

## Re: are these symptoms of heart disease?

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Dr. Chung/ Brad,

Thanks much for the replies!! Seems that your replies are worlds apart from each other, which might imply the diagnosis is somewhere in between.

As to why I use the amount of Lite Salt, and Emergen-C packets, well I honestly don't have a legit reason. I can only say I like using them.

As for the water, well it started innocently enough, in that I was putting fiber in my protein powder, which I then ended up bound often, so I was told more water would loosen that up. It did seem to help on that end. Plus, I cannot stand the taste of plain water, so I began to add the Emergen-C packets, with stevia into the water. It is so great tasting that I seemed to have developed an addiction of sorts to it. In all honesty I drink about 3-1/2 gallons per day. But again, with the Na/Ka intake up there, I have not gotten an hyponatremic symptoms whatsoever.

I have had the mole on my calf for close to 20 years. It has not changed much in size or color. I did have an MD look at it 5 yrs. ago, and he said not to worry. I do keep an eagle eye on it, since my dad has a skin cancer.

I will check out what a dysrhythmia (sp.?) is online, and I may even get to a doc one of these days....

Brad, I completely appreciate your reply. I have often made mountains out of mole-hills (pun somewhat intended!) in regards to my health. The only thing I think you might be wrong on is basing any substantive view on my age, sex, and seeming cardiovascular health. I understand this is a mere forum, not an MD's office, but all of my stats, or anyones stats for that matter, can never truly rule out heart disease. The website you included reminded me of mood rings from the 70s that were to show us how we felt. But again, I do take you advice on the worry-syndrome to heart (that pun was intended!).

Thanks guys!!

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