

Forum:[Hack Forums](#)

Thread: [High heart rate doing nothing](#)

MonarchXD - September 19, 2017, 11:31 pm

I am looking for some opinions on this, maybe someone has dealt with this in the past. just laying down or watching youtube, I would feel my high heart rate and sometimes lots of pain. I have been eating much healthier over the past year. and have lost weight. usually I was about a 70-75 but past few weeks I was min 110 to at the highest 170. I ended up going to ER but decided to go home. They think it might be an enlarged heart but not sure. I did nearly pass out yesterday in a store. Should I be concerned?
if you need more info feel free to ask.

[Edit 1]:

I left the ER after getting an ekg and it took about 2-3 hours to get it. at that time it was 2 am about to be 3. hospital had a terrible organisation.

Chomped - September 20, 2017, 10:20 am

My mother has a similar thing. It's happened like twice for her, her heart skips a beat, then it'll start racing and rise up to like 200 bps without her doing anything and it won't stop, stays like that for hours. She had to go to the hospital and essentially get her heart restarted. Not saying this is the same thing, but if your heart hasn't slowed down yet and has been at that rate for a while, that could be the reason.

All I got, hope all if good man!

DeadKube - September 20, 2017, 11:40 am

(Sep 20, 2017 10:20 AM)Chomped Wrote: [\[CITE\]](#) My mother has a similar thing. It's happened like twice for her, her heart skips a beat, then it'll start racing and rise up to like 200 bps without her doing anything and it won't stop, stays like that for hours. She had to go to the hospital and essentially get her heart restarted. Not saying this is the same thing, but if your heart hasn't slowed down yet and has been at that rate for a while, that could be the reason.

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Those are called PVC's or pre ventricular contractions or pre atrial contractions. I have about 200 of those each day. I also feel every single one of them. Sometimes they hurt, sometimes it feels like a knife is being placed inside my heart. Doctors can't help. FML. Also possible angina,, GERD and vagus nerve issues. Yeah, mentally I'm a complete fucking disaster. Being prescribed xanax and sulpiride for psychosis and anti schizofrenia drugs. Fun, right.

What causes her heart to raise like that is actually the fight or flight response (also called a panic attack) which is only logical if you experience something like this. Imagine having 200 panic attacks each day. Imagine feeling like passing out because your heart stops beating for a second and being absolutely and 100% aware of it every single time 200 fucking times a day. That's about once every 10 minutes, even when sleeping. That's sure to induce some feelings of impending doom which can last hours. I'm surprised I can even work at all or fucking function like this. I even fucking dream about them and feel them when I'm sleeping. I can feel myself telling myself in my sleep that it's normal every fucking day of every fucking week.

I'm quite happy for Xanax, yes indeed.

Anyway, tell your mom to take magnesium supplements. They can reduce the frequency of PVC's and PAC's by about 70%. Funny thing, right? Also funny but true, yoga can help with heart arrhythmia's. I'm currently on a magnesium course and only have about 10 to 20 PAC/PVC's per day.

My story is quite similar. Sometimes my heart rate goes below 50 without any issues but that's usually when I get those PVC's. They hurt like hell and I feel sick to my stomach and also feel like passing out which causes an adrenaline rush which in turn will cause my heart rate to go above 120 and sometimes above 160. This isn't healthy at all because adrenaline can cause more PVC's which in turn increases the PVC rate. It's like a never ending circle until I knock myself out with alcohol and xanax.

Anyway, lack of exercise, nicotine, drugs, all of those can produce lethal heart arrhythmia's. Heart failure is still the leading cause of death my friends, and I'm pretty sure I'll end up with a heart attack/failure any fucking day now. Don't be like me. Go out for a walk, even if it's just for 30 minutes. Use your mentality, wake up to reality.

Anyway, OP seems to be under a lot of stress due to police investigation. Lack of sleep, stress and stimulant usage has been known to cause PVC/PAC's. OP, get some fucking sleep before you kill yourself and stop vaping/smoking while you're at it. Anyway, hope you're still alive OP. Would be a pretty fucked up world if I outlived you, OP. By the way, 23 years old here. I'm pretty old in medieval terms.

