

THE HOLISTIC DETOX

TOP 20 DYSAUTONOMIA TREATMENTS

HOLISTIC & CONVENTIONAL

TOP 20 DYSAUTONOMIA TREATMENTS

Hello and welcome! If you're navigating the challenges of Dysautonomia, you're not alone. Dysautonomia encompasses a group of disorders that affect your autonomic nervous system (ANS), leading to symptoms like dizziness, fatigue, irregular heartbeats, and more. Managing Dysautonomia effectively often requires a multifaceted approach that blends conventional medical treatments with holistic, root-cause-focused strategies. In this heartfelt blog post, I'll walk you through the 20 most commonly prescribed medications for Dysautonomia, explaining how they help manage symptoms and discussing their potential side effects. I'll also share how holistic approaches, such as those offered by Wellhistic, can complement these treatments to support your journey toward long-term wellness.



TABLE OF CONTENTS

• Understanding Dysautonomia.....	04
◦ Types of Dysautonomia	05
• The Conventional Medical Approach	06
• Limitations of Conventional Treatments	17
◦ Why These treatments Work or doesn't work?	18
• Our Approach	19
◦ Understanding the Underlying Causes	20
◦ Identifying Root Causes	21
◦ Personalized Treatment Plans	21
• Wellhistic's Jumpstart Kit	22
◦ Why this is best?	23
◦ Conventional treatments vs our jumpstart kit	24
◦ Integrative Support: Wellhistic's Supplement Ingredients vs. Conventional Dysautonomia Medications	25
◦ Detailed Information About Wellhistic's Supplements	27
• Personal Story	32
◦ Natural Approaches to Managing Dysautonomia.....	34
◦ Are You Experiencing These Symptoms?	35
◦ Take the First Step Towards True Wellness	36
◦ Testimonials	37
• Final thoughts	38

UNDERSTANDING DYSAUTONOMIA

TAKE CONTROL



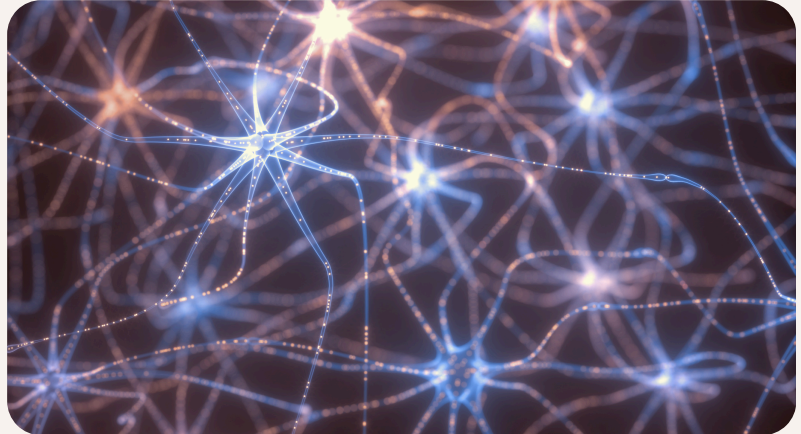
Before we dive into the treatments, let's take a moment to understand what Dysautonomia is and how it affects you. The autonomic nervous system (ANS) regulates involuntary bodily functions, including heart rate, blood pressure, digestion, and temperature regulation. When the ANS malfunctions, it can lead to a range of symptoms that significantly impact your daily life.

TYPES OF DYSAUTONOMIA

1. Primary Dysautonomia:

Here, autonomic dysfunction is the main disease process.

- **Examples:** Familial dysautonomia, multiple system atrophy, pure autonomic failure.



2. **Secondary Dysautonomia:** Autonomic dysfunction occurs as a result of another disease process.

- **Examples:** Autonomic neuropathy associated with diabetes, Postural Orthostatic Tachycardia Syndrome (POTS) resulting from autoimmune diseases.
- **Conditions Leading to Secondary Dysautonomia:**
 - Amyloidosis, Celiac Disease, Charcot-Marie-Tooth Disease, Chiari Malformation, Crohn's Disease, Ehlers-Danlos Syndrome, Ulcerative Colitis, Guillain-Barre Syndrome, HIV, Lambert-Eaton Syndrome, Lupus, Lyme Disease, Muscular Sclerosis, Parkinson's Disease, Rheumatoid Arthritis, Sarcoidosis, Sjogren's Syndrome, Vitamin B and E Deficiencies, Diabetes.

3. Idiopathic Dysautonomia:

- Autonomic dysfunction arises without a known cause, making it challenging to diagnose and treat.



THE CONVENTIONAL MEDICAL APPROACH

MANAGING SYMPTOMS



Conventional medicine primarily focuses on alleviating the immediate symptoms of Dysautonomia. While these treatments can provide temporary relief and improve your quality of life, they often do not address the underlying causes of autonomic dysfunction. Here are the Top 20 Dysautonomia Drugs commonly prescribed by healthcare professionals

FLUDROCORTISONE (FLORINEF®)



CLASS

Mineralocorticoid

HELPS WITH

Increases blood volume and blood pressure; reduces plasma norepinephrine with long-term use.



Notes: Ideal in low doses; increasing dietary sodium enhances its effectiveness. Commonly used for orthostatic intolerance and orthostatic hypotension.

SIDE EFFECTS

Adrenal Glands: Long-term use may suppress natural cortisol production, potentially leading to adrenal fatigue. This can impair your body's ability to respond to stress. **Kidneys:** Increased sodium retention can strain the kidneys, leading to fluid retention and electrolyte imbalances. **Cardiovascular System:** Elevated blood pressure may increase the risk of hypertension-related complications. **Other:** May cause swelling or fluid retention in extremities.

