



<https://thedysautonomiaproject.org/>

## Overcoming dysautonomia is a group project, and ours comes with instructions.

We have organized our up-to-date dysautonomia information based upon the stage of your journey to help you quickly find the answers, advice and inspiration you can use. We invite you to read on, watch the videos, find a physician and connect with others through our social channels and find a support group perfect to you through our external resources. With all of us working together, dysautonomia doesn't stand a chance.

## How can I manage my symptoms?

EVERYDAY ADVICE FOR LIVING WITH DYSAUTONOMIA

### [Alternative treatments](#)

<https://thedysautonomiaproject.org/alternative-treatments/>

There are many alternative treatments that have been reported to be helpful for patients including:

- Diet Change (gluten and/or dairy free, paleo, low sugar, etc.)
- Acupuncture
- Cranio-sacral massage therapy

# Nonpharmacological treatments

<https://thedysautonomiaproject.org/nonpharmacological-treatments/>



<b>Top 10 Non-Pharmacological Treatments</b>		
<b>Treatment</b>	<b>Helps with</b>	<b>Notes</b>
<b>Education</b>	Patient being the advocate for his or her own care over time results in improvements in overall health. Selecting the right doctor to work with in managing your case is essential.	Don't just show up for appointments and expect your doctor to have all the answers. Engage in a two-way discussion.
<b>Exercise</b>	Confidence, vascular tone, large muscle strength, and release of pain fighting endorphins	Must adjust for specific patient needs. Ideal to work with physical therapist to start.
<b>Fluids</b>	Prevents dehydration, and can create a helpful pressor effect.	Target 2-4 liters per day.
<b>Salt</b>	An essential electrolyte, which helps with nervous system function and effects blood pressure.	Up to 10 grams daily in moderate to low hypotensive patients.
<b>Counter Maneuvers</b>	Act as a back-up heart, pumping blood that has pooled back into circulation.	A common sign of patients with dysautonomia.
<b>Diet</b>	Eat several small meals throughout the day to maintain glucose levels and postprandial hypotension.	Avoid: Highly processed foods with chemical additives.
<b>Compression Garments</b>	Prevent pooling of blood in lower parts of the body. Especially helpful in hypotensive patients	Mid-thigh shaper Spanx™ known to increase systolic blood pressure by 10-15 mmHg in some patients.
<b>Good Sleep Hygiene</b>	Restorative sleep. Healing of the body and minimizes stress. Avoid stimulating activities 30 minutes prior to sleep.	Discuss any sleep issues with your physician.
<b>Dietary Supplements</b>	Vitamin supplementation can be especially important when essential vitamin levels are deficient. Vitamins B-12 and Vitamin D are sometimes low in patients with dysautonomia.	Recommend discussing any dietary supplements with your physician.
<b>Cranio-Sacral/Manual Therapy</b>	Increasing relaxation and reducing stress with a light touch therapy in regions of the spinal cord associated with parasympathetic nerves.	Some evidence that heart rate variability may improve. More research is needed.

[www.TheDysautonomiaProject.org](http://www.TheDysautonomiaProject.org)

*A 501 (c) 3 not for profit organization aimed at speeding the time to diagnosis through local education.*

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