If this seems like some kind of rant or crazy person talking, keep in mind i'm on anti psychotics and xans for a fucking reason.

Chomped - September 21, 2017, 4:39 am

(Sep 20, 2017 11:40 AM)DeadKube Wrote: [\[CITE\]](#) Those are called PVC's or pre ventricular contractions or pre atrial contractions. I have about 200 of those each day. I also feel every single one of them. Sometimes they hurt, sometimes it feels like a knife is being placed inside my heart. Doctors can't help. FML. Also possible angina,, GERD and vagus nerve issues. Yeah, mentally I'm a complete fucking disaster. Being prescribed xanax and sulpiride for psychosis and anti schizofrenia drugs. Fun, right.

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Funny you're saying the yoga and magnesium. My mother has already started taking both for 6-7 months now I believe. It hasn't happened to her in a while.

MonarchXD - September 22, 2017, 12:03 am

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DeadKube - September 22, 2017, 10:17 am

(Sep 22, 2017 12:03 AM)Irexol Wrote: [\[CITE\]](#) delt with he police thing, the reason I deleted the thread. was not so bad being under investigation as I thought xd.

Nevermind that. It's the stress that it puts on you mentally. I've been under investigation for over a year myself in the past and I was left with a severe panic disorder and no punishment at all. Fuck this.

They questioned me 4 times during my studies at university for stupid and insane things which is crazy. I've been dealing with the aftermath of all these issues. Heart rhythm disorders being one of them.

Anyway OP I'm honestly glad you're still alive and posting. Really. I hope you get better soon and get the proper treatment for your issues. I know all about how fucked up the heart can be.

/wrists - September 22, 2017, 10:22 am

Well shit. Reading all of this makes me feel real bad for y'all.

SIM-3558566 - September 22, 2017, 10:29 am

Heart palpitations? I had something similar and recommend magnesium. In my experience if it doesn't work, you're not taking enough. I take 600mg/day and have been for years.

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You and the other user's mom should take more magnesium. I take around 600mg/day and that's when I started seeing a difference. Been taking for years now. Also lower your calcium intake.

DeadKube - September 22, 2017, 11:50 am

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Having too much magnesium might also cause heart attacks though. Daily recommended dosage for magnesium supplements is about 200 to 400 mg a day and has been known to reduce PVC/PAC frequency by about 70 to 90%. Be careful with overdoing magnesium and kalium.

(Sep 22, 2017 10:22 AM)oxid Wrote: [\[CITE\]](#) Well shit. Reading all of this makes me feel real bad for y'all.

Don't feel bad, donate some money to a health related cause instead. Maybe that way you can help us?

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DeadKube - September 22, 2017, 12:38 pm

(Sep 22, 2017 12:36 PM)oxid Wrote: [\[CITE\]](#) doubtful you would see the effects of their research till years later

I don't care about me. If I cared about me, I wouldn't be consuming 60 mg of nicotine each day and spend my free time drinking alcohol and taking xanax to forget about my worries and be on anti psychotics now would I? I'm better of dead anyway instead of having to deal with being me.

If you were to donate, even if it's just \$5.00 to some charitable health instutition, you'd have my grattitude for helping out humanity, even if it isn't directly beneficial to me or anyone else in the short term. You might be saving tomorrow's kids.

Swip3r - September 22, 2017, 12:40 pm

(Sep 22, 2017 12:36 PM)oxid Wrote: [\[CITE\]](#) doubtful you would see the effects of their research till years later

Progress starts somewhere.

I have arrhythmia and "Cocaine induced GAD"

Xanax works, but I also get sharp pains and they mimic heart attacks to the fucking tee.

Doctors can't really do much for me either x.x

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Heh, buddy! You and I are on the same level. Maybe we can meet some time and talk about our hearts and how they belong to each other some time? Anyway, hit me up. I'd love to exchange hearts with you instead of numbers.

