HEART PALPITATIONS

Take about 600mg Magnesium. This will take about ½ hour to take effect. In the meantime, breathe out all the air in your lungs, hold your breath for as long as you can, say 15 seconds, and you will feel your heart become calm, now breathe in normally again.

If you have heart palpitations occasionally, take magnesium every day as a preventative. There are many types of magnesium on the market, citrate, chelate, bisglycinate, gluconate, threonate – any of these should work.