



# New Technique Discovered to Relieve Heart Palpitations

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*Life Coach Steve Daugherty, 44, has ended his 20 year battle with heart palpitations using a simple healing technique. He has written an e-book to help others to relieve their palpitations too.*

PR9.NET October 02, 2006 - Encino, California - Heart palpitations have become an increasingly common phenomenon among the public. It is reported that over 4 million Americans suffer from heart palpitations, and that number is climbing. In general, most heart palpitations are harmless. In these cases, doctors generally tell their patients what to do to reduce the chance of reoccurrence, but usually their recommendations do not work. However, there is a company that is trying to tackle the heart palpitation problem by addressing a major cause of heart palpitations: stress.

Heart palpitations may feel like your heart skips a beat, or a feeling of fluttering, or an awareness that you heart is beating too fast or too slow. A heart palpitation starts with a disruption in the hearts electrical system. The hearts electrical system is just like an electric wire that runs through the heart. It must properly stimulate certain parts of the heart in the correct sequence in order to correctly pump the blood. If part of the heart is activated electrically before it is supposed to be, then the heart beat is compromised. This is called an arrhythmia, and if you can feel it, it's called a heart palpitation.

Palpitations can be caused by many factors. Some of these factors are: smoking, caffeine, too much exercise, stress, fear, or fright. In addition, heart palpitations may be caused by medicines such as decongestants or diet pills. They may also be caused by an insulin reaction in someone with diabetes, or by the chemicals found in decongestants.

Treatment of heart palpitations may or may not be necessary. The type of treatment depends upon the type of arrhythmia that has been determined by your doctor. Treatments may range from drugs, to surgery, to avoidance of certain things such as stress, caffeine, cold medicines, and the like. However, many heart palpitation sufferers report that their doctors do nothing for them if their palpitations are considered to be harmless. To someone who has heart palpitations, it can be very trying to live with them day in and day out without relief.

A new company is trying to address the heart palpitation problem by focusing on stress. Owner and web designer Steve Daugherty, 44, states "Doctors know that stress is a major factor that causes physical ailments, but western medicine never seems to want to fully consider the emotional and physical connection. I instantly relieved my own heart palpitations using a new healing technique, and now, I want to help other heart palpitation sufferers."

Daugherty has written an e-book which explains how he got over his own heart palpitations, and how others can too by applying the same technique. For more information, go to [www.heartpalp.com](http://www.heartpalp.com).

Heartpalp.com was recently founded to provide consumers with an alternative method of relieving heart palpitations.

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## About Assist You to Excel

Assist You to Excel is a company dedicated to assisting you to excel in any area of your life. One of the specialized areas of assistance is dedicated to heart palpitation sufferers. Assist You to Excel was founded by trained Life Coach Steve Daugherty.

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