MIDODRINE (PROAMATINE®)



CLASS

Alpha-1 agonist

HELPS WITH

Tightens blood vessels, increases blood pressure, and prevents fainting.



Notes: Used for orthostatic hypotension, Postural Orthostatic Tachycardia Syndrome (POTS), and other forms of Dysautonomia. May cause supine hypertension.

SIDE EFFECTS

Adrenal Glands: Chronic use may lead to adrenal exhaustion due to persistent sympathetic stimulation. **Cardiovascular System:** Risk of supine hypertension, increasing strain on your heart and blood vessels. **Urinary System:** May cause urinary retention in some individuals. **Other:** Possible scalp itching or tingling.

BETA-BLOCKERS



CLASS

Beta-adrenergic blockers

HELPS WITH

Decreases heart rate, blood pressure, and adrenaline effects; prevents fainting.



Notes: Effective for POTS and hyperadrenergic hypertension. Potential side effect includes mast cell degranulation.

SIDE EFFECTS

Adrenal Glands: Reduced adrenaline effects can lead to decreased natural hormone production, potentially contributing to adrenal fatigue. **Respiratory System:** May cause bronchoconstriction, affecting breathing in sensitive individuals. **Cardiovascular System:** Can lead to bradycardia (slow heart rate) and hypotension (low blood pressure). **Metabolic System:** May affect glucose metabolism, posing risks for diabetic patients.

PYRIDOSTIGMINE (MESTINON®)



CLASS

Cholinesterase inhibitor

HELPS WITH

Increases blood pressure and muscle strength; reduces breakdown of acetylcholine in the ANS.



Notes: Primarily used for chronic orthostatic hypotension.

SIDE EFFECTS

Digestive System: May cause gastrointestinal discomfort, including nausea, diarrhea, and abdominal cramps. **Musculoskeletal System:** Muscle cramps or weakness can occur. **Nervous System:** May lead to increased salivation or sweating. **Other:** Potential for headaches or dizziness.

IV SALINE



CLASS

Increases blood volume, orthostatic tolerance, and cognitive function.

HELPS WITH

Used for POTS and orthostatic hypotension.

Symptom improvement is temporary; requires cautious use.



Notes: Effective for POTS and hyperadrenergic hypertension. Potential side effect includes mast cell degranulation.

SIDE EFFECTS

Kidneys: Risk of fluid overload, especially in individuals with kidney dysfunction. **Cardiovascular System:** Can lead to hypertension if not properly managed. **Electrolyte Balance:** May disrupt electrolyte levels, necessitating careful monitoring. **Other:** Potential for infection at the IV site.

CLONIDINE (CATAPRES®) OR METHYLDOPA (ALDOMET®)



CLASS

Alpha-2 adrenergic agonists

HELPS WITH

Decreases blood pressure and hyperadrenergic responses; improves sleep; reduces sympathetic adrenergic stimulation.

SIDE EFFECTS

Adrenal Glands: Suppression of sympathetic activity can reduce cortisol production, contributing to adrenal fatigue. **Central Nervous System:** May cause drowsiness, fatigue, or sedation. **Cardiovascular System:** Risk of hypotension (low blood pressure), particularly postural hypotension. **Respiratory System:** Can lead to respiratory depression in high doses.

IBUPROFEN (MOTRIN®)



CLASS

Nonsteroidal anti-inflammatory drug (NSAID)

HELPS WITH

Tightens blood vessels and blocks inflammatory prostaglandins.

SIDE EFFECTS

Liver: Chronic use can lead to liver damage or elevated liver enzymes. **Kidneys:** May cause renal impairment or exacerbate existing kidney issues. **Gastrointestinal System:** Increases the risk of ulcers, gastrointestinal bleeding, and stomach irritation. **Cardiovascular System:** Prolonged use can elevate the risk of heart attack or stroke. **Other:** May cause headaches, dizziness, or ringing in the ears.

AMPHETAMINE (ADDERALL®) OR METHYLPHENIDATE (RITALIN®, CONCERTA®)



CLASS

Stimulants

HELPS WITH

Tightens blood vessels; increases alertness and cognitive function; improves brain fog; reduces appetite.



Notes: Used for chronic orthostatic intolerance. Must be used with caution due to the potential for addiction.

SIDE EFFECTS

Adrenal Glands: Chronic stimulation can lead to adrenal exhaustion, reducing the glands' ability to produce cortisol and adrenaline. **Cardiovascular System:** May cause increased heart rate, hypertension, and risk of heart palpitations. **Psychiatric System:** Potential for anxiety, insomnia, and mood swings. **Nervous System:** Risk of seizures or tremors in sensitive individuals. **Other:** Possible appetite suppression leading to weight loss.

CLONAZEPAM (KLONOPIN®)



CLASS

Benzodiazepine

HELPS WITH

Regulates blood flow oscillations to the heart and vital organs; induces a sense of calmness.



Notes: Used for multiple system atrophy and chronic orthostatic intolerance.

Recommended to start with a low dose at bedtime.

SIDE EFFECTS

Adrenal Glands: Suppression of sympathetic activity can reduce cortisol production, contributing to adrenal fatigue. **Central Nervous System:** May cause drowsiness, sedation, and impaired coordination. **Respiratory System:** Risk of respiratory depression, especially when combined with other sedatives. **Dependency:** Potential for physical and psychological dependence with prolonged use. **Other:** Can lead to memory impairment and cognitive disturbances.

ALPRAZOLAM (XANAX®)



CLASS

Benzodiazepine

HELPS WITH

Increases a sense of calmness.



Notes: Provides a sedative effect, aiding in anxiety reduction.

