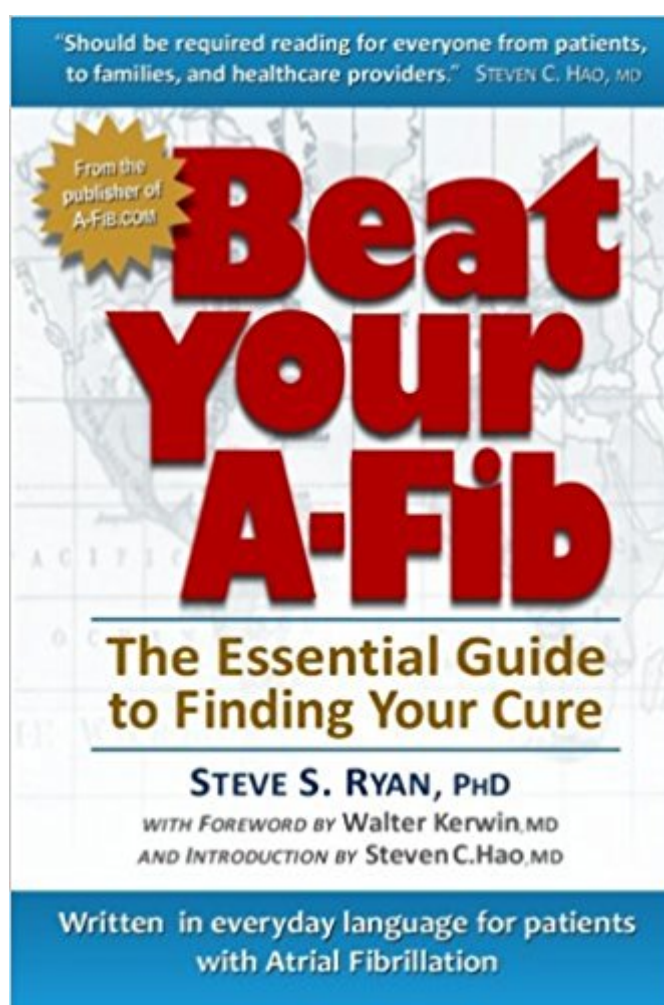


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# Beat Your A-Fib: The Essential Guide To Finding Your Cure: Written In Everyday Language For Patients With Atrial Fibrillation



## Synopsis

Beat Your A-Fib: The Essential Guide to Finding Your Cure by Steve S. Ryan, PhD Atrial Fibrillation (A-Fib) is the most common cardiac arrhythmia (abnormal heart rhythm) seen by physicians. Many patients suffering from Atrial Fibrillation have three strikes against them: 1. Their "quality of life" has deteriorated; they are scared or frightened. 2. Many experience side effects from the common drug therapies or simply do not want to live on medication; a cure for their A-Fib hasn't been discussed. 3. Patient information is often out-of-date, incomplete or biased toward a specific pharmaceutical or treatment; much information about new treatment options is written in the language of scientists and doctors. The author, Dr. Steve Ryan, PhD, a former A-Fib patient, addresses all these issues. His book is written for the newly diagnosed patient and any A-Fib patient who doesn't want to wade through medical texts and research journals to understand their disease. Beat Your A-Fib helps patients and their families look beyond the commonly prescribed drug therapies that only manage the disease, but do not cure it. ã ã Beat Your A-Fib: The Essential Guide to Finding Your Cure offers:

- \* Unbiased, up-to-date information and best practices
- \* Medical terms and concepts translated into everyday language
- \* Non-drug treatment options including Cardioversion, RF catheter ablation, Pulmonary Vein Isolation, CryoBalloon, Cox-Maze and Mini-Maze surgeries, and AV Node Ablation with Pacemaker
- \* Research-based content with a bibliography of over 150 medical references
- \* 'Lessons learned' from A-Fib patients now enjoying lives free of the burden of A-Fib
- \* Recommended Resources and Website Links
- \* Patient tools to become their own best healthcare advocate