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Why? Because I'm a mental patient. I can't handle life, buddy. Also, the alcohol seems to make my issues disappear like snow because I can't feel them anymore. That's why xanax is also prescribed a lot, because it makes you not care anymore. Doctors don't know what the fuck is up so they just tell you to calm down. DO NOT under any circumstances think we're just making up these symptoms. I've had EKG's done and it was very apparant that my heart sometimes stops beating for a second or two before resuming again (PVC's will cause this, it's not just your regular hearth rythm). They just don't have any clue why that is or why it happens. Medical science doesn't know everything yet and people drop dead randomly due to their heart stopping all the time and doctors are clueless.

So yeah, I consume alcohol and xanax and high amounts of nicotine (enough to kill a fucking person mind you) because I'm through with these medical symptoms and not having a single doctor being able to help. So yeah, I'd appreciate it if you could donate to any charity so that people in the future might not have to deal with what I'm going through. Mind you I became mentally unstable after a myriad of medical symptoms that are somehow all unexplained by doctors. FML, really. Anyway, as someone very knowledgeable once said: self improvement is masturbation and I personally prefer sex.

Swip3r - September 22, 2017, 2:45 pm

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Haaah you seem quite a bit more fucked than I am so I'll kindly walk away from that deal Imfao.

Seems like the only reason you're living is the slight euphoric effects xanax and alcohol give you. I'm sure you've heard this before, because even I have but exercise is the only thing that'll "help" you, then again its your life do with it what you will.. I know I have.

lwristis - September 22, 2017, 2:49 pm

(Sep 22, 2017 12:41 PM)DeadKube Wrote: [\[CITE\]](#) Heh, buddy! You and I are on the same level. Maybe we can meet some time and talk about our hearts and how they belong to each other some time? Anyway, hit me up. I'd love to exchange hearts with you instead of numbers.

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WinnerDinner - September 22, 2017, 2:52 pm

Why don't you go to a heart doctor to do a heart check up? It's fast and all your worries will be gone for good.

I mean a private heart doctor, not hospital. He can't be soo expensive, i would guess something like 50-80\$usd .

DeadKube - September 22, 2017, 4:03 pm

(Sep 22, 2017 02:49 PM)oxid Wrote: [\[CITE\]](#) I think it's selfless that you want others to do better and not have to undergo the same conditions you are going through right now. But that's not a proper reason to say, "Fuck it." We don't know everything and even those who know a lot, still don't know everything. But we do know that if you try and better yourself physically, mentally, and emotionally, you can still lead a happy and worthwhile life. You're 23, that's still really young if you start to take care of your body. You're not beyond help, you're simply not wanting it.

Trust me I've seen 4 doctors in the span of a month. None of them could figure it out. Different

types of doctors, different types of tests. Sometimes the medical world will fail hard and in my honest opinion this seems like a valid reason to enjoy while I still can. Alcohol, xanax, sulpiride, nice long walks at night, doing what I want to do. Almost feels like having cancer and knowing any moment can be your last. Don't worry 'bout me though. Not required, not here to ask for pity only here to help and suggest whenever I can offer help.

Actually now that I think about it, it might as well be cancer. Wouldn't get treatment either anyway ?. Not suicidal or anything, it's not like I'm going to go cut my wrists, I'm simply enjoying even if it looks like I'm causing damage. I'm not causing damage, because the damage is already done and done.

WinnerDinner - September 22, 2017, 4:14 pm

(Sep 22, 2017 04:03 PM)DeadKube Wrote: [\[CITE\]](#) Trust me I've seen 4 doctors in the span of a month. None of them could figure it out. Different types of doctors, different types of tests. Sometimes the medical world will fail hard and in my honest opinion this seems like a valid reason to enjoy while I still can. Alcohol, xanax, sulpiride, nice long walks at night, doing what I want to do. Almost feels like having cancer and knowing any moment can be your last. Don't worry 'bout me though. Not required, not here to ask for pity only here to help and suggest whenever I can offer help.