SIDE EFFECTS

Adrenal Glands: Similar to Clonazepam, prolonged use can suppress cortisol production, leading to adrenal fatigue. **Central Nervous System:** Causes drowsiness, sedation, and impaired cognitive function. **Respiratory System:** Can depress respiration, particularly when taken in high doses or combined with other depressants. **Dependency:** High potential for addiction and withdrawal symptoms. **Other:** May cause dizziness, blurred vision, and unsteadiness.

DROXIDOPA (NORTHERA®)



CLASS

Synthetic amino acid precursor

HELPS WITH

Increases blood pressure.



Notes: FDA-approved for neurogenic orthostatic hypotension and other forms of autonomic failure.

SIDE EFFECTS

Adrenal Glands: Chronic stimulation can lead to increased cortisol production, potentially resulting in adrenal fatigue over time. **Cardiovascular System:** May cause hypertension, particularly supine hypertension, increasing the risk of heart disease. **Central Nervous System:** Can lead to headaches, dizziness, and insomnia. **Other:** Possible nausea, orthostatic hypotension, and fatigue.

TRICYCLIC ANTIDEPRESSANTS (E.G., DOXEPIN)



CLASS

Tricyclic antidepressants

HELPS WITH

Improves mood.



Notes: May also aid in pain management and sleep.

SIDE EFFECTS

Adrenal Glands: Altered serotonin and norepinephrine levels can affect cortisol production, potentially leading to adrenal fatigue. **Cardiovascular System:** Risk of arrhythmias, orthostatic hypotension, and increased heart rate. **Central Nervous System:** May cause drowsiness, dizziness, and cognitive impairment. **Gastrointestinal System:** Can lead to constipation, dry mouth, and nausea. **Other:** Potential for weight gain and sexual dysfunction.

SELECTIVE SEROTONIN REUPTAKE INHIBITORS (SSRIS)



CLASS

Antidepressants

HELPS WITH

Enhances mood and reduces anxiety.



Notes: While SSRIs can help manage depression and anxiety, which may reduce the frequency of Dysautonomia episodes, they do not address the underlying condition. Use caution in teens as they may cause depression.

SIDE EFFECTS

Adrenal Glands: May disrupt the balance of cortisol and adrenaline, contributing to adrenal fatigue.

Central Nervous System: Risk of serotonin syndrome, anxiety, insomnia, and reduced libido.

Gastrointestinal System: Can cause nausea, diarrhea, and appetite changes. **Cardiovascular**

System: May lead to increased heart rate and, in some cases, arrhythmias. **Other:** Potential for weight gain and sexual dysfunction.

ERYTHROPOIETIN (PROCRIT®)



CLASS

Erythropoiesis-stimulating agent

HELPS WITH

Increases blood count and blood pressure; particularly beneficial for anemic patients or those with chronic fatigue.

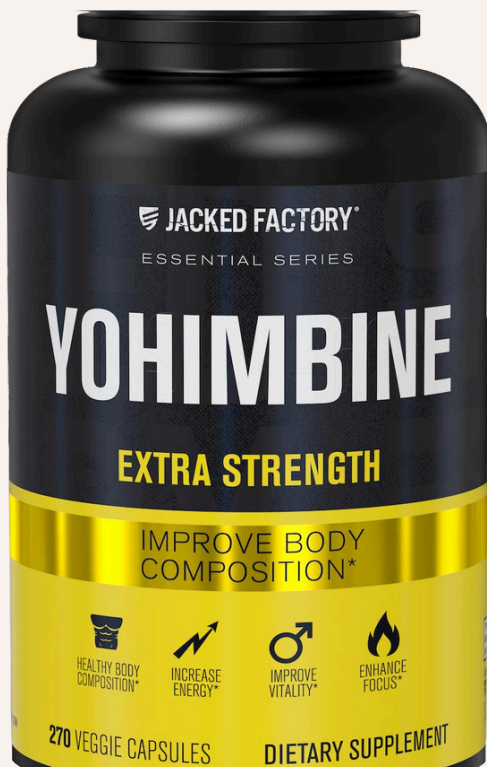


Notes: Often challenging to obtain insurance coverage.

SIDE EFFECTS

Adrenal Glands: Increased blood count and pressure can indirectly stress adrenal function by heightening the demand for cortisol and adrenaline. **Cardiovascular System:** Risk of hypertension, thrombosis, and stroke due to increased red blood cell production. **Renal System:** May exacerbate existing kidney issues or lead to fluid retention. **Other:** Potential for headache, joint pain, and injection site reactions.

YOHIMBINE



CLASS

Increases blood pressure.

NOTES

Used for chronic autonomic failure, multiple system atrophy, and automatically mediated syncope.

SIDE EFFECTS

Adrenal Glands: Chronic use can overstimulate adrenal hormone production, leading to adrenal fatigue.

Cardiovascular System: May cause tachycardia, hypertension, and increased risk of heart palpitations.

Central Nervous System: Can lead to anxiety, agitation, and insomnia. **Other:** Possible gastrointestinal distress and headache.

IVABRADINE (CORLANOR®)



CLASS

If channel inhibitor

HELPS WITH

Reduces heart rate; treats angina pectoris; improves inappropriate sinus tachycardia (IST).



Notes: Suitable for patients who cannot tolerate beta-blockers.

SIDE EFFECTS

Adrenal Glands: Lowered heart rate reduces the demand on adrenal glands to produce adrenaline, potentially contributing to adrenal fatigue over time. **Cardiovascular System:** Risk of bradycardia (slow heart rate) and hypertension. **Eyes:** May cause luminous phenomena, such as seeing bright streaks or halos around lights. **Other:** Potential for headache, dizziness, and fatigue.