This unique book helps patients research their best treatment options, steps through how to find the right doctor for their type of A-Fib and treatment goals, gives patients hope and empowers them to develop a plan for finding their A-Fib cure or best outcome. Dr. Walter Kerwin, MD, of Cedars-Sinai Medical Center Los Angeles, California, wrote the Foreword for the book. Dr. Steven C. Hao, MD, of California Pacific Medical Center, San Francisco, California, penned the Introduction. Dr. Steve Ryan, PhD, is a noted healthcare educator and advocate for patients with Atrial Fibrillation, and former A-Fib patient. He earned his Ph.D. in Educational Communications from the Ohio State University.

## Book Information

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## Customer Reviews

Founder & CEO of the Atrial Fibrillation Association (AFA)"... well written, easy to understand, comprehensive and a great resource for patients and caregivers living with atrial fibrillation." Trudie C Lobban  
The Midwest Book Review: "...a solid guide to combating this emerging cardiovascular epidemic." ... Beat Your A-Fib is a "must read" for anyone suffering from or at risk for this serious medical condition." June 2012  
James A. Cox, Editor-in-Chief  
Publisher of Patient Safety America, writes "...If your cardiologist diagnoses you with A-fib, you have a myriad of choices to deal with your illness. The thesis of Dr. Ryan's book is that a cure is better than management with drugs...The text is easy to read and elaborates with clear diagrams, relevant examples, lessons learned, and snippets of 'wisdom.' ... an excellent place to build your knowledge of this disease so that you can be a full partner with your cardiologist in deciding your best course of treatment..."  
December 2012. John T. James, PhD, Patient Safety America  
Pierre Jaïs, M.D. , Professor of Cardiology, Haut-Lévêque Hospital in Pessac, Bordeaux, France "...incredibly complete and easy-to-understand for anybody....One of the critical thoughts of this book is written on page 165 and says "don't let anyone, especially your doctor, tell you that A-Fib isn't that serious, or you should just learn to live with it". I must admit this is unfortunately not unusual and has never been helpful to patients who are disabled by their atrial fibrillation. One may in fact think that this book should be read by physicians as well." Publisher of AF-Ideas.com writes..."...Empowers the [patient] with basic knowledge that by itself can give him a feeling of control over a heart situation gone chaotic. The [patient] will come away with the idea that AF has serious consequences and that measures such as rate control and anti-arrhythmic medications are not a useful solution for most."  
Dick Inglis, Publisher, AF-Ideas.com

Shortly after its March 25, 2012 debut on .com, 'Beat Your A-Fib' ranked #1 in 'Hot New Releases in the Heart Disease' category. Since then 'Beat Your A-Fib' has continually ranked

on the 's Top 100 Best Sellers lists in two categories: Heart Disease, and Disorders & Diseases Reference.

"Beat Your A-Fib" outlines all the treatment options both invasive & dietary. I will address the dietary because that worked for my A-Fib triggered by auto-immune hyperthyroidism. The book mentions a number of nutrients that should be in your diet. The important ones available from are - taurine, magnesium glycinate (a non-laxative form of magnesium), co-enzyme Q10. Learn what to eliminate in your diet - all the usual suspects: MSG, salt, sugar, & less calcium. Get the book & implement the dietary changes before proceeding to invasive procedures or prescription drugs with their side effects. Go to Hans Larson's Afib Report website for additional dietary advice & read his review of this book in among the 5 star reviews. You might also look at Dr Fuhrman's "End Of Heart Disease" which advocates a plant based diet, instead of potassium supplements. Update - As of 8-17, still A-Fib free. I might add that the nurse practitioner at the VA was asking me about taurine and magnesium as a potential treatment.