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SIM-3558566 - September 22, 2017, 6:52 pm

(Sep 22, 2017 12:41 PM)DeadKube Wrote: [\[CITE\]](#) Heh, buddy! You and I are on the same level. Maybe we can meet some time and talk about our hearts and how they belong to each other some time? Anyway, hit me up. I'd love to exchange hearts with you instead of numbers.

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I know some people like you. They're people who don't want change. "Oh, my life is fucked anyways I might as well drink as it's the only thing that helps". No, no doctor will help you because most doctors are quacks who prescribe xanax and other anti-anxiety medication because they don't know why you're anxious. Your body is fucking complex dude. And you know what? Drinking,

smoking, and taking bars isn't going to make you feel better long-term.

Stop treating your body like shit and maybe you won't feel like shit. Eat nutritious meals, not pre-packaged garbage. Take a multi-vitamin and experiment with different supplements. EXERCISE. Go do shit. You think 200 years ago you'd have anxiety or mental problems? No that's the least of your worries. In today's society we're such privileged fucks it's seriously ridiculous. People have to double-wrap their 2 Litre bottles of soda to make sure none of it spills.

I've been there. I was agoraphobic and suffered panic attacks every day. It's seriously fucking hell and I'd never wish that on someone. I went to doctor after doctor to find a solution. "You're perfectly healthy" every single time. These quacks only know how to treat the EFFECT and don't know how to treat the CAUSE. It's like, your fridge is broken. No power going into it so nothing is cold. Instead of fixing the wire, they just shove a shit ton of ice in there to keep all your food cold for a couple of hours.

Most anxiety sufferers nowadays are because of nutrition/lack of exercise 100%. Solution: Eat well-balanced meals. I still eat like shit some times, but try to eat healthy a majority. Take MAGNESIUM. If you don't take this for anxiety you'll never be cured. There's hundreds of studies and facts on why this helps anxiety. Our soils are depleted, you eat like shit so you don't get enough, you drink, you smoke, eat too much sugar (this isn't you in particular. Magnesium gets depleted by lots of different things). Bottom line, you're not getting enough of this mineral and you need to. I started with Natural Calm and took 150mg and shit my brains out. I lowered the dosage to 75mg and worked my way up through the week to 300mg and ate it with breakfast. I felt fucking rejuvenated. I still felt anxious, but felt a lot better and actually was able to leave my house. I wasn't 100% anxiety free to how I used to be so I upped it to 600mg/day. You said this was too much, but in the 1950s most Americans got at least 500mg/day of this. And remember, you're low as fuck in this so you need to replenish yourself.

Then once you feel a little better start exercising and you'll feel great. Please stop drinking and taking xanax that's horrible for your body

Sorry for this stupid ass rant/talk. I read a post similar to this and it got me to try magnesium so if I can get one person to try it and have success that'd be good enough. Oh and sorry if I come off as a prick :)

DeadKube - September 23, 2017, 1:51 am

Dude above me. If i could rep I would rep you 100% of the way. Although you seem like a younger person you're quite right about leading a healthy lifestyle. Unfortunately study after study finds that anxiety changes structures in your brain or is caused by structural defects. One study even claims that people with anxiety have enlarged striatums.

Chronic or even intermittent stress can cause wear and tear on the brain regions that control our responses.

For example, research indicates that the hippocampus is actually smaller in people who were abused as children or were in military combat.

How to solve? No idea, worldwide there is nothing (not a single thing you can do) to solve anxiety. And that's just hundreds of science people looking at it and not being able to figure it out.

There are also studies to support what you just said though about leading a healthy lifestyle. I quote:

Code Dr Gerard Clarke, the corresponding author said: "Gut microbes seem to influence miRNAs in

the amygdala and the prefrontal cortex. This is important because these miRNAs may affect physiological processes that are fundamental to the functioning of the central nervous system and in brain regions, such as the amygdala and prefrontal cortex, which are heavily implicated in anxiety and depression."So you might be on to something. Although in the quote above the researches had mice with microbe free intestines. So basically, taking antibiotics which kill of bacteria in your gut, you might just end up with anxiety.

