



Symptom: Heart Palpitations

What's Happening

Fluctuating hormones can affect heart rate and rhythm, leading to sensations of rapid or irregular heartbeats.

What to Do

Manage stress, limit caffeine and alcohol.

Supplements

Hawthorn berry, magnesium.

Food to Consider

Leafy greens (spinach, kale), berries, whole grains, fatty fish, nuts.

Lifestyle Changes

Engage in aerobic exercise, maintain a heart-healthy diet.