

WHY YOUR HEART SKIPS A BEAT

Have you ever noticed your heart missing a beat or flutter? It is a terrifying feeling when you notice that your heart skips a beat.

So, what does it mean when your heart skips a beat? Let's see.



1 PRE-MATURE CONTRACTIONS

When the upper chambers of your heart called 'atria' contracts faster than usual, it causes premature contractions.

2 ATRIAL FIBRILLATION

Atrial Fibrillation may be the answer. It is an irregular and speedy contraction of the upper chambers of the heart. It is a critical condition and should be treated urgently.

3 SUPRAVENTRICULAR TACHYCARDIA

This condition refers to the atria located above the ventricles. It causes fast heartbeat and needs medical attention.

4 PACEMAKER DEFECT

Sinus node of the heart works as a pacemaker. It ensures regular pulses. It may be possible that the sinus node may not work correctly, causing heart palpitations.

5 ALCOHOL ABUSE

Excess alcohol lowers your blood pressure, and so your heart has to strain more to facilitate adequate blood circulation.

6 CAFFEINE/ AERATED DRINKS

Caffeine and energy drinks are not good for your health. They contain the high level of stimulants, and so the over-consumption increases your heart rate.

7 STRESS

Stress can flutter your heart beats and can have adverse effects on your heart and overall health. You may also experience low or high blood pressure due to stress.

8 ACID REFLUX

Acid Reflux usually happens after your meal or while lying down. In such cases, your heart skips a beat or develops palpitations.



Reaburance When Your Heart Skips A Beat

Léo Pomar



Reassurance When Your Heart Skips A Beat:

This book delves into Reaburance When Your Heart Skips A Beat. Reaburance When Your Heart Skips A Beat is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Reaburance When Your Heart Skips A Beat, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Reaburance When Your Heart Skips A Beat
- Chapter 2: Essential Elements of Reaburance When Your Heart Skips A Beat
- Chapter 3: Reaburance When Your Heart Skips A Beat in Everyday Life
- Chapter 4: Reaburance When Your Heart Skips A Beat in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Reaburance When Your Heart Skips A Beat. This chapter will explore what Reaburance When Your Heart Skips A Beat is, why Reaburance When Your Heart Skips A Beat is vital, and how to effectively learn about Reaburance When Your Heart Skips A Beat.
3. In chapter 2, this book will delve into the foundational concepts of Reaburance When Your Heart Skips A Beat. The second chapter will elucidate the essential principles that need to be understood to grasp Reaburance When Your Heart Skips A Beat in its entirety.
4. In chapter 3, the author will examine the practical applications of Reaburance When Your Heart Skips A Beat in daily life. The third chapter will showcase real-world examples of how Reaburance When Your Heart Skips A Beat can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Reaburance When Your Heart Skips A Beat in specific contexts. This chapter will explore how Reaburance When Your Heart Skips A Beat is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Reaburance When Your Heart Skips A Beat. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Reaburance When Your Heart Skips A Beat.

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