

“I finally got my life back!”

Diagnosed with a debilitating condition but unable to find treatment to ease her many symptoms, Dr. Diana Driscoll, 64, created a unique supplement...and cured herself!

Dr. Diana Driscoll, a Keller, Texas, optometrist, sighed in frustration as she sat in an examining room and was told for the umpteenth time that she just had to live with her symptoms.

It's time to face the brutal truth: They really don't know what's going on, she thought.

After recovering from a virus in 2004, Diana started experiencing a racing heart, fluctuating blood pressure, dizziness and difficulty focusing and breathing. She also suffered debilitating chronic pain and would go long bouts without having a bowel movement.

After nearly a year of suffering, Diana was diagnosed with postural orthostatic tachycardia syndrome (POTS), a disorder of the autonomic nervous system that commonly arises after viral infection, including COVID-19. The autonomic nervous

system releases hormones to signal blood vessels to tighten or expand based on where blood needs to go. In people with POTS, the vessels don't respond to the nerve signals to tighten, which leads to the pooling of blood below the heart, making it work harder to pump blood to the brain.

But learning her diagnosis sadly didn't bring relief. Diana visited roughly 50 doctors and tried more than a dozen treatments over the next three years...but nothing helped. She ended up having to go on disability. Fed up, Diana finally decided, *I'm just going to have to fix this myself.*

Creating hope

Drawing on her medical background, Diana knew that nerves communicate with each other through the chemical *acetylcholine*. While doing more research, she learned that people with POTS have less acetylcholine in their system, as do women over 50,

“It's so rewarding to have not only solved my health issues but to help others,” says Diana



“Thiamine supplements can significantly improve symptoms of POTS”

—Svetlana Blitshteyn, M.D.

who are undergoing hormonal changes and often experience the same symptoms.

Armed with this knowledge, Diana began developing a supplement that could compensate for the reduction in acetylcholine from POTS or age. With research and experimentation, she landed on a formula that included *thiamine*, a B vitamin that plays a crucial role in maintaining a healthy nervous system, and a blend of other natural compounds (*alpha-glycerol phosphoryl choline*, *acetyl-L-carnitine*, *Huperzia* and *serrata leaf extract*) proven to increase levels of acetylcholine.

Hopeful, Diana started taking two pills daily. Not only did her digestive system immediately return to normal, within four weeks, her other symptoms were gone too. She soon patented her supplement, Parasymp Plus (\$68, VagusNerveSupport.com) and established POTSCare.com, an online treatment center to help others. “After years of being made to feel like I didn't know what I was talking about, I feel validated,” Diana says. “Best of all, I finally feel good!” —*Cynthia McVey*

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Wacky ways to boost acetylcholine that really work!



✓ Squeeze your ears

University of Miami scientists say 2 minutes of firm ear massage (starting at the highest point and working down to the lobes) prompts immediate acetylcholine release by stimulating acupressure points.

✓ Hum the alphabet song

It causes a vibration that stimulates the *vagus nerve*, which triggers acetylcholine release, says women's health expert Ann Louise Gittleman, Ph.D. Tip: For a stronger effect, open and close your mouth while humming.

✓ Brush your teeth like *this*

British researchers say breaking out of your usual routines encourages the brain to immediately churn out acetylcholine. One easy way to do that: Using your nondominant hand to brush your teeth.

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