SOMATOSTATIN (OCTREOTIDE®)



CLASS

Somatostatin analog

HELPS WITH

Tightens blood vessels in the gut.



Notes: Used for certain types of tumors and severe diarrhea associated with some conditions.

SIDE EFFECTS

Adrenal Glands: Suppresses cortisol production, potentially leading to adrenal insufficiency with long-term use.

Gastrointestinal System: Can cause nausea, abdominal pain, and bloating.

Pancreas: Risk of pancreatitis with prolonged use. **Other:** May lead to gallstones and liver enzyme abnormalities.

DESMOPRESSIN (DDAVP®)



CLASS

Vasopressin analog

HELPS WITH

Tightens blood vessels; causes kidneys to retain water.



Notes: Used for diabetes insipidus and bedwetting.

SIDE EFFECTS

Adrenal Glands: Altered fluid balance can stress adrenal function by affecting cortisol levels.

Kidneys: Risk of water retention leading to hyponatremia (low sodium levels).

Cardiovascular System: May cause hypertension due to fluid retention. **Other:** Potential for headaches, nausea, and facial flushing.

BETHANECHOL (URECHOLINE®)



CLASS

Cholinergic agonist

HELPS WITH

Enhances salivation, gut action, and urination.



Notes: Used for urinary retention and gastrointestinal issues.

SIDE EFFECTS

Adrenal Glands: Enhanced parasympathetic activity can reduce adrenal hormone production, contributing to adrenal fatigue. **Gastrointestinal System:** May cause abdominal cramps, diarrhea, and increased bowel movements. **Urinary System:** Risk of increased urinary frequency and urgency. **Other:** Possible sweating, flushing, and headache.

H1 & H2 ANTIHISTAMINES



HELPS WITH

Tightens blood vessels; improves inflammation of the gut.

HELPS WITH

May be beneficial for patients with coexisting mast cell activation.

SIDE EFFECTS

Adrenal Glands: Antihistamines can modulate cortisol levels, potentially disrupting adrenal hormone balance with chronic use. **Central Nervous System:** Can cause drowsiness, dizziness, and impaired cognitive function. **Gastrointestinal System:** May lead to dry mouth, nausea, and vomiting. **Cardiovascular System:** Risk of tachycardia and, in some cases, arrhythmias. **Other:** Potential for urinary retention and blurred vision.

LIMITATIONS OF CONVENTIONAL TREATMENTS

RECOGNIZE THEIR LIMITATIOS



WHY THESE TREATMENTS WORK OR DOESN'T WORK?

While these medications are pivotal in managing Dysautonomia symptoms, it's important to recognize their limitations:

- **Symptom-Focused:** These treatments primarily aim to reduce immediate symptoms without addressing the underlying causes of Dysautonomia.
- **Temporary Relief:** Medications can provide short-term alleviation but often fail to offer long-lasting solutions.
- **Side Effects:** Many conventional treatments come with side effects that can impact your overall quality of life, such as increased blood pressure, fatigue, dependency issues, and organ-specific impacts like adrenal fatigue, liver strain, or kidney impairment.

It's crucial to understand that while these medications can significantly improve your quality of life by managing symptoms like depression, anxiety, and fatigue, they do not resolve the root causes of Dysautonomia. For instance, SSRIs may help alleviate depressive symptoms, potentially reducing the frequency of Dysautonomia episodes, but the underlying autonomic dysfunction remains unaddressed.



OUR APPROACH

UNCOVERING AND HEALING THE ROOT CAUSES

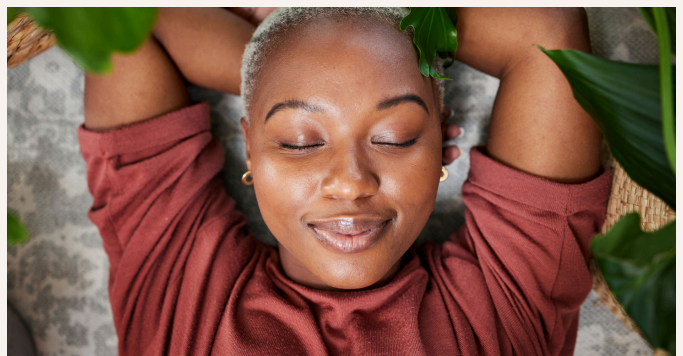


At Wellhistic, we believe that true healing transcends merely managing symptoms. Our holistic approach focuses on identifying and addressing the underlying factors that trigger autonomic dysfunction, paving the way for your long-term wellness.

UNDERSTANDING THE UNDERLYING CAUSES

Dysautonomia can result from a variety of factors that disrupt the autonomic nervous system:

1. **Primary Dysautonomia:** Autonomic dysfunction is the primary disease process.
 - Examples: Familial dysautonomia, multiple system atrophy, pure autonomic failure.
2. **Secondary Dysautonomia:** Autonomic dysfunction arises due to another disease process.
 - Examples: Autonomic neuropathy associated with diabetes, POTS resulting from autoimmune diseases.
 - Conditions Leading to Secondary Dysautonomia:
 - Amyloidosis, Celiac Disease, Charcot-Marie-Tooth Disease, Chiari Malformation, Crohn's Disease, Ehlers-Danlos Syndrome, Ulcerative Colitis, Guillain-Barre Syndrome, HIV, Lambert-Eaton Syndrome, Lupus, Lyme Disease, Muscular Sclerosis, Parkinson's Disease, Rheumatoid Arthritis, Sarcoidosis, Sjogren's Syndrome, Vitamin B and E Deficiencies, Diabetes.
3. **Idiopathic Dysautonomia:** Autonomic dysfunction occurs without a known cause, often making it challenging to diagnose and treat.