SIM-3558566 - September 23, 2017, 4:54 am

(Sep 23, 2017 01:51 AM)DeadKube Wrote: [\[CITE\]](#) Dude above me. If i could rep I would rep you 100% of the way. Although you seem like a younger person you're quite right about leading a healthy lifestyle. Unfortunately study after study finds that anxiety changes structures in your brain or is caused by structural defects. One study even claims that people with anxiety have enlarged striatums.

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Appreciate it - thanks! Check out some of these articles:

<https://www.psychologytoday.com/blog/evolutionary-psychiatry/201106/magnesium-and-the-brain-the-original-chill-pill>

<https://bebrainfit.com/magnesium-anxiety-stress/>

<http://drcarolyndean.com/2017/03/magnesium-deficient-anxiety/>

An old pharmacist friend of mine actually recommended this to me as he takes magnesium as well and knows how important it is.

Do you experience restless legs or any muscle twitches/shakes/tremors? This and heart palpitations is a surefire symptom to being low in magnesium.

<https://www.amazon.com/Magnesium-Miracle-Revised-Updated/dp/034549458X>

And seriously, please go buy Natural Calm Magnesium Citrate now and work your way up to a

300mg dose twice per day. I read that you have tried it before. What type did you used to take? Magnesium Oxide has really low bioavailability.

DeadKube - September 23, 2017, 11:55 am

(Sep 23, 2017 04:54 AM)Daddykins Wrote: [\[CITE\]](#) Appreciate it - thanks! Check out some of these articles:

<https://www.psychologytoday.com/blog/evolutionary-psychiatry/201106/magnesium-and-the-brain-the-original-chill-pill>

<https://bebrainfit.com/magnesium-anxiety-stress/>

<http://drkarolyndean.com/2017/03/magnesium-deficient-anxiety/>

An old pharmacist friend of mine actually recommended this to me as he takes magnesium as well and knows how important it is.

Do you experience restless legs or any muscle twitches/shakes/tremors? This and heart palpitations is a surefire symptom to being low in magnesium.

<https://www.amazon.com/Magnesium-Miracle-Revised-Updated/dp/034549458X>

And seriously, please go buy Natural Calm Magnesium Citrate now and work your way up to a 300mg dose twice per day. I read that you have tried it before. What type did you used to take? Magnesium Oxide has really low bioavailability.

I do experience those symptoms in combination with a hell of a lot more which is mostly anxiety related (hence the xans)

I'm already on it! Thanks for the good reads. I was taking about 200mg to 300mg a day in pill form (2-3 pills per day, one in the morning and one or two in the evening) and have decided to take 4 of those pills instead. Right now, as in today, I have yet to have a single pre ventricular contraction so in terms of the quality of my day, it's been incredible and I'm quite thankful for not having to deal with them. Mind you a couple of weeks ago I was having about 200 PVC/PAC's a day and was aware of each one (have been tested by a cardiologist as well and it was very much detectable during tests).

Anyway, Magnesium is such a wonderful supplement. I'm probably deficient in magnesium due to a proton pump inhibitor (omeprazole) I've sporadically been taking since the beginning of this year due to, well, acid reflux, now that I think of it which is also why I'm increasing my dosage. Anyway, some studies say the actual effects will only be beneficial in about 3 days to 3 months but I'm already feeling a LOT better since I started taking magnesium a couple of weeks ago as has been suggested by my cardiologist.

Also on a side note, since I started taking magnesium, I have had less occurrences of migraines (which carry a whole lot of weird symptoms which are unrelated such as spots, weakness, temporary vision loss, smelling things that aren't there and so many more odd things and sensations). Seems like magnesium is some kind of wonder pill.

?Criminal - September 23, 2017, 12:28 pm

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<https://hackforums.net/showthread.php?tid=5578925>

Might be interested in this concept I posted about since it seems to tie into why minerals like copper and magnesium seem more important then people realize.

SIM-3558566 - September 23, 2017, 1:55 pm

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I'm not too sure myself about this, but it works for me. I stay away from calcium which sucks because I really love cashew milk. You might know already, but magnesium and calcium fight for absorption. It's a huge problem nowadays as most kids are taught to drink lots of milk to build strong bones.

