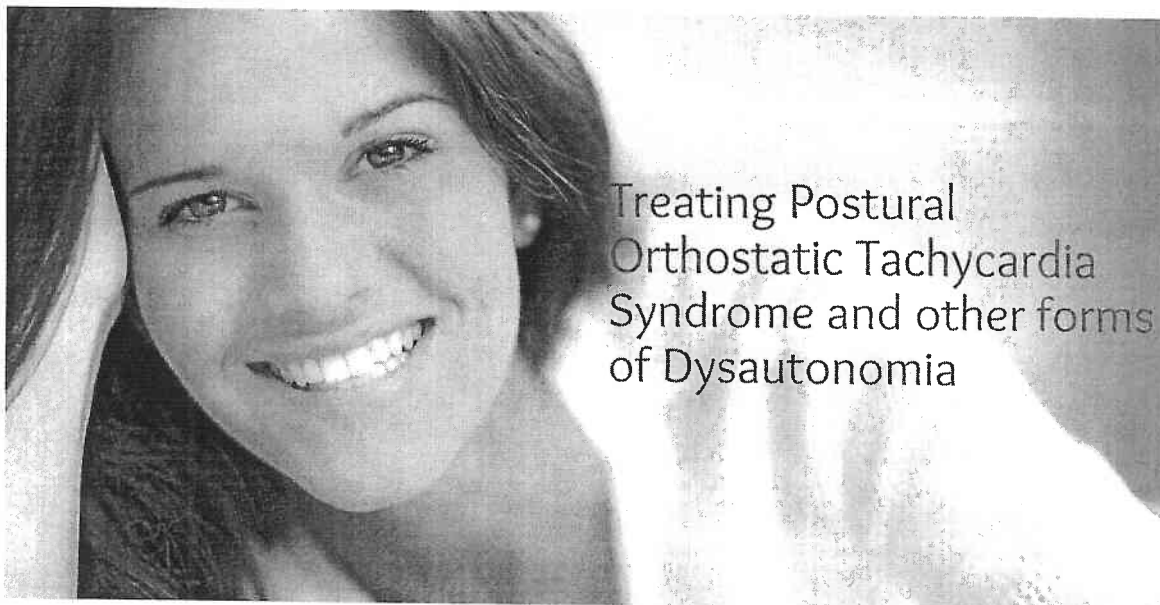


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# The POTS Treatment Center

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## Services

At The POTS Treatment Center a wide range of procedures are used that are unique to the needs of the person.

- Biofeedback
- Heart Rate Training
- Nutrition & Exercise Protocols
- Counseling

[Read More](#)

## Forms

- [Registration Forms](#)
- [Release of Medical Records](#)

"Your program minimized the time POTS had to affect my life, and it got me back on track without the use of medication!" -A.B.

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## Testimonials



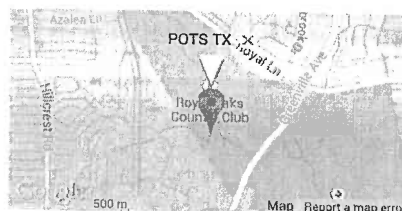
[Watch more](#)

## Make an Appointment

7515 Greenville Ave. #1005  
 Dallas, Texas  
 Tel: 214-369-8717  
 Fax: 214-369-7937  
[info@potstreatment.com](mailto:info@potstreatment.com)



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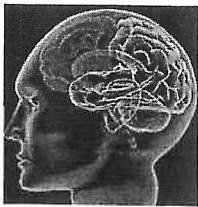
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## Services

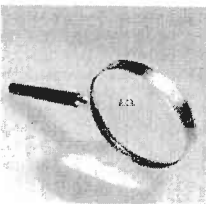
Health and behavioral procedures are used in order to regulate the Autonomic Nervous System.



### Biofeedback

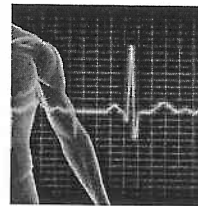
The treatment is administered by placing sensors (listening devices) on the surface of the patient's skin. These sensors are connected to electronic instruments and record a patient's biological information that is controlled by the Autonomic Nervous System. These physiological processes are displayed on a computer screen in front of the patient and he/she is able to monitor them constantly. Thus, patients go through step-by-step sessions whereby they are able to make the necessary adjustments to regulate their blood flow, muscle tension, stress, anxiety, blood pressure, respiration and heart rate while actually looking at all these autonomic functions. As the patients make small gains towards having a normal functioning ANS, they receive auditory and visual positive reinforcements from the screen. The brain wants to continue receiving this rewarding feedback and makes the appropriate changes within the body, thus the brain is being trained to regulate the ANS. Eventually, the process becomes permanent and second nature to keep the ANS functioning normally just like setting an automatic thermostat in our homes. There are no side effects or pain involved but rather the sessions are very relaxing and rejuvenating every time.

[Please visit Biofeedback FAQs](#)



### Nutrition & Exercise

Nutrition and exercise is also a focus of this program. It has been shown that exercise can significantly reduce symptoms in POTS patients. After the patients have mastered regulating their Autonomic



### Heart Rate Training

Usually patients that have POTS or other forms of Dysautonomia experience issues with heart rate regulation. Their heart rate increases by 30 beats per minute or more when changing positions (e.g., sitting-to-standing) and/or their heart rate has even been inconsistent and erratic even when resting or in a reclined position. It is actually possible to train the heart rate to be regulated. Our providers train the patients how to regulate their heart rate with clinic equipment. When patients are able to regulate their heart rate, they are able to start regulating their Autonomic Nervous System. They are also able to visually see when they move from sympathetic activity to parasympathetic activity. By training the brain how to regulate the heart rate in different positions, patients are able to manage their Tachycardia due to Orthostatic Intolerance.



### Counseling

Counseling is something that can be used at The POTS Treatment Center if needed. When patients suffer with a medical condition for a long period of time, anxiety and depression may result. Ongoing adrenaline release is a symptom of POTS, and this can also create

Nervous System reclined, they will then begin to exercise while  
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anxiety. Cognitive behavioral therapy (CBT) is mainly used. CBT is a form of treatment that focuses on examining the relationships between thoughts, feelings and behaviors. CBT is a type of psychotherapy that is different from traditional psychodynamic psychotherapy in that the therapist and the patient will actively work together to help the patient. Some POTS patients can benefit from this type of therapy, as they work directly to manage stress related to school, family, work, etc. Mindfulness techniques and Rapid Resolution Therapy is also available upon request.

intolerance is addressed. Our staff creates a nutrition and exercise plan individualized to each patient. Supplements may also be recommended depending on specific symptoms that the person may be experiencing.

Call us today at 214-369-8717 for a free phone consultation to discuss how the staff can address your needs.

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