IDENTIFYING ROOT CAUSES

Our comprehensive evaluation process includes:



Medical History Review: We take the time to understand your past and present health conditions, treatments, and lifestyle factors.



Diagnostic Testing: Utilizing advanced tests to identify underlying infections, autoimmune markers, nutritional deficiencies, and other potential triggers.



Holistic Assessment: Evaluating factors such as stress, trauma, and environmental influences that may contribute to autonomic dysfunction.

PERSONALIZED TREATMENT PLANS

By identifying the specific root causes of Dysautonomia in each individual, we create tailored treatment plans that may include:

- **Addressing Infections:** Treating underlying viral or bacterial infections contributing to autonomic dysfunction.
- **Nutritional Support:** Correcting vitamin and mineral deficiencies to support nervous system health.
- **Managing Autoimmune Conditions:** Implementing strategies to reduce autoimmune responses affecting the ANS.
- **Trauma-Informed Care:** Providing support and therapies to address the impact of physical or emotional trauma on autonomic health.
- **Lifestyle Modifications:** Advising on changes that promote overall well-being and reduce stress on the autonomic nervous system.

WELLHISTIC'S JUMPSTART KIT

INTRODUCTION



WHY THIS IS BEST?

To complement conventional treatments and support your journey toward holistic wellness, Wellhistic offers a Jumpstart Kit designed to balance hormones and address issues such as anxiety, depression, and adrenal fatigue. Our Jumpstart Kit includes four specialized supplements:



BOOST



THYROID HAIR & ENERGY



CALM



HORMONE & PMS SUPPORT

OR



MENOPAUSE SUPPORT

CONVENTIONAL TREATMENTS VS OUR JUMPSTART KIT

Aspect	Conventional Treatments	Wellhistic's Jumpstart Kit
Symptom Management	Yes, primarily focuses on alleviating immediate symptoms	Complements symptom management with holistic support
Addressing Root Causes	Limited focus on underlying causes	Actively targets hormonal balance, adrenal health, and detoxification
Long-Term Wellness	Often provides temporary relief	Promotes sustainable health through detox and hormone balancing
Side Effects	Potential organ-specific impacts (adrenal, liver, etc.)	Natural ingredients with minimal side effects
Support Areas	Blood pressure, heart rate, anxiety	Adrenal recovery (BOOST and CALM), Thyroid Hair and Energy, Hormone & PMS/Menopause Support
Integration	Often used alone or with limited complementary therapies	Designed to integrate seamlessly with medical treatments
Detoxification	Not typically addressed	Powerful detoxifying herbs support liver, colon, and spleen health

INTEGRATIVE SUPPORT: WELLHISTIC'S SUPPLEMENT INGREDIENTS VS. CONVENTIONAL DYSAUTONOMIA MEDICATIONS

To provide a clearer understanding of how Wellhistic's Jumpstart Kit complements conventional Dysautonomia treatments, here's a detailed comparison of our key detoxifying supplement ingredients against some of the commonly prescribed medications. Please note that this comparison focuses solely on the detoxifying aspects of our Jumpstart Kit and is secondary to the primary comparison chart above.

Ingredient	Benefits	How It Complements Conventional Treatments
Relora® (Magnolia & Phellodendron)	Promotes relaxation, reduces stress, supports healthy cortisol levels.	Helps manage stress and cortisol balance, mitigating adrenal fatigue caused by medications like Beta-Blockers and Clonidine.
Suntheanine® (L-Theanine)	Stimulates alpha brain waves for relaxed alertness, improves sleep quality.	Enhances mental clarity and sleep quality, complementing medications like Benzodiazepines (Clonazepam, Alprazolam) that promote calmness.
Banaba Leaf (Corosolic Acid)	Supports blood glucose levels and cortisol balance.	Assists in managing blood sugar and stress hormones, supporting medications that may affect glucose metabolism like Beta-Blockers.
Maral Extract (Rhaponticum carthamoides)	Lowers corticosterone levels, supports energy and metabolism.	Boosts energy and vitality, counteracting fatigue from medications like Pyridostigmine and Beta-Blockers.

Reishi Mushroom	Boosts immunity, reduces stress.	Enhances immune support, complementing medications like Fludrocortisone that may affect immune function.
Ashwagandha Root	Supports stress management, reduces anxiety, improves sleep, balances cortisol.	Balances cortisol and reduces anxiety, complementing medications like Beta-Blockers and Benzodiazepines.
Cordyceps	Enhances energy, supports respiratory health.	Increases energy levels, counteracting fatigue from medications like Pyridostigmine and Beta-Blockers.
Holy Basil (Tulsi)	Manages stress, promotes mental balance, supports immune function.	Reduces stress and supports immune system, complementing stress-focused medications like Clonidine.
Lemon Balm	Calms anxiety, promotes restful sleep.	Promotes relaxation and sleep, complementing medications like Clonazepam and Alprazolam.
Motherwort	Supports heart health, reduces stress, alleviates mood swings.	Supports cardiovascular health, complementing medications like Beta-Blockers and Midodrine.

Disclaimer: These supplements are intended to support your current medical treatments and promote overall wellness. They are not intended to diagnose, cure, or treat any disease. The true fix lies in uncovering and addressing the root causes of Dysautonomia. Always consult with your healthcare provider before adding any new supplement to your regimen.



DETAILED INFORMATION ABOUT WELLHISTIC'S SUPPLEMENTS

At Wellhistic, we prioritize the quality and efficacy of our supplements. Our Jumpstart Kit includes four specialized supplements: BOOST, CALM, Thyroid Hair and Energy, and Hormone and PMS/Menopause Support, each targeting different aspects of wellness.

