

Medical Biofeedback & Pain Control Center
POTS Treatment Program

7515 Greenville Avenue, Suite 1005
Dallas, Texas 75231-4212
Tel. 214-369-8717 Fax 214-369-7937

Home Treatment Plan

8:00 a.m.

Wake up

Breathing exercises 20 minutes
Temperature training
Spark
Breakfast
H.R. Training 20 minutes

Lunch
Relaxation of ANS CD 25 minutes
Nap 30-60 minutes (set alarm)
Exercise

9:00 p.m.

Prepare to sleep
Breathing exercise in bed

~~10:00~~ p.m.

Asleep

11:00

Make time during the day to read "Psychocybernetics"

New Edition.

MAXWELL

MALTZ MD

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Daily Supplements: ALL SHOULD BE CAPSULES

Antioxidant Formula: all four are in one capsule (Blue Bonnet has a good one)

Vitamin C-	2,000 to 3,000 mg
Vitamin E-	100 to 400 IU
Beta Carotene-	10,000 to 20,000 IU
Selenium-	200 mcg

✓ ***Evening Primrose - 1500 mg (1 in the morning and 2 in the evening)**

✓ ***Omega 3-** 1 capsule with each meal

Multi Vitamin (prenatal)

(No iron for men or post-menopausal women)

✓ ***Spark-** 8 oz of water

- 1 serving before breakfast
- 1 serving before lunch if needed

*Need to start immediately. Available at POTS Treatment Center for your convenience.

SUPERFOODS

Food Groups	Daily Svgs	Typical serving size	Superfood of Group	Sidekicks	The Everyday's
Fruits	3 to 5	1/2 c chopped, 1 med piece fruit, 1/2 c juice, 2 lbs raisins	Blueberries Oranges	Purple grapes, all berries Lemons, grapefruit, tangerines, limes, kumquats	1 c berries / grapes 1/day orange / 8oz Juice
Veggies	5 to 7	1/2 c cooked or raw, 1 c leafy, 1/2 c veg juice	Tomatoes Spinach Broccoli Pumpkin	red watermelon, pink grapefruit, jap persimm, strawb guava Swiss chard, mustard greens, romaine, bok choy Brussel Sprouts, Cabbage, Collards, kale Sweet pot, carrots, orange bell pepp, butnut squash	1/2 c processed tom (mult svgs fresh) 2 c raw or 1 c steamed spinach 1/2 to 1 c broccoli 1/2 c pumpkin
Whole Grains	5 to 7	1 slice whole wheat bread, 1/2 c cooked grain/pasta	Oats	Grnd Flaxseed, Wheat germ, brown rice, couscous, yellow corn, wheat, wild rice, barley, quinoa, kamut	2 lbs flaxseed, 2 lbs wheat germ
Protein animal protein vegetable protein	0 to 3 3 to 6	3 oz meat, poultry, fish 1 egg, 2 egg whites, 1/2 c beans/lentils	Turkey Beans	Skinless chicken breast All beans	3 oz turkey breast (4x/wk) 1/2 c beans (4x/wk)
Healthy Fats	1 to 2	1 lbs olive oil, 1 oz nuts/seeds, 15 walnut halves, 2 lbs peanut butter, 3/8 avocado	Walnuts	Sunfl Seeds, Pistachios, pumpkin seeds, almonds etc	1 oz nuts (5 x/wk)
For Healthy Bones lowfat dairy soy fish w/bones	1 to 3 1 to 3 1 to 3	8 oz nonfat yogurt or milk 15 g soy (30 isoflavones)	Yogurt Soy Wild Salmon	Kefir Soy milk, soynuts, edamame Canned albacore tuna, alask halibut, sea bass, clams oysters, trout	2 c yogurt 15 g soy (30 - 50 isoflavones) 3 oz wild salmon (4x/wk)
Liquids	64 oz	Includes water, 100% fruit/veg juices, tea	Tea (green or black)		8 oz or more green or black tea (hot or cold)

(Decor.)

