POTS and Dysautonomia

Feed the nerves. Calm the mast cells. Refill the repair crew. Retrain the autopilot.

1. Salt in your first glass of water, 2 to 3 liters through the day, waist-high compression on upright days.
2. Protein at every meal, liver once a week (or desiccated liver capsules), and a four-week low-histamine trial if you flush or react.
3. Magnesium at night and fish oil with a meal; then creatine and phosphatidylcholine; then hydroxocobalamin plus adenosylcobalamin B12; add one new thing a week.
4. Mitochondrial support (CoQ10, acetyl-L-carnitine, alpha-lipoic acid; no ALA if pregnant, planning, or breastfeeding), liposomal vitamin C, apigenin at bedtime.
5. Ten minutes on a recumbent bike three times a week, and track morning HRV; a low morning is a rest day.
6. Sleep flat, keep cool, and breathe four in, six out, twice a day.

What to track. Standing heart rate monthly; ferritin, MMA, homocysteine at 12 weeks. Expect 3 to 9 months for nerve repair.

Full post, with the why, the labs, and the research version: **geneticsforthepeople.com/blog/pots-dysautonomia-why-your-body-forgets-how-to-stand-up/**

Educational content written from a research perspective, not medical advice. Katelin Hubbard, PhD is a scientist, not a physician, and does not diagnose, treat, cure, or prevent disease. Take anything you want to try to your own healthcare provider, especially if you take prescription medication.