Disclaimer: These supplements are intended to support your current medical treatments and promote overall wellness. They are not intended to diagnose, cure, or treat any disease. The true fix lies in uncovering and addressing the root causes of Dysautonomia. Always consult with your healthcare provider before adding any new supplement to your regimen.

BOOST

Stress & Anxiety Relief + Immune Support + Energy & Vitality Boost

BOOST is your daily adaptogenic support designed to help you combat stress, enhance your immune system, and boost energy levels. If you're feeling overwhelmed, experiencing occasional fatigue, or need support managing stress-related eating and blood sugar levels, BOOST might be the supplement for you.



SHOP NOW



KEY BENEFITS

- Helps the Body Cope with Stress
- Supports Healthy Cortisol Levels
- Promotes Relaxation and Restful Sleep
- Enhances Mental Clarity
- Alleviates Occasional Fatigue
- May Increase Libido



KEY INGREDIENTS



Relora®: A patented blend of Magnolia officinalis and Phellodendron amurense bark extracts. Promotes relaxation, reduces perceived stress, and supports healthy cortisol levels.



Suntheanine® (L-Theanine): Stimulates alpha brain waves for relaxed alertness and improves sleep quality.



Banaba Leaf (1% Corosolic Acid): Supports blood glucose levels and assists in weight management.



Maral Extracts (Rhaponticum carthamoides): Lowers corticosterone levels and supports energy and metabolism.



WHY CHOOSE BOOST?

- **Stress & Anxiety Relief:** Helps manage daily stressors and reduce stress-related eating.
- **Immune Support:** Strengthens your body's natural defenses.
- **Energy & Vitality Boost:** Enhances physical performance and combats fatigue.
- **Blood Sugar Management:** Supports healthy glucose metabolism.
- **Supports Hormonal Balance:** By balancing hormones, BOOST may contribute to increased libido.
- **Synergistic Ingredients:** Combines adaptogens and nutrients that work together to support overall well-being.

EXPERIENCE TRANQUILITY ANYTIME

CALM

Stress & Anxiety Relief + Sleep Support + Relaxation Aid

If stress and anxiety are affecting your sleep, mood, or overall relaxation, CALM is designed to help you unwind whenever you need it—morning or night. Taking CALM and BOOST together can provide synergistic support for both stress management and energy levels.

KEY BENEFITS

- Promotes Relaxation
- Supports Stress Response
- Enhances Sleep Quality
- Flexible Use
- Synergistic Support



SHOP NOW



KEY INGREDIENTS



Reishi Mushroom: May boost immunity and reduce stress.



Ashwagandha Root: Supports stress management, reduces anxiety, and improves sleep quality.



Cordyceps: Enhances energy and supports respiratory health.



Holy Basil (Tulsi): Helps manage stress and promotes mental balance.



Lemon Balm: Reduces anxiety and promotes restful sleep.



Motherwort: Supports heart health and reduces stress.



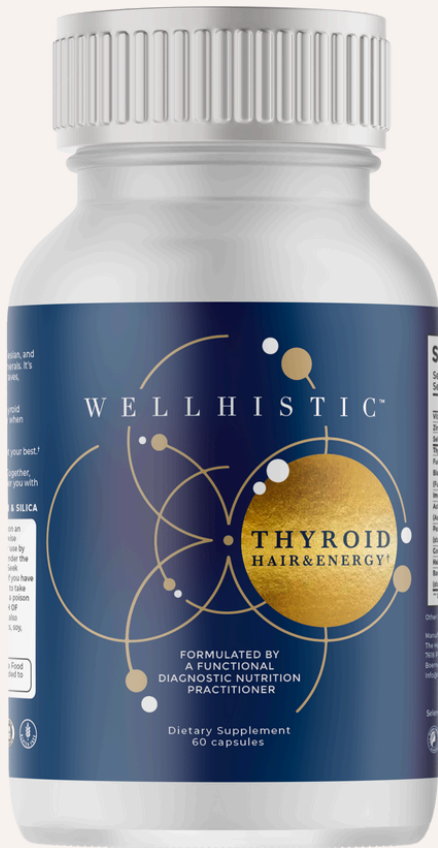
WHY CALM AND BOOST WORK WELL TOGETHER?

- **Comprehensive Support for Stress Management:** While BOOST helps your body cope with the physiological effects of stress and enhances energy, CALM focuses on promoting relaxation and easing mental tension.
- **Balancing Energy and Relaxation:** This combination helps you stay calm and focused throughout the day while maintaining your energy levels.
- **Enhances Overall Well-Being:** Together, they offer a balanced approach to managing stress and supporting your body's natural healing processes.

NOURISH YOUR THYROID AND REVITALIZE YOUR HAIR

THYROID HAIR AND ENERGY SUPPORT

Thyroid Hair and Energy Support is formulated to support thyroid function, promote healthy hair growth, and boost energy levels. If you're experiencing thyroid imbalances, hair thinning, or persistent fatigue, this supplement can help you regain your vitality and hair health.



SHOP NOW



KEY BENEFITS

- Supports Healthy Thyroid Function
- Promotes Hair Growth and Strength
- Enhances Energy Levels
- Balances Hormonal Health



KEY INGREDIENTS



Iodine: Essential for thyroid hormone production.



Biotin: Promotes healthy hair growth and strengthens hair follicles.



Selenium: Supports thyroid function and protects against oxidative stress.



Vitamin B12: Boosts energy levels and supports red blood cell production.



WHY CHOOSE THYROID HAIR AND ENERGY SUPPORT?