Superfood Ingredient List

Superfood of Group:

Sidekicks:

Blueberries	purple grapes, all berries
Oranges	lemons, grapefruit, tangerines, limes, kumquats
Tomatoes	red watermelon, pink grapefruit, persimmon, strawberry, guava
Spinach	Swiss chard, must/turn greens, romaine, bok choy
Broccoli	brussel sprouts, cabbage, collards, kale
Pumpkin	sweet pot, carrots, orange bell pepper, butternut squash
Oats	ground flaxseed, wheat germ, brown rice, couscous, yellow corn, wheat, wild rice, barley, quinoa, kamut
Turkey	skinless chicken breast
Beans	all beans
Walnuts	sunflower seeds, pistachios, pumpkin seeds, almonds
Yogurt	kefir
Soy	soymilk, soynuts, edamame
Wild Salmon	canned albacore tuna, Alaskan halibut, sea bass, clams
Tea	green or black (Decaf.)

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Exercise Recommendations

1. Recumbent bike: 5 minutes while doing diaphragmatic breathing- exhaling through the mouth. Keep HR 130 bpm or less.
 2. Rest for 5 minutes
 3. Stretch
 4. Rower: 5 minutes while doing diaphragmatic breathing- exhaling through the mouth. Keep HR 130 bpm or less.
- Increase each machine by 1 minute daily until you get to 45 minutes combined.

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Recommendations for Sleep:

1. ✓ Evening Primrose
2. ✓ Cal-Magnesium capsules
3. ● Black-eyed Peas
4. ● Hot milk
5. Chamomile Tea
6. Banana
7. Turkey
8. Sunflower seeds
9. Sesame seeds
10. Shower
11. Read a relaxing book
12. ✓ No news or video games after 9 p.m. (bright screens: computer/phone)
13. ✓ Breathing/relaxation
14. Vitamin B6
15. 5HTP at bedtime (Tryptophan) → Serotonin → Melatonin
(Neurotransmitter for sleep)

POTS Symptom Chart

Symptom Scale

4-5
 0-1 No Symptoms 2-3 Mild Moderate 6-7 Distressing 8-9 Intense 10 Unbearable/Unable to Function

Day	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Date	6/22	6/23	6/24	6/25	6/26	6/27	6/28	6/29	6/30	7/1	7/2	7/3	7/4	7/5	7/6	7/7
Symptom/ Total																
Sitting B/P																
Pulse																
Exercise Minutes																
Relaxation Minutes																
Nausea																
Headache																
Dizziness																
Tachycardia																
Fatigue																
Sleep # of Hours																
Anxiety																
Chest Tightness																
Abdominal Pain																
Tremors																
Pre-syncope																
IBS																
Blood Pooling																
Temperature																

Medication/Supplement

Spark																
Primrose																
Omega 3																
Flaxseed																
Wheat Germ																
Pre-natal																
Anti-oxidant																
Midodrine																
Ceflex																
Mestinon																
Pro-biotic																
Florinef																
Omeprazole																
Flexeril																
Propranolol																

Previous meds not currently taking: Lexapro, glycopyrrolate, potassium, Alleve, Miralax, IV Saline

POTS Symptom Chart

Symptom Scale

0-1 No Symptoms

2-3 Mild

4-5 Moderate

6-7 Distressing

8-9 Intense

10 Unbearable/Unable to Function

Month	Day	Symptom Rating	Standing			Exercise Minutes	Relaxation Minutes	S	P	W	Before/After 20 min Breathing
			Pulse	Blood Pressure							
July	1			/			S	P	W	/	
July	2			/			S	P	W	/	
July	3			/			S	P	W	/	
July	4			/			S	P	W	/	
July	5			/			S	P	W	/	
July	6			/			S	P	W	/	
July	7			/			S	P	W	/	
July	8			/			S	P	W	/	
July	9			/			S	P	W	/	
July	10			/			S	P	W	/	
July	11			/			S	P	W	/	
July	12			/			S	P	W	/	
July	13			/			S	P	W	/	
July	14			/			S	P	W	/	
July	15			/			S	P	W	/	
July	16			/			S	P	W	/	
July	17			/			S	P	W	/	
July	18			/			S	P	W	/	
July	19			/			S	P	W	/	
July	20			/			S	P	W	/	
July	21			/			S	P	W	/	
July	22			/			S	P	W	/	
July	23			/			S	P	W	/	
July	24			/			S	P	W	/	
July	25			/			S	P	W	/	
July	26			/			S	P	W	/	
July	27			/			S	P	W	/	
July	28			/			S	P	W	/	
July	29			/			S	P	W	/	
July	30			/			S	P	W	/	
July	31			/			S	P	W	/	