



How To Conquer POTS

Treatment Fact Sheet

Postural Orthostatic Tachycardia Syndrome (POTS) is an autonomic nervous system disorder that affects between 1-3 million Americans and 1 out of 100 adolescents. POTS is characterized by an abnormal heart rate increase upon standing, which indicates an unbalanced autonomic nervous system. The autonomic nervous system is responsible for everything our bodies do without us thinking about it—heart rate, blood pressure, body temperature, digestion and more. POTS symptoms vary from person to person and include dizziness, lightheadedness, nausea, fatigue, brain fog, insomnia, gastrointestinal pain, and fainting (or pre-fainting) spells. There are a number of therapies in conventional and alternative medicine that can help POTS patients manage their symptoms or even eliminate them entirely. Check out the list below, and don't give up until you find **your** answer!

Conventional

Salt & Water Therapy

Increasing fluid and salt intake may help reduce POTS symptoms by expanding blood volume. Patients are often advised to drink at least 2 liters of water and consume 3,000-10,000 mg of salt per day.

Exercise

POTS patients greatly benefit from exercise since it helps recondition the body, enhance muscle tone and promote blood flow. Many patients begin with recumbent exercises (e.g. recumbent bike, rowing machine, swimming) and advance to standing exercises (e.g. running, walking, hiking, biking). Strength training (e.g. squats, leg lifts, weights) can also help increase overall muscle tone and strength.

Sleep

Sleep is essential for helping the body heal and restore. POTS patients should strive to get at least 8 hours of sleep per night, and proper sleep hygiene can help. Avoid screens for an hour before bed and practice active relaxation. Ear plugs and eye masks block out extra stimuli, which can help the nervous system relax.

Compression Gear

Compression stockings and tights can help promote blood flow and minimize blood pooling in the legs, thus potentially reducing symptoms.

Medication

Many medications are used to treat POTS including Fludrocortisone (to increase blood volume), Midodrine (to increase blood pressure) and Beta Blockers (to reduce heart rate). POTS patients may also benefit from taking antihistamines (e.g. Zyrtec) since POTS has been linked to excessive mast cell activation.

Alternative

Nutrition

Healthy eating is the cornerstone of healthy bodies and minds. POTS patient should focus on eating real, whole foods including vegetables, nuts & seeds, fruit, quinoa, lentils, eggs, fish and meat. They should also strive to limit ultra-processed foods, especially refined flour, sugar and seed oils (e.g. canola/soybean oil).

Neurorehabilitation

- **Dynamic Neural Retraining System (DNRS):** This brain retraining program views POTS as a manifestation of an overreactive threat response in the brain. It teaches participants how to consciously break out of the stress cycle and reclaim their lives from the symptoms holding them back.
- **PSYCH-K®:** This energy psychology modality focuses on changing beliefs at the subconscious level of mind (instead of the conscious level like DNRS). Since the subconscious makes up at least 95 percent of our overall consciousness, profound transformations can occur quickly in both mental and physical health.
- **Relaxation Exercises:** Practicing active relaxation helps keep the autonomic nervous system out of fight/flight mode and can reduce symptoms. There are a number of different modalities—from restorative yoga and meditation to mindfulness and Emotional Freedom Technique (EFT). Each person should experiment to find out what works best for them!

Other Holistic Treatments

- Acupuncture
- Medical Massage
- Microcurrent Therapy
- Visit a Functional/Integrative Medicine Specialist

POTS

Tips & Tricks



- Clenching muscles can help stimulate blood flow and prevent blood pooling in the lower half of the body. Toe lifts can be very beneficial (raise toes with heels planted, return to ground, repeat), as well as tip-toe stands (go on tip-toes, return to ground, repeat). Clenching the buttocks can also be very effective.
- Stand up slowly. If you're lying down, first turn over to your side, then slowly raise to a sitting position, then stand up. Take your time!
- Cross your legs while standing or sitting to prevent blood pooling.
- If fluorescent lights or screens make you dizzy/overstimulated, blue light glasses may help.
- If you want to try yoga, restorative yoga is a great choice for POTS patients. It involves gentle movements and is often done lying down. Check out [Sleepy Santosha](#) on YouTube for POTS-friendly routines.
- Certain treatments might help some symptoms but not all of them—and that's okay. Shifting from ultra-processed foods to real, whole foods can greatly improve gastrointestinal symptoms, but it might not fix sensitivity to stimuli (brain retraining programs can be very effective for that).
- Be kind to yourself. It's okay to take breaks and rest. This is a journey and while the ultimate goal is complete wellness, accept where you are in the process. Important note: Acceptance does not equal complacency! You can accept exactly where you are and still take steps to heal.

Resources

Dysautonomia International: <http://www.dysautonomiainternational.org/>

POTS UK: <https://www.potsuk.org/>

Dynamic Neural Retraining System (DNRS): <https://retrainingthebrain.com/>

- POTS Recovery Story: <https://retrainingthebrain.com/the-key-that-opened-the-door/>

Nutrition: <https://bit.ly/37rQwWR>

PSYCH-K®: <https://psych-k.com/>

POTS Recovery Story: Overview of Holistic Treatments: <https://bit.ly/2AQEWYW>