Yeah you most likely are deficient, here are some causes:

<http://www.ancient-minerals.com/magnesium-deficiency/need-more/>

What pills are you taking? Also if you've never had an epsom salt bath it's amazing! I wouldn't rely on it to replenish magnesium as I'm not sure absorption rates. Could be placebo, but I feel pretty great after a epsom salt bath.

Call me a health nut, but magnesium literally saved my life so I'm pretty crazy about the stuff and forever in debt. PM me if you ever want to talk about anything as well :)

DeadKube - September 24, 2017, 5:57 am

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(Sep 23, 2017 01:55 PM)Daddykins Wrote: [\[CITE\]](#) I'm not too sure myself about this, but it works for me. I stay away from calcium which sucks because I really love cashew milk. You might know already, but magnesium and calcium fight for absorption. It's a huge problem nowadays as most kids are taught to drink lots of milk to build strong bones.

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I'm pretty sure magnesium also saved my life. Right now I've been 2 days free of palpitations and any major heart disturbances.. It's funny how something as simple as magnesium can get you that far. From 200 palpitations a day to practically zero in two weeks time. Incredible if you ask me.

Definitely gonna try that epsom bath salt as well. Mind you I'm desperate. If you wanna know all the things I feel throughout the day, this guy can pretty much explain it all (mind you I'm not withdrawing from benzos):

<https://www.youtube.com/watch?v=e7e8AH7ie3A>

Every single thing this guy talks about is something I've experienced. Without the benzo withdrawal obviously. The benzo's have been really helpful in my case.

So, if you want to know what kind of drugs I took in my life: Omeprazole

Alcohol

Occasional painkillers (paracetamol based, no more than 1g a day when I have migraines which happens about once a month on average)

That's it. That's really it. I've never taken any illegal drugs. I've never smoked weed. Now I'm also taking benzo's and other prescribed medications but I've dropped the omeprazole due to heart acting up. I don't even take any antibiotics when they're prescribed to me because I don't want to

harbor or create any fucking antibiotics that are suddenly resistant to antibiotics. I do this for society. Doctors are super fucking eager to prescribe antibiotics even in mild cases and I'll just throw the damn pills away.

And like I said, doctors don't know what the fuck is up, I don't know what the fuck is up but it's no way to live, at all. I'm just happy as fuck right now due to the existence of magnesium supplements. At least that's one thing that's out of my hair.

If you don't mind I really feel like telling a story that happened to me last year.

On one particular day, in summer about a year ago, I was just having a relaxing day. One minute I was playing some Overwatch and all of a sudden I'd get these brain zaps that instantly 'wake me up'. It feels like being electrocuted in the brain and for a second everything becomes really intense. So, that particular day I was getting multiple of those brain zaps and I started getting really anxious and panicky. It kinda feels like you're falling asleep when you're doing something and all of a sudden get this shock in my brain that instantly woke me back up (all this in less than a single second) (imagine falling asleep while playing a game in the middle of the day and getting zaps in your brain in less than a second). So, this happened throughout the day and at about 1 AM I started to get really anxious as if any one of those brain zaps will make me unconscious or pass out and die so I started running around in my city while getting these brain zaps and constantly feeling like I'm about to pass out and die. I started calling family members and telling them how I was going to die and they told me to go to the ER and stuff but I wouldn't have it. I knew deep down that it's anxiety and panic attacks but that doesn't stop the feelings.

So I took a taxi and drove over to a family member (they were asleep and it was about 2 AM by now) and my legs started feeling weird. Like, electricity was running through my legs and I couldn't hold them still. When I arrived at my family members house I anxiously woke them up and they took me in. I asked them to feel if my legs were shaking but they couldn't feel a single thing. It was weird, it was almost like all of a sudden my brain became aware of the natural muscle tremor that is completely normal. But still, I'd feel the electricity and it was scary as fuck. My heart was racing, above 120 BPM and I was not having it. After about half an hour at 3AM I fell asleep while my heart was still racing and I'd wake up 10 minutes later and I was feeling completely normal again, as if everything I was feeling was all just a dream. It's really weird. I can't talk to anyone about this, because they don't understand, they can't understand..

