

# Atrial Fibrillation and Palpitations

## What Is Atrial Fibrillation (AF or A-Fib)?

Atrial fibrillation (AF or A-fib) is the most common cardiac arrhythmia (heart rhythm disorder). It can also be identified clinically when the pulse is taken. Atrial Fibrillation can be confirmed using an electrocardiogram (ECG or EKG) as this can demonstrate the absence of P waves together with an irregular ventricular rate.

## What Causes Atrial Fibrillation?

There may be no obvious symptoms, but the condition is often associated with palpitations, fainting, chest pain, and even congestive heart failure. However, atrial fibrillation can in some people be otherwise idiopathic or brought on by benign conditions.

## Atrial Fibrillation FAQ

**Q: My mother has atrial fibrillation. She suffered an ischaemic attack which caused a mini stroke, and I found your article about the benefits of Serrapeptase. I ordered your product, but as I would have to wait a number of days, I found a local brand of Serrapeptase in 20,000IU. I manage to give her 40,000 IU in the morning and the same again in the afternoon, and am convinced that the medication is assisting but slowly...**

**At the same time, I decided to take 1 x 20,000IU, 3 x daily for skin problems, and on the second day suffered severe diarrhoea and nausea. I then decided to reduce the dosage to 1 x 20,000IU per day with the same results. I read your blog on side effects and then realised that I have suffered adult glandular fever on three occasions with severe hepatitis C. Could you give me an indication of the best dosage to take as I think my body is extremely sensitive, and within 40 minutes of taking the capsule, I have a reaction. I am now on my fourth day and have moved to taking the capsule in the late afternoon (around 3pm) so that the worst effects are in play for late afternoon and early evening (at home and not work). I am off food except fruit and raw veggies, which I eat moderately.**

A: You really need to go through a recovery plan as these problems are going to keep popping up and hitting you when you least want them. This link below shows you what is needed both from supplements and diet. I trust the fruit you eat is low-sugar dark-skinned fruits such as avocados. I know you will also have galloping Candida at present. Green veggies are great. Follow my Atrial Fibrillation Health Plan for the best results. I do realise not everyone can afford all these things, so come back to me and let's discuss it.

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**“My heart palpitations were getting out of control. I felt that at any moment I could be in serious trouble. I knew I had to take my health into my own hands, so I bought some of your Serrapeptase. I’m pleased to say that in just two short weeks, my health appears to have improved a good deal, and my palpitations are easing. Thanks.”**

**- Mark, Windsor**

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*Follow the Health Plan as recommended for the best results:*

## ATRIAL FIBRILLATION AND PALPITATIONS HEALTH PLAN

The health plan below is designed to provide relief for atrial fibrillation and to help heal your heart conditions. By choosing to follow the supplement regime and implementing a naturally healthy lifestyle based upon the recommendations below, it's possible to improve atrial fibrillation and achieve long-term good health.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support a healthy heart - in order of priority:*

- **Ancient Minerals Magnesium Oil Ultra** - Increases absorption of magnesium and reduces pain. Apply liberally onto skin such as the chest, arms and leg muscles to cover a wide range of absorption.
- **Taurine Spray** - Take 6 sprays x 2 times daily. Taurine makes up 50% of the free amino acid in the heart and is thought to strengthen it, according to Robert Abel Jr., MD.
- **BlockBuster AllClear** - Take 1 capsule x 4 times per day, 30 mins before each meal and last one at bedtime. Provides powerful support for healthy blood pressure and a circulatory system.
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.

### ***Other Recommended Products***

- **HealthPoint™** - Use the HealthPoint™ Kit to treat the appropriate acupuncture points for heart palpitations. This can be found in the manual. Use daily as needed. **(See [www.dovehealth.com](http://www.dovehealth.com) for more information.)**