



CARDIAC ARRHYTHMIA (more commonly known as heart palpitations)

Celery contains calcium blockers and other phytochemicals such that help prevent and treat arrhythmias, plus other compounds that help lower blood pressure and cholesterol. **Garlic** is also a useful anti-arrhythmic.

Hawthorn (*Crataegus*, various species). Hawthorn is an incredibly valuable heart tonic, and modern research has confirmed its traditional use. Many studies show that it gently strengthens the heart muscle and improves blood circulation through the heart, allowing it to circulate blood with less effort.

Ginkgo (*Ginkgo biloba*). Chinese herbalists have long favored Ginkgo as a heart tonic. Ginkgo, like Hawthorn, improves blood flow to the heart and reduces shortness of breath and chest pain. You can buy ginkgo extracts at many health food stores; follow the package directions.

Motherwort (*Leonurus cardiaca*). Science has confirmed Motherwort's positive effect on the heart muscle. Chinese studies show that it slows rapid heartbeat and improves cardiac activity. It also may help reduce anxiety, nervous tension and stress and as a result, limit stress on the heart.

Scotch broom (*Cytisus scoparius*). According to Commission E, the German expert committee that judges the safety and effectiveness of herbal medicines, Scotch Broom is a useful heart tonic.

Valerian (*Valeriana officinalis*). Valerian is best known as an herbal sleep aid, but it is also known to benefit your heart. Valerian lowers blood pressure, increases blood flow to the heart and improves the heart's pumping ability.