Creating - September 25, 2017, 11:20 am

(Sep 20, 2017 10:20 AM)Chomped Wrote: [CITE](#) My mother has a similar thing. It's happened like twice for her, her heart skips a beat, then it'll start racing and rise up to like 200 bps without her doing anything and it won't stop, stays like that for hours. She had to go to the hospital and essentially get her heart restarted. Not saying this is the same thing, but if your heart hasn't slowed down yet and has been at that rate for a while, that could be the reason.

All I got, hope all if good man!

This sounds like SVT. Supraventricular Tachycardia causes electrical pulses to move in the wrong direction up through the heart. You'll often "skip a beat" as the palpitations begin, then the heart can raise well beyond 220bpm.

Dr.Hurlu - September 25, 2017, 12:32 pm

There are days when I have a heart rate of 80-90, in rare cases it goes to 100 bpm and I'm just sitting at the pc, being relaxed and doing nothing. I've read that healthy would mean I'd need to have somewhere between 50-68 max when at rest like that. Also when I start walking (I have a fast-ish walk) it goes up to 100-110-120 pretty easily.

Is it just because I'm out of shape or could there be an underlying problem? I also get heart palpitations once or twice every few months.

Reading above I realize my problem seems nothing like what some of ya'll going through, but it still doesn't seem normal... any opinions? I'm just trying to prevent it from transforming into something worse later on...

DeadKube - September 25, 2017, 1:21 pm

(Sep 25, 2017 12:32 PM)xPhantom Wrote: [\[CITE\]](#) There are days when I have a heartrate of 80-90, in rare cases it goes to 100 bpm and I'm just sitting at the pc, being relaxed and doing nothing. I've read that healthy would mean I'd need to have somewhere between 50-68 max when at rest like that. Also when I start walking (i have a fast-ish walk) it goes up to 100-110-120 pretty easily. Is it just because I'm out of shape or could there be an underlying problem? I also get heart palpitations once or twice every few months.

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Seems like a lack of exercise. Take care of that while you still can, buddy. The heart is nothing to mess around with, trust me. I used to be like you, but

currently my resting heart rate is around 55 on good days and that's just because of 30 minute walks every day.

Dr.Hurlu - September 25, 2017, 1:52 pm

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Yeah that's what the doctor told me as well that I should try some light exercise every day... after all the heart is a muscle as well and it needs training.

I read somewhere that lance armstrong had a resting pulse of 32 BPM when he was in his prime ... also the lower the resting pulse the more you live according to many studies.

High resting pulse is associated with early death, I really need to change mine because it's abysmal.

DeadKube - September 25, 2017, 2:50 pm

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Resting pulses in the 30's is actually diagnosed as having issues with the SA (sinoatrial) node in your heart (unless you're an extreme athlete). In normal sinus rythm, the SA node will fire a heartbeat ever second on average (hence the 60 BPM is being considered normal) when resting. This fluctuates in humans and can range anywhere from 60 to 100 BPM. Anything above or below those are usually problematic (unless you're exercising or sleeping ofcourse).

Usually, when the rate is below the 50's, there's a problem with the SA node causing the 'backup' systems to fire up. These backup systems don't have a 1 second delay but a 2 second delay (on average), first backup system called the atroventricular node. Hence the 30 BPM. Here's a video

that completely explains this:

<https://www.youtube.com/watch?v=wCC2bmBkpSo>

Some people are perfectly capable of living with a 30 BPM heart rate, fun fact, and don't require any treatment.

?Criminal - September 27, 2017, 12:05 pm

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iv'e seen my heart rate dip around 40-30-25 on my apple watch but it's probably just inaccurate infared readings and sometimes 57ish using the green light which is more accurate when my bodys super calm and a bit when I wake up or a bit before I enter a deep sleep ill check my rate im assuming thats normal?