



Towards Wellness Centre

Providing Solutions To Complex Chronic Health Conditions



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Dysautonomia is a term for a group of diseases that include postural orthostatic tachycardia syndrome (POTS). In these conditions the autonomic nervous system (ANS) does not work properly. Dysautonomia is often, but not always, a type of neuropathy affecting the nerves that carry information from the brain and spinal cord to the heart, bladder, intestines, sweat glands, pupils, and blood vessels.

When something goes wrong in the Autonomic Nervous System it can cause serious problems including blood pressure problems, heart problems, trouble with breathing and swallowing, and erectile dysfunction in men. These nervous system disorders can occur by themselves or as a result of another disease such as Parkinsons, CFS/ME, Diabetes or Alcoholism.

Postural orthostatic tachycardia syndrome (POTS) is a disorder that has orthostatic intolerance (OI) as the main symptom. OI describes a condition in which an excessively reduced volume of blood returns to the heart and brain after standing up from a lying down position. The main symptom of OI is lightheadedness or fainting.

Update on research and clinical trials from NINDS

[More info](#)

Note: Always seek advice from a doctor before beginning any listed treatments, medications or supplements.

Orthostatic Intolerance (Lightheadedness or Fainting)

This lightheadedness or fainting is the main symptom for POTS. These symptoms are relieved by lying back down again.

Bio Medical Solutions

Fludrocortisone (for those on a high salt diet) and Midodrine: Can be used to increase blood volume and narrow blood vessels.

Beta Blockers: Some individuals with POTS and OI find relief by using Beta receptor blocking agents.

Modafinil: Can be used to improve cognitive function/fatigue.

Saline: In a rescue situation 1 litre of saline solution administered over 1 hour can help provide relief.

Professional Support: Working with a trained practitioner can assist you to develop skills to calm anxiety and can also equip you with knowledge to find your next steps towards wellness. Please ensure that you find a practitioner who understands how to navigate the territory of complex chronic health conditions. [More info](#)

Alternative Solutions

Water: Drinking 2 glasses of water before getting up can help raise blood pressure.

Salt: Individuals may benefit from increasing salt intake along with increasing fluids consumed.

Exercise: There is some evidence that an exercise program may gradually help improve OI and POTS.

Small frequent meals: Meals that are easy to digest and low in refined carbohydrates are ideal. They ease the workload on the digestive system which in turn helps keep increased blood flow around the rest of the body.

Compression Garments: Compression garments of a medical grade can help with blood circulation.

Mindfulness: Regular mindfulness helps to ease the body's stress response which enables people with Dysautonomia and POTS to manage and cope with their symptoms. Mindfulness is a set of skills for healing, intuition, insight, calmness, focus, resilience and hope that you can develop to counter the stresses that chronic illness brings. You can literally "train your mind to promote healing. Mindfulness has a positive flow on affect into every aspect of a person's life. [More info](#)

Diagnosis is made by monitoring heart rate in the patient after rising from a lying down position. A POTS patient will have an increase in heartbeat of more than 30 beats per minute, or a heart rate that exceeds 120 beats per minute, within 10 minutes of rising.

Disclaimer: Information and advice shared by the Towards Wellness Centre is of a general nature and is not intended to replace qualified medical advice. The Towards Wellness Centre does not accept responsibility for any actions or treatments undertaken.