- **Thyroid Health:** Ensures optimal thyroid hormone levels for metabolic balance.
- **Hair Vitality:** Combats hair thinning and promotes robust hair growth.
- **Energy Boost:** Addresses persistent fatigue by enhancing cellular energy production.
- **Comprehensive Nutrient Support:** Combines essential vitamins and minerals to support overall hormonal health.

BALANCE YOUR HORMONES AND EASE PMS/MENOPAUSE SYMPTOMS

HORMONE AND PMS/MENOPAUSE SUPPORT

Hormone and PMS/Menopause Support is tailored to help balance hormonal levels and alleviate symptoms associated with PMS and menopause. Whether you're navigating hormonal fluctuations or seeking relief from menopause-related discomforts, this supplement provides comprehensive support to enhance your well-being.



SHOP NOW

HORMONE & PMS

SHOP NOW

MENOPAUSE SUPPORT

KEY BENEFITS

- Balances Estrogen and Progesterone Levels
- Alleviates PMS Symptoms
- Eases Menopause-Related Discomforts
- Supports Mood Stability and Emotional Well-Being



KEY INGREDIENTS



Black Cohosh: Relieves hot flashes and other menopause symptoms.



Chasteberry (Vitex): Balances hormones and reduces PMS symptoms.



Dong Quai: Supports hormonal balance and reduces menstrual discomfort.



Magnesium: Alleviates muscle cramps and supports mood stability.



WHY CHOOSE HORMONE AND PMS/MENOPAUSE SUPPORT?

- **Hormonal Balance:** Regulates estrogen and progesterone levels for overall hormonal health.
- **PMS Relief:** Reduces symptoms like bloating, mood swings, and cramps.
- **Menopause Comfort:** Alleviates hot flashes, night sweats, and other menopause-related symptoms.
- **Emotional Well-Being:** Supports mood stability and reduces anxiety associated with hormonal changes.

PERSONAL STORY

MY JOURNEY WITH DYSAUTONOMIA





I want to share a deeply personal part of my journey with you. I have experienced one of the most severe cases of Postural Orthostatic Tachycardia Syndrome (POTS) I've ever seen. There were days when I fainted 13 times, confined to a wheelchair for three months, and bed-bound for five months during my pregnancy due to intense low blood pressure that refused to rise no matter what I did. Naturally, doctors wanted to prescribe medications to help manage my condition, but after researching the severe side effects for both me and my baby, I sought alternative remedies. Building my adrenals back was the first step. BOOST, CALM, Thyroid Hair and Energy, and Hormone and PMS/Menopause Support became my adrenal recovery stars, balancing cortisol levels, supporting thyroid function, and promoting overall hormonal balance. This was the foundational step in my recovery, allowing me to regain my energy, hair health, and emotional stability naturally.

Please note: *I am sharing my personal story to guide and inspire you on your journey with Dysautonomia. I am not a medical professional, and my role is to support and guide you based on my experiences. I do not diagnose, treat, or cure any disease.*

NATURAL APPROACHES TO MANAGING DYSAUTONOMIA

Our holistic approach complements conventional treatments by addressing the root causes alongside symptom management.



ADDRESSING THE ROOT CAUSES

- **Dietary Adjustments:** Incorporate anti-inflammatory foods to reduce systemic inflammation.
- **Hydration and Electrolyte Balance:** Maintain proper fluid and electrolyte levels to support autonomic function.
- **Physical Therapy:** Gentle exercises can improve blood flow and autonomic regulation.
- **Stress Management Techniques:** Practices like meditation, yoga, and deep breathing can help manage stress-related autonomic symptoms.
- **Supplements:** Certain vitamins and minerals may support autonomic health (consult with a healthcare provider).

HOLISTIC CARE

Combining natural approaches with conventional treatments provides a comprehensive management plan, addressing both symptoms and underlying causes of Dysautonomia. Wellhistic's Jumpstart Kit is an excellent addition to this holistic strategy, offering targeted support to enhance your overall health and well-being.



ARE YOU EXPERIENCING THESE SYMPTOMS?

If you're struggling with any of the following symptoms, you might be dealing with Dysautonomia:

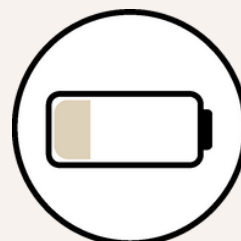


Brain Fog:

Difficulty concentrating or thinking clearly.



Headaches or Migraines



Chronic Fatigue:

Persistent tiredness not alleviated by rest.



Dizziness:

Especially when standing up.



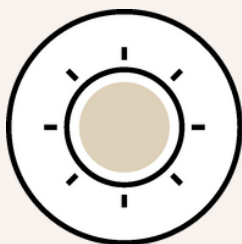
Sleep Disturbances:

Insomnia or restless sleep.



Exercise Intolerance:

Difficulty engaging in physical activities.



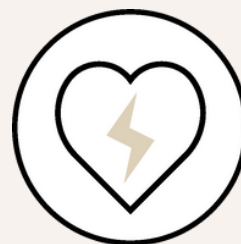
Temperature Regulation Problems:

Unusual sweating or feeling excessively hot/cold.



Digestive Issues:

Nausea, bloating, or irregular bowel movements.



Rapid or Irregular Heartbeat:

Palpitations or tachycardia.

To better understand where you stand and what treatment path might be best for you, we offer personalized quizzes that can help identify your specific Dysautonomia type and associated factors. Take Our Quiz Now to gain insights into your condition and receive tailored recommendations.



TAKE THE FIRST STEP TOWARDS TRUE WELLNESS

Understanding your symptoms is just the beginning. By exploring both conventional and natural treatment options, you can achieve lasting improvement and reclaim your life. Consider integrating Wellhistic's Jumpstart Kit into your wellness routine to support your body's natural healing processes and address the root causes of Dysautonomia.

