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**Postural Orthostatic Tachycardia Syndrome (POTS),**

**Neutrally Mediated Hypotension, Dysautonomia**

In people with POTS, they cannot retain the water they intake without adding in electrolytes because of posterior pituitary dysfunction and insufficient antidiuretic hormone (ADH).

**So, Dehydration occurs**! This results in severe thirst, drinking large quantities and urinating large quantities because the body can’t hold on to the water without the electrolytes. Hyper-reactive Sympathetic Nervous System (fight-or-flight) fires off very rapid heart rate of 120 – 200 beats per minute. Sometimes just taking a shower will leave you exhausted as if you'd run a marathon.

The key is to drink plenty of water **and keep your electrolytes balanced!**

**Salt:** ½ -1 tsp; 2 – 4x/d **Bicarbonate**

-Himalayan Salt **-**Baking Soda ½ – 1 tsp; 2 – 4x/d

-Celtic Salt -AlkaSelzer Gold; 1 – 4 fizzies

-Hain Iodized Sea Salt -Water w/ bicarbonate (Propel/Smart Water)

**Electrolyte** **Drink Mixes:** (Can add additional salt - especially helpful on waking)

-Drip Drop <https://www.dripdrop.com/>

-Liquid IV <https://www.liquid-iv.com/>

-Emergen-C Hydration <https://www.emergenc.com/products/hydration/>

**For antihistamine, anti-inflammatory and POTS benefits:**

-Cyproheptadine 4 mg at bedtime. (May also use 1-2x in the day if not too sedating)

- Xyzal, Zyrtec, Claritin (non-sedating antihistamines) 1-2x in the day

**If Anti-diuretic Hormone (Arginine Vasopressin) is low:**

-**Desmopressin (DDAVP)**  0.1 – 0.2 mg bedtime +/- in am

(Be careful not to drink too much water, can overhydrate and reduce sodium levels)

-Kombuchu Tea 1 – 2 bottles/d

**To help breakdown biofilm on blood vessel walls compromising oxygen/nutrient:**

-**Serrapeptase** 40,000 IU 2x/d for 1 bottle. Then **Serrapeptase** 120,000 IU 2x/d for 1 bottle

-Then **Nattokinase** (slightly stronger) 1 cap 2x/d -> 2 caps 2x/d for 1-2 bottles

**Medication Options:**

-Beta Blockers

-SSRI/SNRI (Cymbalta, Zoloft, Effexor, Savella)

-Midodrine

-Fludrocortisone (Florinef)

Frequency Specific Microcurrent can be very effective!

For more information: <http://www.potsuk.org/what_is_pots2>

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