

Forum:[Hack Forums](#)

Thread: [Musique's Counseling help. Come here if you're feeling moody/depressed/need someone](#)

Matrix Programmer - June 5, 2014, 2:32 pm

Hi there. I'm Musique and for the last few years I've been a therapist and offered counseling help at my school for students and staff and anyone who are in someone to talk to about their problems. I'm here to help and make you feel better. If you have anything you want to talk about, feel free to post here/PM me and I will contact you and we can talk about your issues. I'm here to help and I will do my best to make you comfortable and I will be offering my counseling help free of charge to people that just need another ear and a pat on their shoulder to bring you through these tough times.

I just want to share a quote of a good friend of mine:

"Life is hard. And it only gets harder if you don't do anything about it."

Super Saiyan God - June 7, 2014, 1:51 am

I feel chest pains all the time . When I lift weights I get anxiety attacks . I have to sit down and rest 5 mins when lifting weights . Physical activities spike my blood pressure .

You know what my issue is ?

UNDERWIRE - June 7, 2014, 1:56 am

(Jun 7, 2014 01:51 AM)Super Saiyan God Wrote: [\[CITE\]](#) I feel chest pains all the time . When I lift weights I get anxiety attacks . I have to sit down and rest 5 mins when lifting weights . Physical activities spike my blood pressure .

You know what my issue is ?Not sure if completely serious question, but do you feel like this after heavy compounds like squats, rows, or deadlifts? Bigger muscles use a lot more oxygen, and your body isn't used to supplying so much in one area yet. It gets better, just make sure you have enough iron in your diet.

Super Saiyan God - June 7, 2014, 1:59 am

My iron and vitamin d levels are considered extremely low . I got checked last week . My red blood cell count and hemo and hemacrat is near the top of the range .

I also use steroids . Heavy weights do this to me . What should I do dude?

UNDERWIRE - June 7, 2014, 2:04 am

If you're still being serious, get another doctor's appointment, and maybe pop some hawthorn berry in the mean time. He'll probably prescribe you a vasodilator for your blood pressure, assuming that's the issue of course.

nick_electro - June 7, 2014, 3:58 am

(Jun 7, 2014 01:51 AM)Super Saiyan God Wrote: [\[CITE\]](#) I feel chest pains all the time . When I lift weights I get anxiety attacks . I have to sit down and rest 5 mins when lifting weights . Physical activities spike my blood pressure .

You know what my issue is ?

how high the blood pressure goes?? 160/100 is normal during exercise, but abnormal if u are

resting in your couch.

Matrix Programmer - June 7, 2014, 11:50 am

(Jun 7, 2014 02:04 AM)UNDERWIRE Wrote: [\[CITE\]](#) If you're still being serious, get another doctor's appointment, and maybe pop some hawthorn berry in the mean time. He'll probably prescribe you a vasodilator for your blood pressure, assuming that's the issue of course.

Good advice. Super Saiyan God, I also recommend you check in with the doctor's. I'm not a doctor. I'm just a counselor ? and we can't really truly give you a diagnosis without checking you out and taking tests, which only your doctor can do. Hope you get well soon!

All4Won - June 7, 2014, 3:28 pm

[quote='Super Saiyan God' pid='40534576' dateline='1402131093']

I feel chest pains all the time . When I lift weights I get anxiety attacks . I have to sit down and rest 5 mins when lifting weights . Physical activities spike my blood pressure .

You know what my issue is ?

About to begin my medical education so yeah if you have chest pain "all the time" it's time to call your physician. Anxiety can be determined by your Doctor as well. Don't just say what's bothering you, it's your health now go tell mom and dad to get you to the Doctor. What you waiting fo?

Super Saiyan God - June 7, 2014, 4:27 pm

Mom and dad ? I'm a grown man . The doctor gave me blood pressure meds . My pressure spikes when lifting weights. Idk what to do . I'm gonna try getting to a healthy weight and go from there

Matrix Programmer - June 7, 2014, 4:34 pm

(Jun 7, 2014 04:27 PM)Super Saiyan God Wrote: [\[CITE\]](#) Mom and dad ? I'm a grown man . The doctor gave me blood pressure meds . My pressure spikes when lifting weights. Idk what to do . I'm gonna try getting to a healthy weight and go from there

Have you talked with your doctor about these symptoms yet?

Super Saiyan God - June 7, 2014, 4:48 pm

(Jun 7, 2014 04:34 PM)musique Wrote: [\[CITE\]](#) Have you talked with your doctor about these symptoms yet? she recommended weight loss and blood pressure meds . I'm on the blood pressure meds and I'm in progress of losing weight

Matrix Programmer - June 7, 2014, 5:03 pm

(Jun 7, 2014 04:48 PM)Super Saiyan God Wrote: [\[CITE\]](#) she recommended weight loss and blood pressure meds . I'm on the blood pressure meds and I'm in progress of losing weight

Alright bro. Listen to her advice and stay healthy! Hope you get well soon man!