

## PEA and ALA

What is PEA: Pulseless electrical activity

- **Pulseless electrical activity (PEA)** refers to cardiac arrest in which the electrocardiogram shows a heart rhythm that should produce a pulse, but does not. **Pulseless electrical activity** is found initially in about 55% of people in cardiac arrest. Together they promote healthy functioning of the body's endocannabinoid system (ECS) to support healthy inflammatory responses, provide joint comfort, and promote relaxation.

What is ALA:

- **Alpha-lipoic acid** is an organic compound in the body that acts as a potent antioxidant. It may have several health benefits. ... Supplementing with **ALA** is becoming increasingly popular, as some people believe that it may help with weight loss, diabetes, memory loss, skin health, and other health conditions