33:67-72, 1980). It appears possible to me that atrial fibrillation may have its inception in the heavy use of coffee at some time in the person's life.

A naturopath in Oregon told us that lycopodium, gypsy wort, and bugle weed are the best botanicals we have for atrial fibrillation in conjunction with cayenne and CoQ10.

Concerning atrial fibrillation, Dr. Philpott says a 3,150 gauss 5" x 6" flexible magnetic mat ½" thick should be worn over the heart, which will spread the field as large as the heart. A ceramic disk magnet measuring about 1 ¼" across, also having 3,150 gauss, should be placed directly over the electrical sinus of the heart. Place the disk magnet right over the mat which will focus a magnetic field, and hopefully stop or control the abnormal electrical discharge. The small disk could be taped directly onto the magnetic mat. Cover the mat with a thin cloth such as a handkerchief, then hold it in place on the chest with a wrapped bandage such as an Ace. It should be worn continuously, removing only for showering and dressing.

Dr. Philpott says that during the time magnets are worn foods should be rotated. He says that wheat is the most reactive of all foods, and could be the source of abnormal electrical activity in the heart, as it can also be in the brain.

Dr. Philpot states that any weak part of the body can become a target organ for antibodies made to foods to which one is sensitive. Therefore, the brain in a viral encephalitis can become a target organ for food sensitivities, and the heart in atherosclerosis, or viral infection of the myocardium could become the target organ for food sensitivities. Commonly eaten foods, used as often as two times weekly, should not be eaten any more often than every third day. Corn has a number of substances to which people may be sensitive—the starch, sugars, and corn protein.

He suggests that the home be ozonized, closing the doors to the various rooms being ozonized, to rid the home of any residual toxic substance not eliminated by daily airing.

Dr. Philpott is a promoter of the five-day fast for various diseases, epilepsy, rhythm disturbances of the heart, arthritis, and vague symptoms of all kinds. He believes the body can often rid itself of harmful substances during a five-day fast. He says the person may get worse during the first three days, but on the fourth day will usually begin to get better, and by the fifth day may be entirely free from symptoms.

Other Measures

1. Alternating hot foot baths, three minutes hot, 30 seconds cold for four exchanges. The first week, do three treatments a day; then do one treatment a day for a month.
2. Work on getting the digestion perfect—meals on time, no spices, eliminate refined foods of all kinds (fats, carbohydrates, proteins, salt, etc.) until the condition is either converted to a normal rhythm, or the condition has become manageable—pulse under 100 (preferably in the 70s), and minimal swelling of the feet.
3. Use digestive enzymes. Homeopathic physicians believe that digestive disturbances are often at the basis of all rhythm disturbances in the heart.
4. Use herbs for repair—slippery elm, goldenseal, licorice, hawthorn berry, barberry, and Oregon grape.
5. Use Kyolic or garlic to prevent clotting inside the atrium.
6. Take magnesium as most people with basic heart disease are magnesium deficient. First take one half teaspoon of Epsom salts (magnesium sulfate) morning and night. If you tolerate that quantity without getting diarrhea, increase the dosage to one teaspoonful at least one of those doses and preferably both of them.
7. Take ginkgo as arrhythmias may be due to reduced oxygen to the heart. Ginkgo also helps prevent strokes from blood clots.
8. Check for the leaky gut syndrome.
9. Take lactobacillus powder—The first month, one-half teaspoon of the powder twice a day between meals.

The second thing is the taking of some herb teas. Hawthorn berry tea, yarrow, and dandelion all mixed together are very good. I would suggest a tincture of these three which may be obtained from Dr. Christopher Deatherage which he makes up for us. His address and telephone number are: Rt. 5, Box 806, Ava, MO 65608, Phone: 417-683-1300.

If the herbs and magnesium sulfate alone do not help you with your rhythm, then you should take any three of the following diuretic herbs as well: corn silk, burdock, buchu, watermelon seed and chamomile. Try the first routine for at least a month before adding the others.

See also our information on PAT as the natural treatments are the same for all sorts of rhythm disturbances.

Thallium toxicity can cause heart rhythm problems, muscle cramps, numbness in fingers and toes, intestinal problems, heart rhythm problems, and hair loss. Any or all of these symptoms may be attributed to thallium excess. Sources of thallium have been found in toxic waste dumps, near cement plants, smelting plants, and wherever thallium compounds are processed. Food grown on these soils even years after the contamination source has been removed or cleaned up may represent a major source of exposure. Treatment of thallium excess can be with activated charcoal or Prussian blue, encouraging fecal elimination of the metal. Brewer's yeast, garlic, cilantro (a kitchen herb), and foods high in potassium are also very helpful to prevent thallium-induced toxicity and to increase renal excretion of thallium (Great Smokies Diagnostic Laboratory, Asheville, NC).

Rhythm disorders as well as angina and blood pressure were improved by four grams per day of L-carnitine for 12 months (*Drugs Exp Clin Res.* 18(8):355;1992).

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