Additionally, our personalized quizzes are designed to help you identify where you are in your wellness journey. By taking these quizzes, you can gain a clearer understanding of your symptoms and the underlying factors contributing to your condition, enabling you to make informed decisions about your treatment plan.

GET YOUR JUMPSTART KIT

TAKE OUR QUIZ

CONTACT US TODAY



TESTIMONIALS



Isabel Aerenlund
Actress



Carola managed through her protocols to provide me with a quality of life that I would never have imagined possible. It has been one of the most valuable gifts I have received in this life! Battling Dysautonomia, hormonal, metabolic, chronic pain, allergy, digestive, concentration and autoimmune nervous system issues, they have all been resolved as a result of finding the root cause of my ailments.

Learning about my body, its specific needs and how to provide for myself, has been life changing. Carola showed me that a much more efficient, healthy and happy version of myself is possible. Forever grateful !!



"Since incorporating natural therapies alongside my prescribed medications, I've experienced a noticeable improvement in my energy levels and overall well-being."

Jane D.



"The holistic approach recommended here has been a game-changer for managing my Dysautonomia symptoms."

Mark S.



"Finally, a treatment plan that addresses the root causes and not just the symptoms. I feel empowered and healthier than ever."

Lisa M.



FINAL THOUGHTS

While conventional medical treatments play a crucial role in managing Dysautonomia symptoms, they are most effective when combined with a holistic approach that seeks to identify and address the root causes. At Wellhistic, we are committed to providing a balanced and comprehensive treatment plan that not only alleviates your symptoms but also fosters long-term wellness and improved quality of life.

By understanding the limitations of symptom-focused treatments and embracing a more holistic methodology, you can take proactive steps toward managing Dysautonomia more effectively. If you're ready to explore a treatment plan that goes beyond symptom management, contact us today to begin your journey toward true wellness with Wellhistic's Jumpstart Kit.

At Wellhistic, we are dedicated to providing comprehensive support and natural treatment options for individuals living with Dysautonomia. Our mission is to empower you with the knowledge and tools needed to manage your condition effectively and uncover the underlying causes of your symptoms. Our holistic detox programs and specialized supplements, like our Jumpstart Kit, are designed to support your body's natural healing processes and promote long-term wellness.



TAKE OUR QUIZZES

**DOWNLOAD YOUR FREE
DETOX GUIDE**

SHOP OUR SUPPLEMENTS



Disclaimer: This blog post is intended for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. I am a guide sharing my personal journey and experiences. Always seek the advice of your healthcare provider with any questions you may have regarding a medical condition.

RESOURCES & SUPPORT

- **Blog Articles:** Stay informed with the latest research and tips on managing Dysautonomia.
- **Support Groups:** Connect with others who understand what you're going through.
- **Educational Webinars:** Learn from experts in the field.
- **Personalized Quizzes:** Assess your condition and receive tailored treatment recommendations.



FREQUENTLY ASKED QUESTIONS

Q: What is Dysautonomia?

A: Dysautonomia refers to a group of conditions that affect the autonomic nervous system, leading to various symptoms like dizziness, fatigue, and irregular heartbeats.

Q: How does your approach differ from conventional treatments?

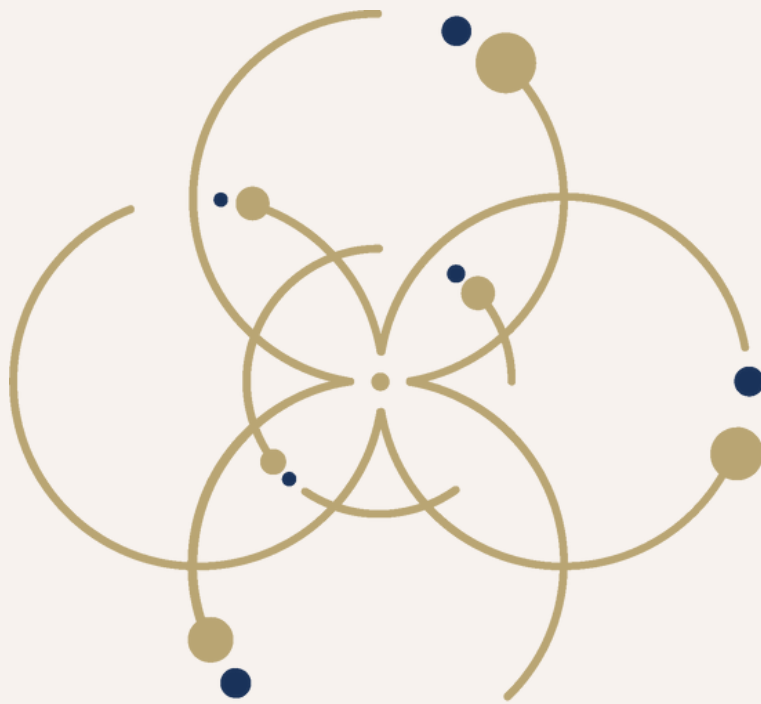
A: While conventional treatments focus on managing symptoms, our approach seeks to identify and address the root causes of Dysautonomia, such as infections, autoimmune conditions, and lifestyle factors.

Q: Is your treatment approach safe?

A: Yes, our holistic treatments are designed to complement conventional therapies, ensuring a safe and comprehensive plan tailored to your specific needs.

Q: How long does it take to see results?

A: Treatment timelines vary based on individual conditions and underlying causes. Many patients begin to notice improvements within weeks, while others may require a longer-term approach.



THE
H O L I S T I C
D E T O X