I purchased this book after several hospitalizations and my getting a diagnosis of lone A-Fib. My cardiologist was very little help to me with answering my questions and he gave me next to nothing concrete to pursue a better quality of life with A-Fib, and the scare of having heart surgery (ablation) sent me searching elsewhere (that's not an option for me). Yes, the book was easy to read and comprehend (though I am a retired RN) and there were many first-hand accounts from A-Fib sufferers, but it left me hanging dry in the way of any alternative direction, opposed to a possible nutritional deficiency and surgical procedures. Apart from the medication aspect which was covered in detail, I'm pretty sure that every one of the stories told chose surgery as their main option. You mean apart from Big Pharma, ablation and surgical procedures no one has conquered A-Fib? Where are their stories? I refused to believe that those surgical procedures were the only ways to correct or solve my problem. So, while reading "Beat Your A-Fib" I gained insight into the typical patterns of patients and their treatments and the variety of surgical "cures," I felt very let down . . . none of their scenarios were what I was looking or hoping for! In fact, after reading it I became terrified of the pattern that those horrid episodes would only grow closer and closer together, and for me, that pattern seemed to be the case-- 4 mos., 3 mos., 2 mos., etc. So, I sought a consult with a Naturopathic MD. Yes! There were some answers and new supplements that could make a difference and I'm thrilled that they seem to be working! It's been five months since the last episode and I've had no episodes since I've been on the regimen scoped out for me. I feel great! Of course,

time will continue to tell, but I just want to shout out that you can seek alternatives--a naturopathic way of thinking could be of great value to you with your A-Fib! BTW, Chapter 5 mentions mineral deficiencies and supplementation--potassium and magnesium are very important, (my blood work was all fine). Where are the stories of those that found a cure by strictly going this route? Listed are some supplements like CoQ10, Vit. C, taurine and hawthorne berry, but why did this discussion not continue, with dosages and therapies that work for people? Some of the main supplements that my ND recommended and worked for me are: hawthorne solid extract 1/4 tsp 2XDay, convallaria (lily of the valley) 8-10 gtts in water 2XDay and L-aurine 1000mg 2XDay, plus adding additional magnesium (covered in the book). I gave it 3 stars for leaving out an important option (for me) and not going into more detail and for not including pertinent patient stories from those taking a medication/supplemental route alone.

It's no small task to take a complicated health issue and make it accessible to the lay person, but Beat Your A Fib does just that. This book is the ultimate quick-study; readers who know nothing about Atrial Fibrillation can pick up this book and move from ignorance to a sophisticated understanding of the disease and its treatments in a few short hours. The author, who suffered from A-Fib himself, uniquely understands the questions and concerns a newly-diagnosed patient will have and presents the information necessary to empower that patient to make clear-headed decisions about a treatment plan. Highly technical research is distilled into actionable knowledge and presented in a well-organized, well-illustrated, and accessible format, making the text not just easy to follow, but easy to refer to on subsequent readings. In fact, the text does such a good job of educating the reader on treatment options, their advantages and disadvantages, and their appropriate use, that by the time case histories of other sufferers from this disease are introduced, the reader is able not only to understand the causes and symptoms discussed in each case, he or she is ready to anticipate the appropriate treatment strategy for each one. The presentation of information is suffused with the book's overriding concern, patient self-empowerment. The author and his wife refused to accept the option of simply living with this debilitating disease, and it is clear from the outset that they want everyone to know that they don't have to accept that option either. In the face of an increasingly complicated health-care delivery system and ever-expanding treatment options, this is perhaps the book's most important lesson, and it is what makes this book a valuable tool even for those who do not suffer from A-Fib. An informed health-care consumer is his or her own best advocate, and this book demonstrates how not just one but a host of average patients took on that responsibility, summoned the courage to take back their health and successfully

returned to living their fullest lives.

all doctors should recommend this.

This book is so practical and easy to understand. My husband has been dealing with A-Fib for years. This book has answered so many questions, excellent resource.

A great book full of information for the patient and family. A must read for all afib sufferers.

This should be required reading for all patients who have AFIB. Great information presented so the layperson understands.

Offer good insight on how to reduce medication and manage the condition.

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