

Beta Blockers - what, are they, what are the side effects?

Most of the information comes directly from the textbook: Personalized and Precision Integrative Cardiovascular Medicine, by Dr. Mark Houston

My overview video: My Video: <https://www.youtube.com/watch?v=93OLFj9rbtE>

Good video to understand why different Beta Blockers have different benefits (so worth changing to a different one).

The 'selective' beta blockers have less side effects than the non-selective ones.

<https://www.youtube.com/watch?v=IQ12ZASAhPM>

If you are going to take a Beta Blocker, the best one seems to be Nebivolol, also called bystolic.

Basically – Beta blockers are all named in a similar way:

- Propranolol
- Atenolol
- Bisoprolol
- And others ending in 'ol'

Common short side effects include:

- Nausea/vomiting
- Diarrhoea
- Fatigue
- Dry mouth
- Dizziness
- Visual disturbances
- Headache
- Sexual side effects
- Dyspnoea
- Insomnia
- Nightmares
- Arrhythmia

Long term:

- Depression
- Sexual side effects
- Decreased HDL
- Fatigue
- Blood glucose imbalances
- Increased risk of type 2 diabetes
- Increased risk of myocardial infarction/stroke

Deficiencies caused:

- Co Enzyme q 10
- Melatonin
- Testosterone

Co q 10 def

- Hypertension
- Congestive heart failure
- Muscular fatigue, weakness
- Joint and muscle aches
- Rhabdomyolysis
- Decreased cognitive function/memory loss
- Gingivitis
- Arrhythmia
- Imbalanced immunity
- Insulin resistance/impaired glucose tolerance

Melatonin

- Sleep disturbances
- insulin resistance/impaired glucose tolerance
- cardiovascular problems
- imbalanced immune system
- increased cancer risk
- increased oxidative stress in the brain
- decreased seizure threshold

Testosterone

- Loss of Libido
- insulin signalling problems,
- type 2 diabetes
- sleep disturbances
- thyroid imbalances
- loss of muscle mass
- joint/muscle aches
- increased cardiovascular problems
- mood imbalances
- memory and cognitive decline
- weight gain
- increased incidence of osteoporosis

ALTERNATIVES:

Hawthorne berry (Do not take it if you are on a beta blocker)

- Destressing techniques
 - Breathing techniques

- Visualisation
- Meditation
- Mindfulness
- Walking
- Chewing gum
- Cold showers/cold water on face
- Getting fitter
- Vagal nerve stimulation