



An Afib Success Story - Acupuncture

By Don Girskis

I'm 50 years old, and have had lone a-fib of a vagal nature on and off for the past 5 years. I've had heart examinations of every type and doctors believe my heart is very healthy. I exercise 5 times weekly and eat well. On September 11, 2009, I was in a mountain bike accident and broke my arm (ulna and radius), and also suffered a hard blow to the head (thank goodness my helmet was on, it was destroyed). Prior to the bike accident, I had but one a-fib episode in the prior 2 years. After the bike accident, I experienced an a-fib episode lasting from 4 to 30 hours every other day for 4 months.

During those 4 months of a-fib, I sought a number of different treatments. I went to two different chiropractors for multiple treatments with each believing that some structural tweak must be contributing to the problem. They were of no help. I tried self-medicating through a combination of magnesium, potassium, calcium, fish oil, vitamins C & D, but to no avail. I sought the help of a nutritionist who had me on a slew of supplements, including magnesium, potassium and calcium, and then I started experiencing a-fib daily. After two weeks of daily episodes, I ceased taking the supplements and I went back into the every-other-day a-fib routine, which was somewhat of a relief.

I sought the advice of an electrophysiologist who did not believe there was any correlation between my bike accident and the a-fib; he said it was just coincidence. He prescribed flecainide and metoprolol as the first step, and recommended ablation as the next option. Upon being told that the side effects of these drugs could include "male" problems and depression, I decided to hold off taking the drugs, and to forego an ablation given the risks involved with the procedure.

My GP recommended an acupuncturist, who is a MD and an acupuncturist from Taiwan and trained in both western and eastern methods. I've been having an acupuncture treatment every 2 - 3 weeks now for the last 3 months, and I have been completely **a-fib free**. He also recommended I eliminate sweets, red meat and fried foods from my diet, and he placed tiny magnets with tape in my ears and on my lower back. I had IMMEDIATE improvement after seeing him the first time. I do believe he's made the difference. He told me of another patient of his that he treated who had a-fib for 10 years and now have been a-fib free for the last 2 years.

I really wanted my success story to be shared with others in the hope they too can become a-fib free! I have not changed my lifestyle one bit. I still drink coffee, beer, and have an incredibly stressful job that includes weekly travel somewhere in the world. But I am also passionate about exercise, eat healthy, and live life to it's fullest.

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