

Reduction in the Frequency of Arrhythmic Episodes in Patients with Paroxysmal Atrial Arrhythmia with a Vitamin/Essential Nutrient Supplementation Program

M. Rath, T. Kalinovsky, A. Niedzwiecki

Journal of the American Nutraceutical Association 2005, 8(3): 19-25

Irregular heart beat (arrhythmia) is a significant health problem in the US and worldwide. Its most common form is known as atrial fibrillation (A Fib) and is the most frequent cause of strokes. About nine million people in Europe and the US, combined, suffer from atrial fibrillation and the numbers are expected to increase. While the health care cost associated with treatment of A Fib in the US runs up to \$26 billion, in the EU alone the cost is approximately €13.5 billion.

Atrial fibrillation often affects people after suffering a heart attack, but even taking drugs as popular as over-the-counter painkillers, antibiotics, anti-depressants, cardiac medications, and some cancer medicines, increase the risk of arrhythmia and even death. In most cases conventional medicine has no effective means to treat arrhythmia or even explain why it develops.

In a double-blind placebo-controlled clinical trial involving 131 patients diagnosed with atrial fibrillation, we evaluated the clinical benefits of a micronutrient program containing vitamins, minerals, amino acids and other biologically active substances essential for the production of bioenergy in heart muscle cells. Patients across 35 health centers were divided into two groups: one was given a specially designed micronutrient combination program, the other one an identically-looking placebo pill (containing inactive ingredients). All the patients continued their regular anti-arrhythmic medicines during the study. The patients were evaluated at 3 months and after 6 months of the study.

The number of patients experiencing frequent episodes of irregular heartbeat (7 or more) significantly decreased with longer-term micronutrient intake from 45% after 3 months of supplementation to 27% after 6 months. At the same time 74% of the patients who were not taking supplements (the placebo group) reported having seven to ten episodes of arrhythmia during the study period. Overall, the number of arrhythmia episodes decreased with time and 22.7% patients in the supplement group reported no arrhythmic episodes at the end of 3 months. That number almost doubled at the end of 6 months with 43% patients having no episodes at all.

In addition, assessment during the study period revealed that the quality of life of patients in the micronutrient supplemented group almost doubled. In contrast, the patients in the placebo group had lower scores in regards to their general health, physical function, mental attitude, and their feelings of wellbeing.

In summary, compared to the placebo group the intake of a supplement program for 6 months in patients with atrial fibrillation resulted in:

- Decreasing the frequency of arrhythmic episodes by 30%.
- Increasing the chance of being arrhythmia-free by 65%.
- Delaying the appearance of arrhythmia by increasing the intervals between episodes.
- Extending health benefits with longer use of the vitamin program beyond 6 months and improving overall general health, mental health, and vitality.

Even more, all of these results were achieved without any side effects.

In summary, the specially designed natural micronutrient program supports bioenergy production and optimum functionality of heart muscle cells and gives hope to millions patients suffering from irregular heart beat.